



VILLA GROVE CUSD #302 PERMISSION SLIP-IHSA PHASE 4
Contact Days-Sept 7-Oct 31

Medium Risk Sports: *Basketball, Volleyball, 7 on 7 Football may have intrasquad (a scrimmage with your own teammates) scrimmages with parent permission.*

To be signed by adults if participant is under 18 years of age

Acknowledgement and Assumption of Risk: *The undersigned does hereby acknowledge that he/she is aware of the dangers and the risks to the participant's person and property involved in participating in interscholastic athletics/activities practices and competitions.*

The undersigned understands that this activity involves certain risks for physical injury to the participant, as well as risks regarding exposure to COVID-19. By participating in this activity, the undersigned acknowledges he or she may be increasing the risk of contracting the virus. The undersigned also understands that there are potential risks that may presently be unknown. Because of the dangers of participating in this activity, the undersigned recognizes the importance of complying, and agrees to fully comply, with the applicable laws, policies, rules and regulations, and any supervisor's instructions regarding participation in this activity, including instructions related to social distancing precautions, wearing face coverings, physical separation, and sanitization.

To maintain the highest level of safety possible, Villa Grove will institute the following IHSA and district requirements:

- Maintain social distance by being 6 feet apart at all times
- Masks shall be worn by athletes when indoors at all times and outdoors when 6 ft of social distancing cannot be maintained.
- Masks shall be worn by all coaches/supervisors at all times
- Groups will be no larger than 50 which includes the coach/supervisor/game personnel/officials
- Thirty feet of space must be maintained between gatherings of 50
- Diligent and effective cleaning and disinfecting of frequently touched objects and surfaces following the guidance of the CDC
- Coaches must maintain a daily health screening on each student and coach/supervisor. These screenings will include a temperature check, athletes participating, date and time, and symptoms they may present.
- Free weight exercises that require a spotter can be conducted while honoring social distancing norms. Max lifts (bench press & squat) will require spotters at each end of the bar. All safety measures in all forms must be strictly enforced in the weight room.

- All sessions will end 15 minutes before the next session is scheduled to begin to insure proper cleaning and disinfecting is completed. No students will be admitted early to a session.
- All students must be picked up at their scheduled time
- Practices are closed to spectators. Please remain in your vehicle/parking lot when dropping off or picking up your student.

- Students must have their own water bottles that are clearly marked with their name on it. No sharing of drinks, use of water fountains, or use of water hoses will be allowed (touchless water bottle fillers will be allowed)
- Parents must sign and return a consent form for their student to participate.

Contests: Contact day practices are closed to spectators. Spectator guidelines will be communicated by coaches/administration. All fans are expected to follow the guidelines for the safety of the athletes, coaches, game personnel and spectators.

The undersigned acknowledges that the participant voluntarily elects to participate in this activity with knowledge of the danger involved, and hereby agrees to accept and assume any and all risks of property damage, personal injury or illness, or death.

Student Name (Please Print)_____

Year in School (Please Print)_____

Parent Guardian Name (Please Print)_____

Parent/Guardian Name (Signature)_____