



**Newport-Mesa**  
Unified School District

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**Informed Consent for Moderate and High-Contact Sports**

STUDENT’S LAST NAME	STUDENT’S FIRST NAME	GRADE
SCHOOL	SPORT(S)	

**PLEASE READ BEFORE SIGNING:**

The Newport-Mesa Unified School District is pleased to announce the reinstatement of its outdoor moderate-contact and high-contact sports, to begin competition and training/practices on February 26, 2021. The California Department of Public Health requires that parents/guardians be provided with information to understand and acknowledge the increased risk of transmission of COVID-19 in moderate-contact and high-contact sports. (CDPH’s guidance for [\*Outdoor and Indoor Youth and Recreational Adult Sports\*](#))

Athletes and parents/guardians are required to read and consider the following when deciding whether to return to moderate- or high-contact sports (or “District athletic activities”). As always, participation in District athletic activities is strictly voluntary.

**You are required to sign and return this form if your child intends to participate in a District athletic activity prior to your child’s participation.**

**Risks of Exposure to COVID-19 in Moderate and High-Contact Sports**

COVID-19 is a respiratory disease that is believed to spread mainly from person to person through respiratory droplets produced when an infected person coughs, sneezes, or talks. Given the variation in immune response from infected persons, some people who are infected may not have symptoms. 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. **By signing this form, you acknowledge and understand the following COVID-19 risks associated with moderate or high-contact sports:**

- The way sports are played and the way equipment is shared can influence the spread of COVID-19 among players. Community levels of COVID-19 in Orange County, the Cities of Newport Beach and Costa Mesa, and nearby communities will also impact the risk of infection and spread among youth athletes, coaches, and families. (Parents/guardians and

athletes are encouraged to review these and other risk factors identified in the CDC's [\*Considerations for Youth Sports Administrators\*](#); as well as the CDC's [\*Toolkit for Youth Sports\*](#) and [\*Sports Program FAQs\*](#); the American Academy of Pediatrics' [\*COVID-19 Interim Guidance: Return to Schools\*](#); and California Interscholastic Federation's [\*Education Based Athletics COVID-19 Modifications\*](#).)

- Both Moderate and High-Contact Sports pose a general risk of COVID-19 infection due to potential contact between participants. High-Contact Sports have more frequent or sustained close contact (and in many cases, face-to-face contact) between participants and therefore a high probability that respiratory particles will be transmitted between participants increasing the likelihood of contracting COVID-19.
- For all youth sports, regardless of their level of contact, competition between different teams contributes to the potential for spread of COVID-19.
- Risk increases when face coverings are not worn, and physical distancing is not maintained.
- Risk increases with greater exertion levels; greater exertion increases the rate of breathing and the quantity of air that is inhaled and exhaled with every breath.
- Risk increases with mixing of cohorts and groups, particularly when they are from different communities (during or outside of sports play); mixing with more people increases the risk that an infectious person will be present.
- Bus/van travel for members of a team may pose a greater risk of infection and spread. To mitigate the risk of possible COVID-19 transmission during bus/van travel, passengers are required to wear face coverings, practice physical distancing to the extent possible, and windows should remain open the full duration of the trip unless not feasible.

While the District has taken extensive measures in an effort to reduce the risk of COVID-19, this risk cannot be completely eliminated. Consequently, for the safety of our staff, students, parents, and other visitors, the District requires all persons participating in its activities during this pandemic to provide informed consent, acknowledge an assumption of the risk, waive (i.e., release) liability, and agree to abide by District COVID-19 protocols, as follows:

### **Student and Parent/Guardian Responsibility**

- I am the parent and/or legal guardian of the above-named Student, and I request that Student be allowed to participate in the sport indicated (District athletic activity), and I give my permission for Student to do so.
- Assumption of Risk. I understand and acknowledge the risk to myself and Student of becoming exposed to or infected by COVID-19 by participating in a District athletic activity, which exposure or infection may result from the actions, omissions, or negligence of myself or others, including, but not limited to, other participants or District officials, employees, volunteers, and/or representatives. I assume all such risk and accept sole responsibility for any harm or loss to myself and/or Student, including, but not limited to, personal injury or death or related costs or expenses of any kind, that I, or, if applicable, my student(s), may experience or incur in connection with the District athletic activity.

