

## ILLNESS LIABILITY WAIVER FORM

The novel coronavirus, COVID-19, is an infectious disease that is extremely contagious and believed to spread mainly from person-to-person contact, including by individuals without symptoms. This disease was declared a worldwide pandemic in March 2020 by the World Health Organization, and numerous activities have been curtailed or restricted across the country. As a result, federal, state and local governments and health agencies recommend the following general health and safety guidelines for all individuals:

- Wash hands with soap and water often, and especially after using the restroom, prior to and after handling food and/or drink
- Use alcohol-based hand sanitizers in the absence of wash facilities
- Refrain from touching face – eyes, nose and mouth – with hands
- Cough into your elbow or a tissue – then throw the tissue away
- If you are not feeling well or are sick, stay home
- Keep at least 6 feet away from others to maintain social distance
- Those in the vulnerable age groups or with underlying medical conditions should protect themselves and not attend an event until the COVID 19 threat has passed
- Wear a mask while in public or in instances where social distancing isn't possible

North Country Region has also established the following specific health and safety guidelines in connection with voluntary participation in any NCR hosted and/or sanctioned volleyball events:

- Each individual is to bring their own towels, water, and water bottles, and keep their bags and items separate from any other participants' items. Participants should bring their own hand sanitizer, although some will be available on-site. Officials should bring their own whistles.
- All participants and spectators should wear a mask upon entry/exit of the facility. Players may remove masks while playing.
- No one with a fever will be admitted into the facility. Temperatures may be taken upon entry into the facility and anyone with a 100-degree or higher fever will be asked to leave immediately.
- Please follow all mandates set in place by the facility regarding exit, entry and other safety precautions
- When possible, participants should respect distancing requirements.
- No handshakes, high fives, hand slaps or other forms of contact will be allowed, and team huddles should remain further apart than under "normal" circumstances.

For other NCR sanctioned activities including, but not limited to, meetings, officiating clinics/classes, and High Performance camps/clinics/tryouts, the following additional guidelines may also apply:

- Each individual is to bring their own equipment including towels, water, water bottles and lunch (if applicable), and must keep their bags and items separate from any other participants' items. Participants also should bring their own hand sanitizer, although some will be available on-site.
- Spectators are not allowed at designated events. Parents will be notified if they need to drop off and pick up in the designated areas while remaining in their cars. In that case, staff will escort participants.

By participating in any NCR-USAV activity, the participant and his/her parent(s)/guardian(s) acknowledge they are being truthful and honest about any potential exposure to COVID-19 or other communicable illnesses and are responsible for self-removal from the event if any known exposure has occurred.

*-CONTINUED NEXT PAGE-*

Until COVID-19 is either eradicated, a vaccine is developed, or a cure is found, there is no way to completely eliminate the risk of infection and as such, North Country Region requires all participants to follow these guidelines as well as the USAV Return to Play guidelines, individual facility guidelines and local government guidelines and mandates as safety precautions.

The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment, nor does North Country Region assume any liability or responsibility for the recommendations or guidelines provided herein. Participation in this program is strictly voluntary. No one has coerced or required anyone to participate. Participation by anyone in this program is AT YOUR OWN RISK. There is no participant accident or liability insurance coverage for infectious diseases, and no medical coverage (including COVID-19 testing) will be conveyed.

If an individual does not agree to comply with the guidelines for participation, then they will be denied entry into the event or facility. North Country Region asks each person to understand the risk of contracting COVID-19 (or other communicable diseases) and take responsibility for their own personal care by following the guidelines and social distancing for the safety of themselves, their families, their teammates and all those participating in the program. North Country Region also asks parents to explain the seriousness of this situation and these guidelines to their child(ren) prior to participation.

**By signing this agreement:**

- I acknowledge the contagious nature of certain illnesses including COVID-19 and voluntarily agree to the participation terms stated here and in any other documentation provided by North Country Region, whether provided in another document or conveyed onsite during the event, and assume the risk that my child(ren), my family at home and I may be exposed to or infected while participating in this program.
- I agree that I will take responsibility for the personal protection of my child(ren) and/or myself when entering the facility and placing my child(ren) and/or myself in the event.
- I agree to, and permit my child to, undergo temperature screenings as a condition for entry into the facility and/or participation in the event.
- I agree to indemnify and hold harmless North Country Region, USA Volleyball, the facility where this event is taking place, and any other unnamed organization, their employees, agents, and representatives working to organize and operate this program.

Participant's Name \_\_\_\_\_ Date \_\_\_\_\_

Participant's Signature (if 18 or older) \_\_\_\_\_

Parent/Legal Guardian Name(s) (if under 18) \_\_\_\_\_

Signature of Parent/Legal Guardian \_\_\_\_\_