To AUHSD Parents/Guardians:

**RE: Partial Reinstatement of District Athletics Program**

As we continue with plans to safely return our students and staff to in-person learning and activities, the Anaheim Union High School District (District) is pleased to announce the partial reinstatement of its athletics programs. The current activities permitted to resume, under Phase 1 of the National Federal of State High School Association and Sports Medicine Advisory committee, are determined according to strict adherence to federal, state, and local public health orders. The athletics program is planned to begin on Monday, June 29, 2020, with the primary focus on conditioning and cardiovascular development of our athletes in preparation for future full reinstatement of athletics programs and activities.

As always, participation in District athletics is ***strictly voluntary***. To help athletes/students and parents/guardians understand both the potential risks of participating in athletics during pandemic conditions, as well as the precautionary measures implemented by the District in response in order to make informed decisions, athletes/students and parents/guardians are urged to read and consider the following when deciding whether to return to athletics. Please note that you are ***required***to read, sign, and return the following forms if your child intends to participate in the athletics program ***prior*** *to* your child’s participation.

# Risks of Exposure to COVID-19

COVID-19 is a new disease and information regarding risk factors associated with this disease is limited. At this time, the Centers for Disease Control and Prevention (CDC) believes that people of all ages are at risk of experiencing severe symptoms from COVID-19, though older adults and people with serious underlying health conditions may be at a higher risk. While the District has undertaken protective measures to reduce the risk of COVID-19, unfortunately, it is impossible to guarantee protection from all risk associated with COVID-19 exposure.

Taking into consideration the knowledge of the risks of exposure to COVID-19, you may determine that it is essential to the physical and mental well-being of your high school student to return to physical activity and athletic competition as part of your student’s growth and development. As recommended by the local, state, and federal guidance, the District will implement the protocols described below to lower the risk of COVID-19 exposure and reduce any potential spread to the maximum extent possible.

To ensure that the implemented protective protocols are effective, it is important that every participant of the District’ athletics program, including staff and students, proactively and strictly follow the protocols described in detail below.

# Athlete/Student and Parent/Guardian Responsibilities

By permitting my student to participate in the District’s athletics program, I agree to read, review, and acknowledge the following protocols along with my student to ensure understanding and adherence which is a condition of participation in the athletics program:

* Pre-participation physical evaluation will be required annually for all participants in athletics. Evaluations shall be valid for one year.
* Students and families are strongly encouraged to review the CDC’s guidance in protecting yourself against getting sick. Guidance is located at: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/index.html>.
* No more than 10 people at a time will be allowed to gather indoors or outdoors. To this end, the District is disallowing spectators at this time, in order to adhere to the local public health orders.
* All coaches and students must maintain 6-feet social distancing at all times.
* Prior to individuals entering the facility, coaches and students will be screened for signs/symptoms related to COVID-19, asked if they have had close contact with someone who has tested positive for COVID-19, and a non-contact temperature check shall be conducted. Any staff or student reporting in the affirmative or having a temperature of 100.4 or higher, will be returned home.
* Prior to individuals entering the facility, all hard surfaces and frequently used areas will be wiped down and disinfected; equipment with holes/exposed foam will be covered up.
* All coaches and students are encouraged to practice good hygiene including, but not limited to, proper hand-washing, coughing and sneezing etiquette (into an elbow or otherwise covered), wiping down weight equipment thoroughly before and after individual use, showering and washing workout clothing immediately upon returning home.
* All coaches and students are encouraged to wear attire that limits sweat transfer.
* Hand sanitizer will be provided in common areas and is encouraged to be used.
* Face coverings required to be worn by students with the exception of swimming, distance running, or other high intensity aerobic activity, provided physical distancing is maintained.
* No shared towels, clothing, shoes, water bottle, or use of drinking fountains will be permitted.
* To the extent possible, workouts will be conducted in “pods” of students with the same 5-10 always working out together.
* Weight equipment will be wiped down thoroughly before and after an individual’s use of equipment.
* Any equipment such as weight benches, athletic pads, etc., having holes with exposed foam shall be covered with tape.
* Resistance training should be emphasized as body weight, sub-maximal lifts and use of resistance bands.
* Free weight exercises that require a spotter cannot be conducted while honoring physical distancing norms. Safety measures in all forms must be strictly enforced in the weight room.

