



CEC Return To Climb Guidelines
Supporting Athletes and Coaches in their Return to Training plan

Contents

SECTION 1: Introduction2

SECTION 2: General Overview and Recommendations for all Stakeholders2

SECTION 3: Guidelines on Climbing Specific Measures3

- 1. Personal and Public Health - Self-Monitoring, Daily Attestation & Isolation3
- 2. Athletes & Parents:.....3
- 3. Coaches4
- 4. Modified use of Club/Climbing Facilities4
- 5. Programing Groups.....5
- 6. Physical Distance (2 metres).....5
- 7. Sanitation6
- 8. Safety Contingencies6
- 9. Suspected Case of COVID-19 Contingency6
- 10. Communication & Governance7

SECTION 4: Outbreak Action Plan8

ANNEX – Daily Attestation Template.....9

ANNEX – Facility Use Waiver10

ANNEX – Remote Training Waiver.....11

ANNEX – Facility Use & Remote Training Waiver12

SECTION 1: Introduction

Climbing Escalade Canada (CEC) is committed to the health and safety of its participants, athletes, coaches, and members. Municipal, Provincial and Federal Health regulations should always be adhered to when returning to any form of training. Please keep in mind that as governments lift/adjust restrictions, we may have to roll back or cancel plans as required by government policy and recommendations.

As the COVID-19 response varies from location to location, there can be no standard approach that applies to all Provinces, club teams and coaches. Climbing Escalade Canada has developed this *CEC Return to Climb Guidelines* as a tool to assist in developing a responsible return to programming. **These guidelines should never be interpreted as superseding or providing a justification for not closely following public health directives, government regulations or further climbing specific or general return to sport guidelines in a given member organization's municipality/province/territory.**

These guidelines should be considered in conjunction with the [The CEC COVID-19 Guidance Document: Suggestions, Tools, and Considerations Aimed to Assist Climbing Gyms Mitigate Potential Risks in the era of COVID-19](#). **Climbing facilities in Canada should have a risk mitigation protocol in place, and that protocol supersede the below guidelines.** Coaches and athletes are strongly encouraged to work closely with their training facility to establish a safe training environment.

The *CEC Return to Climb Guidelines* are separate from the *CEC Return to Competition Plan*, which will be made available shortly.

By following these guidelines, as well as those from provincial and municipal governments and health agencies, athletes and their families will be able to make informed decisions as to when they can return to training, and eventually competition. It is the responsibility of each athlete, coach and official to undertake their own personal risk assessment and determine whether they are willing and able to return to sport at this time.

Climbing Escalade Canada would like to acknowledge the work and guidelines provided by the *National Return to Sport Task Force* headed by Task Force Chair Anne Merklinger. [The Risk Assessment and Mitigation Tools](#) developed by the *Return to Sport Task Force* inspired much of the CEC Return to Climb guidelines and protocols.

Climbing Escalade Canada would like to acknowledge the work of the CEC Coaching Committee in reviewing these guidelines. Members of the Coaching Committee are:

- Adrian Das, ON/QC
- Christy Spurrell, BC
- Dallas Mix, AB
- Heather Reynolds, NS
- Nicolas Janelle, QC
- Pier Olivier Bourdon, QC
- Silvia McBurney, ON
- Terry Spurrell, BC

SECTION 2: General Overview and Recommendations for all Stakeholders

All athletes must provide confirmation of having reviewed the new COVID-19 waiver and attestation document, prior to participating in any club training activities with a coach. Please refer to your provincial sport organization for the appropriate forms. (see annex for templates if none are available through your PSO)

Keeping Up to Date on Provincial and Municipal Regulations

Information and guidelines are constantly changing, conditions are different based on geographic region.

- Check all guidance that has been published, especially concerning physical distancing and hygiene and any athletic specific guidance.
- Be aware guidance can change quickly and more restrictive rules may be applied in the future, so please refer to the Climbing Escalade Canada, the Provincial Sport Organizations, and the Climbing Facilities websites regularly.

