

CEDAR RAPIDS COMMUNITY SCHOOL DISTRICT
RELEASE AND WAIVER REGARDING PARTICIPATION IN
2020 SUMMER EXTRACURRICULAR ACTIVITIES

I certify that I am at least eighteen years of age. I understand and agree my participation in the Cedar Rapids Community School District's summer extracurricular activities for 2020 will be subject to and conditioned on the District's current policies, procedures, and rules governing participation in extracurricular activities and the following additional terms and conditions:

- Participants should not attend or participate in practices or contests if they currently have: (a) a cough; (b) shortness of breath or difficulty breathing; (c) a fever; (d) chills; (e) muscle pain; (f) a sore throat; (g) a new loss of taste or smell; or have been in contact with anyone with a confirmed COVID-19 diagnosis in the last fourteen days.
- Participants should use their own gloves, helmets, and bats as much as possible.
- Participants must bring their own water or beverage to consume during and after practices and contests. Participants may not share water or other beverages with other participants.
- Participants are strictly forbidden from using any food item at practices or contests that require the participant to spit (e.g. sunflower seeds or other shelled seeds/nuts). Any food brought to practices or contests by participants shall not be shared.
- Participants should check their temperatures before attending practices and contests. Participants may be asked to report their temperature to District personnel or may be subject to temperature checks by District personnel.
- Participants who have symptoms of illness will not be allowed to participate in practices or contests.
- Participants with pre-existing health conditions should notify District personnel.
- Participants are encouraged to provide their own hand sanitizer, engage in healthy hygiene practices, and participate in appropriate social distancing.
- Parents must remain in their vehicles or drop off and pick up participants after practice.
- Participants should arrive to practices and contests clothed in the apparel necessary for that activity. Participants should return home after the conclusion of the practice or contest to shower and change clothes. District shower and locker room facilities will not be available.
- Participants should follow any further guidance or requirements issued by Governor of Iowa, the Iowa Department of Public Health, the Iowa High School Athletic Association, and Iowa Girls High School Athletic Union or other authority governing participation in Iowa public school district extracurricular activities.

I understand and agree that as a result of participation in extracurricular activities there is a possibility I may suffer severe illness, injury or death. Because of the possible risks involved in participation in extracurricular activities, I recognize the importance of following the District's current policies, procedures, and rules regarding participation in extracurricular activities, the additional terms and conditions set out above, and instructions regarding playing techniques, training, and team rules and to agree to follow them. In consideration of the District permitting me to engage in extracurricular activities, I assume all risks associated with my participation, and agree to hold the District, its employees, agents, representatives, volunteers, and participants harmless from any and all liability, actions, causes of action, claims or demands of any kind and nature whatsoever which may arise by or in connection with my participation in any District extracurricular activities.

I HAVE CAREFULLY READ AND FULLY UNDERSTAND ALL PROVISIONS OF THIS RELEASE AND WAIVER AND FREELY AND KNOWINGLY ASSUME THE RISK AND WAIVE MY RIGHTS CONCERNING LIABILITY AS SET OUT ABOVE.

Student

Date