



Student Athlete and Parent Understanding and Agreement to Safety Requirements For David Douglas Athletics

- All athletes and parents must read, acknowledge and sign this agreement before commencement of any school sponsored athletic activity.
- Each student/family must complete and sign the Waiver of Liability and Hold Harmless for Communicable Diseases Including COVID-19 before in person contact.
- Athletes will check in and complete the screening process each day. Students arriving after 15 minutes late will be asked to return the next day.
- Athletes will thoroughly wash hands before entering the facility, during workouts, and when exiting the facilities. Students are encouraged to bring their own sanitizer for use throughout activities.
- All students must wear a mask at all times; masks must cover both the mouth and nose at all times. Plastic shields covering the entire face will not be allowed during participation due to the risk of unintended injury to the person wearing the shield or others.
- Athletes will be required to be socially distanced (a minimum of 6 ft apart) at ALL times. Physical contact between athletes and coaching staff will not be allowed. Do not shake hands, hug, fist-bump or high-five.
- Restrooms are single use. Only one student is allowed in restrooms at a time. Student-athletes are required to wash hands and/or use sanitizer after using the restroom. Restrooms may not be available all the time. Plan ahead.
- Athletes will be reminded to sneeze or cough into a tissue or inside of elbow and avoid touching any part of the face. No spitting will be allowed. If an athlete sneezes or coughs, they will be required to wash their hands immediately.
- Food will NOT be allowed on campus.
- Student-athletes will be required to bring their own individual labeled water bottles and are prohibited from sharing water bottles. Disposable bottles will be available on a limited basis.
- Student-athletes must leave the facility and campus immediately after activities. Students should not gather in the parking lot.
- Athletes will wear their own workout clothing and be strongly encouraged to shower and wash their workout clothing/towels immediately upon returning home.
- Parents dropping off and picking up their student should remain in their car at all times.
- Students should not participate in activities if there has been a potential exposure of any degree. Parents and athletes will immediately notify the coach and/or athletic director of any possible COVID-19 exposure.
- Prevention of COVID-19 outbreaks is a community priority.
- **The American Medical Society for Sport Medicine has determined that all participants should be aware there is the possibility of cardiopulmonary issues for adolescents with a COVID 19 infection. All athletes with a past or future COVID 19 infection will need to be cleared by their primary care provider prior to return to physical activity.**
- All activities will be suspended if safety measures are not followed. I have read and understand these requirements.

Parent _____ Athlete _____ Date _____