



FULLERTON JOINT UNION HIGH SCHOOL DISTRICT

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Office of the Superintendent

Partial Reinstatement of District Athletic Program and Activities

The Fullerton Joint Union High School District (“District”) is pleased to announce the partial reinstatement of its athletic programs and activities. Activities permitted to resume are determined according to strict adherence to federal, state, and local public health orders, measures, and other guidance in order to best protect our athletes, staff, and community. Generally, the District plans to begin holding workouts beginning on Monday, June 15, 2020, with the primary purpose of focusing on conditioning and cardiovascular development of our athletes in preparation for future full reinstatement of athletic programs, activities, and contests.

As always, participation in District athletic activities is *strictly voluntary*. To help athletes/students and parents/guardians understand both the potential risks of participating in athletic activities during pandemic conditions, as well as the precautionary measures implemented by the District in response in order to make informed decisions, athletes and parents/guardians are urged to read and consider the following when deciding whether to return to athletic activities. You are *required* to sign and return the following forms if your child intends to participate in the athletic/activities program *prior to* your child’s participation.

Risks of Exposure to COVID-19

As you are likely aware and understand, COVID-19 is a new disease and information regarding risk factors associated this disease is limited. At this time, the Center for Disease Control (CDC) believes that people of all ages are at risk of experiencing severe symptoms from COVID-19, though older adults and people with serious underlying health conditions may be at a higher risk. While the District has taken drastic and unprecedented measures to try to reduce the risk of COVID-19, it is unfortunately impossible to guarantee our students protection from all risks of COVID-19 exposure.

With this knowledge, you may determine that it is essential to the physical and mental well-being of high school students to return to physical activity and athletic competition as part of the students’ growth and development. Additionally, as recommended by the CDC, there are a number of actions school districts can take to help lower the risk of COVID-19 exposure and reduce the spread during competition and practice. Therefore, it is the District’s goal, through implementations of the protocols described below, to lower the risk of COVID-19 exposure and reduce any potential spread to the maximum extent possible. Following up-to-date guidance on physical school reopening and youth sports organization from the CDC, California Department of Public Health, and the California Department of Education, as well as the latest guidance on for opening up high school athletics and activities from the National Federation of State High School Association, the protocols described below will be implemented in the District’s athletic

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programs and activities in anticipation of their reinstatement on June 15, 2020. To ensure that the implemented protocols are effective efforts to protect our students and staff, it is important that every participant of the District' athletic/activities program, including the coaches and students, proactively and strictly follow the protocols, described in detail below.

Student and Parent/Guardian Responsibility

By permitting my student to participate in the District's athletic program upon the program's reinstatement on June 15, 2020, you acknowledge and agree to all of the following protocols:

- Pre-participation physical evaluation ("PPE") will be required annually for all participants in athletics/activities who have not had pre-participation physical clearance performed and submitted to the District.
- Where possible, online education (such as online training course for AED/CPR and first aid) will replace in-person training.
- No more than 10 people at a time will be allowed to gather indoors, whereas no more than 50 people may gather outdoors at one time.
- All coaches and students must maintain 6-foot social distancing while in locker rooms and meeting rooms.
- To the extent possible, workouts will be conducted in "pods" of students with the same 5-10 always working out together.
- Prior to individuals entering the facility, hard surfaces and frequently used areas will be wiped down and disinfected; equipment with holes/exposed foam will be covered up.
- All coaches and students are encouraged to practice good hygiene including proper hand-washing, coughing and sneezing etiquette, wiping down weight equipment thoroughly before and after individual use, shower and wash workout clothing immediately upon returning home.
- All coaches and students are encouraged to don attire that limits sweat transfer.
- Hand sanitizer will be provided in common areas.
- Face coverings recommended/required to be worn by students with the exception of swimming, distance running, or other high intensity aerobic activity.
- No shared towels, clothing, shoes, water bottle, or use of drinking fountain will be permitted.
- Balls and other equipment must be cleaned intermittently during practice and competition. Gear and bats must be cleaned between uses.