Cancellation of training, as well as the possibility of teams isolating for 2 weeks, may happen with little notice as a result of recurrent outbreak or knowledge that a coach or athlete has contracted COVID-19.

**My and my student’s signatures below indicate that we have read this acknowledgement and agreement form, that we understand it, that I agree to allow my student to participate in the District’s athletics program, and that we agree to comply with all Anaheim Union High School District protocols implemented as part of the partial reinstatement of the athletics program, including signing and returning the attached Release and Waiver of Liability and Indemnity Agreement.**

Parent/Guardian Signature Date

Student Signature Date

Student Name Student DOB

**Return a signed copy of this form to your student’s coach prior to any activity.**

**Release and Waiver of Liability and Indemnity Agreement**

In consideration of being permitted to participate in the District’s voluntary athletics programs, field trip or excursion, sponsored, planned and directed by the Anaheim Union High School District, the undersigned for himself or herself, his or her student named below, and any personal representatives, heirs, and next of kin, hereby agrees to the following:

1. PARENT/GUARDIAN HEREBY RELEASES, WAIVES, DISCHARGES, AND COVENANTS NOT TO SUE THE ANAHEIM UNION HIGH SCHOOL DISTRICT, their officers, employees, board and agents (hereinafter referred to as “releasees”) from all liability to the undersigned, his or her personal representatives, assigns, heirs, and next of kin for any loss of damage, and any claim or demands therefore on account of injury to the person, exposure to illness, or property or resulting in death of his or her student named below, while the student participates in the sponsored athletics program, field trip or excursion, sponsored, planned and directed by the ANAHEIM UNION HIGH SCHOOL DISTRICT.
2. PARENT/GUARDIAN HEREBY AGREES TO INDEMNIFY AND SAVE AND HOLD HARMLESS the releasees and each of them from any loss, liability, damage or cost they may incur due to the participation of his or her student in the athletics program, field trip or excursion, sponsored, planned and directed by the ANAHEIM UNION HIGH SCHOOL DISTRICT;
3. PARENT/GUARDIAN HEREBY ASSUMES FULL RESPONSIBILITY FOR RISK OF BODILY INJURY, ILLNESS, DEATH OR PROPERTY DAMAGE of or to his or her student while participating in the athletics program, field trip or excursion, sponsored, planned and directed by the ANAHEIM UNION HIGH SCHOOL DISTRICT.
4. PARENT/GUARDIAN IS AWARE THAT PARTICIPATION IN THE ATHLETICS PROGRAM PRESENTS A RISK OF PHYSICAL HARM. The undersigned is also aware that participating in the athletics programs, field trip, or excursion under pandemic conditions may result in exposure to and infection with COVID-19, in addition to an injury that may result while participating in said athletics program. The undersigned is aware of the risk that any part of his or her student’s body or any of student’s body systems may be hurt, injured, or become ill by participating in the athletics program. The undersigned hereby acknowledge that he or she knowingly and voluntarily assumes any and all risks of bodily injury and illness against the Anaheim Union High School District while his or her student participates in the athletics program.
5. PARENT/GUARDIAN further expressly agrees that the foregoing RELEASE, WAIVER AND INDEMNITY AGREEMENT is intended to be as broad and inclusive as is permitted by the law of the State of California and that if any portion thereof is held invalid, it is agreed that the balance shall, not withstanding, continue in full legal force and effect.

**My signature below indicates I have read this release and waiver, understand it, and agree to its terms.**

Parent/Guardian Signature Date

Student Name Student DOB

**Return a signed copy of this form to your student’s coach prior to any activity.**