

Plan for Return to Athletic Conditioning & Workouts



PERRIS UNION
HIGH SCHOOL DISTRICT

Foreword

The Perris Union High School District values our athletic programs and the opportunities they provide for our high school students. Athletics provide a way for students to connect with the school culture, establish lifelong friendships as well as work as a team toward a common goal. The benefits and life lessons that are taught to our student athletes are invaluable and shape who they are and will become.

On August 3, 2020, the California Department of Public Health published guidelines for sports and extra-curricular activities. Following the county, state and federal health and safety guidelines, this document was prepared to guide coaches and instructors through the return of athletic training opportunities and workouts in a COVID-19 environment. The return to formal team practices, preparation for competition and competition is currently not authorized under state and county regulations. Guidance for that phase of activity will be provided when state and local authorities authorize those activities. Please note that this document is fluid and guidelines and recommendations will be modified as county, state, and federal health and safety guidelines change. This document does not replace other guidance provided by the Perris Union High School District. Those health and safety regulations must be adhered to. If you find a conflict between the guidance, you should consult your school's Athletic Director.

Contributors:

Scott Moore, Dean of Athletics, Heritage
Ryan Sharp, Dean of Athletics, Paloma Valley
Ken Cohen, Dean of Athletics, Perris
Rasiid Burgo, Athletic Director, California Military Institute
Anthony Duke, Athletic Director, Pinacate
Judy Miller, Risk Management

Staff Training:

All coaches and training staff must receive training and information on their responsibilities related for the supervision of student athletes under Phase 1, 2 and 3 of this Plan. Training will include:

- Facts related to preventing the spread of COVID-19
- Orientation to materials used in teaching personal hygiene to student athletes
- Procedures for the proper use of cleaning agents, including the use of personal protective equipment (PPE), frequency of cleaning and reporting procedures for additional cleaning or maintenance of the equipment and facilities.
- Proper procedures to take if a student or adult demonstrates symptoms or a condition consistent with COVID-19.

Prevention of COVID-19 Spread

Coaches and Athletic Trainers have the responsibility to know the facts about COVID-19 and to teach athletes the principles of how to prevent the spread of the disease. In addition, those supervising any student conditioning session or workout is responsible for enforcing the rules and guidelines established to keep student athletes, coaching staff, and our community safe.

How COVID-19 Spreads:

- There is currently no vaccine to prevent coronavirus disease (COVID-19).
- The best way to prevent illness is to avoid being exposed to this virus.
- The virus is thought to spread mainly from person-to-person.
 - Between people who are in close contact with one another (within about 6 feet).
 - Through respiratory droplets produced when an infected person coughs, sneezes or talks.
 - These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
 - Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

To Minimize the Spread of COVID-19, Everyone Should:

Wash Hands Regularly

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid Close Contact

- Avoid close contact with people who are sick, even inside your home. If possible, maintain 6 feet between the person who is sick and other household members.
- Put distance between yourself and other people outside of your home.
 - Remember that some people without symptoms may be able to spread virus.
 - Stay at least 6 feet (about 2 arm's length) from other people.
 - Do not gather in groups.
 - Stay out of crowded places and avoid mass gatherings.
 - Keeping distance from others is especially important for people who are at higher risk of getting very sick.

Cover your mouth and nose with a cloth face cover when around others

- You could spread COVID-19 to others even if you do not feel sick.
- Everyone should wear a cloth face cover when they have to go out in public, for example to the grocery store or to pick up other necessities.
 - Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- The cloth face cover is meant to protect other people in case you are infected.
- Do NOT use a facemask meant for a healthcare worker.
- Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.

Cover coughs and sneezes

- If you are in a private setting and do not have on your cloth face covering, remember to always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Clean and disinfect

- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them. Use detergent or soap and water prior to disinfection.
- Then, use a household disinfectant. Most common EPA-registered household disinfectants external icon will work.

Monitor Your Health

- All Coaches and Trainers are to take the district symptom self-assessment daily prior to attending activities.
- Be alert for symptoms. Watch for fever, cough, shortness of breath, or other symptoms of COVID-19.
- Follow CDC guidance if symptoms develop.

