



# STUDENT PRACTICE PROTOCOLS AND PARENT WAIVER AND RELEASE FORM FOR ATHLETIC PARTICIPATION

2021

## FOR STUDENTS:

I \_\_\_\_\_, (Printed Name of Student) agree to abide by the following practice protocols, which I have reviewed prior to engaging in the TJUHSD's 2021 athletic programs:

1. I will maintain a minimum of 6 feet of physical distancing from students and coaches at all times.
2. I understand all practices are optional and I assume the risk for participating in them. I understand I will not be penalized for not participating. However, if I plan to compete in the 2021 season I am required to attend all practices in order to be eligible to compete.
3. I understand that I need to bring my own hydration products as shared water bottles are not allowed. No sharing of water bottles will be allowed. Come prepared.
4. I understand we will utilize equipment during practices and competition, (e.g. balls, weights, sleds, etc.). All shared equipment will be sanitized by coaching staff prior to the next practice. We recommend any personal equipment be sanitized daily by the owner.
5. I will arrive dressed for activities and understand locker rooms will not be available. I recognize that I am encouraged to shower at home before and after sessions.
6. I understand that if I experience any COVID-19 related symptoms, I will not attend. This includes 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. I understand that if I exhibit these symptoms or pretend to exhibit these symptoms, I will be sent home.
7. I understand that only student participants/athletes, teachers, and coaches will be allowed to attend sessions. I will not invite parents or other individuals to attend and/or watch sessions.
8. I acknowledge that these expectations may change based on TJUHSD, state and county health guidelines and related requirements. I agree to adhere to these expectations as they may be modified

**Student Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

## FOR PARENTS:

As the parent/guardian of the above-named child and on behalf of myself and my child, agents, heirs, and successors, I voluntarily agree to: (1) assume all risks of injury, illness, or death to my child arising out of or resulting from my child's participation in and/or attendance at the above-stated program or activity, such risks to include but are not limited to, injury, illness, or death due to being exposed to or infected by contagious diseases, including COVID-19; (2) acknowledge that my child's participation in the above-stated program or activity is voluntary and I assume full responsibility for my child's participation (3) waive and release all claims, causes of actions, actions, liabilities, and costs against the Tulare Joint Union High School District (District) and its governing board and members thereof, officers, employees, agents, and volunteers (collectively District Personnel) and hold harmless the District and District Personnel from any claims, causes of actions, actions, liabilities, and costs that may arise out of or result from my child's participation in or attendance at such program or activity; (4) assume all obligations for any medical, financial, and other costs and/or liabilities that be sustained or incurred by my child, myself, or my agents, heirs, and/or successors; and (5) acknowledge this waiver and release is made notwithstanding section 1542 of the California Civil Code which provides: "A general release does not extend to claims which the creditor does not know or suspect to exist in his or her favor at the time of executing the release, which if known by him or her must have materially affected his or her settlement with the debtor" and therefore, I expressly waive the benefits of this provision. The District assumes no responsibility and shall not be liable for any injury, illness, death, liabilities, damages, or costs that my child, myself, my agents, heirs, and/or successors may sustain or incur arising out of or resulting from the aforementioned program or activity.

**Printed Name:** \_\_\_\_\_ **Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_