

Raytown Quality Schools Activities Reopening Plan

Our School District is working with and following guidelines from National, State, and Local agencies to create the safest environment possible. We know that all risk can not be eliminated. Please remember that all summer activities are **optional**, and parents and players should make decisions on their own comfort level. However, we do encourage you or your athlete to communicate with coaches if you are going to be absent.

COVID-19 Permission Form and Waiver - Student Activities

To participate in any activities, a signed *COVID-19 Permission Form and Waiver - Student Activities* must be on file. This form must be signed and dated by both the student and the parent/guardian. If a signed form is not on file, the student will NOT be allowed to participate.

Phase 1 - June 15th to TBA

In Phase 1, we are allowing conditioning type activities with no shared or personal equipment. Workouts will consist of running, push-ups, sit-ups, and other body weight activities as well as any sport-specific activities that can be completed within the guidelines. The following guidelines must be met for all workouts.

- 2 Hours Maximum
- No use of the weight room - Athletes may use outside facilities, stairs, or gym.
- No Locker rooms available - Restrooms will be available, 1 at a time.
- No shared sports equipment (balls, pads, bats, pole vaults, shot puts, weight equipment, etc.)
- Maintain social distancing of 6 feet at all times (No physical contact)...
- Small Groups, in Circuits - if possible
- Record attendance of coaches and participants
- **No Community Water or Towels - Water must be brought from home and labeled**
- Field Equipment (Non-Contact) can be used - hurdles, agility bags, cones, ladders

Phase 2 - TBA

In Phase 2, we will continue conditioning as we begin using the weight room facilities and equipment. Sport specific skills and drills will be allowed including personal equipment and team equipment. A schedule will be followed to clean and sanitize shared equipment. We will continue to follow local and state recommendations with social distancing and gathering limitations. We will follow all Phase 1 Guidelines with the following exceptions or additions.

- Use of weightroom and weight equipment - including rotations of small groups and sanitizing schedules
- Use of personal equipment - including gloves, helmets, shoulder pads, knee pads, bats
- Use of team equipment - volleyballs, softballs, tackling sleds, bags
- No Personal Lockers will be issued, however school equipment can be stored.

Do not attend OR participate in group/team sports or practice if:

- You are feeling ill. Symptoms of the coronavirus can include fever (temperature of 100.0 as defined by the CDC), cough, difficulty breathing, and other symptoms as outlined by the CDC website.
- If you have been exposed to COVID-19 in the prior 14 days.
- If unsure about whether to attend or participate in practice due to possible symptoms OR exposure, it is recommended you contact your healthcare provider.
- You have pre-existing conditions or health issues that may put you at risk without seeing your healthcare provider first.
- If you are unable to attend because you are feeling ill, please contact the coach.
- Upon arrival, all coaches and students will answer 5 questions about their current health that day, depending on the answers, they might not be able to participate in activities.

Physicals

All athletes are required to have a Physical on file to participate in athletic practice. Physicals are now good for 2 years.

Raytown Quality Schools
COVID-19 PERMISSION FORM & WAIVER – STUDENT ACTIVITIES



Student Activity: _____

Coach/Sponsor: _____

Student Name: _____



I acknowledge that novel coronavirus (“COVID-19”) infections have been confirmed throughout the United States, including Missouri. I further acknowledge, agree, and represent that I have carefully considered the safety of allowing Student, for the purposes of participating in the above-referenced voluntary student activity, to enter onto District property; utilize District facilities, equipment, transportation and services; and/or interact with District staff and volunteers and students, for the purpose of participating in the above-referenced voluntary Student Activity.

I fully appreciate and understand both the known and potential dangers of allowing Student to participate in the above-referenced Student Activity, and acknowledge that such participation may, despite the District’s reasonable efforts to mitigate such dangers, result in exposure to COVID-19. If I have any questions regarding the known and potential dangers, I will contact the coach/sponsor identified above.

I agree, represent, and warrant that I will immediately notify the coach and/or activity sponsor if Student (i) experiences symptoms of COVID-19, including, without limitation, fever, cough, or shortness of breath, (ii) has a suspected or confirmed case of COVID-19, or (iii) has had exposure to any person that has a suspected or confirmed case of COVID-19. Student will not begin and/or resume participation in the Student Activity until Student’s return has been directly approved by the Student Activity coach and/or sponsor, and in the event of exposure or positive test, upon approval by a medical professional. I will also immediately notify the coach/sponsor above in the event Student obtains a positive COVID-19 test.

I hereby waive, release, and discharge the District, its insurers, employees, and all other entities affiliated with or related to the District, without limitation, exception, or reservation, from any and all liability, actions, claims, demands or lawsuits in connection with or arising in any manner out of Student’s participation in the above-referenced Student Activity during the COVID-19 pandemic and any subsequently-related exposure to COVID-19.

Student Signature

Student Printed Name

Parent/Guardian’s Signature

Parent/Guardian Printed Name

Date