



## **The Sacramento Police Activity League's COVID-19 Prevention Plan**

*September 28, 2020*

*By: Sgt. Jim Magee, SacPAL Program Director and COVID Manager*

### **Overview**

The Sacramento Police Activities League (SacPAL) is committed to the safety and wellbeing of our participants, coaches, and volunteers. Therefore, we have established the following COVID-19 Prevention Plan in an effort to ensure that everyone participating in our youth activities is taking the necessary precautions to prevent the spread of the Corona virus.

SacPAL's COVID-19 Prevention Plan was established based on the recommendations from local, national, and world health organizations and experts in preventing the spread of viruses like COVID-19. This plan follows recommendations published by the Centers for Disease Control and Prevention (CDCP), the California Department of Public Health (CDPH), the Sacramento County Department of Health Services, the State of California Department of Industrial Relations (CAL OSHA), the National Council on Youth Sports, as well as the World Rugby, USA Rugby, and Rugby NorCAL recommendations. Our

Prevention Plan is a multi-tiered plan that gradually permits a return to our program activities based on the color coded 4 tier plans that were implemented by the state of California for each county. For more information on county restrictions, you can visit <https://covid19.ca.gov/safer-economy/>. Please note that the state will continue to evaluate COVID cases to determine what tier to assign to each county over time. Based on this evaluation, Sacramento County may stay at its current tier, or be assigned to a more or less restrictive tier depending on the risk to the public. We will post regular updates on sacpal.org regarding the Sacramento County's current tier. You can also go to the California Department of Public Health's website <https://www.cdph.ca.gov/> for the most up to date information on tier assignments and restrictions. For more information, please visit California Department of Public Health's Interim Guidance on Youth Sports at <https://files.covid19.ca.gov/pdf/guidance-youth-sports--en.pdf>

### **County Tiers and Current Status**

California's 4 tier system consists of the following tiers being assigned to counties based on test positivity and adjusted case rates:

**Purple** Tier – Most Restrictive – COVID cases are considered “widespread”

**Red** Tier – COVID cases are considered “substantial”

**Orange** Tier – COVID cases are considered “moderate”

**Yellow Tier** – Least Restrictive – COVID cases are considered “minimal”

As of September 28, 2020, Sacramento County has been assigned to the Purple Tier. At a minimum, counties must remain in a tier for at least 3 weeks before moving forward. Data is reviewed weekly and tiers are updated on Tuesdays. To move forward, a county must meet the next tier's criteria for two consecutive weeks. If a county's metrics worsen for two consecutive weeks, it will be assigned a more restrictive tier. As Program Director for SacPAL and COVID Manager, I will be closely monitoring the Sacramento County cases and tier assignments to ensure that we can move forward as soon as possible.

**Regardless of tier assignments, all SacPAL programs will post COVID-19 signs (See Appendix 3) at events while tiers are in effect. ALL PARTICIPANTS in SacPAL programs, including coaches, managers, volunteers, players, and administrators shall complete and submit COVID waiver forms prior to being permitted to take part in any SacPAL events while COVID-19 health precautions are in effect (See Appendix 4 and/or 5).**

### **SacPAL Purple Tier Activities**

While Sacramento County remains in the state's purple tier (widespread COVID cases), SacPAL programs will be restricted as follows:

**Ski & Snowboard – SUSPENDED** - The SacPAL Ski & Snowboard program travels to Donner Ski Ranch in Nevada County during the winter months with small groups of 12-14 youths. At this time, although Nevada County has been assigned to the orange tier (moderate COVID cases), as long as Sacramento County is in the purple tier, the Ski & Snowboard program will be suspended. This is due to the fact that recreational programs in counties that are in the purple tier should not permit participation in program activities from others who are outside their county. In turn, it would be against recommendations to send recreational groups outside of the county because doing so puts other counties at risk of spreading the virus. Although the CDPH allows outdoor recreational facilities to remain open through all tiers, with restrictions, mixing recreational participants from other cities/counties are not lifted until our county is assigned to the yellow tier, so this program will be suspended until Sacramento County is assigned to the yellow tier.