Staff Cleaning Responsibilities

Team coaches and staff will be provided with the training and equipment necessary to clean frequently touched surfaces between uses during the day. Indoor conditioning and practice is not authorized until further guidance is issued by CDPH. Cleaning issues beyond the simple wipe down of frequently touched surfaces must be reported to the custodial staff immediately

Scheduling of Facilities and Practices

- Campus fields will be available after 3:15 Monday through Friday
- No training is permitted during school hours
- Campus is closed to training on the weekends during Phase 1 and 2
- All conditioning or practice sessions must be scheduled with the site Athletic Director. Groups who fail to schedule a practice or follow the schedule that exists will be asked to leave the campus

Sports Listed by Risk Level

LOW RISK	MEDIUM RISK	HIGH RISK
<ul style="list-style-type: none"> ● Cross Country ● Golf ● Swimming and Diving ● Tennis ● Track and Field ● Sideline Cheer/Song (with no stunting) 	<ul style="list-style-type: none"> ● Baseball/Softball ● Basketball ● Soccer ● Water Polo ● Volleyball ● Girls Lacrosse 	<ul style="list-style-type: none"> ● Football ● Wrestling ● Comp. Cheer ● Stunt Cheer ● Boys Lacrosse

General Phase Guidelines

PHASE 1	PHASE 2	PHASE 3
<ul style="list-style-type: none"> ● 20 people pods > outdoors ● No locker rooms ● 6-foot distance ● No Athlete Contact ● No Shared Equipment ● Low Risk Sports Begin/Modified Practice* ● Medium/High Risk Sports may hold conditioning workouts 	<ul style="list-style-type: none"> ● 20 people pods > outdoors ● No locker rooms ● 6-foot distance ● No Athlete Contact ● No Shared Equipment ● Low Risk Sports Resume Practice* ● Medium Risk Sports Begin/Modified Practice* ● High Risk Sports may hold conditioning workouts 	<ul style="list-style-type: none"> ● 20 people pods > indoors ● 50 people pods > outdoors ● Locker room open (6-foot apart) ● 3-6 feet social distance** ● Moderate Risk Sports Resume Practice* ● High Risk Sports Begin Modified Practice*

*Coaches must abide by individual sport guidelines outlined by CIF for the definition of workout and practice modifications during each phase implementation. High Risk Sports must submit approval of workout plans for Phase 3 implementation to be approved by District Administration. All plans will be submitted to the site Dean of Athletics

**Distance will be based on state/county social distancing guidelines.

Progression through the phases listed will be at the direction of the athletic directors in coordination with PUHSD, CDPH and Riverside County Health guidelines.

PHASE 1

Modified Practice for Low Risk Sports

<u>Cross Country</u>	Runners should maintain at least 6 feet of distancing between individuals, no grouping (i.e. starts and finishes).
<u>Golf</u>	Maintain appropriate physical distancing 6 feet apart.
<u>Sideline Cheer</u>	Maintain 6 feet distance, no stunting is allowed
<u>Swimming and Diving</u>	Swimmer should maintain 6 feet distance and not share a given lane with more than 3 people
<u>Tennis</u>	No sharing of balls, each player may use their own set of balls to serve and use a racket to pass other balls (singles only).
<u>Track and Field</u>	Runners should maintain at least 6 feet of distancing between individuals, no grouping (i.e. starts and finishes). No sharing of implements / equipment. Padded equipment should be cleaned between use.

PHASE 1 : PRE- WORKOUT SCREENING

- All coaches and students should be screened by site coaches, athletic trainers, and/or administrators for signs/symptoms of COVID-19 upon arrival to campus and prior to any workout. Screening includes responses to screening questions for each person and a temperature check. All data should be recorded and stored so that there is a record of everyone present in case a student/athlete or coach develops COVID-19 .
- Athletes and coaches complete a self assessment before arriving on campus
- Any person with positive symptoms reported should not be allowed to take part in workouts and should be isolated from the immediate area and directed to contact his or her primary care provider.

PHASE 1: LIMITATIONS

- Pods or cohorts of 20 students to 1 coach (outdoors only)
- Locker rooms should not be utilized during Phase 1. Students should report to workouts in proper gear and immediately return home to shower at the end of the workout.
 - Workouts should be conducted in “pods” of students with the same 10-20 students always working out together for the extent of the week. Smaller pods can be utilized for weight training. This ensures more limited exposure if someone develops an infection. Pods may be adjusted at the conclusion of a week
- There must be a minimum distance of 6 feet between each individual at all times. If this is not possible, then the maximum number of individuals on the field must be decreased until proper social distancing can occur. Social distancing needs to be maintained on sidelines and benches during practices. Consider using tape/paint as a guide for students and coaches.

