



J. Addison School

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Gym Use During COVID-19

During these unprecedented times, we want to ensure the safety of all the members of our school community while trying to maintain some sense of normalcy. With that being said, we would like to open our gym again and have implemented strategies to protect the wellbeing of all users. Please see below for a list of the current precautions that have been put in place:

1. Users will enter and exit the gym directly and expeditiously through the main doors without accessing any other school areas. Entering and exiting the gym will be done in a single file manner with participants remaining distanced and wearing masks. Participants are expected to stay in the gym and gym bathrooms only during their entire time; they are not to loiter in the lobby, cafeteria, hallways, or any other school spaces.
2. Mandatory temperature check will be administered upon arrival. Anyone with a temperature higher than 37.5°C will not be permitted to use the gym.
3. Anyone with an open, exposed wound (i.e. a cut on the finger, brow, face, etc.) will not be permitted to use the gym for their own safety and for the safety of others.
4. Self-Assessment check upon arrival, self-assessment document will be posted.
5. Each person who enters the gym will be required to sign in.
6. Participants must sanitize their hands upon arrival at the hand sanitizer station.
7. Participants will be required to bring their OWN water bottle that will be left at a designated location.
8. Adhering to the provincial government social gathering guidelines, as well as maintaining social distancing between participants and coaches at all times.
9. Each participant will use their own equipment (no sharing).
10. Instructors will wear a face covering.
11. Physical distancing between all participants and their instructors during workout and throughout duration of sessions.
12. Participants will only use the first 2 rows of the bleachers to reduce cleaning needs.
13. After workout, all equipment will be sanitized (including sanitizer station).
14. No guests or visitors will be allowed during training sessions, only instructors and participants.

We are also asking all parents of players to not allow their children to attend training sessions if they are showing any of the following symptoms:

- Fever (temperature of 37.5°C or greater);
- New or worsening cough;
- Shortness of breath (dyspnea);
- Sore throat;
- Difficulty swallowing;
- Body soreness (not associated with physical training);
- New olfactory or taste disorder(s);
- An open wound (i.e. a cut on the hand, finger, brow, face, etc.);
- Nausea/vomiting, diarrhea, abdominal pain; or
- Runny nose, or nasal congestion – in absence of underlying reason for these symptoms such as seasonal allergies, post nasal drip, etc.

These guidelines will be updated regularly to reflect the evolving nature of COVID-19 in order to ensure government and health and safety guidelines are adhered to. Changes are made at the school’s discretion and notification will be provided at the earliest practicable opportunity.

In consideration for the policies implemented by J. Addison School, and for permitting users to use the gymnasium on the terms and conditions outlined above, and for other good and valuable consideration, the receipt and sufficiency of which is hereby expressly acknowledged, I, _____, parent (if applicable) of _____ agree to the following:

1. To follow the precautions in place to ensure the safety of my child(ren) and the J. Addison School community.
2. By signing this agreement, I acknowledge that I understand and that I am aware of 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 the J. Addison School and that such exposure or infection may result in personal injury, harm, illness, short term, long term, or permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 at the J. Addison School may result from the actions, omissions, or negligence of myself and others, including, but not limited to, past and present officers, directors, staff, employees, volunteers, and representatives of J. Addison School as well as program participants and their families.
3. 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, death, illness, damages, loss, harm, liability, costs or expenses, of any kind whatsoever, that I or my child(ren) may experience or incur in connection with my child(ren)’s attendance at the J. Addison School or participation in J. Addison School programming (hereinafter collectively referred to as “Loss”). On my behalf, and on behalf of my children, I hereby covenant and agree to release, remise and forever discharge the J. Addison School, its past and present officers, directors, staff, employees, agents, volunteers and representatives, of and from all suits, claims, proceedings, actions, causes of action (whether contingent or otherwise) and Loss, of any kind whatsoever, arising out of, relating or connected in any way to my child(ren)’s attendance at J. Addison School or participation in J. Addison School programming and I expressly waive any rights in connection with the foregoing. I understand and agree that this release and waiver includes any suits, claims, proceedings, actions, causes of action (whether contingent or otherwise) and Loss arising from or connected in any way whatsoever to the actions, omissions, or negligence of the J. Addison School, its past and present officers, directors, staff, employees, agents, volunteers and representatives, whether a COVID-19 infection occurs before, during, or after attendance at J. Addison School or participation in any J. Addison School program.
4. I hereby covenant and agree not to act as Litigation Guardian for my child(ren) and not to cause, encourage or contribute to, any person being appointed as Litigation Guardian for my child(ren) with respect to the matters referred to herein.

Print Name of Parent/Guardian _____ Date _____

Signature of Parent/Guardian _____ Name of Participant(s) _____