



**King's Schools Athletic Program 2020-2021
Athlete Waiver and Facilities Use Agreement**

PLEASE READ BEFORE SIGNING:

In consideration of the below-named student being allowed to participate in student athletics with King's Schools, a ministry of CRISTA Ministries (collectively "the Releasee"), located at 19303 Fremont Ave North, Shoreline, WA 98133 whether involving team or individual sports and related events and activities, participation in which is hereby acknowledged to be voluntary and in no way required of student, the below-named student and as applicable (if under age 18), their parent(s)/guardian(s), do hereby acknowledge, appreciate and agree that:

1. The risk of injury and/or illness from the activities involved in the program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce the risk, the risk of serious injury does exist;
2. The risk of having direct or indirect contact with individuals who have been exposed to and/or diagnosed with one or more communicable diseases, including, but not limited to, the virus known as "severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2)", which is responsible for the Coronavirus Disease (also known as COVID-19) and/or any mutation or variation thereof (collectively referred to as "Communicable Diseases") or other medical conditions, diseases, or maladies, and/or any mutation or variation thereof does exist and it is impossible to eliminate the risk that I could become infected through contact with or close proximity to an individual with a communicable disease;
3. The Centers for Disease Control and Prevention ("CDC") puts forth guidelines regarding COVID-19. I acknowledge and understand that the circumstances regarding COVID-19 are changing from day to day and that, accordingly, the CDC guidelines are regularly modified and updated, and I accept full responsibility for familiarizing myself with the most recent updates. I further recognize and assume the risk that while CRISTA Ministries/King's Schools has implemented sanitation procedures for its facilities and during athletic programs, the virus may remain on surfaces for days, sanitation procedures do not guarantee in anyway the virus is not present, and other individuals present within the premises may be COVID+ and I accept the inherent risks associated therewith.
4. I hereby willingly choose to participate in King's Schools athletic program and to use their facilities and will comply with Kings Schools', CDC and Department of Health guidelines regarding required COVID-19 measures and procedures for program participation and use of the Facilities. I understand that head coaches, the athletic director or principals should be contacted with questions about program COVID-19 measures.

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

<https://www.coronavirus.wa.gov/>

5. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,

6. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual, significant hazard during my presence or participation, I will remove myself from participation and bring such hazard to the attention of the nearest official immediately; and,

7. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS CRISTA Ministries d/b/a King’s Schools, its officers, Board of Trustees, employees, coaching staff, volunteers, assigns, and other participants (collectively, the "Releasees"), from any and all claims, demands, suits, causes of action, losses, and liability of any kind whatsoever, whether in law or equity, arising out of or related to any ILLNESS, INJURY, DISABILITY, DEATH, OR LOSS OR DAMAGE TO PERSON OR PROPERTY, or OTHER DAMAGES including those incurred due to or in connection with any Communicable Diseases, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASED PARTIES OR OTHERWISE, to the fullest extent permitted by law. I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

8. . It is my express intent that this Waiver and Hold Harmless Agreement shall bind any assigns and representatives, and shall be deemed as a RELEASE, WAIVER, DISCHARGE, AND COVENANT NOT TO SUE the above-named RELEASEE. This Agreement and the provisions contained herein shall be construed, interpreted and controlled according to the laws of the State of Washington. I HEREBY KNOWINGLY AND VOLUNTARILY WAIVE ANY RIGHT TO A JURY TRIAL OF ANY DISPUTE ARISING IN CONNECTION WITH THIS AGREEMENT. I ACKNOWLEDGE THAT THIS WAIVER WAS EXPRESSLY NEGOTIATED AND IS A MATERIAL INDUCEMENT TO THE AUTHORIZATION GRANTED BY RELEASEE TO PARTICIPATE IN THE ATHLETIC PROGRAM AND TO USE THE FACILITIES.

Name of Student/Athlete: _____ DOB: ____/____/____

Student/Athlete Signature: _____ Date: _____

ADDITIONAL: FOR PARENT/GUARDIAN OF PARTICIPANT OF MINORITY AGE:

I certify that I am the legal parent/guardian with legal responsibility for this minor participant, and that I have read the foregoing Agreement and do consent and agree to his/her participation in the above-described voluntary events and activities and further consent and agree to his/her release of all the Released Parties as provided above. I have read and explained the provisions in this waiver/release to my child/ward including the risks of presence and participation and his/her personal responsibilities for adhering to the rules and regulations for protection against risks including protecting against maladies including but not limited to injury, death and infection by communicable diseases. I further agree that, for myself, my heirs, assigns, beneficiaries, executors, administrators, personal representatives, and next of kin, I expressly release and agree to indemnify and hold harmless the Released Parties from any and all liability incident to the above Participant’s involvement or participation in King’s Schools related events or activities as provided herein, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.

