

ALHAMBRA CROSS COUNTRY SUMMER RUNNING 2020

Every participant must agree to the following:

1. All field times must be approved by the site Athletic director in writing. Camps may not stay later than scheduled.
2. Camps must consist of the same 12 Player/Students. No late additions or substitutions will be allowed.
3. Players must arrive with masks on and wear masks until directed by staff otherwise. They shall also have on their possession hand sanitizer such as Purell or similar product so to sanitize their hands when requested by staff or as the need arises. Coaches and camp staff must wear masks at all times.
4. Camps must stay together. If two different camps are on the field at the same time, players are not allowed to intermingle. Camp groups shall stay a minimum of 20 feet apart from each other.
5. No parents, grandparents, siblings, guests, spectators or fans may be in attendance at any camp.
6. Player/Student must arrive alone or be dropped off by a parent. Students may not ride together.

NO CARPOOLING

7. Restroom use is limited to one Player/Student at a time. Hands shall be washed with soap for at least 20 seconds after each use.
8. *Parents* must ensure that students are not running a fever and are symptom free before attending camp on each day. Symptoms that negate the ability of the Player/student to attend camp include:
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea

This list does not include all possible symptoms.

9. Should any Player/Student exhibit these symptoms they shall not attend camp and the camp director shall immediately be notified.

10. Players/Students and coaches must stay home if experiencing any symptoms described above.

11. There will be no shared equipment. There are no exceptions to this rule. Any athletic equipment brought for a Player/Students personal use must be pre-approved by the site athletic director.

12. Any gatherings before or after camps are not allowed. Player/Students must finish camp and return home.

13. ASSUMPTION OF RISK / WAIVER OF LIABILITY / INDEMNIFICATION AGREEMENT

In consideration of allowing the below identified minor being allowed to participate in camps offered by the Martinez Unified School District and related events and activities, the undersigned acknowledges and agrees that:

1. I understand, acknowledge and agree that the Martinez Unified School District, its employees, coaches, officers, agents or volunteers shall not be liable for any injury/illness suffered by my son/daughter which is incident to and/or associated with preparing for and/or participating in this activity and I voluntarily assume all risk, known or unknown, of injuries, howsoever caused, even if caused in whole or in part by the action, inaction, or negligence, of the released parties to the fullest extent allowed by law.

2. Participation includes possible exposure to and illness from infectious diseases including but not limited to MRSA, influenza, and COVID-19. While particular rules and personal discipline may reduce this risk, the risk of serious illness and death does exist; and,

3. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my Player/student's participation; and,

4. I willingly agree to comply with the stated and customary terms and conditions for participation as regards protection against infectious diseases. I have reviewed the most recent directives from the Centers for Disease

Control (CDC), the California Department of Public Health and Contra Costa Health Services regarding the risks associated with Covid-9 exposure and safe practices to follow. If, however, I observe and any unusual or significant hazard during my presence or based on information provided to me I will remove my Player/Student from participation and bring such to the attention of the nearest official immediately. Further I have informed and discussed the dangers of participation and the required rules and regulations to allow participation to my Player/Student and he/she acknowledges a full understanding of such; and,

5. I, for myself and on behalf of my Player/Student, heirs, assigns, personal and representatives HEREBY RELEASE AND HOLD HARMLESS the Martinez Unified School District, its officers, officials, agents, and/or employees, coaches, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event (“RELEASEES”), WITH RESPECT TO ANY AND ALL ILLNESS, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IF FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Name of Player/Student: _____

Parent/Guardian signature: _____

Date signed: _____