**Boxing – SUSPENDED** - The SacPAL Boxing program works in partnership with the City of Refuge. This program uses the indoor facilities provided by the City of Refuge located in Sacramento and caters to local residents only. The California Department of Public Health has issued the restriction that indoor physical conditioning is allowed only in counties where gyms and fitness centers are allowed to operate indoors. Counties that are in the purple tier are not permitted to open indoor gyms and fitness facilities. Furthermore, cloth face coverings must be worn during indoor physical conditioning and training. Face coverings are not recommended for activities that require heavy exertion, such as boxing, so the

SacPAL Boxing program will be suspended while Sacramento County is in the purple tier. Per the CDPH recommendations, the boxing program may resume when Sacramento County is assigned to the red tier with certain modifications and with the cooperation and agreement of the City of Refuge.

**Fishing – SUSPENDED** - The SacPAL Fishing program works in partnership with the California Dept. of Fish and Wildlife to host “Fishing in the City” events at local city parks. While the events that this program hosts are held outdoors and within the city limits, the amount of participants that we have had at these events averages over 100 individuals. While Sacramento County is in the purple tier, we must ensure that any SacPAL activities held are done so in small groups of no more than 14 participants. SacPAL Fishing will be able to resume operations once Sacramento County is in the yellow tier.

**Youth Leadership – LIMITED TO VIRTUAL MEETINGS** - The SacPAL Youth Leadership program was scheduled to premier prior to the COVID-19 outbreak. Due to the pandemic, this program was never launched despite having some interest from a few prospective participants. This program is designed to work in partnership with the California State Parks and includes bringing participants to one of the Northern California state parks for a 3 day, 2 night camping excursion that includes leadership training. The program also includes a trip to Anaheim to attend the CALPAL Youth Leadership Conference. For reasons previously listed regarding out of county events, this portion of the Youth Leadership program will be suspended until Sacramento County is in the yellow tier. The other portion of this program includes monthly meetings so participants can learn about leadership skills from our program directors and guest speakers. Meetings are typically indoors and potentially include participants from outside the city limits. Therefore, while Sacramento County is in the purple tier, these meetings cannot be conducted in person; however, virtual meetings on Zoom, Cisco Webex, or a similar platform may be conducted until Sacramento County is in the state’s yellow tier.

**Rugby – INDIVIDUALS TRAINING WITH REQUIREMENTS** - Rugby NorCal (RNC), World Rugby, and USA Rugby have established COVID-19 guidelines that SacPAL

Rugby will adhere to along with recommendations published by the California Dept. of Public Health, the CDC, CAL OSHA, and Sacramento County Dept. of Health Services.

Per USA Rugby's Return to Play Guidelines, rugby practices or training sessions will not resume until Sacramento County is no longer mandated with "Stay at Home" orders and small gatherings are authorized. Practices and training may commence while Sacramento County is in the state's purple tier because small groups participating in outdoor training sessions are authorized so long as distancing is practiced. In the event "Stay at Home" mandates are in effect, or the state determines that small gatherings are not authorized, the SacPAL Rugby program will be suspended until circumstances change to allow small gatherings.

Prior to participation, all players, coaches, and administrators will complete COVID-19 awareness courses at <https://playerwelfare.worldrugby.org/covid-19-courses>

Once Rugby NorCAL's new online registration platform (Sportlomo) is up and running (presumably in October), players, coaches, and administrators will log into the platform and register with RNC for "Return to Training" memberships. "Return to Training" memberships with RNC provide insurance coverage for members while participating in practice sessions when games are not permitted due to COVID restrictions.

Rugby NorCAL is following the path of the California Interscholastic Federation's decisions on when to allow high school football games to resume. Thus far, the CIF has announced that the Sacramento area high school football games are postponed until 2021. RNC will also delay scheduling matches until 2021, with the first matches being tentatively scheduled for U10 and U12 youth on January 9, 2021.

## Requirements –

1. Players must complete a training questionnaire and temperature testing prior to arrival at the practice field and provide the completed questionnaire to a coach before practice begins. (see appendix 1 below) Temperature checks must register lower than 99.6 F to be eligible to participate.
2. Anyone who is sick, symptomatic, or has been possibly exposed to someone who is sick or symptomatic, must not attend practice and self-isolate at home for 14 days or until they are cleared to return by a doctor.
3. The COVID manager or designee shall take attendance at the start of each practice session. Completed attendance forms shall be emailed to [jimagee@pd.cityofsacramento.org](mailto:jimagee@pd.cityofsacramento.org).
4. Players must arrive to practice wearing a mask until their training questionnaire has been reviewed and the player has been cleared for practice. No car pools are permitted at this time.
5. Training sessions will be conducted in groups of 10 players with one coach. More than one group is acceptable if field space allows the required distancing. Each group will stay together with their assigned coach throughout the practice session.
6. No one from outside the city of Sacramento is permitted to attend practice sessions at this time.
7. Training sessions will be held outdoors only. Each individual in each group must remain at least 6 ft. apart throughout the practice (Coaches shall plan activities with this incorporated).
8. Coaches may include activities and drills for physical conditioning and individual skill building.
9. Players are not permitted to share objects. Therefore, passing balls to each other and using tackle bags where multiple players are in close proximity and touching the equipment is not allowed.
10. Any equipment that is used must be thoroughly cleaned and disinfected before being stored in the SacPAL Rugby storage container.