Name of Student/Athlete: _____ DOB: ____/____/____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____ Date: _____



**King's High Athletic Program
School Return-to-Play: Guidance for Players and Families
during the COVID-19 Pandemic**

Based on guidance from the WIAA, King's High School has created rules regarding athletic training. King's Schools will administer athletic programs with training starting with teams divided into small groups with sufficient space and buffer zones between groups as permitted by WIAA rules. Once the WIAA indicates that King County schools are approved to move into Phase 3, King's Schools may implement new revised guidelines for practice, accordingly. King's Schools reserves the right to change its guidelines including athletic program guidelines at any time without advanced notice.

The checklist below is to ensure that student athletes and their families understand and agree to key safety measures before they return to athletic training and team participation. King's Schools requests that this form be reviewed by parents/guardians **and** student athletes.

Player safety is a priority at King's Schools and student athletes are required to adhere to these guidelines. Please return a signed form to your team head coach before the first day of in-person athletic training.

Student and parent Initials	
/	I have received a copy of the KHS Athletic Program Sport-specific guidelines. I have reviewed and understand them.
/	I understand that student athletes should not attend practice if they or a household member are sick or have any signs or symptoms of possible COVID-19 illness, or are awaiting a COVID-19 test result.
/	I understand that parents are required to check in with their child regarding whether they are sick or have any symptoms of possible COVID-19 before going to each practice .
/	I understand that if athletes or a household member is sick or diagnosed with COVID-19, that student must notify her/his coach as soon as possible.
/	I understand that player availability must be kept current with the coach at all times. If child is absent, parent understands and agrees to be contacted about whether child was absent due to illness.

/	I understand that if there is a diagnosis of COVID-19 within the program, athletes may be required to submit to testing and quarantine if there is reasonable belief that athletes have been exposed. I understand that COVID-19 testing and quarantine may be required on one or more occasions during the season as a condition of continued participation in athletics.
/	I understand and agree that student athletes are required to wear masks immediately prior to and immediately after all practices. I understand and agree that student athletes will be required to implement social distancing during sports practices, will not be permitted to share sports equipment amongst their team, and that athletes are required to sanitize their hands with their own hand sanitizer immediately before and after sports practice.
/	I understand that while most young persons with COVID-19 have mild illness or are asymptomatic, children with underlying health conditions may be at higher risk of contracting COVID-19. I understand and agree that athlete's medical provider will be consulted if athlete is at higher-than-normal risk for contracting COVID-19; athlete and parent agree that it is their responsibility to follow-up with athlete's physician for specific precautions.
/	I understand that despite all infection control measures and the return-to-play safety plan, there is still a risk of new COVID-19 infections within and outside of athlete's individual sports team.
/	I understand that participation in on-field training is optional and there is no penalty for not participating.
/	I understand that these rules are subject to change. I agree to keep myself informed with team communications and parent agrees to encourage student athlete to abide by the rules at all times.

Student Athlete Name: _____

Student Signature: _____

Date: _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Date: _____

Questions? Please contact King's Schools Athletic Director, Rick Skeen at rskeen@kingschools.org

King's High School Athletic Requirements
WIAA PHASE 2

General Guidelines for all Sports

1. 7 people total (including max 6 athletes and coach) in a pod at a time. Outside spaces can have multiple pods if the pods are always separated by a minimum of 30 feet. MMG and KGG can have two pods at a time if the curtain is down or one pod if the curtain is up. The weight room can have only one pod at a time.
2. Workouts should be conducted in pods of students with the same students always working out together. We may not mix pods of kids or change pods.
3. Coaches may work with multiple pods if they stay at least 6 feet away from all athletes at all times. Athletes are required to maintain at least 6 feet of distance from each other.
4. Coaches are required to wear a face mask or plastic shield at all times when working with athletes. Athletes are required to wear masks to the training and upon leaving the training, but may train without wearing a mask.
5. Every player and coach must complete the COVID-19 Athlete/Coach Monitoring Form prior to participating in a workout. A touchless (temporal) thermometer will be provided to record each person's temperature. Any person who answers "YES" to any of the screening questions and/or has a fever higher than 99.5 degrees should NOT be allowed to participate and should contact his or her primary care provider or other appropriate health-care professional.
6. Practice Good Hygiene.
 - A. Coaches and Students should wash their hands with soap and water or use hand sanitizer immediately prior to participating in any workouts.
 - B. Coaches and Students should avoid touching their face during practice
 - C. Coaches and Students should sneeze or cough into a tissue, or the inside of their elbow.
 - D. Shoes, Shorts, and Shirts must be worn at all times to minimize sweat transmitting onto equipment/surfaces.
 - E. No handshakes, high fives, or fist bumps.
 - F. Coaches and athletes are encouraged to shower and wash their workout clothing immediately upon returning to home.
7. All students must bring their own water bottle. Water bottles must not be shared. Hydration stations (water cows, water trough, water fountains, etc.) may NOT be utilized. No touch bottle filling stations are acceptable.
8. Bathrooms and locker rooms will only be used in the case of an emergency. Every time it is used we must clean and sanitize it. It will be easier for everyone if we can avoid using the bathrooms and locker rooms.
9. There shall be NO shared athletic equipment (towels, clothing, shoes, or sport specific equipment) between students. It is best if athletes bring their own equipment, including balls. If King's equipment is used, it must be sprayed down and cleaned after it is touched by an individual.
10. Door handles for indoor facilities must be sanitized at the end of every workout. Coaches are responsible for sanitizing door handles at the end of each workout, after students in their programs depart.

