



**COVID-19 Disclosure and Release**  
**PVUSD Athletic and Activity Participation Form**

**Student Name:** \_\_\_\_\_ **Grade:** \_\_\_\_\_ **ID:** \_\_\_\_\_ **Sport/Cohort:** \_\_\_\_\_

**Summary:** COVID-19 continues to pose a severe risk to communities and requires all people in California to follow recommended precautions and adapt the way they live and function in light of this ongoing risk. This guidance provides direction on outdoor and indoor youth and recreational adult sports activities to support a safe environment for these sports. The guidance applies to all organized youth sports — including school- and community-sponsored programs, and privately-organized clubs and leagues.

\*For full list of CDPH Youth Sports Guidelines please visit the following link:

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/outdoor-indoor-recreational-sports.aspx>

**Face Coverings**

- Participants in youth and adults sports should wear face coverings when participating in the activity, even with heavy exertion as tolerated, both indoors and outdoors (unless the face covering could become a hazard), and face coverings must be worn when not participating in the activity (e.g., on the sidelines).
- Observers must wear face coverings indoors, and comply with the CDPH [Guidance for the Use of Face Coverings](#), which broadly requires the use of face coverings for both members of the public and workers in all public and workplace settings.

**Returning to sports after infection**

- Children and teens with symptoms of COVID-19 should not attend practices or competition. They should consult their physician for testing and notify their coach, athletic trainer and/or school administrator of their symptoms.
- Youths recovering from COVID-19 will have different paths to return to sports based on the severity of their illness. Those who are asymptomatic or have mild symptoms should not exercise until cleared by a physician. See the [American Academy of Pediatrics Interim Guidance on Return to Sports](#) for additional guidance for more serious infections.

**Hygiene and Equipment Sanitation**

- When equipment is shared during an activity, participants should perform hand hygiene (wash hands with soap and water or use an alcohol-based hand sanitizer) before play, during breaks, at half time, and after the conclusion of the activity.
  - Balls or other objects or equipment can be touched by multiple players and used during practice and play if the above hand hygiene practices are followed.
- Drink bottles must not be shared, and other personal items and equipment should not be shared.

**Cohorting**

- Athletes and coaches should cohort by team, and refrain from participating with more than one team over the same season or time period (notwithstanding competitions permitted as outlined below).

**ASSUMPTION OF RISK, WAIVER OF LIABILITY, HOLD HARMLESS AGREEMENT**

**Assumption of Risk for COVID-19:** I understand that my child’s participation in this Activity is voluntary and is not required. By signing below, I acknowledge that I have carefully read the above; understand the risks of COVID-19 associated with entering District premises or facilities, attending school in-person, participating in District activities in-person, and/or participating in this Activity. I voluntarily assume such risks, including the risk of serious illness, debilitating injury, or death to my child and myself. By signing below, I further acknowledge that I understand that the risk of exposure to, contracting, or spreading COVID-19 may result from the acts, omissions, or negligence of myself and others, including but not limited to the District employees, agents, representatives, volunteers; other students, program participants, and their families; and/or other individuals who may be present in school facilities or in attendance at any school activity. I knowingly assume such risks, including the risk of serious illness, debilitating injury, or death to my child and myself.

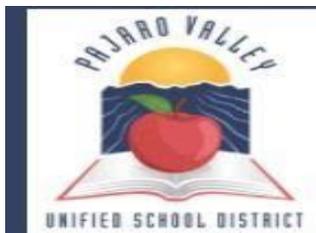
**Waiver of Liability/Hold Harmless:** By signing below, and in consideration for providing my child the opportunity to participate in the Activity, I voluntarily agree to waive and discharge any and all claims against the District related to or arising out of COVID-19, and voluntarily release the District from liability for any exposure to or illness or injury from COVID-19, including claims for negligent actions of the District or its employees, agents, representatives, and volunteers related to or arising out of COVID-19, on behalf of myself and my child to the fullest extent allowed by law. By signing below, and in consideration for providing my child the opportunity to participate in the Activity, I agree to release, discharge, and hold harmless the District and its employees, agents, volunteers, and representatives from all liability, claims, causes of action, or demands, including attorney fees, fines, fees, or other costs (e.g. medical costs) arising out of any exposure to or illness or injury from COVID-19.

*I certify that I am the parent and/or legal guardian of the above-named student and that I have read and understand the foregoing, and accept and agree to be bound by the terms and conditions above.*

Student Name: \_\_\_\_\_

Signature of Parent/ Legal Guardian: \_\_\_\_\_

Date: \_\_\_\_\_



**Pajaro Valley Unified School District**

294 Green Valley Road  
Watsonville, CA 95076  
(831) 786-2100 Phone