

**ACKNOWLEDGMENT AND AGREEMENT  
FOR BEHAVIORAL STANDARD  
FOR PARTICIPATION IN EXTRACURRICULAR ATHLETIC OR ACTIVITY**

I \_\_\_\_\_, the parent/guardian of \_\_\_\_\_, will follow the requirements for in-person participation and/or attendance at any extracurricular athletic and activity event. I understand and acknowledge strict adherence to these standards are imperative to promote and help protect the health of my child and all participants/attendees.

I, my child, and my family, will adhere to all safety protocols, procedures, and requirements set forth for participation and/or attendance at any extracurricular athletics and/or activities including but not limited to: social distancing requirements, mask wearing, hand washing and sanitizing, prohibiting the sharing of drink bottles, and limiting access to locker rooms and bathrooms, etc.

Furthermore, I represent and agree:

- Neither my child nor any person residing in my household have been diagnosed with, demonstrated any symptoms of, or have in any way knowingly been exposed to COVID-19, within the fourteen (14) calendar days preceding the first day of physically participating in or attending the Activity.
- I will not send my child to extracurricular athletics and/or activities if he or she, or any person residing in my household, is diagnosed with an infectious disease including COVID-19, 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 he or she is picked up promptly. I will follow-up with an authorized health care provider/health department and comply with recommended quarantine or isolation measures as directed. If my child is ill, I understand that a release to return to in-person activity from an authorized health care provider may be required.
- I agree that I will promptly inform the appropriate HCA administrator if my child is diagnosed with COVID-19.

**Signs and Symptoms of COVID-19:**

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

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

**HCA VERY STRONGLY DISCOURAGES THE IN-PERSON PARTICIPATION OR ATTENDANCE OF ANYONE WHO IS IMMUNOCOMPROMISED OR AMONG THE POPULATIONS IDENTIFIED AS HIGH RISK BY THE CDC.**

I further agree that I and my family will follow the above requirements for in-person attendance at any extracurricular athletic and activity event. I understand and acknowledge strict adherence to these standards are imperative to promote and help protect the health of my family and all attendees. If my student or my family members fail or refuse to abide by any of the above, their attendance will not be allowed and such failure or refusal can be grounds for prohibiting participation in the extracurricular athletics and/or activity.

Date: \_\_\_\_/\_\_\_\_/2020

Parent/Guardian \_\_\_\_\_ Parent/Guardian \_\_\_\_\_  
Print Name Signature

Student \_\_\_\_\_ Student \_\_\_\_\_  
Print Name Signature

**WAIVER OF LIABILITY AND HOLD HARMLESS  
FOR COMMUNICABLE DISEASES INCLUDING COVID-19  
FOR EXTRACURRICULAR ATHLETIC AND/OR ACTIVITY PARTICIPATION**

Student Name: \_\_\_\_\_

Grade: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Parent(s)/Guardian(s) Names: \_\_\_\_\_

Parent/ Guardian phone: Work: \_\_\_\_\_ Home: \_\_\_\_\_ Cell: \_\_\_\_\_

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 proximity. While rules, guidance, and personal discipline may reduce this risk, the risk of serious illness and death does exist. Horse Creek Academy ("HCA") **cannot completely mitigate the transfer of communicable diseases like COVID-19 especially when involved in [sport or activity] (the "Activity"). Participation in the Activity includes possible injury as well as possible exposure to and illness, injury, and/or death from infectious diseases including COVID-19, as well as spread from the exposed/infected participant or attendee to others.**

I understand that participation in the Activity is not required. The Activity is voluntary and may expose my child/student to risks of injuries and infectious diseases such as COVID-19. I understand practices, attendances and/or sessions currently are not mandatory. HCA administrators, staff, and coaches respect that families may choose that their child not attend or participate in the Activity due to at-risk persons within the family or household or other reasons. I understand that my child will in no way be penalized for not attending these voluntary practices and/or sessions.

I understand and acknowledge that HCA will practice reasonable preventative measures, created with reference to guidelines set forth by the South Carolina Department of Education, the South Carolina High School League, the South Carolina Department of Health and Environmental Control, and the Centers for Disease Control, to prevent injuries and the spread of infectious diseases, including COVID-19. However, I understand and acknowledge that HCA cannot eliminate the risks of injury or exposure to and illness, injury, and or death from infectious diseases, including COVID-19.

**I understand and accept that there remains an inherent risk that my child and/or family may be exposed to and become infected with communicable diseases such as COVID-19 through participation in or attendance at the Activity. I understand and acknowledge that HCA cannot and does not warrant, guarantee, or offer assurances that my child and/or my family will not be exposed to COVID-19 while participating in or attending the Activity or that individuals will not then expose others to COVID-19.**

In consideration for my child participating in the Activity and any related transportation to and from Activity-related events, I voluntarily agree to waive and discharge any and all claims against HCA and release it from liability for any injury and/or any exposure to or illness or injury from an infectious disease including COVID-19, including claims for any recklessness, grossly negligent, and negligent actions of HCA or its employees or agents, to the fullest extent allowed by law, for myself, my child, my family, our estates, our heirs, our administrators, our executors, our assignees, and our successors, to the extent I legally can. I understand and accept full legal responsibility for any spread of infectious diseases, including COVID-19, to anyone from my child's, my family's, or my exposure due to participating in or attending the Activity.

