

# Northern Lebanon Midget Football Association (NLMFA) Participation Waiver for Communicable Diseases Including COVID-19

The COVID-19 pandemic has presented athletics across the world with a myriad of challenges. The COVID-19 virus is a highly contagious illness that primarily attacks the upper respiratory system. The virus that causes COVID-19 can infect people of all ages. Research from the Centers for Disease Control (CDC), among others, has found that while children do get infected by COVID-19, relatively few children with COVID-19 are hospitalized. However, some severe outcomes have been reported in children, and a child with a mild or even asymptomatic case of COVID-19 can spread the infection to others who may be far more vulnerable. While it is not possible to eliminate all risk of furthering the spread of COVID-19, the current science suggests there are many steps youth associations can take to reduce the risks to players, coaches, and their families.

The NLMFA will take the necessary precautions and recommendations from the federal, state, and local governments, CDC, and PA DOH. The NLMFA realizes the knowledge regarding COVID-19 is constantly changing as new information and treatments become available. These recommendations will be adjusted as needed as new information becomes available in order to decrease the risk of exposure for our volunteers, students, and spectators.

### These Recommendations include but may not be limited to:

1. Athletes, coaches, and volunteers will undergo a COVID-19 health questionnaire prior to any practice, event, game or team meeting. The purpose is to check for signs and symptoms of COVID-19.
2. Promote healthy hygiene practices such as hand washing, using hand sanitizer, cough in your elbow, avoid touching eyes, nose, face and mouth, no spitting, no gum chewing, no handshakes/celebrations (high fives, fist/elbow bumps, chest bumps, hugging).
3. Intensify cleaning, disinfection, and ventilation in all facilities.
4. Encourage social distancing through increased spacing, small groups, and limited mixing between groups, if feasible.
5. Educate athletes, coaches, and volunteers on health and safety protocols (information on NLMFA.com).
6. Anyone who is sick must stay home.
7. Plan in place if a student or employee gets sick.
8. Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures.
9. Athletes and coaches MUST provide their own water bottle for hydration. Water bottles must not be shared.
10. PPE (gloves, masks, eye protection) will be used as needed and situations warrant, or determined by local/state governments. Face coverings will not be used for athletes while practicing or competing.

I understand that participating in athletic programs, events, and activities may include a possible exposure to a communicable disease including but not limited to MRSA, influenza, and COVID-19. While particular recommendations and personal discipline may reduce the risk, the risk of serious illness and death does exist. I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of others, and assume full responsibility for my participation. I willingly agree to comply with the stated recommendations put forth by the NLMFA to limit the exposure and spread of COVID-19 and other communicable diseases.

Signature of Coach/Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Name of Coach/Participant (Print): \_\_\_\_\_

Parents/Guardians can view a full copy of the NLMFA Return to Play Plan by visiting the NLMFA website: [nlmfa.com](http://nlmfa.com) or contact Phil Shirk, President NLMFA via [metpound@verizon.net](mailto:metpound@verizon.net).