



Chandler Unified School District COVID-19 Care Training Information

If you are sick with the Coronavirus (COVID-19), been exposed with someone with COVID-19, or think you might have COVID-19, notify your site COVID-19 Site Lead or Head Coach/Program Lead and follow the steps below to care for yourself and to help protect other people in your home and community. Please visit the CDC website (<https://www.cdc.gov/coronavirus/2019-ncov/index.html>) for more information.

Stay home except to get medical care

- **Stay home.** Most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
- **Take care of yourself.** Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better.
- **Stay in touch with your doctor.** Call before you get medical care. Be sure to get care if you have trouble breathing, or have any other emergency warning signs, or if you think it is an emergency.
- **Avoid public transportation, ride-sharing, or taxis.**

Separate yourself from other people

- **As much as possible, stay in a specific room** and away from other people and pets in your home. If possible, you should use a separate bathroom. If you need to be around other people or animals in or outside of the home, wear a cloth face covering.

Monitor your symptoms

- **Symptoms of COVID-19 fever, cough, or other symptoms.**
- **Follow care instructions from your healthcare provider and local health department.** Your local health authorities may give instructions on checking your symptoms and reporting information.

When to Seek Emergency Medical Attention

- Look for **emergency warning signs*** for COVID-19. If someone is showing any of these signs, **seek emergency medical care immediately**
- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

Vulnerable individuals should not oversee or participate in any workouts though Stage 2.

Vulnerable individuals can resume public interactions, but should practice physical distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed in Stage 3.

This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.



Chandler Unified School District
Athletic/Activity Participation 2020
Waiver, Release, and Assumption of Risk Form

On behalf of myself, my household members, and my student, I hereby give permission for my student to attend camps, clinics, practices, and competitions in and out of the Chandler Unified School District (CUSD). My student and I are familiar with, and knowingly and voluntarily accept, any and all risks associated with attending camps, clinics, practices and competitions at a school campus or competition venue. I acknowledge that my student's participation in this program is wholly voluntary and is not part of any regular school curriculum.

I specifically assume all risks and hazards associated with my student's participation including, but not limited to, the risks associated with the novel COVID-19 virus. I understand that my student will be associating with staff and other students and may contract or be exposed to COVID-19, and other viruses and diseases, through my student's participation. Potential symptoms of the COVID-19 virus may include but are not limited to the following: fever, cough, shortness of breath, difficulty breathing, and/or other flu-like symptoms. COVID-19 may be deadly, particularly in certain patient populations including the immune compromised and the elderly. COVID-19 may also lead to a rare, but serious inflammatory condition called multisystem inflammatory syndrome in children ("MIS-C") or pediatric multisystem inflammatory syndrome ("PIMS"). Although students and staff may have their temperatures taken and may be asked symptom questions prior to daily participation to help minimize risk of exposure to COVID-19, that precaution is not nearly adequate to prevent the spread of COVID-19 given, among other things, the relatively long incubation period, and the fact that many infected persons are asymptomatic. My student's participation could therefore still be hazardous to my child and others, both known and unknown to myself, with whom my child may have contact. I UNDERSTAND AND VOLUNTARILY ASSUME THE RISK THAT MY STUDENT MAY ACQUIRE COVID-19, AND THAT COVID-19 MAY SUBSEQUENTLY BE TRANSMITTED FROM MY STUDENT TO ME, MY FAMILY, MEMBERS OF MY HOUSEHOLD, AND/OR OTHER MEMBERS OF THE COMMUNITY, KNOWN OR UNKNOWN TO ME.

While instruction and reasonable supervision will be provided, staff cannot ensure my student's safety. Accidents and injuries happen, and it is impossible to eliminate the risk that my child will suffer an injury or illness.

I certify that my student currently has no fever or other COVID-19 symptoms, and has no current issues that make it unsafe for my student to participate, which may not have a medical professional on staff. I will notify the school and not send my student to participate if my student develops a fever or illness or tests positive for COVID-19. I acknowledge that my student and I are responsible for ensuring that he or she takes any necessary medication, and for avoiding any allergies. In the event of a medical emergency, 911 will be called and I will be responsible for any and all costs of medical treatment.

To the fullest extent permitted by law, I hereby agree to waive, release, and discharge any and all claims, causes of action, damages, and rights of any kind against the school, the school district, its insurers, the district's governing board, and all of their respective employees, agents, representatives, and volunteers (the "Released Parties") arising from or relating in any way to any damage, injury, trauma, illness, loss, unwanted contact, harassment, disability, dismemberment, or death that may occur to my student, me, or my household members—whatever the cause—due to my student's participation. This includes, without limitation, any claim arising from the negligence of the Released Parties.

I further agree not to sue the Released Parties, and to defend and indemnify the Released Parties for all claims, damages, losses, or expenses, including attorneys' fees, if a suit is filed concerning an injury, illness, or death to me, my student, or my household members resulting from participation.

Parent/Guardian Name (Printed):

Parent/Guardian Signature Date

Parent/Guardian Signature Date