11. Parents and spectators are not permitted to attend practice sessions at this time.
12. Everyone attending training sessions should be provided time to wash hands and use hand sanitizer as needed. Masks, sanitizer, wipes, and disinfectants will be stored in the SacPAL storage container at Pannell for use by the rugby program.
13. Participants shall be discouraged from spitting, coughing or sneezing in the air, hand shaking, or other activities that violate the 6 ft. distancing recommendations.
14. Coaches and administrators shall wear face masks during practice/training sessions.

## **SacPAL Red Tier Activities**

While Sacramento County remains in the state's red tier (substantial COVID cases), SacPAL programs will be restricted as follows:

**Ski & Snowboard – SUSPENDED** - Program suspended until Sacramento County is in the yellow tier.

**Boxing – TRAINING WITH REQUIREMENTS** – SacPAL Boxing may resume training while Sacramento County is in the red tier if and when the City of Refuge opens its doors and agrees to commence with this program. Per the California Department of Public Health and CAL OSHA's COVID-19 Interim Guidance on Youth Sports, indoor physical training and conditioning is allowed in counties where gyms and fitness centers are allowed to operate. Therefore, training sessions may be conducted at this time if the following requirements are met;

### **Requirements –**

1. Players, coaches, and administrators will complete COVID-19 awareness courses at <https://playerwelfare.worldrugby.org/covid-19-courses>. Although these courses are presented by World Rugby, the information provided applies to all youth sports and activities.
2. Maximum of 10% capacity indoors. (based on facility max capacity as determined by the fire department)
3. Anyone who is sick, symptomatic, or has been possibly exposed to someone who is sick or symptomatic, must not attend practice and self-isolate at home for 14 days or until they are cleared to return by a doctor.
4. Participants must complete a training questionnaire and temperature testing prior to arrival at the facility and provide the completed questionnaire to a coach before practice begins. (see appendix 2 below)
5. The COVID manager or designee (SacPAL Boxing Coach) shall take attendance at the start of each practice session. Completed attendance forms shall be emailed to [jmagee@pd.cityofsacramento.org](mailto:jmagee@pd.cityofsacramento.org).

6. No one from outside the city of Sacramento is permitted to attend training sessions at this time.
7. Participants must arrive to the facility wearing a mask until their training questionnaire has been reviewed and the player has been cleared for practice. No car pools are permitted at this time.
8. Training sessions will be held indoors. Each individual participant must remain at least 6 ft. apart throughout the training session (Coaches shall plan activities with this incorporated).
9. Coaches, volunteers, and participants must wear cloth masks during training. Masks that restrict air flow during heavy exertion (such as N95 masks) are not advised for exercise.
10. Activities conducted inside should be those that do not require heavy exertion and can be done with a face covering. Participants should take a break from training if any difficulty breathing is noted and should change their mask if it becomes wet and sticks to the face thus obstructing breathing.
11. Sharing of equipment between participants is not permitted. Any equipment used by individuals during the training session must be properly disinfected after use and prior to storage.
12. Parents and/or guardians shall be provided copies of this document for information and must sign the applicable permission and release of liability forms prior to participation in the program.

**Fishing – SUSPENDED** - Program suspended until Sacramento County is in the yellow tier.

**Youth Leadership – LIMITED TO VIRTUAL MEETINGS** - Out of county trips are suspended until Sacramento County is in the yellow tier. Monthly meetings may be conducted virtually.