As per Government Health regulations, the following individuals should NOT attend practice or training venues:

- Any person experiencing any symptoms of COVID-19 (fever, cough, sore throat, runny nose, headache, or shortness of breath). If these symptoms begin while at a training venue the individual must leave immediately and contact their physician for advice on further management. The individual must also inform their club and/or personal coach. This person must receive clearance by their physician before returning to training and the training venue.
- Any person who receives a diagnosis of COVID-19. Individuals must comply with the current mandated self-isolation policy.
- Any person who has been told to self-isolate at home.
- Any person who lives in a home or has been in close contact with someone with symptoms of COVID-19.
- Any person who lives in a home or has been in close contact with someone who has been told to self-isolate at home.
- Any person who has arrived in Canada from outside of the country within the last 14 days as they are mandated to self-isolate and monitor for symptoms for 14 days upon their arrival.

Minor Athletes (Under the age of majority in the province/territory)

- Coaches must ensure they have the permission/agreement of the responsible parent or guardian of an athlete who is under the age of majority to coach that athlete.
- All guidance applicable to coaches and athletes in this document is relevant to Minor athletes.
- Groups of athletes which have participants that may have difficulty to maintain physical distancing, or adhering to all guidelines, due to the following, but not limited to, behavioral issues, self-control limitations, or proper awareness, etc, should take appropriate measures and precautions (ie. training of coaches and athletes before a session is to begin, training of coaches on the proper use of PPE including masks, setting up physical space with pylons, cones, taped or marked/painted barriers, etc)

Masters Athletes

- All guidance applicable to coaches and athletes in this document is relevant to Masters athletes.
- Individuals that belong to a higher risk demographic/category (i.e. Over the age of 60 or underlying chronic medical condition) for COVID-19 related symptoms are recommended to consult with provincial health organizations, family physician, or Nurse Practitioner before participation.

Independent Athletes

- All guidance applicable to club coaches and athletes in this document is also relevant to independent athletes and coaches.

SECTION 3: Guidelines on Climbing Specific Measures

ONCE ACTIVITIES are PERMITTED BY PUBLIC HEALTH AUTHORITIES

It is the responsibility of all stakeholders to set up a safe training environment for athletes and coaches. CEC wishes to provide recommendations for club teams, climbing facilities and coaches.

Risk Assessment prior to Returning to Training:

- **It is the responsibility of all club teams and climbing facilities to undertake a risk assessment prior to resuming activities.** Please refer to your provincial sport organization's risk assessment document. It is important to remember that while mitigation measures can reduce the risk of COVID-19 infections, they cannot completely eliminate the threat. Should your PSO not have a specific risk assessment document, please use the [National Return to Sport Task Risk Assessment](#).

Setting Up a Safe Training Environment:

1. Personal and Public Health - Self-Monitoring, Daily Attestation & Isolation

- All climbers, coaches/leaders or anyone else who will be part of the climbing environment should be acutely aware of and must continuously monitor their own personal health.
- All individuals in the climbing environment should self-monitor for symptoms of COVID-19 on a daily basis. Any person showing symptoms should self-isolate, and must refrain from entering the climbing environment or coming into close contact with others and seek appropriate medical attention. Any further screening guidelines in a given jurisdiction should be closely followed.
- The Government of Canada COVID-19 Self-Assessment Tool is available here:
 - <https://ca.thrive.health/covid19/en>
- Parents/guardians should similarly monitor all participants under their care for symptoms of COVID-19 and facilitate the isolation of said participant should they become symptomatic and seek appropriate medical attention.
- If available in a given jurisdiction, symptomatic individuals should work with health care providers to seek a test for COVID-19.
- Any person who has had a confirmed case of COVID-19, or who has come into close contact with a person who has a confirmed case, should isolate, not be part of the climbing environment for at least 14 days and seek appropriate medical attention. Any individual who is at elevated risk for COVID-19 infection should take any necessary further precautions to protect themselves.
- Implement a process for routine daily symptom screening for all participants.
- Implement an attendance process at every practice to help with tracking, tracing, and quarantining if a case is discovered after the fact. This tracking should include all staff, athletes, coaches, parents, club personnel, etc.
- Climbers and Coach/Leaders should work together to support and implement these further measures to ensure an inclusive and safe environment. If an individual is concerned about their risk level, they should consult with a medical professional.

2. Athletes & Parents:

- Any items brought from home should be limited (backpack, spare clothing, water bottle, snacks), and should be kept in a designated spot for a given individual and group.
- Personal equipment (such as water bottles, personal chalk, climbing shoes, etc) should not be shared between athletes.
- Athletes must bring their own water bottle, and must not share their water supply with others.
- Athletes should arrive at their scheduled time for training and leave as soon as it is completed.