I also agree to release, exonerate, discharge, indemnify and hold harmless HCA, its Board of Directors, the individual members thereof, and all 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 injury or 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 the Activity

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, my family, and the above-named student.

**I certify that I have read this document in its entirety and fully understand its contents. In exchange for the opportunity to participate in the Activity, the above-named student and I freely and voluntarily assume all risks of such hazards, including our responsibility of spread to others, and notwithstanding such, release HCA from all liability for any loss regardless of cause, and claims arising from the student's participation in or attendance at the Activity as fully set forth above.**

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Legal Guardian Signature

\_\_\_\_\_  
Date

# Concussion INFORMATION SHEET



**CDC HEADS UP**  
SAFE BRAIN. STRONGER FUTURE.

This sheet has information to help protect your children or teens from concussion or other serious brain injury. Use this information at your children's or teens' games and practices to learn how to spot a concussion and what to do if a concussion occurs.

## What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

## How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
  - Work with their coach to teach ways to lower the chances of getting a concussion.
  - Talk with your children or teens about concussion and ask if they have concerns about reporting a concussion. Talk with them about their concerns; emphasize the importance of reporting concussions and taking time to recover from one.
  - Ensure that they follow their coach's rules for safety and the rules of the sport.
  - Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. However, there is no “concussion-proof” helmet. So, even with a helmet, it is important for children and teens to avoid hits to the head.



**Plan ahead.** What do you want your child or teen to know about concussion?

## How Can I Spot a Possible Concussion?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just “don't feel right” after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

### Signs Observed by Parents or Coaches

- Appears dazed or stunned
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events *prior to* or *after* a hit or fall

### Symptoms Reported by Children and Teens

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness, or double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Confusion, or concentration or memory problems
- Just not “feeling right,” or “feeling down”

**Talk with your children and teens about concussion.** Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren't serious, or worry that if they report a concussion they will lose their position on the team or look weak. Be sure to remind them that *it's better to miss one game than the whole season.*



[cdc.gov/HEADSUP](http://cdc.gov/HEADSUP)



## CONCUSSIONS AFFECT EACH CHILD AND TEEN DIFFERENTLY.

While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your children's or teens' healthcare provider if their concussion symptoms do not go away, or if they get worse after they return to their regular activities.

### What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other
- Drowsiness or inability to wake up
- A headache that gets worse and does not go away
- Slurred speech, weakness, numbness, or decreased coordination
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching)
- Unusual behavior, increased confusion, restlessness, or agitation
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously

**Children and teens** who continue to play while having concussion symptoms, or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious, and can affect a child or teen for a lifetime. It can even be fatal.

### What Should I Do If My Child or Teen Has a Possible Concussion?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a healthcare provider and only return to play with permission from a healthcare provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's healthcare provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a healthcare provider should assess a child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury. But you may not know how serious the concussion is at first, and some symptoms may not show up for hours or days.

The brain needs time to heal after a concussion. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a healthcare provider.

To learn more, go to [cdc.gov/HEADSUP](http://cdc.gov/HEADSUP)



**CDC HEADS UP**



**Discuss the risks of concussion and other serious brain injuries with your child or teen, and have each person sign below.**

Detach the section below, and keep this information sheet to use at your children's or teens' games and practices to help protect them from concussion or other serious brain injuries.

I learned about concussion and talked with my parent or coach about what to do if I have a concussion or other serious brain injury.