**Rugby – SMALL GROUPS TRAINING WITH REQUIREMENTS** – When Sacramento County is assigned to the state’s red tier, SacPAL Rugby may resume practices and physical training sessions by adhering to the following requirements:

**Requirements –**

Coaches, players, and administrators must adhere to all of the requirements previously listed in the purple tier with the following exception;

Mixed groups may be used during training sessions: Therefore, coaches can rotate groups or change personnel in a group during the training sessions whereas they were previously required to maintain the same group of players throughout the entire training session. Coaches must continue to adhere to the 6 ft. distancing of players, not use any shared equipment, and not permit any participation in the program from those who live outside the city.

### **SacPAL Orange Tier Activities**

**Ski & Snowboard – SUSPENDED** - Program suspended until Sacramento County is in the yellow tier.

**Boxing – TRAINING WITH REQUIREMENTS** – SacPAL Boxing may resume training while Sacramento County is in the orange tier if and when the City of Refuge opens its doors and agrees to commence with this program. Per the California Department of Public Health and CAL OSHA’s COVID-19 Interim Guidance on Youth Sports, indoor physical training and conditioning is allowed in counties where gyms and fitness centers are allowed to operate. Therefore, training sessions may be conducted at this time if the following requirements are met;

#### **Requirements –**

All of the requirements listed for boxing in the red tier apply with the exception of the indoor capacity which is increased to 25% for the orange tier. Also, while in the orange tier, boxing equipment may be shared as long as anything used is cleaned with a disinfectant between use and prior to storage. Additionally, the 6 ft. distancing during sessions is no longer a requirement. Participants are still limited to city residents only.

**Fishing – SUSPENDED** - Program suspended until Sacramento County is in the yellow tier.

**Youth Leadership – LIMITED TO VIRTUAL MEETINGS** - Out of county trips are suspended until Sacramento County is in the yellow tier. Monthly meetings may be conducted virtually.

**Rugby – FULL SQUAD TRAINING WITH REQUIREMENTS** - When Sacramento County is assigned to the state’s orange tier, SacPAL Rugby may resume practices and physical training sessions by adhering to the following requirements:

## Requirements –

Coaches, players, and administrators must adhere to all of the requirements previously listed in the red tier with the following exception(s);

In addition to being able to mix groups, coaches may now use equipment during sessions as long as anything used is cleaned with a disinfectant between use and prior to storage. Also, the 6 ft. distancing during sessions is no longer a requirement. Participants are still limited to city residents only.

### SacPAL **Yellow** Tier Activities

**Ski & Snowboard – OPERATIONAL WITH REQUIREMENTS** – While Sacramento County is assigned to the yellow tier, the SacPAL Ski & Snowboard may resume trips to Donner Ski Ranch if Nevada County is either in the yellow tier or not on the state’s listing of counties under COVID-19 restrictions. While there are no space or equipment restrictions or restrictions on mixing groups from outside the city, it is still advisable that participants wear face coverings when in close proximity (such as riding in a van to the ski facility) and practice good hygiene and hand washing until all counties in the state are no longer assigned to a tier.

**Boxing – TRAINING WITH REQUIREMENTS** – SacPAL Boxing may resume training while Sacramento County is in the yellow tier if and when the City of Refuge opens its doors and agrees to commence with this program. Per the California Department of Public Health and CAL OSHA’s COVID-19 Interim Guidance on Youth Sports, indoor physical training and conditioning is allowed in counties where gyms and fitness centers are allowed to operate. Therefore, training sessions may be conducted at this time if the following requirements are met;

### Requirements -

All of the requirements listed for boxing in the orange tier apply with the exception of the indoor capacity which is increased to 50% for the yellow

tier. Car pools are permitted at this time and there are no restrictions of participants from outside the city limits. Additionally there are no space or equipment restrictions and participants may train without the use of a mask.

**Fishing – OPERATIONAL WITH REQUIREMENTS** – SacPAL Fishing may resume with Fishing in the City events while Sacramento County is in the state’s yellow tier. In this tier, while there are no space or equipment restrictions or restrictions on mixing groups from outside the city, it is still advisable that participants wear face coverings when in close proximity and practice good hygiene with hand washing until all counties in the state are no longer assigned to a tier.

**Youth Leadership – OPERATIONAL WITH REQUIREMENTS** - While Sacramento County is assigned to the yellow tier, the SacPAL Youth Leadership program may resume field trips if the county it is travelling to is either in the yellow tier or not on the state’s listing of counties under COVID-19 restrictions. While there are no space or equipment restrictions or restrictions on mixing groups from outside the city, it is still advisable that participants wear face coverings when in close proximity (such as riding in a van to the state park) and practice good hygiene and hand washing until all counties in the state are no longer assigned to a tier.

