

GUELPH WELLINGTON SENIORS ASSOCIATION

COVID-19 DECLARATION OF COMPLIANCE, RELEASE OF LIABILITY, and WAIVER OF CLAIMS

PLEASE READ THIS DOCUMENT CAREFULLY.

By signing this document, you will waive certain legal rights.

1. This is a binding legal document. As a participant in indoor and/or outdoor activities, programs and events organized, led or facilitated by the Guelph Wellington Seniors Association (collectively the "Activities"), the undersigned acknowledges and agrees to the following terms:
2. The Guelph Wellington Seniors Association, and its directors, officers, members, employees, volunteers, participants, agents, sponsors, organizers, districts, and representatives (collectively, the "Organization") is not responsible for any injury, illness, property damage, expense, loss of income, damage or loss of any kind suffered by a participant or volunteer during, or as a result of, the Activities, caused in any manner whatsoever, including but not limited to, the negligence of the Organization.
3. I have received and reviewed the COVID-19 information sheet attached at Schedule "A".
4. I am currently not experiencing COVID-19 symptoms nor have I had COVID-19 symptoms in the last 14 days.
5. I have not travelled outside of Canada or in an area under a travel health advisory in the last 14 days.
6. I have not provided care or had close contact with any person with COVID-19 or reasonably suspected of having COVID-19, or with any person who travelled outside of Canada or in an area under a travel health advisory in the last 14 days.
7. I have not been advised by the Government of Canada, Ontario Public Health, my doctor or the Ontario Ministry of Health website to self-isolate due to possible exposure to COVID-19.
8. I understand that the Organization can remove me from participation in the Activities for any reason, including but not limited to failure to adhere to rules, regulations, policies, procedures or legislation intended to protect the health and safety of participants and members of the Organization, or limit exposure to and/or the spread of COVID-19 of which I am or ought to have been aware.
9. I am aware that my participation in the Activities is entirely voluntary, and that my participation carries a risk that I may be exposed to COVID-19, even if I and other participants in the Activities take precautions including but not limited to those described in Schedule "A".
10. In consideration of the Organization allowing me to participate, I agree:
 - a) That I am responsible to discuss the Activities with my doctor prior to participating, including any underlying medical conditions that may be worsened by my participation in the Activities or put me

at increased risk in light of the COVID-19 pandemic;

- b) That the sole responsibility for my health and safety remains with me;
- c) That if any of my responses to paragraphs 4 through 7 changes, I will remove myself and/or refrain from participating in the Activities for such period of time as deemed reasonable by my treating physician, or in accordance with applicable recommendations published by the Government of Canada, Ontario Public Health, or the Ontario Ministry of Health website;
- d) To remove myself from the Activities if I sense or observe any unsafe condition or observe other participants failing to take adequate precautions against COVID-19;
- e) To freely and voluntarily ASSUME ALL RISK WITH RESPECT TO COVID-19, including the risk of illness, death, bodily injury or property damage, regardless of severity, that I may sustain (and/or to which third parties may be exposed) as a result of my participation in the Activities, howsoever arising, including but not limited to the active or passive negligence of the Organization;
- f) To FOREVER RELEASE, WAIVE, DISCHARGE AND COVENANT NOT TO SUE the Organization for any injury or damage to me, my personal representatives, assigns, heirs and next of kin, for any claims, causes of action, obligations, lawsuits, charges, complaints, controversies, damages, costs or expenses of whatsoever kind, nature, or description, whether direct or indirect, present or future, whether known or unknown, arising out of or connected with my participation in the Activities, under the terms of any statute, INCLUDING, BUT NOT LIMITED TO, THE NEGLIGENCE, GROSS NEGLIGENCE, NEGLIGENT RESCUE, OMISSIONS, CARELESSNESS, BREACH OF CONTRACT AND/OR BREACH OF ANY STATUTORY DUTY OF CARE OF THE ORGANIZATION, and any claims under the *Occupiers' Liability Act*, R.S.O. 1990, c. O.2, as amended; and, *the Negligence Act*, R.S.O. 1990, c. N.1, as amended.

