



Northern Lebanon High School

345 School Road, Fredericksburg, PA 17026

717-865-2117 ext. 2535

Viking Athletic Dept. John Confer, Director of Athletics

Participation Acknowledgement for Communicable Diseases Including COVID-19

The COVID-19 pandemic has presented athletic/extra-curricular activity programs across the world with a myriad of challenges. The COVID-19 virus is a highly contagious illness that primarily attacks the upper respiratory system. The virus that causes COVID-19 can infect people of all ages. Research from the Centers for Disease Control (CDC), among others, has found that while children may become infected by COVID-19, relatively few children with COVID-19 are hospitalized. However, some severe outcomes have been reported in children, and a child with a mild or even asymptomatic case of COVID-19 can spread the infection to others who may be far more vulnerable. In addition, a possibility is Multisystem Inflammatory Syndrome in Children (MIS-C), which is a side effect that some children are developing from COVID-19. While it is not possible to eliminate all risk of furthering the spread of COVID-19, the current science suggests there are many steps schools can take to reduce the risks to students, coaches, and their families.

The Northern Lebanon School District is taking the necessary precautions and recommendations from federal, state, and local governments, the CDC, the Pennsylvania Department of Health, as well as the National Federation of State High School Associations, and Pennsylvania Interscholastic Athletic Association, Inc. (PIAA). The District realizes information regarding COVID-19 is constantly changing as new studies and treatments become available guidelines will be adjusted accordingly. The following precautions will be implemented and adjusted as needed as new information becomes available, in order to decrease the risk of exposure for our staff, students, and spectators.

These precautions include, but may not be limited to:

1. Students and staff undergoing a COVID-19 health screening prior to any practice, event, or team meeting. The type of screening will be dependent upon the available resources and the Phase level (Yellow or Green). The purpose is to check for signs and symptoms of COVID-19. It will include a questionnaire and temperature check as needed.
2. Promoting healthy hygiene practices such as hand washing, using hand sanitizer, cough in your elbow, avoid touching eyes, nose, face and mouth, no spitting, no gum chewing, no handshakes/celebrations (high fives, fist/elbow bumps, chest bumps, hugging).
3. Intensifying cleaning, disinfection, and ventilation in all facilities.
4. Encouraging social distancing through increased spacing, small groups, and limited mixing between groups, where feasible.
5. Educating students and staff on health and safety protocols.
6. Self-quarantining of anyone who is sick.
7. Having plans in place if a student or employee gets sick.
8. Regularly communicating and monitoring developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures.

Additionally:

1. Students and staff **MUST** provide their own water bottle for hydration. Water bottles must not be shared. **Refill stations and water fountains will NOT BE available initially.**
 2. Personal Protective Equipment (PPE), such as gloves, masks, eye protection, will be used as needed and situations warrant, or as determined by local/state governments. Face Coverings will not be used for athletes while practicing or competing. Masks/Face Coverings will be utilized by District employees, unless they jeopardize an employee's health.
 3. The District will identify Staff and students who may be at a higher risk of severe illness from COVID-19 due to underlying medical conditions. (See – CDC “People Who are at a High Risk for Severe Illness”)
-

In consideration of the above requirements, I, on behalf of the Student, and I, the Student, acknowledge the following:

- Participating in voluntary out-of-season workouts may include a possible exposure to a communicable disease, including but not limited to MRSA, influenza, and COVID-19. I/Student must be an active participant in my/his/her own healthcare.
- In consideration of my/his/her voluntary involvement in workouts, I have had an opportunity to carefully read the current CDC Guidelines for COVID-19 virus related health risks and understand the recommended precautions, along with the above requirements.
- I voluntarily and willingly choose to have Student participate in returning to District workouts. I willingly agree to comply with all procedures, protocols, and requirements put into place by the District to provide for safe athletic participation, to keep myself and others safe, and to limit and reduce the exposure to and spread of COVID-19 and other communicable diseases.
- I knowingly and voluntarily assume all risks related to the COVID-19 virus. I acknowledge that while particular recommendations and personal discipline may reduce the risk, the risk of serious illness and death does exist and I assume full responsibility for my/his/her participation.

Student Name (Please Print): _____ Sport: _____

Signature of Parent/Guardian: _____ Date: _____

Signature of Student Athlete: _____ Date: _____

**Parents/Guardians may request a full copy of the Athletic Health & Safety Plan. Contact John Confer at jconfer@norleb.k12.pa.us*