



## Covid Guidelines and Waiver/Release Form

COVID-19 is an extremely contagious virus that spreads easily through person-to-person contact.

Federal authorities and the State of Oregon recommend social distancing to prevent the spread of COVID-19. Contracting COVID-19 can lead to severe illness, personal injury, permanent disability, and death. Use of the facilities of the Muslim Educational Trust Community Center (METCC) or any of its component programs i.e. Islamic School of MET (ISMET) and/or Oregon Islamic Academy (OIA), henceforth referenced as METCC/ISMET/OIA, or participation in METCC/ISMET/OIA programs could increase the risk of you or your child contracting COVID-19.

METCC/ISMET/OIA and its staff undertakes every effort to keep our facility clean and disinfected; however as with any public facility, we cannot guarantee that you will be 100% safe from airborne illnesses such as COVID-19 or colds and flu while using METCC/ISMET/OIA facilities or participating in its programs.

I have read the above notice carefully and acknowledge receipt of a copy thereof. In consideration of the benefits received, I understand and appreciate the risks that are inherent in using METCC/ISMET/OIA facilities and/or participating in METCC/ISMET/OIA programs, and hereby assume all risks of illness, including death, that I may sustain while participating in or as a result of, or in any way growing out of the use of METCC/ISMET/OIA facilities and/or the participation in METCC/ISMET/OIA programs. I hereby assert that my use and/or participation is voluntary and that I knowingly assume all such risks. I hereby agree that for the sole consideration of METCC/ISMET/OIA allowing me to use METCC/ISMET/OIA facilities and/or participate in METCC/ISMET/OIA programs, I do hereby release and forever discharge METCC/ISMET/OIA, and its employees of any and from all claims, demands, rights and causes of action of whatever kind or nature, arising from and by reason of any and all known and unknown, foreseen and unforeseen illness, and the consequences thereof, resulting from or any way connected to any use of METCC/ISMET/OIA facilities and/or participation in METCC/ISMET/OIA programs.

Patrons, guests, staff, faculty, students, volunteers, and others must observe the following safety guidelines while inside the building:

- Wear a face covering (that covers the nose and the mouth) at all times except while eating or drinking
- Isolate if sick: If a student gets sick during the day, the student will be isolated and the parents contacted for immediate pickup. Students will NOT be allowed to stay in school if sick.
- Stay home if exposed or if you or anyone in your household are exhibiting flu-like symptoms or have tested positive for COVID-19. Students will need to stay home for a week and come back to school with a negative COVID—19 test.
- Refrain from using the water fountains except to fill water bottle
- Sanitize hands frequently
- Observe 3 ft - 6 ft social distancing as directed by teachers/staff
- Follow School Policies to bring snacks and/or lunch from home as needed
- Refrain from sharing food or drink, and **follow staff safety instructions diligently and promptly at all times**

Your safety is our top priority and collective efforts help us all stay healthy and protected, God willing (in shaa Allah). We appreciate your support and cooperation as we ensure everyone's safety during these uncertain times, and will keep you posted of any changes to these guidelines pending the dynamic developments of the pandemic.

May Allah SWT bless us and protect us all, ameen.

Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Today's Date: \_\_\_\_\_

**Muslim Educational Trust Community Center**

10330 SW Scholls Ferry Road | Portland, OR 97223 | metpdx.org | [admin@metpdx.org](mailto:admin@metpdx.org) | (503) 579-6621