

Assumption of the Risk and Waiver of Liability

Relating to Coronavirus/COVID-19

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people.

The Mountain School District (MSD) has put in place protective measures to reduce the spread of COVID-19; however, the MHSD cannot guarantee that you or your child(ren) will not become infected with COVID-19. Further, attending activities on the campuses of MHSD could increase your risk and your child(ren)'s risk of contracting COVID-19.

By participating in school sports and activities your assumption of risk is the acknowledgement of the following: I understand the contagious nature of COVID-19 and voluntarily assume the risk that my child(ren) and I may be exposed to or infected by COVID-19 by attending activities on MHSD campuses and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 while on MHSD campuses may result from the actions, omissions, or negligence of myself and others, including, but not limited to, MHSD employees, classified staff, coaches, volunteers, and program participants and their families.

I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child(ren) or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my child(ren) may experience or incur in connection with my child(ren)'s attendance in activities or participation in MHSD programming ("Claims"). On my behalf, and on behalf of my children, I hereby release, covenant not to sue, discharge, and hold harmless the MHSD, its employees, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of the MHSD, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any MHSD activity.

The safety of our employees, students, families and visitors remains the MHSD's priority. To prevent the spread of COVID-19 and reduce the potential risk of exposure to all parties, we are conducting a simple screening questionnaire with this waiver. Your participation is important to help us take precautionary measures to protect you, your Child(ren) and everyone on campus. Please circle your answers.

By signing this agreement, I acknowledge that If my Child(ren) develop(s) any of the following symptoms: fever, chills, cough, sore throat, respiratory illness, difficulty breathing, or loss of taste or smell. I will keep them home and notify the Coach.

Fall Sports Covid Protocol and Procedure

Start Date Aug. 10th

All Stages – individuals should continue to: Engage in physical distancing of at least six feet, wear face coverings in public places, stay home if sick, practice good hand hygiene, cover coughs and sneezes, and disinfect surfaces and objects regularly.

Sanitation:

- Sanitizing hands every 15 mins is required
- Sanitizing facility after every training session/event is required
- Facemasks are required except when physical training is in progress
- Stations to sanitize are at all facilities.
- Sanitize equipment (before and after use)
- Keep same kids in same groups when possible

Symptoms and Testing of Student-Athletes

Recommendations are based on current CDC and discussions with Idaho Southwest District Health

Parents need to keep kids home if they have any symptoms, even if they do not think it is related to Covid.

1. If a student-athlete develops symptoms, gets tested, and the test comes back **positive**.
 - A. Student-athlete will be required to quarantine at home for a minimum of 10 days.
 - B. They may return after the 10-day period PLUS 3 days no fever PLUS improved symptoms.
 - C. Student-athlete will be required to have a physician's clearance prior to return.
2. If a student-athletes develops symptoms, gets tested, and the test comes back **negative**.
 - A. Student-athlete will be cleared to return to practice upon providing documentation of a negative test result or a doctor's clearance note. Student must also be symptom free.
3. If a student-athlete develops symptoms, but they **do not get tested**.
 - A. We will treat this as a positive test result.
 - B. Student-athlete will be required to quarantine at home for a minimum of 10 days.
 - C. They may return after the 10-day period PLUS 3 days no fever PLUS improved symptoms.
 - D. Student-athlete will be required to have a physician's clearance prior to return.
4. For student-athlete(s) that were in **close contact** with the symptomatic student-athlete.
 - A. Any student-athlete that was *within 6 feet contact for longer than 15 minutes* **may be** required to quarantine for 10 days from the last day they were exposed to the symptomatic student-athlete. This will be determined on a case by case basis with CDC guidance.
 1. If no symptoms occur, student-athlete will be able to return. Physician's clearance will not be required.
 2. If symptoms occur that student-athlete will be required to quarantine for a minimum of 10 days from start of symptoms, PLUS 3 days no fever, PLUS improved symptoms.
 3. A physician's clearance will be required to return.
 - B. Any student-athlete(s) that was *within 6 feet contact for less than 15 minutes* will **not** be required to quarantine. They will be monitored by Athletic Trainer daily for 10 days for signs and symptoms.
 1. If symptoms occur, student-athlete will then have to quarantine for a minimum of 10 days.

2. They will be able to return after 10 days PLUS 3 days no fever PLUS improved symptoms. Physician's clearance will be required.

