



**Athletic Training Department
Assumption of Risk and Waiver of Liability Relating to COVID-19**

I understand that those participating in interscholastic athletics, physical education activity classes, and/or conditioning classes are at a higher risk of exposure to the COVID-19 virus due to the lack of social distancing, shared equipment, and ventilation. In order for student-athletes to participate in interscholastic athletics, physical education activity classes, and conditioning classes, they are required to read and sign the following Assumption of Risk and Liability Waiver.

- 1. I understand that COVID-19 is extremely contagious and has been declared a worldwide pandemic by the World Health Organization³.**
- 2. I understand that by participating in sports/conditioning classes and utilizing the facilities associated with them, I may knowingly or unknowingly transmit the virus to my family, friends, teammates, and/or others I may come into contact with. This may include young children, elderly persons, and/or those with pre-existing conditions that place them at higher risk for the virus¹.**
- 3. I understand that there is an increased risk of exposure to the virus by participating in competitive events with other schools, both in and out of conference. The risk of exposure also exists during travel to and from any and all away games⁴.**
- 4. I understand that while every attempt is made to minimize chances of exposure, there are no guarantees that can be made.**

To do my part to limit the exposure to and/or transmission of COVID-19, to myself and those around me, I agree to adhere to the recommendations of the CDC including:

- **Proper general hygiene (<https://www.cdc.gov/healthywater/hygiene/body/index.html>)¹**
- **Proper handwashing techniques (<https://www.cdc.gov/handwashing/when-how-handwashing.html>)¹**
- **Use of hand sanitizer when handwashing is unavailable**
- **Proper use of personal protective equipment (gloves, masks, and/or eye protection)**
- **Not sharing any personal items (towels, soap, brushes, clothes, water bottles, make up, lip balm, etc.).**

I will report any possible COVID-19 exposure or symptoms to the athletic training department.

I voluntarily agree to assume all risks and accept sole responsibility for any injury and/or illness to myself. I hereby release, covenant no to sue, discharge, and hold harmless Santa Rosa City Schools, their officers, officials, agents, volunteers, employees, other participants, sponsoring agencies, sponsors, advertisers (“Releasees”), with respect to any and all injury, illness, disability, loss or damage to person or property, expenses, and/or death arising out of or relating to COVID-19. I understand this release includes any claims based on the actions, omissions, or negligence of the Releasees, and whether a COVID-19 infection occurs before, during or after my participation.

The terms hereof shall serve as a release and assumption of risk for my heirs, estate, executor, administrator, assignees, and all members of my family.

Student-Athlete Name: _____ Sport: _____

Student-Athlete Signature: _____ Date: _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____ Date: _____