

IMPORTANT INFORMATION ABOUT COVID-19 FOR TRAINING AND MOVEMENT EVALUATION WITH THE ROCKY MOUNTAIN CONSORTIUM FOR SPORTS RESEARCH

Participants involved with training or movement evaluation with the Rocky Mountain Consortium for Sports Research (RMCSR) need to be aware of the highly contagious nature of the 2019 novel coronavirus disease (COVID-19) and the risk of exposure to or contraction of COVID-19. Such exposure or contraction may result in illness, personal injury, disability, death, or property damage. While the RMCSR has implemented preventative measures in compliance with federal, state, and local laws, orders, directives, and guidelines to reduce the spread of COVID-19, the RMCSR cannot guarantee that your risk of exposure will not be increased or that you will not become infected with COVID-19 while training or being evaluated by the RMCSR. The risk may result from or be compounded by your actions, omissions, or negligence or that of others, including gym employees, scientists, and other friends of the RMCSR.

A. If you plan on participating in a training or movement evaluation session with the RMCSR, it is important that you consider the following information:

- 1) You are not allowed to be involved with training or movement evaluation with the RMCSR until 10 days have passed since your first symptom of COVID-19, you are improving (feeling better), and have had 3 consecutive days without a fever (without taking medicine to reduce a fever); or
- 2) until 14 days have passed since you had close contact (within 6 feet for at least 10 minutes) with any person who has been exposed to COVID-19, is symptomatic with COVID-19, or has been diagnosed with COVID-19; or
- 3) if you have traveled to Colorado from a restricted state or internationally in the past 10 days.

B. Your visit for training or movement evaluation must be coordinated through a pre-specified RMCSR contact and are required to meet and/or adhere to the following statements:

- 1) You must honestly be able to say “no” to the three 3 statements under bullet point **A** listed above; not be symptomatic with COVID-19 or diagnosed with COVID-19.
- 2) You must have parental consent if are younger than 18 years of age.
- 3) If you were unable to check your temperature at home within 2 hours of your appointment, your temperature will be checked when you first meet with your RMCSR contact.
- 5) You must follow all signage, notices, and other guides regarding spacing and traffic flow.
- 6) You should bring your own face covering that covers your nose and mouth.
- 7) You must wear the face covering at all times while in the presence of your RMCSR contact. Please inform the RMCSR contact in the event you have a health condition which makes it impossible for you to wear a face covering and consequentially are unable to participate in the training or movement evaluation procedures.

8) You must use hand sanitizer prior to the beginning and end of your training or movement evaluation session.

C) If you arrive to your meeting location or start showing any possible symptoms of COVID-19 while working with your RMCSR contact:

- 1) You will be asked to leave;
- 2) You should contact your primary health care provider; and
- 3) You are requested to notify your RMCSR contact if you are confirmed to have contracted COVID-19.

Your participation in training or movement evaluation with the RMCSR signifies your understanding and agreement to the above requirements and that you are voluntarily visiting with your RMCSR contact with the knowledge and acceptance of all risks of illness, personal injury, disability, death, or property damage related to COVID-19 arising from your visit. Please notify your RMCSR contact if you are unable to meet the above requirements or decide to cancel your training or movement testing session.

IMPORTANT INFORMATION ABOUT THE PROCEDURES THAT WILL BE FOLLOWED DURING EACH TRAINING OR MOVEMENT EVALUATION SESSION:

- 1) All individuals involved in training or movement evaluation and other visitors accompanying the participant will be required to wear a cloth face covering or face mask.
- 2) Only the individual participating in training or movement evaluation will be allowed in the training or testing areas and visitors accompanying the participant will be asked to maintain social distancing.
- 3) The training or testing areas will be cleaned and disinfected regularly.
- 4) The RMCSR contact will instruct all participants, and any individuals that accompany the participant, to wear a cloth face covering or face mask throughout the duration of the training or movement evaluation testing appointment.
- 5) The RMCSR contact will clean and disinfect all room surfaces, objects, and devices used by a participant before and after each training or movement evaluation session.
- 6) The RMCSR contact will instruct all participants to only use designated areas during their time with their RMCSR contact.
- 7) The RMCSR contact will instruct all participants to integrate regular hand washing and/or have the use of hand sanitizer during a training or movement evaluation session with their RMCSR contact.

IMPORTANT INFORMATION ABOUT THE PROCEDURES THAT WILL BE FOLLOWED AFTER PARTICIPANT DEPARTURE FROM TRAINING OR MOVEMENT EVALUATION

- 1) All participants and any individuals that accompany the participant must use hand sanitizer at the end of training or movement evaluation session.
- 2) The RMCSR contact will escort the participant out of the training or testing area at the end of the training or movement evaluation session.
- 3) The RMCSR contact should remind the participant to continue to wear a cloth face covering until the participant leaves training and testing areas.
- 4) The RMCSR contact must clean and disinfect all room surfaces, objects, and devices used by the participant after each training or movement evaluation session ends and before any new participants are allowed in training or testing areas.

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