- Climbers should arrive wearing their climbing clothing.
- Athletes & Parents should inform coaches and facility staff of potential athletes' medical limitations in respect to PPE and work with the facility/organization and the coach to find possible accommodation for the needs of the athlete.
- Accommodation requests must be placed in advance.
- All participants and Parents and coaches should be made aware of accommodations within their training group (when applicable).
- Non-compliance on the part of the athlete will result in consequences determined appropriate by the coach, the facility, and/or the Provincial Organization.

3. Coaches

- In addition to their normal responsibilities, coaches are responsible for enforcing and regularly reminding participants of health recommendations.
- Stay updated on all Local/Provincial Health Guidelines and work with facilities to comply with any municipality or local regulations.
- Ensure there is communication with health officials if any case of COVID-19 occurs in the club's training groups.
- Inform parents and athletes of significant changes to the training environment by keeping an open communication stream. Listen to feedback from athletes or parents about issues with training protocol. Ensure that the athletes feel comfortable in their training spaces and confident when coming forward with concerns.
 - Specific communication for Parents/guardians of participants under their care, and the participants themselves, should be provided ahead of arrival at a programming site to ensure proper preparation on the part of the participants. Parent/guardian and staff information meetings could be conducted over video conferencing ahead of time to limit contact and to ensure an understanding of all protocols between parents/guardians, participants and program leaders.
- Keep a record of all individuals who are part of the climbing club/group training environment, including date and time of attendance. The presence of any individual in the environment for longer than fifteen minutes should be recorded.
 - Independent athletes, or athletes that are self-coaching should still track where and when they are training and if they are training with other individuals.
- Undertake a routine daily symptom screening for all coaches and athletes.
- Ensure all athletes that report symptoms are following up with their physician or local public health officials for a medical assessment. Athletes should be advised to seek clearance from their physician before returning to strenuous exercise.
- Remind athletes that their health and safety, and those around them are of the utmost importance. Consider reducing number of hours spent in the facility by offering efficient alternative training plan to reduce the exposure time (concise training in the gym, alternative training out of the facility).
- Have alternate home workout plans available for those that stay home if they feel unwell, and/or for those that are unable to be at training due to a potential exposure.
- It is highly recommended that coaches use personal protective equipment (PPE) as often as possible, especially if they will be working with multiple training groups.

4. Modified use of Club/Climbing Facilities

- Clubs and/or coaches are recommended to ensure that facilities have a risk management protocol in place. (refer to [The CEC COVID-19 Guidance Document: Suggestions, Tools, and Considerations Aimed to Assist Climbing Gyms Mitigate Potential Risks in the era of COVID-19](#)).
- Clubs and/or coaches should be open and discuss with climbing facility management in terms of adaptations in place.

- Clubs/Group Training /PSOs should consult Provincial/Municipal health authorities to understand the local risks and implications of resuming indoor climbing activities, in addition to the use of climbing facilities or any public areas to support indoor activity. This may include, but is not limited to, changing rooms, gym equipment, yoga studios, etc.
- If the activity is being organized at a location other than an organization’s conventional training location, all potential restrictions or considerations for the place of meeting should be understood (for example, if a city park is being used, or private property.)
- Coaches/leaders should ensure proper medical and sanitation equipment is available to meet all guidelines related, and should be properly instructed on how to use these products.
- Coaches/ leaders should arrive ahead of climbers and prepare the club environment/ climbing facility / training space for climbers’ arrival.
 - Any special considerations for climbers at an elevated risk, or for whom specific assistance will be required should be planned and discussed with the facility management, and follow proper infection protection protocols.

5. Programing Groups

- Programming group size, including all climbers, coaches/leaders and required safety personnel, must respect Provincial/Municipal group gathering size restrictions. Notwithstanding these regional restrictions, CEC recommends training groups be kept to a minimum practical size to reduce risk.
- Contactless drop off/pick up of athletes is highly recommended.
- Limiting presence of spectators is encouraged. For youth athlete training groups, it is recommended that only one parent/chaperon per minor-aged athlete stay on site during the training.
- Clubs must set training schedules accordingly that will allow for the facility to meet all limits imposed on group size and to avoid congregating of athletes & coaches. (i.e. Stagger training start times and/or training group locations within facilities.)
- Work with club and facility staff to adjust training plans as needed. The level of experience of participants, duration of programming and type of activity that is undertaken must be reviewed through the lens of properly following all relevant and applicable COVID-19 measures
- Maintain consistent training groups. Keeping to the same group week after week can help mitigate transmission.

