



Dear Parents/Guardians,

We are currently in Stage 2 of the BC School Sports Return to School Sport plan. This means that co-curricular activities such as school sport may take place, but under the conditions as specified by the Ministry. During Stage 2, intra-school activities can take place within Educational Cohorts.

School District #63 Middle Schools are planning to begin offering limited after-school (or morning) activities. In order to organize these activities, students will need to **sign up for sessions ahead of time** (committing to all sessions) and will need to have **all permission forms and waivers completed before attending their session**.

Please note that these sessions are intended to be focused on skill development and will not be competitive in nature.

Responsibilities of Student-Athletes

- Wash your hands prior to and after participating in any school sports activities.
- Sign in to provide contact information
- Bring your own water bottle.
- Do not share equipment unless instructed it is safe to do so.
- Change into your sports apparel at home if possible.
- Consider wearing a mask while playing.
- Listen to your coach and keep to the area of the field/court the coach has instructed you to be in.
- As much as possible, keep a 2-meter distance from other players (physically distanced).
- Avoid physical contact with other players.
- Do not shake hands or do fist bumps, with other players.
- Avoid touching other equipment with your hands (ie cones, nets, etc).

Should any participants and/or individuals fail to follow these recommendations and guidelines, it may result in removal from participation.

Responsibilities of Parents

- Follow the [Daily Health Screening Checklist](#).
- Please ensure students are aware of the expectations to follow the safety guidelines at all times.
- Students should be dropped off and picked up no more than 15 minutes prior to the start/end of their session.
- Due to limitations on group numbers and the need to limit access to our schools, parents are requested to not enter the building at any time.

Sincerely,

Adam Ravenhill, Eric Stoehr and Maryke Jones



LIMSSA INFORMED CONSENT AND ASSUMPTION OF RISK

AGREEMENT (To be executed by Participants under the age of 19) **WARNING!** By signing this document, you will assume certain risks and responsibilities. Please read carefully.

Participants Name: _____ 1. This is a binding legal agreement. Clarify any questions or concerns before signing. As a Participant in school sport and the orientation, instruction, activities, programs, and services Lower Island Middle School Sport Association (LIMSSA) (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: Description of Risks 2. The Parties understand and acknowledge that: a) The Activities have foreseeable and unforeseeable inherent risks, hazards and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for serious bodily injury, permanent disability, paralysis and loss of life; b) LIMSSA may offer or promote online programming (such as webinars, remote conferences, workshops, and online training) which have different foreseeable and unforeseeable risks than in-person programming; c) LIMSSA has a difficult task to ensure safety and it is not infallible. LIMSSA may be unaware of the Participant's fitness or abilities, may give incomplete warnings or instructions, may misjudge weather or environmental conditions, and the equipment being used might malfunction; and d) The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. LIMSSA has put in place preventative measures to reduce the spread of COVID-19; however, LIMSSA cannot guarantee that the Participant will not become infected with COVID-19. Further, attending the Activities could increase your risk of contracting COVID-19. 3. 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) Executing strenuous and demanding physical techniques; c) Vigorous physical exertion, strenuous cardiovascular workouts and rapid movements; d) Exerting and stretching various muscle groups; e) The failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment; f) Spinal cord injuries which may render the Participant permanently paralyzed; g) Serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of the Participant's body or to the Participant's general health and well-being; h) Abrasions, sprains, strains, fractures, or dislocations; i) Privacy breaches, hacking, technology malfunction or damage; Appendix A j) Concussion or other head injuries, including but not limited to, closed head injury or blunt head trauma; k) Physical contact with other participants, spectators, equipment, and hazards; l) Not wearing appropriate safety or protective equipment, such a helmet; m) Failure to act safely or within the Participant's ability or within designated areas; n) Grass, turf, and other surfaces including bacterial infections and rashes; o) Collisions with fences, poles, stands, and softball equipment; p) Negligence of other persons, including other spectators, participants, or employees; q) Weather conditions; and r) Travel to and from competitive events and associated non-competitive events which are an integral part of the Activities. We have read and agree to be bound by paragraphs 1 and 3. Terms 4. In consideration of LIMSSA allowing the Participant to participate in the Activities, the Parties agree: a) That the Participant's mental and physical condition is appropriate to participate in the Activities; b) That when the Participant practices or train in his or her own space, the Parties are responsible for the Participant's surroundings



and the location and equipment that is selected for the Participant; c) To comply with the rules and regulations for participation in the Activities; d) To comply with the rules of the facility or equipment; e) That if the Participant observes an unusual significant hazard or risk, the Participant will remove themselves from participation and bring such to the attention of a LIMSSA representative immediately; f) The risks associated with the Activities are increased when the Participant is impaired and the Participant agrees not to participate if impaired in any way; g) That it is their sole responsibility to assess whether any Activities are too difficult for the Participant. By the Participant commencing an Activity, they acknowledge and accept the suitability and conditions of the Activity; h) That they are responsible for the choice of the Participant's protective equipment and the secure fitting of the protective equipment; i) 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 voluntarily agree to assume all of the foregoing risks. 5. In consideration of LIMSSA allowing the Participant to participate, the Parties agree: a) That the Parties are not relying on any oral or written statements made by LIMSSA or their agents, whether in brochure or advertisement or in individual conversations, to agree to be involved in the Activities; and b) That LIMSSA is not responsible or liable for any damage to the Participant's vehicle, property, or equipment that may occur as a result of the Activities. We have read and agree to be bound by paragraphs 4-5. Appendix A General 6. The Parties agree that in the event that they file a lawsuit against LIMSSA, they agree to do so solely in the province of British Columbia, Canada and they further agree that the substantive law of British Columbia will apply without regard to conflict of law rules. 7. The Parties expressly agree that this Agreement is intended to be as broad and inclusive as is permitted by law and that if any of its provisions are held to be invalid, the balance shall, notwithstanding, continue in full legal force and effect. Acknowledgement 8. 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.

Name of Participant (Print) _____

Signature of Participant _____

Date of Birth _____

Name of Parent/Guardian (Print) _____

Signature of Parent/Guardian _____

Date Signed _____

