



Tonka Football Association (TFA) Return to Play Guidelines

Version 1.0 6/23/2020 (camps and practices)

In accordance with the Minnesota Department of Health (MDH) COVID-19 Sports Guidance for Youth and Adults, TFA is following the recommendations set forth by MDH to allow participants to take part in football TFA activities.

<https://www.health.state.mn.us/diseases/coronavirus/sportsguide.pdf>

- For organized football activities of all ages, pod sizes for non-game settings are required to not exceed 25 people per pod, both inside and outside until further notice.
 - Intermixing between pods should still be kept to a minimum.
- Consideration of contact:
 - Reduced contact between players as much as possible
 - Athletes must stay in their cars or the parking lot until 5 minutes before the camp / training and then go immediately to the “check-in area” when it’s time to start.
 - Athletes must bring their own water bottles and any other required personal items with them and near their station at all times throughout participation.
 - Athletes must NOT share water bottles, community snacks, towels, etc.
 - Coaches and volunteers will encourage athletes adhere to social distancing recommendations when participants are not actively participating.
 - Athletes will be encouraged to find new ways to show sportsmanship – air high fives, ‘tip of the hat’, etc. vs. handshaking, fist bumps, etc.
 - Athletes must leave the facility, without congregating as soon as their session is over.
- Expected athlete, coach, and volunteer behavior:
 - If a participant, coach, or volunteer is showing any symptoms of being sick they are expected to STAY HOME
 - Cover your mouth with your elbow if you must cough or sneeze
 - Avoid touching your face
 - No spitting
 - Wash/sanitize your hands before and after each session.
 - TFA and/or Coaches will make hand sanitizers available prior to and after each session.
- Minimize crowding:
 - Friends and family are discouraged from attending practices or camps to avoid crowding.
 - If necessary for them to be at practices or camps, proper social distancing must be maintained, and we encourage the use of cloth face coverings.
 - If spectators are present they are expected to:
 - Follow the guidelines for a public gathering space; they must follow social gathering guidance and maintain at least 6 feet of physical distance from each other.
 - Follow the guidelines outlined by the hosting facility in terms of capacity and other social distancing measures.
 - Facility guidance is available at Minnesota Stay Safe Guidance (<https://staysafe.mn.gov/industryguidance/index.jsp>).
 - Follow facility requirements regarding wearing cloth face coverings. Cloth face coverings are encouraged even if not required by the facility.
- Use of cloth face coverings or facemasks
 - TFA encourages (but does not require) wearing of cloth face coverings or facemasks to reduce risk of COVID-19 transmission, including when arriving at the sports facility.
 - Athletes, volunteers, and coaches must follow facility requirements regarding wearing cloth face coverings or facemasks. Even if not required by the facility, athletes, volunteers, and coaches are encouraged (but not required) to wear cloth face coverings or facemasks as much as possible when not in games.
 - We recognize cloth face coverings or facemasks may be challenging to wear while participating in athletic events.
- Illness Reporting
 - If any participant during any TFA activity:(i) experiences symptoms of COVID-19, including, without limitation, fever, cough, loss of sense of taste or smell, or shortness of breath, (ii) has a suspected or diagnosed/confirmed case of COVID-19, or (iii) has exposure to any person who has a suspected or diagnosed/confirmed case of COVID-19 a member of the participants family shall notify a representative from TFA immediately.



ASSUMPTION OF RISK, RELEASE AND WAIVER OF LIABILITY, AND INDEMNITY AGREEMENT RELATING TO COVID-19

Parent’s First Last Name * _____

Student/participant First & Last Name* _____

Student’s grade for 20-21 school year* _____

Student/participant Age* _____

IN CONSIDERATION for being permitted to participate in the programs of the Tonka Football Association (hereinafter referred to as “TFA”) and/or for my children listed above to participate, use equipment or act as a spectator during any program affiliated with TFA, the undersigned, on behalf of himself or herself and such participating children (hereinafter referred to as "the undersigned") hereby acknowledges, agrees and represents that he or she has carefully considered TFA’s programs and finds and accepts them as being safe and reasonably suited for use or participation.