6. Physical Distance (2 metres)

- Always maintain 2 metres between all individuals before, during and after climbing activity.
- For Belayers Guidelines related to Physical Distancing.
 - Partner Checks - maintain physical distance and perform visual checks only, having your climber demonstrate that the carabiner is locked, and harness is tight.
 - Wear PPE, including a mask and gloves.
 - Be aware of proximity to other belayers.
 - Although it would be preferred that ropes would not be shared between groups, an appropriate hand hygiene measure can mitigate the risk. Belayers and climbers should wash or sanitize their hands before/after each climb.
 - When lead climbing, athletes should avoid placing the rope in their mouth.
- Drop-off and pick-up times for group programming should be staggered to avoid periods of congestion and unnecessary crowding.
- If shuttling participants between routes is a necessary part of the planned climbing activity, all measures should be taken to ensure this can happen while maintaining physical distancing where possible, and further risk mitigation must be put into effect if it is not (for example, wearing masks).

- For climbers requiring assistance with spotting, further precaution (wearing a mask) should be taken to lower risk if this process may bring individuals closer than 2m from one another.
- Climbers should prepare and get on the climbing area while remaining physically distanced (one person on mat at a time when applicable).
- Be conscious while on the wall to respect physical distance between climbers.

7. Sanitation

- When different groups must use the same climbing facility or equipment, proper sanitation procedures must be followed between use by each group.
- All surfaces that may be touched by multiple individuals should be sanitized before and after each training session.
 - Specific to climbing holds, it is the responsibility of the climbing facility to determine frequency upon which holds should be cleaned.
- Ensure that wash stations or hand sanitizer stations are available in common areas.
- Equipment should not be shared among athletes in a group.
- It is recommended that all common training equipment, such as stationary bicycle, must be cleaned and disinfected after each use, following public health requirements protocols.
- All personal equipment that remains in the facility must be cleaned before next use by new users (i.e. ropes, facility owned hardware).
- Coaches/individuals cleaning any equipment must use personal protective equipment (PPE) – gloves, mask, eye protection and wash their hands often.
- Sanitation practices should follow the Canadian Government guidelines for cleaning hard surfaces - <https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19.html>
- If athletes, coaches, club personnel, choose to use PPE while attending training sessions they must ensure it is properly discarded or cleaned after use.

8. Safety Contingencies

- Facilities may require the use of personal protective equipment, such as a mask or gloves, as well as the use of liquid chalk.
- During this time, unnecessary risks should be avoided. Climbers and coaches/leaders should use common sense to avoid any situation that involves undue risk and the potential need for emergency personnel to respond or unnecessary personal contact.
- Coaches must have a set of personal protective equipment (PPE) (i.e. Masks, Gloves & Eye Protection) in case of injury and hands on assistance needed.
- Facilities must have an adapted emergency preparedness response in respect to CPR and first aid services.
- Occupational Health and Safety Standards related to COVID-19 should be understood and followed by all organizations that act as employers.
- Education and training should be provided to all responsible persons who will be running programming for participants. Organizations and facilities are encouraged to consult their Provincial/Territorial public health and worker safety resources, including online education modules if available.

9. Suspected Case of COVID-19 Contingency

- If a participant begins to experience symptoms of COVID-19 while attending programming, the following steps should be taken:
 - The symptomatic individual must be immediately separated from others in a supervised area until they are picked up. Where possible, anyone who is providing care to the participant should maintain a distance of at least 2 metres.

- Contact the local public health authorities to notify them of a potential case and seek advice regarding the information that should be shared with other parents/ guardians of participants in the program.
- The space and items used by the participant showing symptoms must be sanitized once the participant has been picked up.
- Further direction for managing a possible case and any subsequent contact tracing should be sought from local public health authorities.

10. Communication & Governance

- Climbers, guardians, and all relevant community members should be informed of all measures so that they can be safely followed at all times.
- Relevant signage and marking should be put in place so that all measures are easy to follow and that participants are continually reminded of the modifications required. (For example, distancing markings on the ground to reinforce 2 metres of distance, signage to ensure proper and regular hand washing, etc.)
- Climbing facilities and/or PSOs should ensure participants are properly accounted for, recorded in the facility registration system, proper waivers have been signed and all other membership considerations have been taken into account.

