



**DOWNEY UNIFIED SCHOOL DISTRICT**  
**DUSD Reopening Parent/Guardian Notification and Waiver**



**Partial Reinstatement of District Athletics, Performing Arts, and Activities**

The Downey Unified School District (DUSD) is pleased to announce the partial reinstatement of its athletic programs, performing arts, and activities. Activities permitted to resume are determined according to strict adherence to federal, state, and local public health orders, measures, and other guidance in order to best protect our students, staff, and community. The DUSD Reopening Guidelines are aligned with the National Federation of State High Schools Association (NFHS), CIF, and local governance. DUSD will be opening athletics, performing arts, and activities in a modified capacity beginning on **Monday, June 22, 2020**. For athletics, the primary focus will be on conditioning and cardiovascular development of our athletes in preparation for future full reinstatement of athletic programs, activities, and contests.

As always, participation in DUSD athletics and/or activities is strictly voluntary and based upon parental discretion. To help students and parents/guardians understand both the potential risks of participating in athletics/activities during pandemic conditions, as well as the precautionary measures implemented by DUSD in order to make informed decisions, students and parents/guardians are urged to read and consider the following when deciding whether to return to athletics/activities. You are *required* to sign and return the following forms if your child intends to participate in the athletics/activities program *prior* to your child's participation.

**Risks of Exposure to COVID-19**

As you are likely aware and understand, COVID-19 is a new disease and information regarding risk factors associated with this disease is limited. At this time, the Center for Disease Control (CDC) believes that people of all ages are at risk of experiencing severe symptoms from COVID-19, though older adults and people with serious underlying health conditions may be at a higher risk. While DUSD has taken drastic and unprecedented measures to try to reduce the risk of COVID-19, it is unfortunately impossible to guarantee our students protection from all risks of COVID -19 exposure.

With this knowledge, you may determine that it is essential to the physical and mental well-being of your student to return to athletics/activities as a part of his/her growth and development. Additionally, as recommended by the CDC, there are a number of actions school districts can take to help lower the risk of COVID-19 exposure and reduce any potential spread to the maximum extent possible. Following up-to-date guidance on physical school reopening and youth sports organizations from the CDC, California Department of Public Health, and California Department of Education, as well as the latest guidance on opening up high school athletics/activities from the National Federation of State High Schools Association (NFHS) and CIF, the protocols described below will be implemented in DUSD's athletics/activities in anticipation of their reinstatement on June 22, 2020. To ensure that the

implemented protocols are effective efforts to protect our students and staff, it is important that every participant, including the staff members and students, proactively and strictly follows the protocols described in detail below.

### **Guidelines and Responsibilities**

The guidelines outline pre-workout screening, limitations on gatherings, facility and equipment cleaning, physical activity modifications, and hydration protocols. All sports/activities are also categorized into two groups: minimal contact and moderate/full contact, based on the feasibility of social distancing within each program. Under the guidelines, all sports/activities can return to modified practices, when adhering to strict protocols for each sport/activity.

Minimal Contact Sports/Activities	Moderate/Full Contact Sports/Activities
Cross Country	Baseball
Dance	Basketball
Golf	Beach Volleyball
Swimming	Cheer (Sideline and Traditional Competitive)
Tennis	Field Hockey
Track and Field	Football
Band	Lacrosse
Choir	Rugby
ASB	Soccer
Link Crew	Softball
Clubs	Volleyball
	Water Polo
	Wrestling

<b>LA County Road to Recovery</b>
50 people > Indoors/Outdoors
Locker Rooms Open (6-feet apart)
No Athlete Contact
No Shared Equipment
All Sports Resume Modified Practice *

\*Coaches must abide by individual sport guidelines for definition of practice modifications during implementation. Modified practices will include conditioning and individual drills. No shared equipment/balls/etc.

By permitting your student to participate in DUSD's athletic/activities programs upon the reinstatement on June 22, 2020, you acknowledge and agree to all of the following protocols:

- All staff members will participate in the DUSD Reopening Training, prior to bringing students on campus
- All fall sport athletes will secure a Pre-Participation Physical and complete the clearance process through [athleticclearance.com](http://athleticclearance.com) prior to/on August 1, 2020
- All students must provide proof of insurance prior to participation in athletics/activities
- All staff members and students must maintain 6-foot social distancing all times
- No more than 50 people may gather indoors or outdoors at one time
  - If 6-feet of social distancing cannot be maintained, the numbers will be adjusted accordingly
- To the extent possible, practices will be conducted in "pods" of students with the same 5-10 always practicing together
- Prior to individuals entering the facility, hard surfaces and frequently used areas will be wiped down and disinfected; equipment with holes/exposed foam will be covered
- All staff members and students are encouraged to practice good hygiene including proper handwashing, coughing and sneezing etiquette, wiping down weight equipment thoroughly before and after individual use, showering, and washing workout clothing immediately upon returning home
- All staff members and students are encouraged to don attire that limits sweat transfer
- Hand sanitizer will be provided in common areas
- No shared towels, clothing, shoes, water bottles, or use of drinking fountains will be permitted
- Pre-workout screening will adhere to Los Angeles County guidelines for entry
- Any students who do not pass the screening entry will not be permitted to attend practices/activities
- After a pre-workout screening and when transferring locations, students and staff members will wash their hands and/or use hand sanitizer
- All students and staff members will wear face coverings as they enter the campus and any time they cannot maintain 6-feet of social distance
- A drop-off only procedure will be utilized; all parents/guardians should remain inside their vehicles while dropping off and picking up students
- Sites and program supervisors will ensure that there is adequate social distancing while students await pick-up
- Students who fail to comply with social distancing and face covering guidelines will not be permitted to participate
- Cancellation of training, as well as the possibility of teams isolating for 2 weeks, may happen with little notice as a result of recurrent outbreak or knowledge that a staff member or student has contracted or is exhibiting symptoms of COVID-19