**The California PAL Youth Mentoring & Leadership Academy is scheduled for Saturday, September 18 – Tuesday, September 21, 2021 at Great Wolf Lodge, Anaheim, CA.**

**Rugby – FULL CONTACT TRAINING WITH REQUIREMENTS** – When Sacramento County is assigned to the yellow tier, SacPAL Rugby may resume practices and physical training sessions by adhering to the following requirements:

**Requirements –**

Coaches, players, and administrators must adhere to all of the requirements previously listed in the red tier with the following exception(s);

Coaches may include full contact drills and use equipment as needed. At this time, non-city residents may attend practices. As with the orange tier, there are no distancing requirements and mixed groups may be incorporated into practices. The following must still be adhered to throughout all tiers until the county is no longer on the state's list of restricted counties:

1. Players must complete a training questionnaire and temperature testing prior to arrival at the practice field and provide the completed questionnaire to a coach before practice begins. (see appendix 1 below)
2. Anyone who is sick, symptomatic, or has been possibly exposed to someone who is sick or symptomatic, must not attend practice and self-isolate at home for 14 days or until they are cleared to return by a doctor.
3. The COVID manager or designee shall take attendance at the start of each practice session. Completed attendance forms shall be emailed to [jmagee@pd.cityofsacramento.org](mailto:jmagee@pd.cityofsacramento.org).
4. Any equipment that is used must be thoroughly cleaned and disinfected before being stored in the SacPAL Rugby storage container.
5. Parents and spectators are not permitted to attend practice sessions at this time.
6. Everyone attending training sessions should be provided time to wash hands and use hand sanitizer as needed. Masks, sanitizer, wipes, and disinfectants will be stored in the SacPAL storage container at Pannell for use by the rugby program.
7. Coaches and administrators shall wear face masks during practice/training sessions.
8. Players must arrive to practice wearing a mask until their training questionnaire has been reviewed and the player has been cleared for practice. No car pools are permitted at this time.

**Scheduled Rugby Matches will be permitted to resume once the California Interscholastic Federation allows high school football games to be played.**

**RUGBY COACHES, ADMINISTRATORS, AND MANAGERS**

**BE SURE TO REFER TO THE SACPAL COVID PRACTICE PLAN FOR DIRECTIVES RELATED TO CONDUCTING PRACTICES DURING THE COVID PANDEMIC**

**APPENDIX 1**



**ATHLETE/COACH/REF/AT/VOLUNTEER  
HEALTH SELF-CHECK**

The below "health self-check" should be used by athletes and families before gathering for any type of fitness or rugby training.

**Are you currently diagnosed with or believe you may have COVID-19? \* Yes No**

**Have you had any of the below symptoms of COVID-19 in the past 14 days?**

**High temperature (fever) \* Yes No**

**A new continuous cough \* Yes No**

**New unexplained shortness of breath \* Yes No**

**Have you been in contact with a COVID-19 confirmed or suspect case in the previous 14 days \* Yes  
No Maybe**

\*\* If you have answered YES to any of these questions you should stay at home and inform your Club COVID Manager and medical practitioner. You should follow your local government's current Public Health guidance.

**HEALTH SELF-CHECK FOR RUGBY PROGRAM ONLY**



## COVID-19 SELF HEALTH CHECK

This form shall be used by athletes, spectators, coaches, volunteers, and administrators prior to attending SacPAL program activities while Sacramento County is under restrictions for the COVID-19 virus. Please answer each question by circling yes or no.

Are you currently diagnosed with or believe you may have COVID-19?      Yes      No

Have you had any of the below symptoms of COVID-19 in the past 14 days?

High Temperature (fever of 100.4 or higher)      Yes      No

A new continuous cough      Yes      No

New unexplained shortness of breath      Yes      No

Have you been in contact with a person confirmed or suspected of being infected with COVID-19 in the last 14 days?

Yes      No      Maybe

- If "Maybe", explain \_\_\_\_\_

Please record your current temperature no more than an hour before attending a SacPAL program activity. *My current temperature is* \_\_\_\_\_.

If you answered "Yes" to any of the above questions or currently have a fever, you should stay home and notify your SacPAL Coach. If you answered "No" to all questions and do not have a fever, please complete this form with your name and date below and turn it in to your coach before the event or practice.

