

COVID-19 Self-Check Questionnaire

If you answer “yes” to any of the following questions, then please do not come to an Aikido class at this time.

Have you:

1. travelled outside Canada in the last 14 days?
2. been experiencing symptoms of COVID-19 (fever, cough or difficulty breathing)?
3. had contact in the last 14 days with a suspected, probable or confirmed case of COVID-19?
4. been told by the public health authority that you may have been exposed and need to quarantine (self-isolate) or isolate?

If you answered “no” to all the above questions, then you may attend the class. If you answered “yes” to any of the above questions, then you must not participate in the class and should consult information from the Public Health authorities on what social distance or isolation measures are appropriate.