The risk of serious injury and/or illness, including infection with COVID-19, from participation in the District athletic activity is significant, including the potential for permanent impairment, disfigurement, amputation, physical and psychological trauma, and death.

- Agreement to Abide by COVID-19 Protocols.
  - Face coverings must be worn when not participating in the athletic activity (for example, on the sidelines, between practice drills, while not on the playing field, when arriving at or departing from the playing facility, in a locker room, and during shared transportation to/from an event).
  - Face coverings are strongly recommended to be worn during practice, conditioning and during competition, even during heavy exertion as tolerated.
  - I agree that I and Student will not attend practices or competitions, or enter school grounds or facilities if I and/or Student have symptoms of COVID-19 or are in isolation or quarantine for COVID-19.
  - I agree that I and Student will notify the coach, athletic trainer and/or school administrator of any COVID-19 symptoms and/or test results. I further agree that I and Student will immediately report positive test results to the school nurse.
  - I warrant and represent that I am not aware of any medical condition of myself and/or my Student which would render it inappropriate for me and/or Student to participate in the activity.
  - I agree that I and Student shall comply with existing public health orders issued by federal, state, and local authorities in addition to District Board Policies, Administrative Regulations, and school rules related to the aforementioned activities. I understand and acknowledge that failure to abide by this agreement may result in me and/or Student, being removed from the District athletic activity.
  - Students in Moderate and High-Contact sports may be screened by the District for symptoms of COVID-19 prior to entering District facilities or participating in the athletic activity. This can include temperature check, recorded screening question responses, and/or COVID-19 testing (antigen or PCR). The California Department of Public Health requires weekly COVID-19 testing for football and water polo participants age 13 and over in counties with a case rate between 7 and 14 per 100,000, with results made available within 24 hours of competition.
  - I consent to my student undergoing COVID-19 screening which includes the above stated testing as required by the District and if screening reveals any positive symptoms, the student will not be allowed to participate.
  - Student is required to abide by physical distancing protocols, as directed by coaches and other District personnel. Student must maintain at least 6-foot social distancing between sport participants and others to the maximum extent possible while on the sidelines as well as locker rooms, meeting rooms and other areas.

- Student must practice good hygiene including proper hand-washing before play, during breaks, at half time, and after the conclusion of the activity; coughing and sneezing etiquette; and wiping down all sports/weight equipment thoroughly before and after individual use.
- **Any questions relating to the District’s COVID-19 safety measures for sports can be directed to the Executive Director of Secondary Education, Dr. Kirk Bauermeister at 714-424-7516.**
- Waiver of Liability. In consideration for the District allowing Student to participate in the District athletic activities, I, on behalf of myself and Student, hereby release and hold harmless the Newport-Mesa Unified School District, and any officials, employees, volunteers, and/or representatives thereof (collectively referred to as “Releasees”), from any and all liability for any and all injury, illness, disability, death, loss or other damage to person or property arising from participation in the District athletic activity, including, but not limited to, exposure to or infection by COVID-19, resulting from the negligence of the Releasees. Further, I covenant (i.e., promise) not to sue the School, Newport-Mesa Unified School District, or any official, employee, volunteer, and/or representative thereof, for any such harm or loss.

**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 IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.**

By signing this waiver, I agree to the above statements.

PARENT/GUARDIAN SIGNATURE: \_\_\_\_\_ Date: \_\_\_\_\_

STUDENT/ATHLETE SIGNATURE: \_\_\_\_\_ Date: \_\_\_\_\_