

# Lakewood Athletics



## COVID-19 Waiver

**IF YOU JUST NEED THE COVID WAIVER!**

**Please return all forms to the Athletic Office at LHS or to your coach! You must have these forms on file to participate in practice, scrimmages and athletic contests.**

**LAKWOOD CITY SCHOOL DISTRICT  
STUDENT WAIVER OF LIABILITY AND ACCEPTANCE OF TERMS AND CONDITIONS  
FOR ATHLETICS PARTICIPATION AND USE OF BOARD FACILITIES**

Team/Activity: \_\_\_\_\_ Coach/Advisor: \_\_\_\_\_

Student Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

In light of the COVID-19 pandemic and Ohio's Responsible Restart, the Director of the Ohio Department of Health has authorized certain activities and athletic facilities to re-open. While the Board intends to continue to fully comply with recommended safety standards and safety precautions, removing all risk of contracting COVID-19 while students, staff, and/or spectators gather is impossible. Therefore, participation in student activities and/or the use of Board facilities at this time is voluntary and conditioned upon compliance with the following safety precautions and acceptance of the following terms and conditions.

1. Prior to participation or use of Board facilities or equipment, the Student will conduct a daily symptom assessment (self-evaluation) and will stay at home if experiencing symptoms of fever, cough, shortness of breath or difficulty breathing, chills, muscle pain, headaches, sore throat, or new loss of taste or smell. The Student will stay at home if he/she has been exposed to any person who has tested positive for COVID-19 in the past fourteen (14) days.
2. The Parent/Guardian and Student understand that participation in the above-identified activity involves risks and dangers including, but not limited to accidents, illnesses, and death, including but not limited to COVID-19 and any related or derivative disease or condition. In exchange for the Board allowing the Student to participate in the activity, the undersigned hereby assumes all risks of participation in the activity including those set forth above and releases, discharges, and/or waives any and all liability, claims, damages, causes of action and/or demands against the Lakewood City School District Board of Education ("Board") and its employees of every kind and nature which may arise from or in connection with the activity. The undersigned further agrees to indemnify and hold harmless the Board and its employees from any claim arising out of or related to the Student's participation in the activity.
3. The Student will at all times of participation be covered by a current accident/medical policy.
4. The Student's participation in the activity is conditioned upon the Student complying with any and all federal, state, and Board rules and regulations, including but not limited to those related to health, safety, and/or the spread of contagious disease, including but not limited to COVID-19 and any related or derivative disease or condition and may be revoked at any time. The Student will comply with such rules and regulations at all times while present on Board property. (See Attached).

By signing below, the undersigned Parent/Guardian and Student acknowledge that they have read and understand the above terms and voluntarily accept them. This Agreement and Waiver shall remain in full force and effect unless withdrawn in writing by certified mail service to the Office of the Superintendent, 13701 Lake Ave. Lakewood, Ohio 44107, but under no circumstances shall it be withdrawn retroactively.

(X) \_\_\_\_\_  
**Parent/Guardian Signature** **Date**

(X) \_\_\_\_\_  
**Student Signature** **Date**

## **COVID-19 SAFETY RULES CHECKLIST: SKILLS TRAINING**

- \_\_\_\_\_ Coaches and players must adhere to physical six-foot distancing.
- \_\_\_\_\_ No spectators permitted other than parents/guardians. Six-foot social distancing is required and face masks are requested when inside a facility.
- \_\_\_\_\_ Coaches and players must conduct daily symptom assessments (self-evaluation). Anyone experiencing symptoms, including cough, shortness of breath or difficulty breathing, fever, chills, repeated shaking with chills, muscle pain, headaches, sore throat, and new loss of taste or smell, must stay home.
- \_\_\_\_\_ No team water coolers or shared drinking stations. Athletes should bring individual water containers.
- \_\_\_\_\_ No touch rule - players should refrain from high fives, huddles, or other close contact before, during, or after skills sessions unless the contact is for the purpose of safety. Players should refrain from spitting, eating seeds, or chewing gum.
- \_\_\_\_\_ Scrimmages and games are not permitted.
- \_\_\_\_\_ No congregation before or after the training or practice session.
- \_\_\_\_\_ Time should be allotted between sessions to allow teams to exit prior to new teams arriving.
- \_\_\_\_\_ If possible, coaches should wear face coverings at all times and athletes wear face coverings at all times while not actively participating in the field of play.
- \_\_\_\_\_ Replace in-person meetings with virtual meetings whenever possible.
- \_\_\_\_\_ Equipment and personal items should have proper separation and should not be shared. If equipment must be shared, proper sanitation should be administered between users as well as before and after every session.
- \_\_\_\_\_ Hand washing or hand sanitizing, in the absence of soap and water, must be available.
- \_\_\_\_\_ Maintain a complete list of individuals present at each session including the date, beginning and ending time of the event, name, address, and phone contact to be made available upon request from local health district.
- \_\_\_\_\_ Immediately isolate and seek medical care for any individual who develops symptoms. Contact the local health district about suspected cases or exposure and to identify potentially infected or exposed individuals to help facilitate effective contact tracing/notifications.

