

As Hereford Sports & Wellness continues to offer sports and fitness programs for residents in the Hereford region, please know that we plan to do so with the utmost respect for the health and well-being of everyone involved. We are by no means experts in the areas of science and medicine. However, we will make every effort to follow the guidelines provided by those best-suited to give us advice and counsel as we proceed.

The following information contains what we believe to be best practices for our programs. Please understand this information does not supersede any protocols or restrictions outlined by state or local authorities. Hereford Sports & Wellness will provide this information on our website at: <https://www.herefordsports.org>. The most recent guidelines set forth by the State of Texas can be found at: <https://open.texas.gov>.

## **BASIC EVENT GUIDELINES**

- Please follow all local and state guidelines.
- Anyone experiencing symptoms of illness, or anyone having fever over 100 degrees in the past 48 hours is asked to refrain from attending our events.
- Take proactive steps in creating social distancing environments, where possible.
  - a. When using a tent, please restrict it to family members only.
  - b. Minimize player contact by eliminating team/player handshakes and team/player high fives.
  - c. Suggest other means of game celebrations and team sportsmanship at the end of games (e.g. have teams wave or bow to each other from across the field).
- Players should bring their own personal cooler instead of using a team cooler. Players should plan on bringing an individual water bottle.

## **FACE COVERINGS**

- For all visitors of a Hereford Sports & Wellness owned facility, including the Caviness Sportsplex and the Weldon Knabe Activities Center, face coverings will be optional.
- For all events held at outside facilities, Hereford Sports & Wellness will require attendees and participants to follow the rules set forth by the individual facility as they pertain to face coverings and masks. Information about rules set forth by specific facilities being used for current seasons will be available on our website.

## **GAME OPERATIONS**

- Opposing teams should remain separated by opposite sidelines when possible. In the case of Basketball, Volleyball or other similar indoor sports, please keep teams separated on opposite sides of mid-court.
- The coaches and officials pre-game meetings should be limited to one coach from each team plus the officials. No players. Please maintain 6-foot social distancing during pre-game meetings.
- Allow teams to spread players out; expand the player area when room permits and only if player safety will not be compromised. Expansion of the player area should not impede playing areas.
- Attempt to limit team personnel to the coach and one assistant when at all possible.

## **GAME OPERATIONS CONT.**

- Encourage parents to supply their players with antibacterial wipes and hand sanitizer for disinfecting shared playing equipment and cleaning hands.
- Allow players to wear PPE items if they choose, as long as the items do not compromise the safety of any and all participants in the game.
- Require teams to clean their team player area of all trash and other items after each game, and to wipe down (clean) hard surfaces such as benches, etc.
- Upon arriving in the team player area, teams are encouraged to disinfect hard surface areas (benches, etc.).
- It is recommended that all players and officials use their own equipment while participating when at all possible.
- Teams must leave the field/gym immediately after their game concludes.
- Game balls should be disinfected after each quarter or playing period

## **CAVINESS SPORTSPLEX**

- Each team has to leave the facility as soon as the game is over, so staff can sanitize the bleachers and field.
- Face coverings will be optional for all individuals within the Caviness Sportsplex.
- All players **MUST** maintain a 6-foot distance from referees on the field.

# HEREFORD SPORTS & WELLNESS RELEASE AND WAIVER OF LIABILITY ASSUMPTION OF RISK, AND INDEMNITY AND PERSONAL CONSENT AGREEMENT ("WAIVER OF CLAIM")

In consideration of being permitted to participate in any way in a Hereford Sports & Wellness activity ("activity") I, for myself, for personal representatives, assigns, heirs, and next of kin:

1. Acknowledge, agree, and represent that I understand the nature of Hereford Sports & Wellness activities and that I am qualified, in good health, and in proper physical condition to participate in such activity. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity.

2. Fully understand that: (a) Hereford Sports & Wellness activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis, and death ("risks"); (b) these risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the activity, the condition in which the activity takes place, or the negligence of the "releasees" named below; (c) there may be other risk and social and economic losses either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation or that of the minor in the activity.

3. Fully understand that: a) participation includes possible exposure to and illness from infectious diseases including but not limited to MRSA, influenza, and SARS Coronavirus. While particular rules and personal discipline may reduce this risk, the risk of serious illness and death does exist; and, b) I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of the releasees or others, and assume full responsibility for my participation; and, I willingly agree to comply with the stated and customary terms and conditions for participation as regards protection against infectious diseases. If, however, I observe any unusual or significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,

4. Hereby release, discharge, and covenant not to sue Hereford Sports & Wellness, their respective administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owner and lessors of premises on which the activity takes place, (each considered one of the "releasees" herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the "releasees" or otherwise, including negligent rescue operations and I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement I, or anyone on my behalf, makes a claim against any of the releasees, I will indemnify, save, and hold harmless each of the releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost which may incur as the result of such claim.

Facilities owned by Hereford Sports & Wellness are maintained including the proper use of disinfectants and sanitizers for the safety of entrants to our buildings and/or attendance to sponsored events in our facilities. We do not guarantee our facilities, or facilities we use for our programs that are owned by other entities, are risk free from any micro-organisms such as germs, viruses, bacteria, molds, fungi, etc..

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

## MINOR RELEASE

As the minor's parent and/or legal guardian, I understand the nature of Hereford Sports & Wellness activities and the minor's experience and capabilities and believe the minor to be qualified, in good health, and in proper physical condition to participate in such activity. I hereby release, discharge, covenant not to sue, and agree to indemnify and save and hold harmless each of the releasees from all liability claims, demands, losses, or damages on the minor's account caused or alleged to be caused in whole or in part by the negligence of the "releasees" or otherwise, including negligent rescue operation and further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claim against any of the releasees named above, I will indemnify, save, and hold harmless each of the releasees from any litigation expenses, attorney fees, loss liability, damage, or cost any may incur as the result of any such claim.

The parent/guardian signature on this form also permits Hereford Sports & Wellness to use still photography and/or video originating from our sporting events or contracted agents for promotional purposes to include, but not limited to, television and various forms of visual print media and/or social media.