

COVID-19 Guidelines,

Acknowledgement of Risk by Athlete (18 years of age and older) or Parent/Guardian of Athlete, and Release

I understand and agree to all of the following:

- Each time an athlete or their parent/guardian enters the facility, their temperature will be checked. If their temperature is greater than 38.0 C and/or answer YES to any of the questions within the daily screening process, they will not be able to participate and will be asked to go home. I understand that facilities are required to keep a record of all responses for government tracing.
- Athlete will be able to access the facility at the designated entrance and exit.
- Activity start and end times will be staggered to provide time for cleaning between cohorts and to allow athletes to get in and out of the gym safely. Staff will wash their hands thoroughly and equipment and common areas will be wiped down.
- Viewing or seating areas available for observation will be closed, to discourage the concentration of people within the facility.
- If an athlete has not been picked up at by the designated activity end time, staff will contact the parent/guardian via phone and will accompany the athlete out to meet their parent/guardian while observing the 2-3 meter physical distancing guideline.
- I will support the physical distancing standard of 2-3 meters while at the gym.
- No activities that require hands-on spotting will take place, until advised by the Government of Alberta and Alberta Health Services due to physical distancing requirements.
- Athletes will have regular opportunities to use the hand sanitizing stations available in all areas of the facility.
- Athlete will wash hands thoroughly before leaving home and while at the gym if needed.
- Athletes will bring a clearly marked bag and full water bottle to the gym each day with all recommended items included. Any items left behind will be disposed of at the end of the day.
- The athlete will stay home if they or anyone in their household is coughing, has a temperature over 38C, or has flu like symptoms or other COVID-19 symptoms.
- I understand and agree that these procedures will change and evolve over time and that I will follow any new standards that are required by the Government of Alberta, Alberta Health Services, and/or Twist & Flip Gymnastics Inc.
- If any procedure, safety protocols, and new standards are not followed, the athlete will be removed from the activity and will not be able to participate any further.
- I acknowledge, understand, appreciate, and agree that participation may result in possible exposure to and illness from infectious diseases, including, but not limited to COVID-19. While rules and personal discipline may reduce this risk, the risk of serious illness and death does exist. I knowingly and freely assume all risks, both known and unknown, even if arising from the negligence of the releasees or others and assume full responsibility for participation and exposure and release the facility, its employees, officers, and directors from any liability related thereto.

DATE

CELL PHONE FOR EMERGENCY CONTACT

ATHLETE'S FULL NAME

SIGNATURE OF ATHLETE OVER 18 YEARS OF AGE

FULL NAME PARENT/LEGAL GUARDIAN

SIGNATURE OF PARENT/LEGAL GUARDIAN