

Palmerton Area School District
Athletic Department
Participation Waiver for Communicable Diseases Including COVID-19

The COVID-19 pandemic has presented athletics 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, among others, has found that while children do get 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. 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.

The PASD will take the necessary precautions and recommendations from the federal, state, and local governments, CDC, PA DOH, as well as the NFHS and PIAA. The PASD realizes the knowledge regarding COVID-19 is constantly changing as new information and treatments become available. These recommendations will be adjusted as needed as new information becomes available in order to decrease the risk of exposure for our staff, students, and spectators.

These Recommendations include but may not be limited to:

1. Athletes, Coaches, and Staff will undergo a COVID- 19 health screening prior to any practice, workout, or team meeting. The screening will consist of a temperature check and symptom screen until further guidance is provided by state organization(s).
2. Coaches will submit a team safety and practice modification plan before any team based activities. This plan will be submitted 1 week in advance and approved by athletics staff.
3. PPE (gloves, masks, eye protection) will be used as needed and situations warrant or determined by local/state governments.
4. Promote Personal Wellness and healthy hygiene practices.
5. Intensified cleaning, disinfection, and ventilation will take place in all facilities.
6. Social distancing through increased spacing, small groups, and limited mixing between groups will be enforced. If athletes, coaches and medical staff cannot social distance, masks/ face coverings must be worn. Athletes/ Coaches/ Staff must bring their own mask or face covering.
7. Athletes, Coaches, and Staff will be educated on health and safety protocols through zoom meetings and educational posters throughout locker rooms, weight room and other commonly utilized facilities.
8. Anyone who is sick must stay home.
9. If any athlete, coach or staff member does get sick, he or she will not be permitted to attend activities until they receive appropriate clearance from their health care provider.
10. Regular communication and monitoring of developments with local authorities, employees, and families regarding cases and exposures will take place. Policies will be updated as necessary.
11. Athletes, coaches, and activity participants **MUST** provide their own water bottle for hydration. Water bottles will not be shared. Water bottles will not be provided by the Athletic Trainers.
12. Staff and athletes who may be at a higher risk of severe illness from COVID-19 due to underlying medical conditions will be directed to their primary care physician for further guidance. Athlete/staff members who do not have a primary care physician will be directed to a listed primary care provider to establish care.
13. Athletes, coaches and staff will not share any towels, clothing or shoes.
14. Athletes, coaches, staff, and parents **MUST** take a personal responsibility to ensure all participants safety is protected by the highest degree possible. Following the guidelines within this plan are designed to limit risk and provide a meaningful path forward for our student-athletes at Palmerton.

I understand that participating in athletic programs, events, and activities may include a possible exposure to a communicable disease including, but not limited to MRSA, influenza, and COVID-19. While particular recommendations and personal discipline may reduce the risk, the risk of serious illness and death does exist. I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of others, and assume full responsibility for my participation. I willingly agree to comply with the stated recommendations put forth by the PASD to limit the exposure and spread of COVID-19 and other communicable diseases.

Signature Required on Back of this sheet

I also understand that the district has an approved plan to participate / coach and this plan was reviewed with me.

Sport: _____

Signature of Parent/Guardian: _____ Date: _____

Signature of Student Athlete: _____ Date: _____

*Parents/Guardians may request a full copy of the PASD Resocialization of Sports Recommendations. Contact Kyle Poremba, at kporemba@palmerton.org or Shannon McVicar, ATC at smcvicar77@gmail.com