



Auburn Community Unit District No. 10



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COVID-19 SUMMER WORKOUT CONSENT

STUDENT NAME (PLEASE PRINT): _____

YEAR IN SCHOOL (PLEASE PRINT): _____

PURPOSE: *The purpose of this form is to obtain your consent for your student to participate in VOLUNTARY summer workouts at Auburn High School during the COVID-19 epidemic. By signing below, you give consent for your student to participate at the workouts at Auburn High School. This form must be returned at the first workout. Students who do not have a consent form signed will not be allowed to participate.*

To maintain the highest level of safety possible Auburn will institute the following State of Illinois, National Federation of High Schools, Illinois High School Association, and Auburn Community Unit #10 School District requirements:

- Maintain social distance by being 6 feet apart at all times
- Masks shall be worn when social distancing cannot be maintained
- Groups will be no larger than 10 which includes the coach/supervisor
- Groups of 10 or less must be pre-determined
- Once groups are determined, students may not switch from one group to another. Also students cannot switch groups based upon their sport. Students should use their fall group sport if they are a multi-sport athlete
- Interaction between groups that are on campus at the same time shall be avoided
- Sessions can only include weightlifting, running, and exercises designed to promote physical fitness
- 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. These screenings will include a temperature check, athletes participating, date and time, and symptoms they may present.
- Free weight exercises that require a spotter cannot be conducted while honoring social distancing norms. All safety measures in all forms must be strictly enforced in the weight room
- All sessions will be staggered 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 and location
- 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

PARENT/GUARDIAN NAME (PLEASE PRINT): _____

PARENT/GUARDIAN NAME (SIGNATURE): _____