

Extracurricular Activities COVID-19 Awareness Parent/Student Participation Acknowledgement Statements

Student Name _____ Student ID# _____

School Name _____ Sponsor Name _____

Extracurricular Activity _____

Students and families must complete the following questions and submit this form to the extracurricular activity sponsor prior to attending in person activities.

On behalf of my minor child who is a Montgomery County Public Schools ("MCPS") student and is the participant named on this form, I acknowledge and accept the following conditions (please initial below):

_____ I acknowledge that I have received information on all of the following:

- What you should know about COVID-19 to protect yourself and others
- Share facts about COVID-19
- Multisystem Inflammatory Syndrome in Children (MIS-C)
- COVID-19 Frequently Asked Questions from the Maryland State Health Department.
<https://coronavirus.maryland.gov/#FAQ>

_____ I will follow the requirements for in-person attendance at any extracurricular activity event.

- I will not send my child to extracurricular activity if they are exhibiting any signs/symptoms of COVID 19 or have been exposed to someone with COVID 19 (or presumed to have COVID 19) in the past 14 days.
- I will review symptoms with my child and monitor my child's symptoms every day that my child attends in-person activities/events.
- If my child becomes ill during any in-person activity/event, I will ensure they are picked up promptly. I will follow-up with an authorized health care provider/health department and comply with recommended quarantine or isolation as directed. If my child is ill, I understand that a release to return to in-person activity from an authorized health care provider will be required.

Signs and Symptoms of COVID-19:

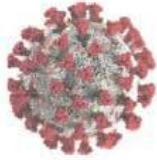
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|---|------------------------------|
| • Fever (100.4°F or greater) or chills | • New loss of taste or smell |
| • Cough | • Sore throat |
| • Shortness of breath or difficulty breathing | • Congestion or runny nose |
| • Fatigue | • Nausea or vomiting |
| • Muscle or body aches | • Diarrhea |
| • Headache | |

Students must be free of fever without the use of fever reducing medications.

Parent/Guardian _____ Parent/Guardian _____
Print Name Signature and Date

Student Name _____ Student Name _____
Print Name Signature and Date

What you should know about COVID-19 to protect yourself and others



Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.



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cdc.gov/coronavirus

Share facts about COVID-19

Know the facts about coronavirus (COVID-19) and help stop the spread of rumors.

FACT
1

Diseases can make anyone sick regardless of their race or ethnicity.

Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

FACT
2

For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.

Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more serious complications from COVID-19.

FACT
3

Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

FACT
4

There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- When in public, wear a cloth face covering that covers your mouth and nose.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

FACT
5

You can help stop COVID-19 by knowing the signs and symptoms, which can include:

- Fever
- Cough
- Shortness of breath

Seek medical attention immediately if you or someone you love has emergency warning signs, including:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or not able to be woken
- Bluish lips or face

This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.



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[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)



Multisystem Inflammatory Syndrome in Children (MIS-C)

Updated May 20, 2020

MIS-C is a severe inflammatory syndrome where pediatric patients present with features similar to Kawasaki disease and toxic shock syndrome. The condition can cause problems with the heart and other organs and may result in hospitalization.

MIS-C appears to be rare and most children who get COVID-19 will not develop MIS-C, according to the Centers for Disease Control and Prevention (CDC). However, children with this syndrome may become seriously ill. If you have any concerns about your child's health, please call your child's doctor.

What are the symptoms of MIS-C?

Symptoms of MIS-C might include persistent fever (temperature of 100.4 degrees F or 38.0 degrees C or greater), a rash or changes in skin color, red eyes or conjunctivitis, red cracked lips or red, bumpy tongue that looks like a strawberry, swollen hands and feet, abdominal pain or swollen lymph nodes.

When should I get emergency care?

Call your child's doctor and seek immediate care if your child has:

- Persistent fever for several days
- Difficulty feeding (infants) or is too sick to drink fluids
- Severe abdominal pain, diarrhea or vomiting
- Dehydration with decreased frequency of urination
- Change in skin color or appearance — becoming pale, patchy or blue, swelling
- Trouble breathing, breathing is painful or breathing very quickly
- Racing heart or chest pain
- Acting unusually sleepy, dizzy or confused

If your child is severely ill, go to the nearest emergency room or call 911 immediately.

Is MIS-C contagious?

MIS-C is not contagious, but it is possible that your child has COVID-19 or another infection that may be contagious.

Is there a treatment for MIS-C?

Children with MIS-C are being treated with therapeutic medications to support the body's immune system and inflammatory response. Children may also receive medications to protect their heart, kidneys and other organs.

How can I prevent my child from getting MIS-C?

