

Norcross Junior Blue Devils Volleyball Club

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, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people.

Norcross Junior Blue Devils Volleyball Club and Pinckneyville Middle School as put preventative measures in place to reduce the spread of COVID-19; however, Norcross Junior Blue Devils Volleyball Club and Pinckneyville Middle School cannot guarantee that you or your child(ren) will not become infected with COVID-19. Further, attending Norcross Junior Blue Devils Volleyball Club and Pinckneyville Middle School activities could increase your risk and your child(ren)'s risk of contracting COVID-19.

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child(ren) and I may be exposed to or infected by COVID-19 by attending Norcross Junior Blue Devils Volleyball Club and Pinckneyville Middle School events, and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 at Norcross Junior Blue Devils Volleyball Club and Pinckneyville Middle School events may result from the actions, omissions, or negligence of myself, others, including but not limited to, NJBD volunteers, and program participants and their families.

I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child(ren) or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my child(ren) may experience or incur in connection with my child(ren)'s attendance at Norcross Junior Blue Devils Volleyball Club and Pinckneyville Middle School events ("Claims"). On my behalf, and on behalf of my child(ren), I hereby release, covenant not to sue, discharge, and hold harmless NJBD Volleyball and Pinckneyville Middle School, its employees, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of NJBD Volleyball club and Pinckneyville Middle School, its employees, volunteers, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any NJBD volleyball and Pinckneyville Middle School event.

Signature of Parent/ Guardian _____ Date: _____

Print Name of Parent/ Guardian _____

Name of Participant(s) _____

Norcross Junior Blue Devils Volleyball Club

COVID-19 Health Protocols

1. NJBD Volleyball Club is invested in following the correct health protocols. Prior to participation, coaches will obtain verbal confirmation from each participating player that: The player has not had any no close contact with a sick individual or anyone with a confirmed case of COVID-19. The player has not had a documented case of COVID-19 in the last 14 days. The player is not currently demonstrating or suffering from any ill symptoms.
2. Any player reporting or demonstrating symptoms of illness at any point should be removed from training (or prohibited from training) and should seek guidance from his or her physician before attempting to return to training.
3. All coaches, staff members, and players will have their temperatures taken prior to the beginning of practice.
4. Spectators will not be allowed in the gym for practices.
5. All players must sanitize their hands upon entry.
6. After cleaning their hands, players must place their bag and personal items in a designated area separate from the other players bag and items.
7. Coaches and staff members will sanitize their hands prior to and multiple times during practice sessions.
8. Players will sanitize their hands multiple times during their training session. Hand cleaning stations will be in place on all occupied courts.
9. Coaches will closely monitor all players at all times. Players must stay on their assigned courts.
10. Players should avoid all physical contact with each other, including celebrations, handshakes, high fives, team huddles, etc.
11. At the end of the training session coaches and staff members will clean their assigned balls, ball carts and any other training equipment utilized.
12. There will be no use of the water fountain during these training sessions.
13. Players must bring their own water bottles, hand sanitizer, towels, etc.
14. Players will enter practice from the building after school, and exit from the back of the building.

It is absolutely required of everyone to either wash or sanitize their hands after using the restroom, sneezing, coughing, and before participating in any activity.

****Important note:**

We stress, players cannot attend any NJBD Volleyball activities if they have COVID-19, are experiencing symptoms of COVID-19, or if you or any of your friends or family members have been EXPOSED to COVID-19.

COVID-19 Information Sheet

COVID-19 affects different people in different ways. Individuals with Covid-19 have had a wide range of symptoms reported, from mild symptoms to severe illness.

Covid-19 symptoms may appear 2-14 days after exposure to the virus. These symptoms are but not limited to:

- Fever/ 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

Look for emergency warning signs for COVID-19. If you are experiencing the following symptoms, seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

· Call your medical provider for any other symptoms that are severe or concerning to you.

If you feel you or someone else may be at risk or has been exposed after the fact please take into consideration the young lives you interact with daily. If you need to find the nearest covid testing site click <https://dph.georgia.gov/find-location/covid-19-testing-site> or check with your primary care provider. Testing has been made financially available (free or at low cost depending on the test) throughout the community and many offer the newer rapid tests which provide results within 15min.

Help Prevent the Spread of Germs

- Cover your nose and mouth with a tissue when sneezing, coughing or blowing your nose.
- Discard used tissues in the trash as soon as you can.
- Always wash your hands after sneezing, blowing your nose, or coughing
- Use warm water and soap to wash your hands. If you don't have soap and water, use alcohol-base hand gel or disposable wipes.
- Stay home if you have a cough and fever.
- See your doctor as soon as you can if you have a cough and fever, and follow their instructions.
- Wash your hands before eating, or touching your eyes, nose or mouth.
- Wash your hands after touching anyone who is sneezing, coughing or blowing their nose.
- Don't share things like towels, lipstick, toys, or anything else that might be contaminated with respiratory germs.
- Don't share food, utensils or beverage containers with others.

If you test positive for Covid-19 you will be asked to quarantine for 14 days by your healthcare provider. Please make sure that your player does NOT attend school or practice to cut down on the risk of infection to other players. If a positive test were to occur on the team by a player we will cancel practice for at least 1 week and up to 2 to make sure the infection has not spread to any coaches or players. (this will most likely be mandated by Gwinnett county/ PMS)