Return to Play - After the athlete has quarantined

3 Day gradual return - After we have received clearance from the student-athletes physician.

Day 1	30 minutes of aerobic activity (stationary bike, jogging, running bleachers)
Day 2	Non-contact sport specific practice
Day 3	Full practice (with possible adjustments)

**** Know that each individual case will be treated as such ****

Practice protocol

- Follow all guidelines if athletes (or coaches) are not feeling well. Do not come to any event.
- face masks are required - need to bring your own mask, we may not have extra masks available. Only time that masks are not required for players and coaches is when physical training is taking place.
- In the interested of social distancing an stopping the spread, **spectators/fans are NOT allowed to attend practice.**
- Athletes must bring their own water bottles.
- Scrimmages at practices - No more than 15 min for individual athletes or groups for each practice.
- How to use restrooms. For gym only use men's and women's bathrooms in Athletic wing. Outdoor venues will have port-o-potties.
- All individuals coming to a training session will have their temperature taken by the coach before being admitted to the session. Any individual with a temperature above 100.4 degrees (this is the CDC definition of a fever) will not be admitted.
- Locker rooms will be available but only 20 individuals at a time may be in the locker room.
- Athletic Training Facilities - please see train room protocol below.
- Coach may enter to get ice and water. When getting water or ice coaches must first wash hands and sanitize scope before and after use.
- Sanitation Stations - for athletes. Before and after workouts. All facilities
- Entrance into gyms and weight room (make sure groups do not cross if possible) –
 - For the gyms – enter main door in front of main gym. Exit through door by training room/PE coach's office.
 - For football locker rooms – Enter and leave through tunnel doors to back practice field.
 - For weight room – enter main door by building back door. Exit through roll up door.

Gym Use:

Enter/Exit strategies so there is limited contact or crossover of groups.

At least 20 minutes in between groups to help clean the facility.

- Entrance into gyms and weight room (make sure groups do not cross if possible) –
 - For the gyms – enter main door in front of main gym. Exit through door by training room/PE coach's office.
 - For football locker rooms – Enter and leave through tunnel doors to back practice field.
 - For weight room – enter wight room door by main building back door. Exit through roll up door.

Weight Room use:

At least 20 minutes in between groups to help clean the facility.

Enter and Exit strategy, groups not crossing.

Clean and disinfect before and after, wipe or spray equipment - 5-minute dry time.

Spread out your stations, small groups, stay 6 ft away. Manage and plan how to spot for physical distancing.

Spotting= Be safe, but then physical distance. Masks are always required.

Travel restrictions -

No unnecessary travel.

No out of state travel.

If a bus is provided by the team or athletic department the following steps will take place:

- Hand sanitation is required before boarding the bus.
- Everyone on the bus required to wears a mask.
- Only 2 people to a seat.
- Load back to front.
- Unload front to back.
- Several windows are down for circulation purposes.
- Social distance as much as possible.

Written Plan and schedule for each program-

Each head coach will be required to send a scheduled of requested gym/weight room times to the District AD for approval. Further each head coach requesting time will need to submit a plan of how their program will adhere to the requirements in this document. This document as well as the schedule should be in a format that can be sent out to parents and student via blackboard message.

Head coaches are required to ensure that all guidelines are followed by all assistant coaches and players.

All individuals coming to a training session will have their temperature taken by the coach before being admitted to the session. Any individual with a temperature above 100.4 degrees (this is the CDC definition of a fever) will not be admitted.

Head coaches will maintain a list of who attend each training session, or events.

After each session coach will be responsible to wipe down all areas that have been used/touched during a training section.

Athletic Training Room (ATR) Policy for COVID-19 Considerations

ATR specifics regarding capacity, PPE, and treatments:

- ✓ **ATs should analyze the space they have and determine how many individuals can occupy the space safely. This will be different for each site and should be communicated with Admin, Coaches, families, and students once determined.**

- Mountain Home ATR will allow 3 athletes, coaches, and/or parents maximum at a time. 1 in the rehab area, 1 in evaluation/taping area, and 1 in the exercise equipment area.
- ✓ Athletes that are treated in the ATR will be screened prior to admittance and treatment.
 - If S/S are present or Temperature is over 100.4 F will not be treated.
 - If S/S and fever are present OR if athlete has tested positive in the last 6 mon a physician's note will be required for participation in activities or treatment in ATR.
- ✓ During close encounters that require longer than 5min AT should apply proper PPE for the procedure being performed. This should include a face covering and eye protection and may include gloves or gown.
 - St. Luke's will provide PPE for the AT; if PPE is needed for the athlete the school or family will be responsible for them.
- ✓ Any treatment that can be provided out of doors or outside of the ATR should be.
 - Taping / First aid station under pop-up canopy outside.
 - First aid kits to teams sooner for easy access to simple first aid supplies.
- ✓ Sports medicine students, volunteers, Physical Therapist, and any other provider helping in the ATR should follow the same guidelines as the AT. These individuals should be screened as well prior to working in the ATR.