Guidelines for the Weight Room

1. Athletes must wear shirts at all times.
2. All equipment (including barbells, dumbbells, ropes, exercise balls, mats, benches, and machines must be sprayed and wiped down (sanitized) after each individual use.
3. Resistance training should be emphasized using body weight and resistance bands.
4. Free weight exercises that require a spotter may NOT be conducted during WIAA PHASE 2 as six feet of distance between athletes is required at all times. This means that no MAXES can be done. Safety measures of all forms must be strictly enforced in the weight room.

Football Specific Guidelines

1. Athletes and coaches must always be at least 6 feet apart.
2. Each athlete may have their own ball. Balls must be disinfected before and after each use.
3. Tackling dummies, donuts, sleds, or any other equipment must be sanitized after each individual use. An athlete may not touch a piece of equipment that was not properly disinfected.

Volleyball Specific Guidelines

1. Athletes and coaches must always be at least 6 feet apart.
2. Each athlete could have their own ball. Balls must be disinfected before and after ~~each~~ use.

Track/Cross Country Specific Guidelines

1. Athletes and coaches must always be at least 6 feet apart.
2. Any equipment must be wiped down after each individual use. An athlete may not touch a piece of equipment that was not properly disinfected.

Soccer Specific Guidelines

1. Athletes and coaches must always be at least 6 feet apart.
2. Each athlete could have their own ball. Balls must be disinfected before and after use.
3. Any equipment must be wiped down after each individual use. An athlete may not touch a piece of equipment that was not properly disinfected.

Basketball Specific Guidelines

1. Athletes and coaches must always be at least 6 feet apart. The best way to insure this is one athlete per basket.
2. Each athlete could have their own ball. Balls must be disinfected before and after use.

3. Any equipment must be wiped down after each individual use. An athlete may not touch a piece of equipment that has not been properly disinfected.

Baseball Specific Guidelines

1. Athletes and coaches must always be at least 6 feet apart.
2. Athletes should not share gloves or bats among players.
- ~~3.~~ A single player may hit in cages or throw batting practice
4. Any equipment must be wiped down after individual use. An athlete may not touch a piece of equipment that has not been properly disinfected.

Golf Specific Guidelines

1. Athletes and coaches must always be at least 6 feet apart.
2. Golfers may not share gloves, balls, clubs, or any other equipment.
3. Golfers may not share a golf cart.
4. Any equipment must be wiped down after each individual use. An athlete may not touch a piece of equipment that has not been properly disinfected.

Cheer Specific Guidelines

1. Athletes and coaches must always be at least 6 feet apart.
2. Cheerleaders may not practice or perform partner stunts or building.
3. Chants, jumps, dances with 6 feet of social distancing between participants is permissible.
4. Any equipment must be wiped down after each individual use. An athlete may not touch a piece of equipment that has not been properly disinfected.

Tennis Specific Guidelines

1. Athletes and coaches must always be at least 6 feet apart.
2. Each athlete may have their own ball. Balls must be disinfected after use.
3. Any program equipment must be wiped down after each individual use. An athlete may not touch a piece of equipment that was not properly disinfected.

THE PLAN

1. Coaches will have scheduled times for facility use. There will be 15 minute breaks between practice groups to ensure there is no crossover of athletes. This will also give coaches time to disinfect and leave the facility prior to the start of the next group. The group waiting needs to wait outside of the facility before the designated start-time and until everyone from the prior group has cleared the facility. Every program group must have an adult supervisor.

2. Athletes and Coaches will be required to sign a waiver in order to be allowed to work-out in King's facilities. The waiver needs to only be signed once, but athlete and coach may not enter into our facilities without a duly signed waiver on file.
3. King's Athletics will have a touchless thermometer, hand sanitizer, disinfectant, paper towels, and COVID-19 Athlete/Coach Monitoring Form at KGG, MMG, and Woolsey.
4. Please follow all the guidelines above before entering the space for your workout.