SECTION 4: Outbreak Action Plan

The Purpose of the “Outbreak Action Plan” is to aid in the contact tracing of those individuals who may have come into contact directly or indirectly with an infected individual. It is the responsibility of the entire climbing community to ensure we are keeping accurate records of those individuals for whom you are coming into contact with to help keep us all safe.

- All athletes & coaches attending training sessions must be active members of their climbing facility and/or Provincial Organization with current and up-to-date contact information on file with the climbing facility, personal coach, and/or Provincial Organization.
- Clubs and independent coaches are asked to keep a record of the date of each training session held, along with a listing of all athletes who attended the session. Independent athletes are asked to keep a record of the individuals they are training with.
- Any individual experiencing any symptoms of COVID-19 (Fever, cough, sore throat, runny nose, headache, or shortness of breath) or who have been advised to self-isolate are not permitted to attend practice or training venues. Current symptoms that may suggest a COVID-19 infection include:
 - Fever
 - Chills
 - Cough
 - Barking cough/croup
 - Shortness of breath
 - Sore throat
 - Difficulty swallowing
 - Runny nose
 - Congested nose
 - Loss of taste or smell
 - Pink eye
 - Headache
 - Nausea, vomiting, diarrhea, stomach pain
 - Muscle aches
 - Extreme tiredness
 - Falling down often
- If symptoms begin while at a training venue the individual must leave immediately and contact their local public health office for recommendations.

LOGO HERE

NAME OF ORGANIZATION HERE
the “Organization”

Daily Attestation

DAILY COVID-19 ATTESTATION AND AGREEMENT

By signing below, the Participant (named below) or the Participant’s Guardian attests that the Participant:

1. Does not knowingly have COVID-19;
2. Is not experiencing any known symptoms of COVID-19, such as fever, cough, shortness of breath or malaise;
3. Has not travelled internationally during the past 14 days;
4. Has not frequented a COVID-19 high risk area in the Province during the last 14 days;
5. Has not, in the past 14 days, knowingly come into contact with someone who has COVID-19, who has known symptoms of COVID-19, or is self-quarantining after returning to Canada; and
6. Has been following government recommended guidelines in respect of COVID-19, including practicing physical distancing.

Furthermore, by signing below, the Participant or the Participant’s Guardian agrees that while attending or participating in the Organization's events or attending at the Organization’s facilities, the Participant:

1. Will follow the laws, recommended guidelines, and protocols issued by the Government of the Province in respect of COVID-19, including practicing physical distancing, and will do so to the best of the Participant’s ability while participating in the Organization's events or attending at the Organization’s facilities;
2. Will follow the guidelines and protocols mandated by the Organization in respect of COVID-19;
3. Will, in the event that the Participant experiences any symptoms of illness such as a fever, cough, difficulty breathing, shortness of breath or malaise, immediately:
 - a. inform a representative of the Organization; and
 - b. depart from the event or facility.

FOR PARTICIPANTS WHO HAVE BEEN DIAGNOSED WITH COVID-19

By signing below, the Participant (named below) or the Participant or the Participant’s Guardian attests that the Participant has been diagnosed with COVID-19, but been cleared as noncontagious by provincial or local public health authorities and has provided to the Organization, in conjunction with this COVID-19 ATTESTATION AND AGREEMENT, written confirmation from a medical doctor of the same.

Print Name: _____ **Date of Birth:** _____
the “Participant” (mm/dd/yyyy)

Print Name: _____
The “Guardian” (if Participant is a minor)

Signature: _____ **Date:** _____
Participant or Guardian for minor (mm/dd/yyyy)

LOGO HERE

NAME OF ORGANIZATION HERE
the “Organization”

Facility Use Waiver

WAIVER OF LIABILITY FOR ALL CLAIMS AND RELEASE OF LIABILITY
PLEASE READ CAREFULLY BEFORE SIGNING.

Completed waivers must be returned prior to entry and use of the Organization’s facilities. This waiver does not affect accident and out-of-country travel insurance provided by the Organization where applicable.