PHASE 1: HYDRATION

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.

PHASE 1: FACILITY CLEANING

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Weight equipment should be wiped down thoroughly before and after an individual's use of equipment and appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

PHASE 2

Modified Practice for Medium Risk Sports

<u>Volleyball</u>	Conditioning, individual ball handling drills, each player has their own ball. A player should not use a single ball that others touch or hit in any manner.
<u>Water Polo</u>	Conditioning, individual ball skill drills, no contact or sharing of balls. A player may shoot with a ball(s), but a team should limit the use of a single ball among the team where multiple players touch the same ball.
<u>Basketball</u>	Conditioning, individual ball skill drills, no contact or sharing of balls. A player may shoot with a ball(s), but a team should not practice/pass a single ball among the team where multiple players touch the same ball.
<u>Soccer</u>	Conditioning, individual ball skill drills, each player has their own ball, feet only (no heading/use of hands), no contact between players.
<u>Girls Lacrosse</u>	Conditioning, individual ball skill drills, no contact or sharing of balls. A player may shoot with a ball(s), but a team should limit the use of a practice/pass a single ball among the team where multiple players touch the same ball.
<u>Baseball/Softball</u>	Conditioning and tee work. Players should not share gloves or bats or throw a single ball that will be tossed among the team. A single player may hit in cages, throw batting practice (with netting as backstop, no catcher). Prior to another athlete using the same balls, they should be collected and cleaned individually.

PHASE 2: PRE-WORKOUT / CONTEST SCREENING

- All coaches and students should be screened by site coaches, athletic trainers, and/or administrators for signs/symptoms of COVID-19 upon arrival to campus and prior to any workout. Screening includes responses to screening questions for each person and a temperature check. All data should be recorded and stored so that there is a record of everyone present in case a student/athlete or coach develops COVID-19
- Athletes and coaches complete a self assessment before arriving on campus
- Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19.
- Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.
- Vulnerable individuals should not oversee or participate in any workouts during Phase 2.

PHASE 2: LIMITATIONS ON GATHERINGS

- Pods or cohorts of 20 students to 1 coach (outdoors only)
- Locker rooms should not be utilized during Phase 2. Students should report to workouts in proper gear and immediately return home to shower at the end of the workout.
- Workouts should be conducted in “pods” of students with the same 10-20 students always working out together for the extent of the week. Smaller pods can be utilized for weight training. This ensures more limited exposure if someone develops an infection. Pods may be adjusted at the conclusion of a week.
- There must be a minimum distance of 6 feet between each individual at all times. If this is not

possible, then the maximum number of individuals on the field must be decreased until proper social distancing can occur. Social distancing needs to be maintained on sidelines and benches during practices. Consider using tape/paint as a guide for students and coaches.

PHASE 2: HYDRATION

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.

PHASE 2: FACILITY CLEANING

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.

PHASE 3

Modified Practice for High Risk Sports

<u>Football</u>	Conditioning and individual drills. A player should not participate in drills with a single ball that will be handed off or passed to other teammates. Contact with other players is not allowed, and there should be no sharing of tackling dummies / donuts / sleds. Protective equipment prohibited.
<u>Comp Cheer/Stunt Cheer</u>	Conditioning and individual technique/choreography work. Students may not practice/perform partner or group stunts. Chants, jumps, dance, tumbling without contact are permissible as long as physical distancing is adhered to.
<u>Wrestling</u>	Conditioning, mirror drills with spacing, no contact. Wrestlers may skill and drill without touching a teammate (as long as physical distancing is adhered to).
<u>Boys Lacrosse</u>	Conditioning, individual ball skill drills, no contact or sharing of balls. A player may shoot with a ball(s), but a team should limit the use of a practice/pass a single ball among the team where multiple players touch the same ball.

PHASE 3: PRE-WORKOUT / CONTEST SCREENING

- All coaches and students should be screened by site coaches, athletic trainers, and/or administrators for signs/symptoms of COVID-19 upon arrival to campus and prior to any workout. Screening includes responses to screening questions for each person and a temperature check. All data should be recorded and stored so that there is a record of everyone present in case a student/athlete or coach develops COVID-19
- Athletes and coaches complete a self assessment before arriving on campus
- Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19.
- A record should be kept of all individuals present.

