



Freedom Swim – COVID 19 Declaration Form

- Each swimmer, skipper or person joining on boats will sign a Covid-19 declaration form.
- While travelling on the boat, each person will be required to wear their masks. Each boat will have a sanitiser to make sure everyone has sanitised their hands before getting in the boat. Temperature will be taken before anyone gets on the boat.
- Anyone involved will be required to download the Covid19 SA app on their phone and activate it.
- The swimmers will be allowed to remove their masks has they get into the water by Robben Island.

I hereby declare that:

1. To the best of my knowledge, I haven't been in close contact with a person who has tested positive for the COVID-19 in the past 14 days.
2. I have shown no recent symptoms to Covid-19 in the past 14 days and I haven't been tested positive recently.
3. I am in good health and fit to perform the swim
4. I have uploaded the SA Covid-19 app on my phone and activate it.
5. I haven't any of the following symptoms:
 - a. Fever, headaches, tight chest, dry caught, loss of sense of taste or smell, or any other symptoms associated with Covid-19.

Name: _____ Age: _____ Y Date: _____

Age: _____ Signature: _____