## DUSD Reopening Notification



I have been notified of the DUSD Reopening Guidelines. I understand that I have an obligation to not allow my student to participate in an on-campus program if he/she has any symptoms (cough, shortness of breath, difficulty breathing, fever, chills, muscle pain, sore throat, or new loss of taste or smell). If my student has a temperature and/or answers affirmatively to any of the screening questions, I understand that he/she will be sent home and not allowed to return to campus for 10 days. I understand that it is the recommendation for vulnerable individuals not to participate in any workouts during the Los Angeles County Road to Recovery. I acknowledge the need for students to shower and wash their workout clothing immediately upon returning home. I further understand it is my responsibility to contact school administration if my student or a member of our household tests positive for COVID-19.

_____	_____	_____	_____
Student Name	ID	Grade	Sport/Activity
_____	_____		
Parent Name	Contact Number		
_____	_____		
Parent Signature	Date		

I understand that it is my responsibility as a student to abide by the social distance and face covering protocols in place at DHS & WHS at all times. I also understand that I am not allowed to share clothing and personal items with other athletes. I acknowledge that I must bring my own water bottle, and I am not allowed to share or use any communal hydration stations. In addition, I understand that should I fail to comply with any of the guidelines, I jeopardize my ability to participate in summer workouts.

_____	_____
Student Signature	Date
_____	_____
Insurance Company	Insurance Policy Number

***Please return a signed copy of this form to your student's coach on the first day of practice.***



**Release and Waiver of Liability and Indemnity Agreement**



In consideration of being permitted to participate in the athletic and activity programs sponsored, planned, and directed by the Downey Unified School District, the undersigned for himself or herself and any personal representatives, heirs, and next of kin, hereby agrees to the following:

1. PARENT/GUARDIAN HEREBY RELEASES, WAIVES, DISCHARGES, AND COVENANTS NOT TO SUE THE DOWNEY UNIFIED SCHOOL DISTRICT, their officers, employees, board and agents (hereinafter referred to as “releases”) from all liability to the undersigned, his personal representatives, assigns, heirs, and next of kin for any loss of damage, and any claim or demands therefore on account of injury to the person, exposure to illness, or property or resulting in death of the undersigned, while the undersigned participates in the sponsored athletic/activities program, field trip or excursion, sponsored, planned and directed by the DOWNEY UNIFIED SCHOOL DISTRICT.
2. PARENT/GUARDIAN HEREBY AGREES TO INDEMNITY AND SAVE AND HOLD HARMLESS the releases and each of them from any loss, liability, damage or cost they may incur due to the participation of the undersigned in the athletic/activities program, field trip or excursion, sponsored, planned and directed by the DOWNEY UNIFIED SCHOOL DISTRICT;
3. PARENT/GUARDIAN HEREBY ASSUMES FULL RESPONSIBILITY FOR RISK OF BODILY INJURY, ILLNESS, DEATH OR PROPERTY DAMAGE while participating in the athletic/activities program, field trip or excursion, sponsored, planned and directed by the DOWNEY UNIFIED SCHOOL DISTRICT.
4. PARENT/GUARDIAN IS AWARE THAT PARTICIPATION IN THE ATHLETIC/ACTIVITIES PROGRAM PRESENTS A RISK OF PHYSICAL HARM. The undersigned is also aware that participating in the athletic/activities programs, field trip, or excursion under pandemic condition may result in exposure to and infection with COVID-19, in addition to an injury that may result while participating in said athletic program. The undersigned is aware of the risk that any part of his/her body or any of his/her body systems may be hurt, injured, or become ill by participating in the athletic program. The undersigned hereby acknowledges that he/she knowingly and voluntarily assumes any and all risks of bodily injury and illness against the Downey Unified School District while participating in the athletic program.
5. PARENT/GUARDIAN further expressly agrees that the foregoing RELEASE, WAIVER AND INDEMNITY AGREEMENT is intended to be as broad and inclusive as is permitted by the law of the State of California and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

**My signature below indicates I have read this waiver, understand, and agree to its terms.**

_____	_____	_____	_____
Student Name	ID	Grade	Sport/Activity

_____	_____
Parent Signature	Date

**Please return a signed copy of this form to your student’s coach on the first day of practice.**