

## **Participation Acknowledgement for Communicable Diseases Including COVID-19**

The COVID-19 pandemic has presented athletic/extracurricular activity programs across the world with a myriad of challenges. The COVID-19 virus is a highly contagious illness that primarily attacks the upper respiratory system. The virus that causes COVID-19 can infect people of all ages. Research from the Centers for Disease Control (CDC), among others, has found that while children may become infected by COVID-19, relatively few children with COVID-19 are hospitalized. However, some severe outcomes have been reported in children, and a child with a mild or even asymptomatic case of COVID-19 can spread the infection to others who may be far more vulnerable. In addition, a possibility is Multisystem Inflammatory Syndrome in Children (MIS-C), which is a side effect that some children are developing from COVID-19. While it is not possible to eliminate all risk of furthering the spread of COVID-19, the current science suggests there are many steps schools can take to reduce the risks to students, coaches, and their families.

York Suburban School District is taking the necessary precautions and recommendations from federal, state, and local governments, the CDC, the Pennsylvania Department of Health, as well as the National Federation of State High School Associations, and Pennsylvania Interscholastic Athletic Association, Inc. (PIAA). The District realizes information regarding COVID-19 is constantly changing as new studies and treatments become available guidelines will be adjusted accordingly. The following precautions will be implemented and adjusted as needed as new information becomes available, in order to decrease the risk of exposure for our staff, students, and spectators. Youth programs using York Suburban facilities must adhere strictly to the same protocols outlined in York Suburban Health and Safety plan and agree to the conditions the district has communicated to them.

### **These precautions include, but may not be limited to:**

1. All individuals participating in practices or contests organized by the youth programs must use the self-monitoring tool daily. If you answer yes to any of the questions on the form, you should stay home from the practice or contest and you should follow up with your health care provider as needed.
2. Promoting healthy hygiene practices such as hand washing, using hand sanitizer, coughing in your elbow, avoiding touching eyes, nose, face and mouth, no spitting, no gum chewing, no handshakes/celebrations (high fives, fist/elbow bumps, chest bumps, hugging).
3. Intensifying cleaning, disinfection, and ventilation in all facilities.
4. Encouraging social distancing through increased spacing, small groups, and limited mixing between groups, where feasible.
5. Educating all participants on health and safety protocols.
6. Self-quarantining of anyone who is sick.
7. Having plans in place if an individual gets sick.
8. Regularly communicating and monitoring developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures.
  - a. Youth Program Directors will be responsible for Regularly communicating and monitoring developments with local authorities, York Suburban School District, and the coaches, and families of their youth program regarding cases, exposures, and updates to policies and procedures.

**Additionally:**

1. All individuals **MUST** provide their own water bottle for hydration. Water bottles must not be shared. **Refill stations and water fountains will NOT BE available initially.**
2. Personal Protective Equipment (PPE), such as gloves, masks, eye protection, will be used as needed and situations warrant, or as determined by local/state governments. Face Coverings will not be used for athletes while actively engaged in practice or contest, but must be worn at all other times. Masks/Face Coverings will be utilized by coaches of the youth program at all times, unless they jeopardize an employee's health.
3. Individuals who may be at a higher risk of severe illness from COVID-19 due to underlying medical conditions. (See - CDC "People Who are at a High Risk for Severe Illness") High risk individuals should seek guidance on their participation from their health care provider and communicate any concerns to the director of their youth program.

In consideration of the above requirements, I acknowledge the following:

- Participation may include a possible exposure to a communicable disease, including but not limited to MRSA, influenza, and COVID-19. I must be an active participant in my own healthcare.
- I have had an opportunity to carefully review the current York Suburban Health and Safety Plan for Extracurricular Activities and understand the recommended precautions along with the above requirements.
- I voluntarily and willingly choose to participate in activities organized by our Youth Program. I willingly agree to comply with all procedures, protocols, and requirements put into place by York Suburban School District and the Youth Program in order to provide safe participation, to keep myself and others safe, and to limit and reduce the exposure to and spread of COVID-19 and other communicable diseases.
- I knowingly and voluntarily assume all risks related to the COVID-19 virus. I acknowledge that while particular recommendations and personal discipline may reduce the risk, the risk of serious illness and death does exist and I assume full responsibility for my participation.

Name (Please Print): \_\_\_\_\_

Program: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_