PHASE 3: LIMITATIONS

- Pods of 20 athletes to 1 coach, (indoors); or 50 athletes to 1 coach (outdoors)
- When not directly participating in practices or contests, care should be taken to maintain a minimum distance of 3 to 6 feet between each individual. Consider using tape or paint as a guide for students and coaches.

PHASE 3: FACILITY CLEANING

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).

- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- Students should shower and wash their workout clothing upon returning to home.

PHASE 3: HYDRATION

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) may be utilized but must be cleaned after every practice/contest.

References

National Federation of State High School Associations: “Guidance for Opening Up High School Athletics and Activities”

https://www.nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15_2020-final.pdf

California Department of Public Health: “COVID-19 Industry Guidance: Schools and School-Based Programs”

<https://covid19.ca.gov/pdf/guidance-schools.pdf>

California Department of Public Health: “COVID-19 Industry Guidance: Fitness Facilities”

<https://covid19.ca.gov/pdf/guidance-fitness.pdf>

Centers of Disease Control (CDC) “How to Protect Yourself & Others”

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

California Interscholastic Federation: “Introduction to the CIF Guidelines for Return to Physical Activity/Training”

https://www.cifstate.org/covid-19/Resources/RTP_Combined.pdf

Office of County Counsel, County of Riverside: “Updated Advisory for the Operation of Youth Sports”

https://www.rivcoph.org/Portals/0/Documents/CoronaVirus/August/News/Advisory%20Letter%20re%20State%20Guidelines%20on%20Youth%20Sports_8.5.20.pdf?ver=2020-08-05-102633-467×tamp=1596651741628

California Department of Public Health: “COVID-19 Interim Guidance: Youth Sports”

<https://files.covid19.ca.gov/pdf/guidance-youth-sports--en.pdf>

Perris Union High School District: “Tentative Plan for reopening of Summer Conditioning”

Murrieta Valley Unified School District: “Plan for Returning to Athletic Conditioning & Practice”

Temecula Valley Unified School District: “Plan for Returning to Athletic Conditioning & Practice”

Appendix

Participant Self Assessment

Participants in athletic activities are required to perform the following self-evaluation (including a self temperature check) each day prior to reporting to campus for participation in activities. If you answer yes to any of the following questions you need to exclude yourself from participation

In the last 72 hours have you had any of the following symptoms?

- A fever higher than 100.3F?
- A cough?
- A sore throat?
- Shortness of breath?
- A loss in taste or smell?
- Been in close contact with a positive COVID patient?

If you answer yes to 1 of the above questions, you must exclude yourself from activity for the day.

If you answer yes to 2 or more of the above questions you must contact a healthcare professional

Any student that has a positive COVID test result, or has symptoms that persist for longer than 3 days need to contact the Athletic Director at their site

Athletic Directors contact information

Heritage- Scott Moore- scott.moore@puhsd.org

Paloma Valley- Ryan Sharp- ryan.sharp@puhsd.org

Perris- Ken Cohen- ken.cohen@puhsd.org

CMI- Rashiid Burgo- rashiid.burgo@puhsd.org

COVID 19 Workout Pre-screening Form

Sport			
Pod #			
Week of			

Name	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	Has student had any symptoms listed on this form in the last 72 hrs?	Temperature under 100.3?	Has student had any symptoms listed on this form in the last 72 hrs?	Temperature under 100.3?	Has student had any symptoms listed on this form in the last 72 hrs?	Temperature under 100.3?	Has student had any symptoms listed on this form in the last 72 hrs?	Temperature under 100.3?	Has student had any symptoms listed on this form in the last 72 hrs?	Temperature under 100.3?
1	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
2	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
3	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
4	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
5	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
6	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
7	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
8	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
9	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
10	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
11	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
12	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
13	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
14	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
15	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
16	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
17	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
18	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
19	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
20	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No

Symptoms	Fever, Cough, Sore Throat, Loss of sense of smell and taste, Sorthness of breath, or recently in contact with a known COVID19 Positive case	
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Assumption of the Risk and Waiver of Liability Relating to Coronavirus/COVID-19

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, local governments and health agencies recommend many precautions, including social distancing, and have, in many locations, prohibited the congregation of groups of people.