You should take steps to prevent your child from being exposed to COVID-19. Stay home when you can, practice social distancing and wear a mask if you must go out and wash hands frequently. Children with underlying medical conditions can be at higher risk for poor outcomes of COVID-19.

For more information about COVID-19 in Maryland, visit coronavirus.maryland.gov.

**EXTRACURRICULAR ACTIVITIES
PRE-PARTICIPATION
STUDENT COVID-19 QUESTIONS**

Students and families must complete the following questions and submit this form to the extracurricular activity sponsor prior to attending in person activities.

Student History

1. Has your child or adolescent been diagnosed with COVID-19?
Yes No

2. Was your child or adolescent hospitalized as a result for complications of COVID-19?
Yes No

3. Has your child been diagnosed with Multi-inflammatory Syndrome in Children?
Yes No

4. Has your child or adolescent had direct known exposure to someone diagnosed with COVID-19?
Yes No

Please address any "yes" answers to the above questions here:

By signing below, I acknowledge that I have read the questions and answered them to the best of my knowledge. I further understand that, if signed electronically, my electronic submission of this form, and my electronic signature, are intended to be, constitute, and are equivalent to my personal signature.

Student Name _____ Student ID# _____

School Name _____ Sponsor Name _____

Extracurricular Activity _____

Parent/Guardian Name _____ Phone Number _____

Emergency Contact _____ Phone Number _____

Parent/Guardian Signature _____ Date ____/____/____

Extracurricular Activities

Waiver of Liability and Hold Harmless Release Related to COVID-19 for Participation in

The student named below has requested permission to participate in Montgomery County Schools (MCPS) extracurricular activities that include, but are not limited to, meetings, practices, special events, tournaments, any other competitive endeavor, engaging in projects, any related MCPS transportation to and from the foregoing, and entering and remaining in premises leased or owned by MCPS at the time when the extracurricular activity is being held (collectively, "Extracurricular Activities").

In consideration for being permitted to participate in Extracurricular Activities, I hereby acknowledge, affirm and agree to the following:

- The novel coronavirus ("COVID-19"), has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. While rules, guidance, and personal discipline may reduce this risk, the risk of serious illness and death does exist.
- I acknowledge that I am aware that by participating in Extracurricular Activities that there is a risk of being exposed to COVID-19, and/or any mutation or variation thereof. I am also aware that such an exposure can occur either directly or indirectly whether or not a mask and/or gloves are worn and that MCPS cannot guarantee that by participating in Extracurricular Activities that there will be no exposure to COVID-19. MCPS cannot completely mitigate the transfer of communicable diseases like COVID-19 especially when individuals are involved in Extracurricular Activities. Participation in Extracurricular Activities includes possible exposure to and illness, injury, or death from infectious diseases including COVID-19.
- I understand that my child's participation in Extracurricular Activities is not required. Extracurricular Activities are voluntary, and I have independently evaluated and reviewed the risks of my child being exposed to or infected by COVID-19 and have decided to allow my child to participate in the Extracurricular Activities with full knowledge and acceptance of the risks.
- In consideration for providing my child the opportunity to participate in Extracurricular Activities and any related transportation to and from Extracurricular Activities, both my child and I voluntarily agree to waive and discharge any and all claims against MCPS, the Board of Education of Montgomery County, their officers, agents, employees, volunteers, and representatives and release them from liability for any exposure to or illness or injury from an infectious disease including COVID-19, including claims for any negligent actions of MCPS, the Board of Education of Montgomery County, their officers, agents, employees, volunteers, and representatives to the fullest extent allowed by law, for myself, my spouse, children, our estates, our heirs, our administrators, our executors, our assignees, and our successors.
- I also agree to release, exonerate, discharge and hold harmless the MCPS, the Board of Education of Montgomery County, their officers, agents, employees, volunteers, and representatives from all liability, claims, causes of action, or demands, including attorney fees, fines, fees, or other costs (e.g. medical costs) arising out of any exposure to or illness

or injury from an infectious disease including COVID-19, which may result from or in connection with my child's participation in Extracurricular Activities.

- I further certify and represent that I have the legal authority to waive, discharge, release, and hold harmless the released parties on behalf of myself and the student named below.
- I certify that I have read this document in its entirety and fully understand its contents. In exchange for the opportunity to participate in Extracurricular Activities, the student named below and I freely and voluntarily assume all risks of such hazards and notwithstanding such, release MCPS, the Board of Education of Montgomery County, their officers, agents, employees, volunteers, and representatives from all liability for any loss regardless of cause, and claims arising from the student's participation in Extracurricular Activities.

I understand that my electronic submission of this form, and my electronic signature, are intended to be, constitute, and are equivalent to my personal signature.

Student Name

Student Signature
(if Student is 18 or older)

Date

Parent/Guardian Name

Parent/Guardian Signature

Date