



2020-21 ST. MARY'S ACADEMY PARENT WAIVER, RELEASE AND WORKOUT AGREEMENT

As the parent of a St. Mary's Academy Student-Athlete involved in **SMA in-person athletic activities**, I agree my student will adhere to all COVID-19 protocols and procedures stated below. Failure to abide by the rules and regulations below will result in immediate dismissal from participating in workouts, be removed from the facility and not be allowed to return until further notice.

- My student will complete the screening process each day at the proper check-in point. My student will be required to wear a mask when entering and exiting the event facility. **If my student arrives LATE, they will be denied entrance and will need to return on my next assigned work out day.**
- My student will thoroughly wash hands immediately upon entrance of the facility, during workouts, and when exiting the facility.
- During workouts, we strongly encourage that athlete's wear a mask at all times. However, students will be required to wear a mask when entering and exiting the facility.
- Plastic shields covering the entire face will not be allowed during participation due to the risk of unintended injury to the person wearing the shield or others.
- My student will keep socially distanced (6 ft. apart) at ALL times (during workouts, in restrooms, all facilities, and while entering and exiting).
- Physical contact between athletes and coaching staff will not be allowed. My student will not shake hands, hug, fist-bump or high-five.
- Restrooms: My student will be required to wash hands for 20 seconds after using the restroom and maintain social distancing of 6 feet at ALL times.
- My student is required to sneeze or cough into a tissue or inside of elbow and avoid touching any part of my face. No spitting will be allowed. If my student must sneeze or cough, my student will be required to wash my hands immediately.
- Food and Hydration: Food will NOT be allowed on campus and **water or water stations including drinking fountains will NOT be provided for student athletes.**
- My student will be required to bring their own individual water bottles labeled with my name on it. My student is prohibited from sharing a water bottle with anyone. **Please note: Without a personal water bottle, my student will not be allowed to participate and sent home.**
- My student will wear their own workout clothing and will shower and wash my workout clothing/towels immediately upon returning home. There will be NO shared athletic equipment (towels, clothing, shoes, or sport specific equipment) between athletes or coaching staff.

By signing this waiver and release, I acknowledge the contagious nature of COVID-19 and assume the risk that my student may be exposed to or infected by COVID-19 by attending St. Mary's Academy Season 1 workouts on or off campus. The school will take reasonable preventative measures to reduce the spread of COVID-19 and will institute procedures to attempt to decrease the spread of the disease. I agree to release and forever discharge St. Mary's Academy, its Directors, Employees, Agents, Representative, Coaches, and Affiliates from any and all liabilities, claims, actions, damages, penalties, suits, costs or expenses of any nature whatsoever arising out of or any way related, directly or indirectly to any exposure or infection of COVID-19 to my student or members of my family. Please sign below to acknowledge that I have read, understand and agree to all above protocols, procedures, waiver and release.

STUDENT NAME: _____ **DATE:** _____

ST. MARY'S ACADEMY PARENT SIGNATURE

Please sign and turn in to SMA Athletic Office prior to first session attended.