



## Pre-Return to Kerry Canoe Club Activities Form

**This form has been developed in line with the Return to Work Safely Protocol prepared by the Department of Business, Enterprise and Innovation and the Department of Health.**

**All information provided will be treated in the strictest confidence.**

In the interests of the safety of Kerry Canoe Club Members, their families and the community, members are required to read and answer the below queries prior to returning to participating in club activities.

Form must be returned to a Club Committee member before recommencing club activities.

Failure to return this form by date set out may result in delay in your return to club activities.

Your co-operation and support are appreciated.

<b>Name of Cane club:</b>	Kerry Canoe Club Killorglin
<b>Name:</b>	
<b>Mobile Number:</b>	
<b>Canoeing Ireland Number:</b>	

Questions:	No/Yes
a) Do you have symptoms of cough, fever, high temperature, sore throat, runny nose, breathlessness or flu like symptoms now or in the past 14 days? Yes / No	
b) Have you been diagnosed with confirmed or suspected COVID-19 infection in the last 14 days? Yes / No	
c) Are you a close contact of a person who is a confirmed or suspected case of COVID-19 in the past 14 days (i.e. less than 6 feet for more than 15 minutes accumulative in 1 day)? Yes / No	
d) Have you been advised by a doctor to self-isolate at this time? Yes / No	
e) Have you been advised by a doctor to quarantine at this time? Yes / No	
f) Have you been advised by a doctor to cocoon at this time (in the HSE <sup>1</sup> very high risk groups)? Yes / No	
g) Are you in the HSE <sup>2</sup> high risk Groups (identified below, as per HSE guidance)? Yes/No	
h) Do you share accommodation with a vulnerable person? Yes/No	
i) Are you pregnant? Yes/No	

### DECLARATION BY CLUB MEMBER

I confirm that the information provided above is accurate:

Signature:

Date:

### FOR COMMITTEE USE ONLY

Form reviewed by:

Date:

Decision taken is as follows:

### **<sup>1</sup>Very high risk groups (extremely vulnerable)**

The list of people in very high risk groups include people who:

- are over 70 years of age - even if you're fit and well
- have had an organ transplant
- are undergoing active chemotherapy for [cancer](#)
- are having radical radiotherapy for lung cancer
- have cancers of the blood or bone marrow such as leukaemia, lymphoma or myeloma who are at any stage of treatment
- are having immunotherapy or other continuing antibody treatments for cancer
- are having other targeted cancer treatments which can affect the immune system, such as protein kinase inhibitors or PARP inhibitors
- have had bone marrow or stem cell transplants in the last 6 months, or who are still taking immunosuppression drugs
- severe respiratory conditions including cystic fibrosis, [severe asthma](#), pulmonary fibrosis, lung fibrosis, interstitial lung disease and [severe COPD](#)
- have a condition that means you have a very high risk of getting infections (such as SCID, homozygous sickle cell)
- are [taking medicine that makes you much more likely to get infections](#) (such as high doses of steroids or immunosuppression therapies)
- have a serious heart condition and you're pregnant

### **<sup>2</sup>High risk groups**

The list of people in high risk groups includes people who:

- are over 60 years of age
- have a learning disability
- have a lung condition that's not severe (such as [asthma](#), [COPD](#), emphysema or bronchitis)
- have heart disease (such as heart failure)
- have [high blood pressure \(hypertension\)](#)
- have [diabetes](#)
- have chronic kidney disease
- have liver disease (such as hepatitis)
- have a medical condition that can affect your breathing
- have cancer
- have a [weak immune system \(immunosuppressed\)](#)
- have cerebrovascular disease
- have a condition affecting your brain or nerves (such as Parkinson's disease, motor neurone disease, multiple sclerosis, or cerebral palsy)
- have a problem with your spleen or have had your spleen removed
- have a condition that means you have a high risk of getting infections (such as HIV, lupus or scleroderma)
- are [taking medicine that can affect your immune system \(such as low doses of steroids\)](#)
- have obesity
- are residents of nursing homes and other long-stay settings
- are in specialist disability care and are over 50 years of age or have an underlying health problem