The undersigned acknowledges that COVID-19 infections have been confirmed throughout the United States, including several cases in Minnesota. In accordance with the most recent guidance issued by the World Health Organization (WHO), the Centers for Disease Control and Prevention (CDC), and the Minnesota Department of Health for slowing the transmission of COVID-19, the undersigned hereby agrees, represents, and warrants that neither the undersigned nor such participating children shall participate in the programs of TFA if he or she (i) experiences symptoms of COVID-19, including, without limitation, fever, cough, loss of sense of taste or smell, or shortness of breath, (ii) has a suspected or diagnosed/confirmed case of COVID-19, or (iii) has exposure to any person who has a suspected or diagnosed/confirmed case of COVID-19. The undersigned agrees to notify TFA the member association for which the undersigned is registered to participate immediately if he or she believes that any of the foregoing restrictions may apply.

The undersigned acknowledges and agrees that TFA has taken certain steps to implement protocols for slowing the transmission of COVID-19, and that TFA may revise its procedures at any time based on updated recommended guidance issued by public health agencies. The undersigned agrees to comply with TFA’s revised procedures prior to participating in the programs of TFA, and further acknowledges and agrees that, due to the nature of the programs offered by TFA, social distancing of 6 feet per person among children and their fellow participants or others is not always possible. The undersigned fully understands and appreciates both the known and potential dangers of participating in the programs and/or utilizing the equipment of TFA and acknowledges that despite TFA’s reasonable efforts to mitigate such dangers, exposure to COVID-19 may occur, which could result in quarantine requirements, serious illness, disability, and/or death.


In further consideration of being permitted to participate in TFA’s programs, THE UNDERSIGNED HEREBY RELEASES, WAIVES, DISCHARGES AND COVENANTS NOT TO SUE TFA or any of their respective member teams, coaches, officials, directors, officers, employees, volunteers, agents, or any of the fellow participants or their family members or guests from all liability, loss, damage, claim or demand related to property damage or any injury, illness or death of the undersigned, his/her minor children (or any person who may contract COVID-19, directly or indirectly, from the undersigned or such participating children) whether caused by the negligence, active or passive, of TFA or otherwise while the undersigned or such participating children are using the equipment or participating in any program affiliated with TFA. Nothing in this agreement should be construed as releasing, discharging, or waiving any claims the undersigned may have for conduct that constitutes greater than ordinary negligence.

THE UNDERSIGNED HEREBY AGREES TO INDEMNIFY, DEFEND AND HOLD HARMLESS TFA and any of its member teams, coaches, officials, directors, officers, employees, volunteers and agents, from any loss, liability, damages or costs they may incur, whether caused by TFA's negligence, active or passive, or otherwise while the undersigned or any participating child is participating in any program of TFA or using any equipment affiliated with TFA. The undersigned understands and agrees that TFA is not required to provide insurance to cover the undersigned or such participating children in the event they suffer illness, injury, death, property loss, theft or damage of any sort. The undersigned agrees and acknowledges that use of TFA equipment and participation in TFA programs may involve inherent danger and risk, including, without limitation, the risk of physical illness or injury, death, or property damage.

THE UNDERSIGNED HEREBY ASSUMES FULL RESPONSIBILITY FOR, AND RISK OF ILLNESS, BODILY INJURY, DEATH OR PROPERTY DAMAGE to the undersigned or such participating children due to negligence, active or passive, or otherwise while using the equipment and/or while participating in or observing any program affiliated with TFA. THE UNDERSIGNED further expressly agrees that this agreement is permitted by the laws of Minnesota and that if any portion is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

I HAVE CAREFULLY READ AND VOLUNTARILY SIGN THIS ASSUMPTION OF RISK, RELEASE AND WAIVER OF LIABILITY, AND INDEMNITY AGREEMENT AND FURTHER AGREE THAT NO ORAL REPRESENTATIONS, STATEMENTS, OR INDUCEMENT APART FROM THE FOREGOING WRITTEN AGREEMENT HAVE BEEN MADE. I AM AWARE THAT I AM GIVING UP LEGAL RIGHTS, INCLUDING THE RIGHT TO RECOVER DAMAGES FROM TFA IN CASE OF ILLNESS, INJURY, DEATH OR PROPERTY LOSS OR DAMAGE, INCLUDING EXPOSURE TO COVID-19 AND ANY ILLNESS, INJURY OR DEATH RESULTING THEREFROM. I UNDERSTAND THAT THIS DOCUMENT IS A PROMISE NOT TO SUE AND A RELEASE OF AND INDEMNIFICATION FOR ALL CLAIMS.