- Maximum lifts must be limited, power cages should be used where applicable, and if spotters are needed, spotters should stand at each end of the bar to maintain social distancing.
- When not actively engaged in athletic activities, masks may be worn by students who choose to do so, social distancing must enforced, and hygiene basics adhered to in all situations.
- Cancellation of training or contests, as well as the possibility of teams isolating for 2 weeks, may happen with little notice as a result of recurrent outbreak or knowledge that a coach or athlete has contracting or is exhibiting symptoms of COVID-19.

My signature below indicates I have read this acknowledgement and agreement form, understand, and agree to allow my student to participate in the athletic program and/or activities program and agree to comply with all Fullerton Joint Union High School District protocols implemented as part of the reinstatement of the athletic and/or activities program.

Parent Signature _____ Date _____

Student Signature _____ Date _____

Student Name(s) and DOBs: _____

Please return by sending a scan or photograph of the signed form to Athletic Director, Chris Blume at cblue@fjuhsd.org. You may also mail a copy of the signed form Troy High School, 2200 East Dorothy Lane, Fullerton CA 92831 Attention Chris Blume.

Release and Waiver of Liability and Indemnity Agreement

In consideration of being permitted to participate in the athletic programs, field trip or excursion, sponsored, planned and directed by the Fullerton Joint Union High School District, the undersigned for himself or herself and any personal representatives, heirs, and next of kin, hereby agrees to the following:

1. PARENT/GUARDIAN HEREBY RELEASES, WAIVES, DISCHARGES, AND COVENANTS NOT TO SUE THE FULLERTON JOINT UNION HIGH SCHOOL DISTRICT, their officers, employees, board and agents (hereinafter referred to as “releases”) from all liability to the undersigned, his personal representatives, assigns, heirs, and next of kin for any loss of damage, and any claim or demands therefore on account of injury to the person, exposure to illness, or property or resulting in death of the undersigned, while the undersigned participates in the sponsored athletic/activities program, field trip or excursion, sponsored, planned and directed by the FULLERTON JOINT UNION HIGH SCHOOL DISTRICT.
2. PARENT/GUARDIAN HEREBY AGREES TO INDEMNITY AND SAVE AND HOLD HARMLESS the releases and each of them from any loss, liability, damage or cost they may incur due to the participation of the undersigned in the athletic/activities program, field trip or excursion, sponsored, planned and directed by the FULLERTON JOINT UNION HIGH SCHOOL DISTRICT;
3. PARENT/GUARDIAN HEREBY ASSUMES FULL RESPONSIBILITY FOR RISK OF BODILY INJURY, ILLNESS, DEATH OR PROPERTY DAMAGE while participating in the athletic/activities program, field trip or excursion, sponsored, planned and directed by the FULLERTON JOINT UNION HIGH SCHOOL DISTRICT.
4. PARENT/GUARDIAN IS AWARE THAT PARTICIPATION IN THE ATHLETIC/ACTIVITIES PROGRAM PRESENTS A RISK OF PHYSICAL HARM. The undersigned is also aware that participating in the athletic/activities programs, field trip, or excursion under pandemic condition may result in exposure to and infection with COVID-19, in addition to an injury that may result while participating in said athletic program. The undersigned is aware of the risk that any part of his/her body or any of his/her body systems may be hurt, injured, or become ill by participating in the athletic program. The undersigned hereby acknowledges that he/she knowingly and voluntarily assumes any and all risks of bodily injury and illness against the Fullerton Joint Union High School District while participating in the athletic program.

PARENT/GUARDIAN further expressly agrees that the foregoing RELEASE, WAIVER AND INDEMNITY AGREEMENT is intended to be as broad and inclusive as is permitted by the law of the State of California and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

My signature below indicates I have read this waiver and agreement, understand, and agree to its terms.

Parent Signature _____ Date _____

Student Name(s) and DOBs: _____

Please return by sending a scan or photograph of the signed form to Athletic Director, Chris Blume at cblue@fjuhsd.org. You may also mail a copy of the signed form Troy High School, 2200 East Dorothy Lane, Fullerton CA 92831 Attention Chris Blume.