Disinfection / Sanitation:

- ✓ Hand hygiene in the ATR
 - Wash hands upon entering, in between athletes, after eating/drinking, and when visibly soiled.
 - Gloves when procedure requires and can be provided while gloved.
- ✓ Tables disinfected between athletes.
- ✓ Access to the ice machine should be limited to the AT, Sports Med students (if available) and Coaches. No free access to ice or hydration equipment.
 - No communal water bottles, fountains, or trees.
 - Personal bottles only with a hygienic way to refill.
- ✓ Rehabilitation equipment and modality units should be strongly considered: Discontinue use if there is direct patient contact and disinfection cannot take place.
 - E-stim / US: Clean pads/sound head in between uses.
 - Hydrocollator hot pack covers should be wrapped in a towel then placed appropriately.
 - Rehab equipment cleaned after each use.
 - Practice common sense, best judgment, and sanitize items/surfaces often.
- ✓ Cleaning of the ATR
 - Work with your local maintenance department to confirm who cleans what and how often.
- ✓ During working hours ATR high touch areas should be cleaned a minimum of twice a day.

Fall Sports Start Up Info:

Volleyball:

August 10th, 11th, 12th 2020

Time: 6:00-8:00 PM

Location - Mountain Home High School Gym

***Facemasks are required when arriving and leaving gymnasium.**

***Spandex may only be worn in the gym. Players need to wear loose covering shorts or sweatpants while not practicing/not in the gym. (If spandex are too short coaches may require you to change before you can continue to practice or will be sent home).**

LOCKER ROOMS WILL NOT AVAILABLE

*Appropriate number based on the number allowed inside. No more than 12 athletes per net.

*We will split groups into the small gym if needed to meet requirements

*Scrimmages are allowed.

*No parents allowed inside gymnasium

Once try outs are completed for the day. Athletes will put on facemasks, tear down net, and wipe the bleachers/used areas.

Required Equipment – FACE MASK (will not be provided), volleyball shoes, knee pads (highly recommended), bring your own water bottle

Cross Country:

Start date Aug. 10th @ Tiger Field Track 8AM.

Run 6 ft apart, think about the finish line, no grouping at the end. Groups of 20, broken into small groups of 4-5, but spread out 6ft apart.

Football:

Football Starting Aug. 10 at 7:30am-9:00am and 5:30pm-7:00pm just t-shirt and shorts

Staging/Temp station - single file line against the school 6ft apart (coach Clark)

line up, 6 feet apart, mask on. Send home anyone over 100.4. Coaches will send in players into locker rooms to change if needed after temp. has been taken. Players will stay 6ft apart throughout their time in the locker rooms

-Players need to provide their own water bottle.

-Players need to provide their own masks and use them when not working in drills

-Players will be 6ft apart unless in the drill

-Players will only be entering and exiting through the tunnel from the outside double doors by the men's locker room.

Aug 11, 12, 13, 14, 15

7:30am-9:00am helmets, shirt and shorts until Aug. 13th the full gear

Same procedures as day 1
Varsity players checked first for locker room usage
Freshman team checked and use of locker room 20mins after

Aug. 17th school starts for kids
3:00pm-5:30pm practice.

The same procedures noted above will take place every day on the field before the players are able to enter the locker room.

Girls Soccer:

Start Date Aug. 10th – 14th @ East Side Park – practice field – **7:30AM**
Social distancing and mask required as you enter the facility.
Spread out, lots of ball drills, one person at a time. Rotations and distancing.

Boys Soccer:

Start Date Aug. 10th – 14th @ East Side Park – 18th street side practice field – 4-6PM
Social distancing and mask required as you enter the facility.
Spread out, lots of ball drills, one person at a time. Rotations and distancing.

Swimming:

-Aug 10th will be the parent/athlete meeting to go over the requirements, practice, meets and ask for assistance at the meets. The time will be 5pm at the pool park. From 3pm to 4:30pm, I will get base passes for the ones that need it to drive onto base.
-Aug 11th, we start swimming at the base pool if the pool stays open. The temperature is 73 degrees as of right now. We will be swimming at 1pm or 4 pm for up to 2 hours a day in the water. We will be following the 6-foot social distancing rule set by the USA Swimming and the Governor. Parents will need to help with transportation. All swimmers will have their swimsuit on and ready to practice. The base locker/restrooms are closed. I will also sign out kickboards and pull buoys to each swimmer, so they do not have to be cleaned as much. The swimmers will only use the gear that was assigned to them for the duration of the season.
-We will be swimming from Tuesday thru Friday at the base pool.

Cheerleading:

Start Date Aug. 17th 3:30 – 6:30PM Bennett Mt. High
Physical Distance, spread out, rotate, use stations, and no groups and stunting groups for more than 15 min.

Marching Band: Physical Distancing, spread out, use stations, etc.