Acknowledgment

11. I acknowledge that I have read this agreement and understand it, that I have executed this agreement voluntarily, and that this agreement is to be binding upon myself, my heirs, spouse, children, parents, guardians, next of kin, executors, administrators and legal or personal representatives.

Dated this _____ day of _____, 20_____.

Witness Signature

Participant Signature

Print Name: _____

Print Name: _____

SCHEDULE "A"

INFORMATION SHEET

PARTICIPATING IN SOCIAL EVENTS AND ACTIVITIES DURING THE CORONAVIRUS PANDEMIC

We've developed these guidelines because:

- We need to maintain trust and good relationships with the City of Guelph, social outing and event partners, and local residents.
- Not following guidelines can create long-lasting access issues for members, staff, volunteers and the community.
- We must be mindful that conditions are not the way they once were; we must all act in an adaptive, respectful, and patient manner.

| Consider Your Impact | |
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| <p>COVID-19 is a serious virus that is transmitted easily.</p> <p>We must maintain good practices to minimize the risk of infection not only to ourselves, but to others.</p> <p>The easing of restrictions does not mean that the threat is gone.</p> | <p>For more information on COVID-19, see https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html</p> <p>https://covid-19.ontario.ca/</p> |
| Should you participate in social events or activities? | |
| <p>If you have a cough, fever, body aches, or in general feel unwell, please stay home. Wait to participate in any events or social activities outside of your home until 10-14 days after you feel recovered.</p> <p>If you have been in contact with someone else who is or has been sick, do not participate in any events or social activities outside of your home until 14 days after your last contact with that person.</p> <p>Be mindful that you could have Covid-19 without showing any symptoms, and you could be infectious to others despite being asymptomatic.</p> | <p>For more information on what you should do if you suspect you have been exposed to COVID-19, see https://www.ontario.ca/page/covid-19-stop-spread</p> |

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| If you choose to participate in social events or activities, how can you do so responsibly? | |
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| Recreate close to home and stay local. Avoid traveling to sensitive destinations. | <p>Please recreate close to home. When in doubt, check local travel restrictions and guidelines to know if the intended destinations permit the planned activities.</p> <p>Note that some communities have requested non-residents and seasonal visitors to avoid visiting.</p> <p>When travelling, fill up for gas at home, pack food and make preparations to avoid unnecessary stops.</p> |
| Maintain social distancing. | <p>Avoid crowded places and gatherings</p> <p>Avoid common greetings, such as handshakes</p> <p>Limit contact with people at higher risk (e.g. older adults and those in poor health), keep a distance of at least 2 arms lengths (approximately 2 metres) from others, as much as possible.</p> <p>Use a face covering (non-medical mask such as a cloth mask) to reduce the risk of transmission of COVID-19 when physical distancing and keeping two-metres' distance from others may be challenging or not possible.</p> |
| Consider establishing an exclusive group with which to participate in events or activities outside your home, and adhere to restrictions regarding social gatherings. | If you become sick, you should be able to list the number of people you've interacted with over the previous two weeks to notify them. Keep that list as small as possible. |
| Use hand sanitizer and wash your hands frequently. | Avoid sharing equipment, gear, or other items. |
| Bring a bag with essential items. | <p>Plan for toilets and amenities to be closed.</p> <p>Where they are open, be careful to minimize contact and to wash your hands.</p> |

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| What else can you do? | |
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| <p>Have backup recreation plans.</p> | <p>These plans may mean not participating in events or social activities outside of your home at all if you find the location is too busy when you get there to maintain adequate social distancing.</p> <p>If needed, consider changing your objectives and enjoying the outdoors on a socially distanced hike, or heading elsewhere.</p> <p>If you arrive at your intended location and another party is already there, head somewhere else instead of waiting for it to open up.</p> |
| <p>Do your research and stay informed of all local, provincial, and federal guidelines.</p> | <p>Ensure the spaces you want to attend are open and welcoming of attendees before planning your trip.</p> <p>Some locations may impose extra restrictions in light of COVID-19. Communicate with your group activity leader to ensure you are aware of any rules or regulations prior to attending and event or social activity.</p> |

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