Perris Union High School District Athletic and Co-Curricular Programs have implemented preventative measures to reduce the spread of COVID-19; however, the Perris Union High School District (PUHSD) cannot guarantee that you, your child(ren), and those whom you and/or your child(ren) encounter will not become infected with COVID-19. Further, participating in an athletic or co-curricular training session could increase your risk, your child(ren)'s risk, and the risk to those whom you and your child(ren) may encounter of contracting COVID-19.

By signing this agreement, I acknowledge the highly contagious nature of COVID-19 and voluntarily assume the risk that my child(ren), those whom I and/or my children encounter, and I may be exposed to or infected by COVID-19 by my child(ren) participating in athletic or co-curricular training sessions and/or my and/or another responsible adults' visit(s) to athletic and co-curricular training facilities and that such exposure or infection may result in personal injury, illness, permanent disability, and/or death.

I understand that the risk of becoming exposed to or infected by COVID-19 at any PUHSD facility may result from the actions, omissions, and/or negligence of myself and others, including, but not limited to PUHSD representatives, including Board members, employees, and agents; volunteers; program participants, their families; and anyone the foregoing individuals may encounter. I understand that several government entities, including the Centers for Disease Control and Prevention, the California Department of Health, Riverside County Public Health, and others have released and continue to release guidelines designed to prevent the spread of COVID-19 ("Guidelines"). I agree to familiarize myself with all applicable Guidelines, including revisions to those Guidelines as they may be released from time-to-time, and adhere to all Guidelines on behalf of myself, my child(ren), and any responsible adult who acts on my behalf prior to and during my child(ren)'s participation in PUHSD athletic and/or co-curricular activities. I further agree to ensure that my child(ren) is/are properly prepared and equipped to participate in the PUHSD athletic and/or co-curricular activities program in accordance with the Guidelines. For example, I agree to ensure that myself, my child(ren), and responsible adults acting on my behalf shall not visit any PUHSD facilities, and/or any other PUHSD employees, participants, parents, responsible adults, and/or those who the foregoing individuals may encounter if experiencing any COVID-19 symptoms or coming in contact with anyone who has experienced those symptoms within the timeframe established by appropriate government entities. I understand that PUHSD may offer guidance regarding the Guidelines, but such guidance shall not, in any way, limit my obligation to familiarize myself with and follow any applicable Guidelines as described in this paragraph.

I voluntarily assume all of the foregoing risks and accept sole responsibility for any injury to my child(ren), myself, and/or those whom I and/or my child encounter. For purposes of this Assumption of the Risk and Waiver of Liability Relating to Coronavirus/COVID-19, I understand and agree that the term "injury" is interpreted in its broadest sense possible and includes, but is not limited to, personal injury, disability, death, illness, damage, loss of any kind whatsoever, claim, liability, or expense, of any kind, that I, my child(ren), and/or those whom we encounter may experience or incur in connection with my child(ren)'s participation in PUHSD athletic and/or co-curricular activities, including my and/or another responsible adults' visit(s) to PUHSD campuses ("Claims"). On my behalf, and on behalf of my children, and for any other responsible

adult(s) who access PUHSD facilities on my behalf, I hereby forever release, covenant not to sue, discharge, and hold harmless PUHSD; and PUHSD representatives, including Board members, employees, and agents; of and from any and all Claims whatsoever, including any and all liabilities, claims, actions, damages, costs or expenses of any kind whatsoever arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of PUHSD; and PUHSD representatives, including Board members, employees, and agents, whether a COVID-19 infection occurs before, during, or after participation in any PUHSD program.

I have read and understand this Assumption of the Risk and Waiver of Liability Relating to coronavirus/COVID-19 in full and understand and voluntarily agree to all such provisions. I have consulted with counsel of my choosing, or chosen not to do so, in considering the terms of this Assumption of the Risk and Waiver of Liability Relating to Coronavirus/COVID-19. I have the legal capacity to understand and execute this Assumption of the Risk and Waiver of Liability Relating to Coronavirus/COVID-19. If any provision of this Assumption of the Risk and Waiver of Liability Relating to Coronavirus/COVID-19 is found to be void, voidable, or unenforceable, the remaining terms shall remain in full force and effect.

Signature of Parent/Guardian

Date

Print Name of Parent/Guardian

Print Name of Participant