

**Middletown Area School District  
Athletic Department  
Participation Waiver for Communicable Diseases Including COVID-19**

The Virus that causes the Coronavirus Disease 19 is easily transmitted, especially in group settings and is essential that the spread of the virus be slowed to safeguard public health and safety.

COVID-19 can be transmitted from infected individuals even if they are asymptomatic or their symptoms are mild, such as a cough.

The Middletown Area School District will take the necessary precautions and recommendations from the federal, state, and local governments, CDC, PA DOH, as well as the NFHS and PIAA. Middletown Area School District realizes the knowledge regarding COVID-19 is constantly changing as new information and treatments become available. These recommendations will be adjusted as needed as new information becomes available in order to decrease the risk of exposure for our staff, students and spectators.

These Recommendations Include but may not be limited to:

1. Athletes, Coaches and Staff will undergo COVID-19 health screening prior to practice, event or team meeting. The type of screening will be dependent upon the available resources. The purposed is to check signs and symptoms of COVID-19. It will include a questionnaire and temperature check as needed.
2. Promote healthy hygiene practices such as hand washing, using hand sanitizer, cough in your elbow, avoid touching eyes, nose, face and mouth, not spitting, no gum chewing. No handshakes/Celebrations (high fives, fist/elbow bumps, chest bumps, hugging).
3. Intensify cleaning, disinfection and ventilation in all facilities.
4. Encourage social distancing through increased spacing, small groups and limited mixing between groups if feasible.
5. Educate Athletes, Coaches and Staff on health and safety protocols.
6. Anyone sick must stay home.
7. Plan in place if student or employee gets sick.
8. Regularly communicate and monitor developments with local authorities, employees and families regarding cases, exposures and updates to policies and procedures.
9. Athletes and Coaches Must provide their own water bottle for hydration. Water bottles must not be shared.
10. PPE (gloves, and masks, eye protections will be used as need situations warrant, or determined by local/state governments. Example: on Buses/Vans.

I understand the participation in athletic programs, events and activities may include a possible exposure to a communicable disease including by not limited to MRSA, influenza, and COVID-19. While particular recommendations and personal discipline may reduce the risk, the risk of serious illness and death does exist. I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of others, and assume full responsibility form my participation. I willingly agree to comply with the stated recommendations put forth by the Middletown Area School District to limit exposure and spread if COVID-19 and other communicable diseases.

Sport: \_\_\_\_\_

Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Student Athlete: \_\_\_\_\_

\*Parents/Guardians may request a full copy of the Middletown Area School District Health Plan for athletics. Contact Scott Govern, Athletic Director at [sgovern@raiderweb.org](mailto:sgovern@raiderweb.org)