## **COVID-19 SAFETY RULES CHECKLIST: WEIGHT ROOMS**

- \_\_\_\_\_ Those using the weight room must conduct a self-assessment and not enter the facility if they are exhibiting symptoms or have been exposed to COVID-19.
- \_\_\_\_\_ Anyone using the weight room must sign-in and those sign-in sheets will be maintained for potential contact tracing needs.
- \_\_\_\_\_ When participating in class training, do not arrive more than 10 minutes early.

- \_\_\_\_\_ Maintain six-foot social distancing, except when instruction requires close interaction with instructor/coach.
- \_\_\_\_\_ Wear face coverings and gloves if possible, based on activity.
- \_\_\_\_\_ Bring your own mats, towels, bands, and/or equipment to the extent possible.
- \_\_\_\_\_ To the extent possible, eliminate drills done with a partner.
- \_\_\_\_\_ Limit the use of fans. If fan use is necessary, place fans to blow away from people.
- \_\_\_\_\_ Keep doors open and open exterior doors to the extent available.
- \_\_\_\_\_ Parents/guardians or other person responsible for transportation, if not yourself, should wait in the parking lot.

### **COVID-19 SAFETY RULES CHECKLIST: LOCKER ROOMS AND RESTROOMS**

- \_\_\_\_\_ Disable or mark every other or every third locker for non-use to enforce six-foot social distancing requirement. Facilities where lockers are assigned to members are not required to disable lockers but must enforce social distancing requirement.
- \_\_\_\_\_ Remove any casual seating other than benches by lockers as necessary.
- \_\_\_\_\_ Clean and disinfect public areas and restrooms every two (2) hours using EPA- registered disinfectants, particularly on high-touch surfaces such as faucets, toilets, doorknobs and light switches.
- \_\_\_\_\_ If independent showers are available and used, they must be attended and sanitized between each use.
- \_\_\_\_\_ Disable or close-off communal style showers except for rinsing before and after any pool activity.
- \_\_\_\_\_ Make sure supplies for handwashing, including soap and materials for drying hands are fully stocked every time the bathroom is cleaned.
- \_\_\_\_\_ Disable or close-off steam rooms and saunas.
- \_\_\_\_\_ If towels are provided, they are to be stored in covered, sanitized containers that are clearly delineated clean versus soiled. Appropriate temperatures are to be used when washing and drying towels to ensure sanitation (hot water for washing, ensure they are completely dried). Employees handling towels must wear gloves and face covering.
- \_\_\_\_\_ Restroom facilities should limit the number of users at any one time based on the facility size current social distancing guidelines. These facilities should be cleaned/ sanitized per CDC recommended protocol along with established restroom cleaning schedules.
- \_\_\_\_\_ If possible, discourage use of locker rooms - encourage athletes to arrive dressed for a workout and clean up at home.

#### **Hydration:**

All students shall bring their own water bottle. Water bottles must not be shared. • Hydration stations (water cows, water trough, water fountains, etc.) may be utilized but must be cleaned after every practice/contest.

#### **Contests**

Potential Infection Risk by Sport (modified from United States Olympic and Paralympic Committee – Sports Medicine recommendations)

**Higher Risk:** Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.

**Examples:** Wrestling, football, boys lacrosse, competitive cheer, dance.

**Moderate Risk:** Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants.

**Examples:** Basketball, volleyball\*, baseball\*, softball\*, soccer, water polo, gymnastics\* (if equipment can't be sufficiently cleaned between competitors), ice hockey, field hockey, tennis\*, swimming relays, pole vault\*, high jump\*, long jump\*, girls lacrosse, crew with two or more rowers in shell, 7 on 7 football.

\*Could potentially be considered "Lower Risk" with appropriate cleaning of equipment and use of masks by participants.

**Lower Risk:** Sports that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.

**Examples:** Individual running events, throwing events (javelin, shot put, discus), individual swimming, golf, Weight lifting, alpine skiing, sideline cheer, single sculling, cross country running (with staggered starts)

[https://www.nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15\\_2020-final.pdf](https://www.nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15_2020-final.pdf)

<https://coronavirus.ohio.gov/static/responsible/Skills-Training-All%20Sports.pdf>

<https://ohsaaweb.blob.core.windows.net/files/SchoolResources/OHSAACOVIDMONITORING.docx>

Face Mask Etiquette: <https://youtu.be/1K9Zs16dhRE>

Hand Washing: <https://youtu.be/Cw4h-4WEpHg>

Hand Sanitizing: <https://youtu.be/YylsSJxHJdQ>

How to Make a No-Sew Mask: <https://youtu.be/odD2SCgCKy4>

Social Distancing: What is Six Feet?: <https://youtu.be/OesXL3I6M4s>

Cross Contamination and Gloves: <https://youtu.be/SGvVNFw1Eqs>

I have reviewed and understand the risks and hydration protocol, the above videos links and information links regarding COVID-19. I agree to follow the instructions, rules and procedures of each individual or team sport that I participate in and the overall general rules, regulations and procedures regarding the COVID-19 virus. By signing below, the undersigned Parent/Guardian and Student acknowledge that they have read and understand the above terms and voluntarily accept them. This Agreement and Waiver shall remain in full force and effect unless withdrawn in writing by certified mail service to the Office of the Superintendent, 13701 Lake Ave. Lakewood, Ohio 44107, but under no circumstances shall it be withdrawn retroactively.

(X) \_\_\_\_\_  
**Parent/Guardian Signature**

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