By signing below, the Participant (named below) and/or the Participant’s Guardian understands and acknowledges, the risks, dangers, and hazards which are inherent on entering all lands, properties, facilities, structures, installations, vehicles or equipment owned, leased, operated or otherwise controlled by the Organization (the “Premises”), which risks include, but are not limited to: the potential for bodily injury or illness (including contraction of COVID-19); contact or interaction with others who may have been exposed to COVID-19; close proximity to or contact with surfaces, equipment, fixtures, or other objects that, despite the Organization’s efforts, may be infected with COVID-19 or other communicable illnesses; permanent disability, paralysis, or loss of life; collision with natural or manmade objects; tripping hazards; imperfect venue or field of play conditions; equipment failure; participants of varying skill levels; the negligent use of the Premises by others; inadequate safety measures or unsafe Premises; other circumstances known, unknown or beyond the control of the Organizer, its partners, sponsors, agents, affiliates, directors, employees, officers, therapists, or volunteers (together, the “Releasees”); or negligence or omission of the Releasees (collectively, the “Risks”).

In consideration for allowing the Participant to use the Premises, the Participant and/or the Participant’s Guardian: (a) release, discharge and forever hold harmless the Releasees from any and all liability for damages or loss arising as a result of the Risks arising from entry into or use of the Premises; (b) waive any right to sue the Releasees in respect of all causes of action (including for injuries or illness caused by their own negligence), claims, damages or losses of any kind that may arise as a result of the Risks or in connection with entry into or use of the Premises, including without limitation the right to make a third party claim or claim over against the Releasees arising from the same; and (c) freely assumes all risks associated with the Risks or anything incidental to the Risks, which may arise as a result of or in connection with use of the Premises. **YOU ARE GIVING UP LEGAL RIGHTS TO ANY AND ALL FUTURE CLAIMS AGAINST THE ORGANIZATION AND RELEASEES.**

I confirm that I have read and fully understand this waiver and release of liability. I sign this waiver and release of liability voluntarily without any inducement, assurance, or warranty being made to me.

Print Name: _____
the “Participant”

Date of Birth: _____
(mm/dd/yyyy)

Print Name: _____
the “Guardian” (if Participant is a minor)

Signature: _____
Participant or Guardian for minor

Date: _____
(mm/dd/yyyy)

ANNEX – Remote Training Waiver Template

LOGO HERE

NAME OF ORGANIZATION HERE

the “**Organization**”

Remote Training Waiver

WAIVER OF LIABILITY FOR ALL CLAIMS AND RELEASE OF LIABILITY

PLEASE READ CAREFULLY BEFORE SIGNING.

The Participant (named below) may be required to resume training remotely, or independently, outside of a sport-specific facility, owned, leased, operated or otherwise controlled by the Organization (the “**Remote Training**”). It is the responsibility of the Participant or the Participant’s Guardian to ensure the suitability and safety of the Remote Training environment. This waiver does not affect accident and out-of-country travel insurance provided by the Organization where applicable.

By signing below, the Participant or the Participant’s Guardian understands, acknowledges, and accepts full responsibility for the risks, dangers, and hazards which are inherent to Remote Training, including, but not limited to: the potential for bodily injury or illness (including contraction of COVID-19); close proximity to or contact with others who may have been exposed to or infected with COVID-19 or other communicable illnesses; close proximity to or contact with surfaces, equipment, fixtures, or other objects that may be infected with COVID-19 or other communicable illnesses; tripping hazards; loud-noises; equipment failure; dehydration; exhaustion; lacerations, bone fracture, bone breakage, soft-tissue damage, dislocations, tendon and/or ligament damage, sprains, spinal injuries, head or neck injuries, concussion, hearing damage, ocular damage, damage to teeth or dental work, or other bodily injury, disability (permanent or temporary), or death; despite the Organization’s efforts, inadequate safety measures; other circumstances, known or unknown or beyond the control of the Organization, its partners, sponsors, agents, affiliates, directors, employees, officers, therapists, or volunteers (together, the “**Releasees**”); or negligence or omission of the Releasees (collectively, the “**Risks**”).

In consideration for the access to the Organization’s training program, coaching and mentorship, the Participant and or the Participant’s Guardian: (a) releases, discharges and forever holds harmless the Releasees from any and all liability for damages or loss arising as a result of the Risks of participation in or in connection with the Remote Training, including ensuring the suitability and safety of the Remote Training environment; (b) waive any right to sue the Releasees in respect of all causes of action (including for injuries or illness caused by their own negligence), claims, demands, damages or losses of any kind that may arise as a result of the Risks of participation in or in connection with the Remote Training, including without limitation the right to make a third party claim or claim over against the Releasees arising from the same; and (c) freely assumes all risks associated with the Risks, anything incidental to the Risks, which may arise as a result of participation in or in connection with the Remote Training. **YOU ARE GIVING UP LEGAL RIGHTS TO ANY AND ALL FUTURE CLAIMS AGAINST THE ORGANIZATION AND THE RELEASEES.**

I confirm that I have read and fully understand this waiver and release of liability. I sign this waiver and release of liability voluntarily without any inducement, assurance, or warranty being made to me.

