



**MAY (YOU) CLIMB FROM
PEAK TO PEAK**

HMI/COVID/Trg/2021-22

26 Jan 2021

All Students

ADVISORY/PRECAUTIONARY MEASURES ON COVID-19
MOUNTAINEERING COURSES RESUMING FROM
01 MAR 2021 ONWARDS

1. Further to our letter even reference dated 11 Mar 2020.
2. Course aspirants are advised to follow Covid guidelines as append below:
 - a) The aspirants should be in possession of RT- PCR test report (Covid Negative report) taken not more than 72 hours prior to reporting at HMI.
 - b) Students are required to carry Medical Fitness Certificate and Self Declaration Certificate as per format attached as **Appendices `A` and `B`**.
 - c) A preliminary medical checkup/clinical screening will be done at the time of reporting for all the students. If a student is observed to be suffering from high fever / having cough, he/she will be referred to the District Hospital, Darjeeling and will not be allowed to undergo the course subsequently.
 - d) Maintain good Health & Hygiene.
 - e) Avoid crowded places and outside food.
3. Advisory for Corona Protocol issued from central/ state govt should be followed.
4. For strict compliance.

Sd/-----
(Gp Capt)
Principal
HMI

Appendix `A`

(Reference to Para 5 of HMI letter No
HMI/COVID/Trg/2021-22 dt 26 Jan 2021)

MEDICAL FITNESS CERTIFICATE

(To be signed by a registered medical practitioner holding a degree not below that of MBBS)

(TO BE SUBMITTED AT THE TIME OF REPORTING)

(Refer training programme of courses for the year 2020-2021)

1. I certify that I have carefully examined Mr/Ms_____
Son/daughter/wife/husband_____. Based on the
examination, I certify that he/she is in good health and is free from signs and symptoms of
corona virus (COVID-19) which may interfere with his/her course including the active outdoor
Adventure Activity.

- (a) Fever - Detected/not detected.
- (b) Cough - Detected/not detected
- (c) Any other symptoms if any _____

Signature of the candidate_____

Place :

Date :

Name & Signature of the Medical Officer
With Seal and registration number

Note : It is mandatory for all students to bring this medical certificate duly signed by Medical
Officer .

Appendix `B`

(Reference to Para 5 of HMI letter No
HMI/COVID/Trg/2021-22 dt 26 Jan 2021)

SELF DECLARATION CERTIFICATE

1. I, Mr/Mrs/Miss _____ S/D/O _____
certify to the best of my knowledge that I have not come in contact with any COVID-19
(Corona Virus) affected persons and not travelled to any foreign country in last one month.
2. I also certify that, I do not possess fever over / cough which are the basic symptoms of
COVID-19(Corona Virus).

Place :

Date :

Name & Signature of the student

Note : It is mandatory for all students to bring this self certificate duly signed by itself.