

KAC Health Pledge

The **Kenwood Athletic Club (KAC)** has been providing health, fitness, and recreation services in Arnprior for almost **25 years**. We exist to promote fitness, health, and vitality to all our users.

The **COVID-19** virus has challenged us in many ways and will continue to do so until an effective treatment or vaccine is found. Therefore “we” here at the KAC feel we need to look out for one another by making a pledge of “responsible health”. In order to use the facility we are asking each member/user to commit to the following pledge:

I PLEDGE:

To report in a timely matter any known or potential exposure to the **COVID-19** virus to the KAC via email at **kenwoodathletic@live.com**

1. To stay home and get tested for **COVID-19** if I don't feel well or have the following symptoms:
 - a. **Fever, dry cough, aches and pains, chills, sore throat, headache, diarrhea, nausea, vomiting, shortness of breath/difficulty breathing,**
2. To report to the KAC any contact I may have had with the **COVID-19** virus.
3. If you travel out of province you will get tested for **COVID-19** or self-quarantine for 14 days prior to using the KAC
4. To be tested for **COVID- 19** and self-quarantine if identified as being in contact with anyone who has tested positive for **COVID-19**
5. That if I test positive for **COVID-19** I will self-quarantine in a designated location for at least 14 days from the onset of symptoms, until symptoms have resolved and have tested negative for **COVID-19**
6. I will sanitize my hands before entering the KAC and frequently wash and sanitize my hands while using the KAC, as well as retain a responsible social distance of **2 Meters** within my “bubble”
7. To follow and support the new “**KAC User Guidelines**” posted on the front desk. I understand these policies may change daily due to public health guidelines, and will review them with each visit to the KAC

By signing this pledge you are making a commitment to your health, safety, and vitality along with all users of the KAC. In return the KAC pledges to alert those who may have any known or potential exposure to the **COVID-19** virus while using our facility.

Member/User Signature, Date

KAC