

## **Starr Gymnastics & Parkour - CODE OF CONDUCT COVID-19**

### **We will help prevent COVID-19 infections by:**

- Staying home when me or my child feels sick
- Staying away from people who are coughing, or sneezing, or sick
- Washing our hands thoroughly and often with soap and water, before and after class/camp, or when we use the washroom
- Covering our coughs and sneezes with a tissue, or elbow.
- Always keeping at least 2 metres between me and others
- Not sharing food or water bottles
- Respecting the rules of Starr Gymnastics & Parkour and understanding our responsibilities in contributing to a safe environment

### **I Will care for the health and safety of others and understand that:**

- My child will be removed from class/camp immediately if he/she does not follow physical distancing or hygiene rules.

### **I Will care for my and my household's health and safety and I understand that:**

- I have a commitment to preventing COVID-19 by telling a coach, parent or guardian, or another adult if my child feels sick and to stop participating in class/camp immediately
- I should tell a coach, parent or guardian, or another adult if someone else tells me about cold or flu symptoms, or I see signs they might be sick
- If I or my household have been exposed to a suspected or confirmed case of COVID-19, my child will be removed from class/camp and will not be able to return to class/camp for 14 days

### **I Will take the time we need to recover because it is important for my health and we understand that:**

- If I have suspected or confirmed COVID-19, my child will be removed from class/camp and will not be able to return to class/camp until our entire household have been medically cleared
- My coach or another person such as the Manager or COVID-19 response coordinator will submit an incident report through the Starr Gymnastics & Parkour Injury Tracker if COVID-19 is suspected or confirmed.

## **Starr Gymnastics & Parkour - DECLARATION OF COMPLIANCE: COVID 19**

Disclosure of exposure or illness is required in order to safeguard the health and safety of all people and restrict the further outbreak of COVID-19. This information will be kept safely, and any personal information will not be disclosed unless required by law, or with your consent.

I, the Participant and the Participant's Parent/ Guardian (if the Participant is under the age of majority), hereby acknowledge and agree to the terms outlined in this document:

1) The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. Starr Gymnastics & Parkour have put in place preventative measures to reduce the spread of COVID-19; however, Starr Gymnastics & Parkour cannot guarantee that the Participant will not become exposed or infected with COVID-19.

2) The Participant is participating voluntarily and understands the risks associated with COVID-19 and agrees to assume those risks, including but not limited to exposure and being infected.

3) The Participant has not been exposed to a person with a confirmed or suspected case of COVID-19 without wearing proper and approved Personal Protective Equipment (PPE).

4) The Participant has not been diagnosed with COVID-19 or has been cleared as non-contagious by provincial or local public health authorities.

5) The Participant has not, nor has anyone in the Participant's household, experienced any signs or symptoms of COVID-19 in the last 14 days (including fever, sore throat, new or worsening cough, fatigue, chills and body aches, respiratory illness, difficulty breathing, nausea, vomiting, or diarrhea, pink eye, or loss of taste or smell, or other symptoms identified by public health experts).

6) If the Participant experiences, or if anyone in the Participant's household experiences, any signs or symptoms of COVID-19 after submitting this declaration, the Participant will immediately isolate, notify Starr Gymnastics & Parkour, and not attend any of Starr Gymnastics & Parkour's activities, programs or services until at least 14 days have passed since those symptoms were last experienced. Starr Gymnastics & Parkour will submit an incident report through the Starr Gymnastics & Parkour Injury Tracker for all cases of suspected or confirmed COVID-19.

7) The Participant has not, nor has any member of the Participant's household, travelled to or had a layover in any country outside Canada, in the past 14 days.

8) If the Participant travels, or if anyone in the Participant's household travels, outside Canada after submitting this declaration, the Participant will not attend any of Starr Gymnastics & Parkour's activities, programs or services until at least 14 days have passed since the date of return.

9) The Participant is following recommended guidelines, including but not limited to, practicing social distancing, trying to maintain separation of two metres (six feet) from others, adhering to recognized hygiene best practices and otherwise limiting the Participant's exposure to COVID-19.

10) The Participant will follow the safety, physical distancing and general hygiene protocols of Starr Gymnastics & Parkour.

11) If the Participant repeatedly or intentionally violates Starr Gymnastics & Parkour's safety, physical distancing or hygiene protocols, they will be removed from class/camp immediately.

12) This document will remain in effect until Starr Gymnastics & Parkour, per the direction of the provincial government and provincial health officials, determines that the acknowledgements in this declaration are no longer required.

## **INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT**

1. This is a binding legal agreement. Clarify any questions or concerns before signing. As a participant in gymnastics & parkour and the spectating, orientation, instruction, activities, competitions, programs, and services of Starr Gymnastics & Parkour (collectively the "Activities"), the undersigned, being the Participant and the Participant's Parent/Guardian (collectively the "Parties"), acknowledge and agree to the terms outlined in this document.

### **Disclaimer**

2. Starr Gymnastics & Parkour, and their respective members, employees, managers, coaches, participants, agents, owners/operators of the facilities in which the Activities take place, and representatives (collectively the "Organization") are not responsible for any injury, property damage, death, expense, loss of income, damage or loss of any kind suffered by the Participant during, or as a result of, the Activities.

### **Description and Acknowledgement of Risks**

3. The Parties understand and acknowledge that the novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19; however, the Organization cannot guarantee that the Participant will not become infected with COVID-19. Further, participating in the Activities could increase the Participant's risk of contracting COVID-19.

4. The Participant is participating voluntarily in the Activities. In consideration of that participation, the Parties hereby acknowledge that they are aware of the risks, dangers and hazards and may be exposed to such risks, dangers and hazards. The risks, dangers and hazards include, but are not limited to:

- a) Contracting COVID-19 or any other contagious disease;
- b) Physical contact with other participants including spotters whose role is to enhance safety and learning;

## **Terms**

5. In consideration of the Organization allowing the Participant to participate in the Activities, the Parties

agree:

- a) To comply with the rules and regulations for participation in the Activities;
- b) To comply with the rules of the facility or equipment;
- c) That COVID-19 is contagious in nature and the Participant may be exposed to, or infected by, COVID-19 and such exposure may result in personal injury, illness, permanent disability, or death; and
- d) That they are responsible for the choice of the Participant's safety or protective equipment and the secure fitting of that equipment.

6. In consideration of the Organization allowing the Participant to participate, the Parties agree:

- a) That the Parties are not relying on any oral or written statements made by the Organization or their agents, whether in brochure or advertisement or in individual conversations, to agree to participate in the Activities;
- b) That this Agreement is intended to be as broad and inclusive as is permitted by law of the Province of Ontario and if any portion thereof is held invalid, the balance shall, notwithstanding, continue in full legal force and effect.

## **Acknowledgement**

7. The Parties acknowledge that they have read this agreement and understand it, that they have executed this agreement voluntarily, and that this Agreement is to be binding upon themselves, their heirs, their spouses, parents, guardians, next of kin, executors, administrators and legal or personal Representatives.