IF SIGNING ON BEHALF OF MINORS: This is to certify that I understand that this agreement is made on behalf of my minor child(ren) and/or legal ward(s). I represent and warrant to TFA that I have full authority to sign this agreement on behalf of such minor(s). As a parent/guardian with legal responsibility for this participant, I have read and explained the provisions in this agreement to my child/ward including the risks of presence and participation and his/her personal responsibilities for adhering to the rules and guidelines for protection against COVID-19. My child/ward understands and accepts these risks and responsibilities and I, my spouse, and child/ward have read and understand the terms of this agreement and agree to its terms.

 **SIGNATURE:** _____ **DATE:** _____

EMERGENCY CONTACT NAME: _____ **EMERGENCY CONTACT NUMBER:** _____



Outside/Community Covid-19 Waiver and Release for Minnetonka School District

Consistent with Executive Order 20-56, Minnetonka Public Schools will begin allowing limited access to its outdoor fields to authorized community groups as well as indoor facilities. Groups of more than 10 are not permitted, and all users must follow the Outdoor Recreation Guidelines maintained by the Minnesota Department of Natural Resources (<https://www.dnr.state.mn.us/covid-19.html>).

All users, groups, and individuals must adhere to the Minnesota Department of Health Guidelines for youth sports. Guidelines for interactions, skill work, and sizes of the pods (10 or less) per field/facility are outlined in this document. Updated 6/8/20 <https://www.health.state.mn.us/diseases/coronavirus/schools/youthsports.pdf>
Previous: (<https://www.health.state.mn.us/diseases/coronavirus/schools/youthsports.pdf>)

However, even with caution and preventative measures, an inherent risk of exposure to COVID-19 exists in any public setting where people from different households are present. COVID-19 is an extremely contagious disease that can be transmitted even by people who are asymptomatic and can lead to serious illness and death. By accessing the District's fields and indoor facilities, you and your child voluntarily assume all risks related to exposure of COVID-19.

****By signing (or electronic submission via email) below, I acknowledge that I understand the inherent risks associated with exposure to COVID-19 and am voluntarily assuming such risks in order for me and/or my child to utilize the District's facilities. I hereby release and waive, and further agree to indemnify, hold harmless, or reimburse the School District and its individual board members, agents, employees, and representatives, from and against any claim which I, my child, or any other party, may have or claim to have, for any losses, damages, or injuries arising out of or relating to exposure to COVID-19 in connection with my or my child's access to district facilities.****

****Participant or parent/guardian or coach certifies that they will comply with any applicable Executive Order from the Governor of Minnesota regarding field use or indoor facilities****

****Participant and parent/guardian understands that if participant displays any of the symptoms of Covid-19 they are NOT to attend activities on ISD 276 facilities and must quarantine for 14 days. For symptoms: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>**

If you do not complete this form you are not permitted to use ISD 276 facilities. * Required

We/I agree to all of the above information. (If you cannot answer 'Yes' you are unable to use district facilities or participate in programming using district facilities) *

Yes

WE/I understand the signs and symptoms of Covid-19 and will NOT attend ISD 276 facilities if any of them are present in the participant. This includes daily temperature monitoring as the participants responsibility. Symptoms can be found: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html> (If you cannot answer 'Yes' you are unable to use district facilities or participate in programming using district facilities) *

Yes

Parent's First Last Name * _____

Parent's Email* _____

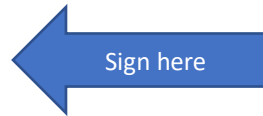
Student/participant First & Last Name* _____

Student's grade for 20-21 school year* _____

Student/participant Age* _____ Student/participant Email _____

Date of Participation (First day on campus)* _____

Parent's Signature* _____



Date _____