

TFHE Covid-19 Informed Consent

Based upon the recent state updates allowing schools to conduct certain interscholastic sports, TFHE Athletics will provide our students an opportunity to practice and compete under proper safety guidelines. We ask your cooperation and assistance in following those elements which pertain to your child's participation. As of last week the California Interscholastic Federation, CIF, is requiring all schools to provide/confirm an assumption of risk for all their student athlete participants. Which effectively includes remote venues in which students are participating in TFHE Athletics activities.

Overview

The novel coronavirus (or COVID-19) has created a pandemic resulting in a State of Emergency in California. 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 health officers have required or recommended social distancing and, in many instances, have prohibited or significantly limited the congregation of groups of people.

TFHE schools are complying with guidance and taking reasonable steps to mitigate the risk of spreading COVID-19. However, this risk cannot be completely eliminated and The TFHE schools cannot guarantee that you and/or, if applicable, your student(s)/child(ren) will not become infected with COVID-19. Further, participating in athletics could increase your and/or, if applicable, your student(s)/child(ren)'s risk of contracting COVID-19. Consequently, for the safety of our staff, students, parents, and other visitors, The TFHE School requires all persons participating in its activities during this pandemic to acknowledge an assumption of the risk, waive (i.e. release) liability, and agree to abide by our COVID-19 protocols, as follows:

Request to Participate

I am the parent and/or legal guardian of the named student(s)/child(ren) at the end of this document, and I request that he/she/they be allowed to participate in the TFHE school athletics program and I give my permission for he/she/they to do so. I acknowledge that my and/or, if applicable, my student(s)/child(ren)'s participation in the upper school fitness program is voluntary.

Assumption of Risk

By signing this agreement, I understand and acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I and, if applicable, my student(s)/child(ren), may be exposed to or infected by COVID-19 by participating in the TFHE school athletics program, 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 by participating in upper school athletic offerings may result from the actions, omissions, or negligence of myself and others, including, but not limited to other participants or TFHE officials, employees, volunteers, and/or representatives. I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any harm, loss, or injury to myself and/or, if applicable, my student(s)/child(ren), including, but not limited to, any personal injury, disability, death, illness, damage, loss, claim, causes of action, liability, cost or expense of any kind, that I, or, if applicable, my student(s)/child(ren), may experience or incur in connection with the TFHE school fitness or athletic program.

Waiver of Liability

In consideration for The TFHE Schools allowing my student(s)/child(ren) to participate in the athletics program, I, on behalf of myself, and/or, if applicable, my student(s)/child(ren), hereby release, covenant not to sue, discharge, and hold harmless TFHE, TFHE schools, and any officials, employees, volunteers, and/or representatives thereof ("Releasees"), 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 TFHE Schools, its officials, employees, volunteers, and/or representatives, whether a COVID-19 infection occurs before, during, or after participation in the athletics and/or fitness program.

Agreement to Abide by COVID-19 Protocols

- A. I agree that I, and/or, if applicable, my student(s)/child(ren), will not enter The TFHE schools grounds or facilities if I am, and/or he/she/they is are, feeling ill, which includes, but is not limited to, the following symptoms: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headaches, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea, etc.
- B. I understand and acknowledge that I, or, if applicable, my student(s)/child(ren), may be denied entrance or admittance if The TFHE Schools determines that I am, or he/she/they is/are, showing any such symptoms, I warrant and represent that I am not aware of any medical condition of myself and/or, if applicable, my student(s)/child(ren) which would render it inappropriate for me and/or him/her/they to participate in the TFHE athletics program.
- C. I agree to abide by all COVID-19 guidelines and other COVID-19-related policies and procedures, which may change over time as circumstances change over time. This may include hand washing requirements and temperature checks for myself and, if applicable, my student(s)/child(ren). I agree to practice good hygiene etiquette such as sneezing into my elbow, utilizing tissues, and avoid touching my eyes, nose, and mouth, and, if applicable, to instruct my student(s)/child(ren) to do the same.
- D. I understand and acknowledge that my failure to abide by and/or my failure to ensure that any student/child of mine abides by this agreement may result in me and/or, if applicable, my student(s)/child(ren), being removed from the TFHE athletics program.

Guidelines

- Students must remain grouped in a maximum of two cohorts, throughout the full season of their interscholastic sport. One cohort will consist of the students and coaches from their TFHE team. Students may only participate in one other cohort inside or outside of their TFHE team.
- Proper social distancing protocols of 6' minimum separation must be maintained from arrival on campus to departure from school.
- Masks will be worn on campus at all times, including during exercise. Students must also wear masks when working out. If they become fatigued or short of breath, they should remove themselves from the activity until they are able to breathe comfortably again.
- Daily Covid screening should be completed by student/parent prior to arriving each day for practice or competition. Additional screening procedures will be implemented on arrival on site.

- Participants should provide their own water bottles and other equipment to prevent sharing any items to the extent possible.

Arrival processing

Coaches will direct students on the specific drop off, pick up, and student parking locations for each site. Upon arrival each student will proceed directly to the appropriate check-in location. Social distancing of 6' must be maintained while waiting to be processed. Students should be prepared to show a screenshot of their health questionnaire responses.

Temperature will be taken on arrival with an infrared thermometer and our staff will make sure the student is wearing a face covering. If the temp is equal to or greater than 100.0, the student is instructed to get back in the car, may not attend their session that day and a school representative will follow up with the parent.

Coaches will notify the school Covid designee of any student with a temperature equal to or above 100.0. The Covid designee will contact parents and ask that your child see a physician and get a note saying it is safe for the student to return to workouts at a later date. The doctor will decide what needs to be done to certify the student is safe to return to school. If a student can obtain a negative test for COVID-19, or can provide a doctor's note to that effect, the student can return after 72 hours of presenting the fever.

After the curbside check-in, students will then visit the restroom (or hand washing/sanitizer station) to thoroughly wash hands, which they will also do at the end of the workout session. Entry doors to bathrooms will be left open to limit the amount of touch points involved. Only one person can enter the restrooms at a time. Please use the restroom prior to arriving.

Students may only be participating in one other in-person program, inside or outside of TFHE, whether they are academic or athletic (two total). At this time, this approach to grouping aligns with both TFHE and county recommendations for safe student cohorting.

I have read this assumption of risk and waiver of liability and by my signature below agree to abide by The TFHE Schools COVID-19 protocols, and fully understand its terms.

Student's name_____ Date_____

Parent's signature_____ Date_____