Print Name: _____
the “**Participant**”

Date of Birth: _____
(mm/dd/yyyy)

Print Name: _____
the “**Guardian**” (if Participant is a minor)

Signature: _____
Participant or Guardian for minor

Date: _____
(mm/dd/yyyy)

ANNEX – Facility Use & Remote Training Waiver Template

LOGO HERE

NAME OF ORGANIZATION HERE
the “Organization”

Facility Use & Remote Training Waiver

WAIVER OF LIABILITY FOR ALL CLAIMS AND RELEASE OF LIABILITY
PLEASE READ CAREFULLY BEFORE SIGNING.

The Participant (named below) may be required to resume training remotely, or independently, outside of a sport-specific facility, owned, leased, operated or otherwise controlled by the Organization (the “**Remote Training**”). In time the Organization’s facilities may be available for use. A completed waiver must be returned prior to engaging in Remote Training and prior to entry and use of the Organization’s facilities.

This waiver does not affect accident and out-of-country travel insurance provided by the Organization where applicable. However, it is the responsibility of the Participant or the Participant’s Guardian to ensure the suitability and safety of the Remote Training environment.

By signing below, the Participant and/or the Participant’s Guardian understands, acknowledges, and accepts full responsibility for the risks, dangers, and hazards which are inherent to Remote Training and/or use of the Organization’s facilities, which may involve entering lands, properties, facilities, structures, installations, vehicles or equipment owned, leased, operated or otherwise controlled by the Organization (the “**Premises**”). These inherent risks include, but are not limited to: the potential for bodily injury or illness (including contraction of COVID-19); close proximity to or contact with others who may have been exposed to or infected with COVID-19 or other communicable illnesses; close proximity to or contact with surfaces, equipment, fixtures, or other objects that may be infected with COVID-19 or other communicable illnesses, despite the Organization’s efforts; collision with natural or manmade objects; tripping hazards; imperfect venue or field of play conditions; equipment failure; loud-noises; equipment failure; dehydration; exhaustion; lacerations, bone fracture, bone breakage, soft-tissue damage, dislocations, tendon and/or ligament damage, sprains, spinal injuries, head or neck injuries, concussion, hearing damage, ocular damage, damage to teeth or dental work, or other bodily injury, disability (permanent or temporary), paralysis, or death; participants of varying skill levels; the negligent use of the Premises by others; despite the Organization’s efforts, inadequate safety measures or unsafe Premises; other circumstances known, unknown or beyond the control of the Organization, its partners, sponsors, agents, affiliates, directors, employees, officer, therapists, or volunteers (together, the “**Releasees**”); or negligence or omission of the Releasees (collectively, the “**Risks**”).

In consideration for the access to the Organization’s training program, coaching and mentorship and/or access or use of the Premises, the Participant and/or the Participant’s Guardian: (a) releases, discharges and forever holds harmless the Releasees from any and all liability for damages or loss arising as a result of the Risks arising from entry into or use of the Premises and of participation in or in connection with the Remote Training, including ensuring the suitability and safety of the Remote Training environment; (b) waive any right to sue the Releasees in respect of all causes of action (including for injuries or illness caused by their own negligence), claims, demands, damages or losses of any kind that may arise as a result of the Risks arising from entry into or use of the Premises and of participation in or in connection with the Remote Training, including without limitation the right to make a third party claim or claim over against the Releasees arising from the same; and (c) freely assumes all risks associated with the Risks, anything incidental to the Risks, which may arise as a result of participation in or in connection with the Remote Training. **YOU ARE GIVING UP LEGAL RIGHTS TO ANY AND ALL FUTURE CLAIMS AGAINST THE ORGANIZATION AND THE RELEASEES.**

I confirm that I have read and fully understand this waiver and release of liability. I sign this waiver and release of liability voluntarily without any inducement, assurance, or warranty being made to me.

Print Name: _____
the “**Participant**”

Date of Birth: _____
(mm/dd/yyyy)

Print Name: _____
the “**Guardian**” (if Participant is a minor)

Signature: _____
Participant or Guardian for minor

Date: _____
(mm/dd/yyyy)