

OMAHA CHRISTIAN ACADEMY

ASSUMPTION OF RISK/ WAIVER OF LIABILITY/ HOLD HARMLESS AGREEMENT

In consideration of being allowed to participate in the Omaha Christian Academy athletic program and have access to its athletic facilities and/or grounds, the undersigned participant acknowledges and agrees that:

1. My activity may result in possible exposure to and illness from infectious diseases, including but not limited to, MRSA, influenza, and COVID-19. I understand that if I become infected with an infectious disease, serious illness and even death could occur;
2. I knowingly and freely assume all such risks, both known and unknown;
3. I willingly agree to comply with customary terms and conditions for protection against infectious diseases, including washing my hands thoroughly and frequently, maintaining safe distances from others, and keeping the equipment I use clean. If, however, I observe any unusual or significant hazard during my presence or participation, I will remove myself from the situation and bring such hazard to the attention of a school official immediately; and
4. I hereby release and hold Omaha Christian Academy, as well as its officers, employees, agents, volunteers, and other participants (together, "Releases"), harmless from any and all liability arising from my participation in such athletic activities and presence in the facilities and/or grounds.

Name of participant: _____

Participant signature: _____

Date signed: _____

FOR PARTICIPANTS OF MINORITY AGE (UNDER 19):

This is to certify that I, as a parent/guardian, with legal responsibility for the above-referenced participant, have read and explained the provisions in this waiver/release to my child/ward, and explained his/her personal responsibility for guarding against exposure to infectious diseases. Furthermore, my child/ward understands and accepts these risks and responsibilities. I, for myself, my spouse, and child/ward, also release and hold harmless the Releases from any and all liability arising from my child's/ward's participation in such athletic activities and presence in the facilities and/or grounds.

Name of parent/guardian: _____

Parent/guardian signature: _____

Date signed: _____

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RULES AS OF JUNE 1, 2020 FOR:

- Maintain social distance by being 6 feet apart.
- Groups of **a maximum 25 persons (students)** must be pre-determined.
- **Once groups determined, students may not switch from one group to another.**
- Interaction between groups shall be avoided.
- EACH ATHLETE MUST BRING A SIGNED WAIVER WITH HIM IN ORDER TO LIFT WEIGHTS. The required waiver is attached to this email.
- Sessions can only include weightlifting, running, and exercises designed to promote physical fitness.
- Sport-specific drills are not permitted, and sport-specific equipment may not be used as part of school sponsored summer conditioning.
- Implement diligent and effective cleaning and disinfecting of frequently touched objects and surfaces following the guidance of the CDC.
- NO CAR POOLS.
- Students/Parents will park in the parking lot with empty spaces between each car.
- Students will wait for their coach or athletic director to tell you when to enter the weight room. Please stay in your car until you are notified.
- Parents, if you are dropping off your son or daughter please have him/her stay in the car until a coach gives the OK.
- Parents, you are allowed to wait in the parking lot if you are driving your son or daughter to weight training/conditioning. We ask that you wait in your car.
- Every student is responsible for bringing their own water bottle. There will be no water fountain and NO sharing of water bottles.

Athletes please leave immediately after your coach dismisses
you, and do not linger in the parking lot.