**Prior to returning to the Tai Chi class please consider the questions below and reply to this email with your own self-declaration:**

**Q1. Have you or anyone you've been in contact with, visited any country outside Ireland (excluding Northern Ireland) in the last 14 days?**

**Yes/No**

**Q2. Are you suffering any flu-like symptoms/symptoms of coronavirus covid-19, such as any difficulty in breathing, shortness of breath or any fever-like/Temperature symptoms? If you are uncertain, check this HSE link: https://www2.hse.ie/conditions/coronavirus/symptoms.html**

**Yes/No**

**Q3. Have been around someone with symptoms of Covid-19 in the last 14 days?**

**Yes/No**

**Q4. Are you or anyone in your household in a period of self-isolation under the current Health Policy Rules?**

**Yes/No**

**If any of the questions above are YES, unfortunately, you will not be able to attend the class at this time. Please contact me to discuss an arrangement for when you can return to class safely. In the meantime, if you have any symptoms, you are advised to contact your GP, if you haven't already done so.**

**If all your answers were NO, please reply to this email promptly, stating your full name and contact number with: "I can confirm all my answers are No"**

**For the safety of everyone, entry to the training hall is prohibited until this Covid19 electronic self-declaration is received. If your situation subsequently changes, in regard to this declaration, contact me as soon as you can and please do not arrive at the hall.**

**NOTE: When entering the hall, please adhere to our on-site standard processes/procedures regarding infection control, i.e. social distancing, hand washing/hand sanitising and general coughing/sneezing etiquette.**