Name \_\_\_\_\_ Date \_\_\_\_\_

**HEALTH SELF-CHECK FOR ALL SACPAL PROGRAMS EXCEPT RUGBY**

PLEASE HELP KEEP OUR COMMUNITY HEALTHY



Please **DO NOT ATTEND** SacPAL activities if you are experiencing any of the following:

**FEVER – COUGH – SHORTNESS OF BREATH – COLD OR FLU LIKE SYMPTOMS**

If healthy, please proceed to the hand sanitizer station prior to checking in.

Face coverings are required during check-in.

You must present a completed Health Self-Check form at Check-In.

Temperature must be below 99.6 F to participate.

**Participants will be required to follow all of the Guidelines and restrictions as instructed during check-in and throughout the activity.**





## Assumption of the Risk and Waiver of Liability relating to Coronavirus/COVID-19

The novel Coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly by person-to-person contact. As a result, federal, state and local governments and federal and state health agencies recommend social distancing and have, in many locations, either prohibited or limited the congregations of groups of people.

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By signing this agreement, I acknowledge the following:

The contagious nature of COVID-19 and that I, or my child(ren), may be exposed to or infected by COVID-19 by attending any rugby activities and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I further understand that the risk of becoming exposed to or infected by COVID-19 at any rugby events/activities may result from the actions, omissions or negligence of myself and others, including, but not limited to Coaches, Referees, Trainers, Volunteers and other participants and their families.

I voluntarily agree to assume all of the foregoing risks and accept the sole responsibility for any injury to myself or my child(ren), including but not limited to, personal injury, disability, death, illness, damage, loss, claim, liability or expense of any kind, that I or my child(ren) may experience or incur in connection with my child(ren)'s attendance and/or participation in any rugby activity. On my behalf, and on behalf of my child(ren), I hereby release, covenant to sue, discharge, hold harmless USA Rugby, Rugby NorCal and \_\_\_\_\_, and any directors, officers, employees, agents, volunteers and representatives thereof, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence, whether active or passive, of USA Rugby, Rugby NorCal and \_\_\_\_\_, and any directors, officers, employees, agents, volunteers and representatives thereof, whether a COVID-19 infection occurs before, during or after participation in any rugby activity/event and/or whether an injury occurs during participation in any rugby activity/event.

Appendix 4

**RISK WAIVER FOR RUGBY PROGRAM ONLY**



## Assumption of the Risk and Waiver of Liability relating to Coronavirus/ COVID-19

The novel Coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly by person-to-person contact. As a result, federal, state, and local governments and agencies recommend social distancing and have in many locations either prohibited or limited the congregations of groups of people.

By signing this agreement, I acknowledge the following:

The contagious nature of COVID-19, and that I, or my child(ren) may be exposed to or infected by COVID-19 by attending any SacPAL events or activities and that such exposure or infection may result in personal injury, illness, permanent disability, and/or death. I further understand that the risk of becoming exposed to or infected by COVID-19 at any SacPAL event may result from the actions, omissions, or negligence of myself and others, including but not limited to coaches, volunteers, managers, administrators, spectators, participants, and their families.

I voluntarily agree to assume all of the foregoing risks and accept the sole responsibility for any injury to myself or my child(ren), including but not limited to personal injury, disability, death, illness, damage, loss, claim, liability or expense of any kind, that I or my child(ren) may experience or incur in connection with my child(ren)'s attendance and/or participation in any SacPAL activity. On my behalf, and on the behalf of my child(ren), I hereby release, covenant to sue, discharge, hold harmless the Sacramento Police Foundation, the Sacramento Police Activities League (SacPAL), and any directors, officers, board members, employees, agents, coaches, volunteers, and representatives thereof, of and from the claims including all liabilities claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any claims based on the actions, omissions, or negligence, whether active or passive, of the Sacramento Police Foundation, SacPAL, and any directors, officers, board members, employees, agents, coaches, volunteers, and representatives thereof, whether a COVID-19 infection occurs before, during, or after participation in any SacPAL activity/event and/or whether an injury occurs during participation in any SacPAL activity/event.

\_\_\_\_\_ Date \_\_\_\_\_

\_\_\_\_\_  
*Signature of parent/guardian*

\_\_\_\_\_  
*Printed name of parent/guardian*

\_\_\_\_\_  
*Name(s) of children involved in SacPAL*