



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

As a St. Mary's Academy Student-Athlete involved in **SMA in-person athletic activities**, I agree and 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.

- I will complete the screening process each day at the proper check-in point. I will be required to wear a mask when entering and exiting the event facility. **If I arrive LATE, I will be denied entrance and will need to return on my next assigned work out day.**
- I 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.
- I 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. I will not shake hands, hug, fist-bump or high-five.
- Restrooms: I will be required to wash hands for 20 seconds after using the restroom and maintain social distancing of 6 feet at ALL times.
- I am 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 I sneeze or cough, I 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.**
- I will be required to bring my own individual water bottles labeled with my name on it. I am prohibited from sharing my water bottle with anyone. **Please note: Without a personal water bottle, I will not be allowed to participate and sent home.**
- I will wear my 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 I 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 yourself 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:** _____

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



STUDENT SIGNATURE

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