

APPENDIX 4. PARTICIPANT ACKNOWLEDGEMENT FORM AND INFORMATION

ACKNOWLEDGMENT OF RECEIPT

I hereby acknowledge that I received a copy of the following documents:

1. Return to Play/Participate Information that includes:
 1. Symptoms of COVID-19
 2. Pre-screening process prior to activity
 3. Control measures
 4. Physical distancing guidelines and gathering protocols

I have read and been informed about the processes and protocols of the Athletics and Activities Return to Play/Participate policies implemented at Whitney and Rocklin High School. I have received a copy of the documents and agree to be truthful in my responses during the pre-screening process. I further understand that the materials I have received may be revised or updated from time to time.

I understand that if I have questions, at any time, I will consult with the Whitney and Rocklin High School Athletic Directors and/or Administration.

I HAVE READ THIS ACKNOWLEDGMENT OF RECEIPT AND FULLY UNDERSTAND ITS INFORMATION.

Name of participant: _____

Participant signature: _____

Date signed: _____

THIS IS TO CERTIFY THAT I, AS PARENT/GUARDIAN, WITH LEGAL RESPONSIBILITY FOR THIS PARTICIPANT, HAVE READ AND UNDERSTAND THE PROVISIONS OF THE INCLUDED DOCUMENTS.

Name of parent/guardian: _____

Parent/Guardian signature: _____

Date signed: _____

ATHLETICS & ACTIVITIES

RETURN TO PLAY/PARTICIPATE

Pre-Screening Prior to Activity

1. As each student enters the facility they will stand on tape markings outside the facility with appropriate social distancing.
2. One student at a time will approach the door.
3. The employee will conduct a temperature check and question the student.
4. Responses to screening questions for each person will be recorded and stored so that there is a record of everyone present in case a student develops COVID-19.
5. Any person with positive symptoms reported will not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.
6. In order to return to the facility and participate in the athletic event and/or academic/extra-curricular activity the individual with positive symptoms will need clearance from a medical doctor.

Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

***Seek medical care immediately if someone has emergency warning signs of COVID-19.**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

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The graphic above was obtained from the Centers For Disease Control and Prevention (<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>).

Control Measures

1. Employees and/or facilities will be equipped with a first aid kit to deal with any injuries that may occur.
2. Students "pods" will be developed to ensure more limited exposure if someone develops an infection. These "pods" will practice together each day and will not intermingle until phase 3.
3. Participants should limit their participation to only one sport/activity (e.g., training for either baseball or soccer, but not both).
4. No spectators are permitted.
5. Adequate cleaning schedules will be implemented for all facilities to mitigate any communicable diseases.
6. Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized by an employee or volunteer.
7. Individuals should wash their hands for a minimum of 20 seconds with warm water and soap or hand sanitizer before touching any surfaces or participating in workouts.
8. Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
9. Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.
10. Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
11. Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
12. Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.
13. Locker rooms will be closed at the beginning of the re-opening process.
14. The pool facilities will follow the above guidelines and additionally: maintain proper disinfectant levels, ensure that the facility has adequate equipment for students, clean and disinfect

PHYSICAL DISTANCING GUIDELINES & GATHERING PROTOCOLS

Whitney and Rocklin High School will be using a 3 phase plan of approach to return to athletics and activities. The phase 1 guidelines are as follows:

No gathering of more than 10 students at a time inside assuming physical distancing guidelines can be applied. If physical distancing guidelines cannot be adhered to, the number of individuals allowed should be lowered to meet guidelines.

Locker rooms should not be utilized during Phase 1. Students should report to workouts in proper gear and immediately return home to shower at end of the workout.

There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur.

Employees and students will be strongly encouraged to wear face coverings if possible and safe for the specific event/activity.

There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students.

Students should wear their own appropriate workout clothing (do not share clothing) individual clothing/towels should be washed and cleaned after every workout.

All athletic equipment, including balls, should be cleaned after each use and prior to the next workout. Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.

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 social distancing norms. Safety measures in all forms must be strictly enforced in the weight room.

Phase 2 and Phase 3 guidelines will be made available on-line (www.whitneyathletics.com or <https://rhs.rocklinusd.org/Athletics/index.html>) at a later date.