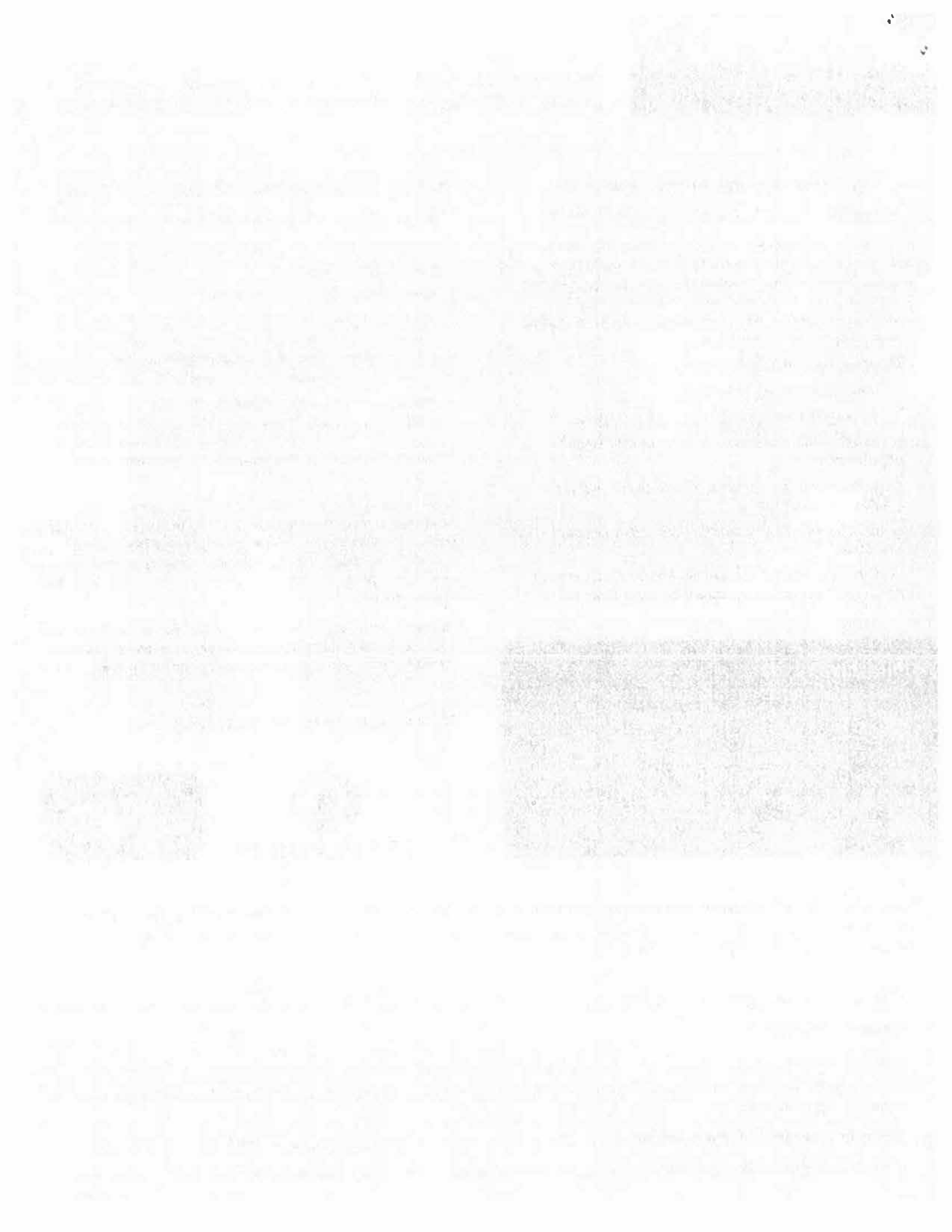
Athlete's Name Printed: \_\_\_\_\_ Date: \_\_\_\_\_

Athlete's Signature: \_\_\_\_\_

I have read this fact sheet for parents on concussion with my child or teen, and talked about what to do if they have a concussion or other serious brain injury.

Parent or Legal Guardian's Name Printed: \_\_\_\_\_ Date: \_\_\_\_\_

Parent or Legal Guardian's Signature: \_\_\_\_\_





## Horse Creek Academy

### Student-Athlete Parent Expectations and Sportsmanship Policy

#### How I Can Help My Child's Athletic Experience

1. Allow your child to perform and progress at a level consistent with their ability. Athletes mature at different ages and some are more gifted than others.
2. Teach your child to enjoy the thrill of competition and that improving skills and attitude are important.
3. Don't relive your athletic life through your child! This creates added pressure that your child does not need. This is your child's experience, let them enjoy it.
4. Don't compete with the coach. Keep in mind that they are balancing the development of your child with the growth and progress of an entire athletic team. Often coaches have many considerations that are not obvious to parents.
6. Remember, young athletes tend to exaggerate when being praised and/or criticized. Temper your reaction until you investigate.
7. An athlete's self-confidence and self-image will be improved by support at home. Comparison to others is discouraged. Encourage the athlete to do their best regardless of family or friends who may have been outstanding players.
8. Insist on positive behavior in school and a high level of performance in the classroom. Numerous studies indicate extracurricular involvement helps enhance academic performance.

The job of an athlete parent is tough and takes a lot of effort to do it well. However, it is worth the effort when you hear your child say, "My parents really helped. I am lucky in this respect."

#### I Am Ready For The Game

1. Cheer for our team and players. Opponents and referees deserve respect. Realize that players and officials will make mistakes. Your support is needed when things aren't going well.
2. Concentrate on what is best for the team. Preoccupation with statistics can be very distracting.
3. Attempting to communicate with coaches, players, or officials during a game only creates tension and is completely unacceptable. Be a respectful spectator.
4. Conduct that draws unwanted attention to oneself usually leads to embarrassment for your child. Please keep their well-being in mind at all times. Don't jeopardize losing the opportunity to watch your child participate.

### How Do I Communicate The Right Way

Coaches have the authority over who becomes a participant of the team and when the participant plays or is removed from the team. The coaching staff determines coaching strategy. Acceptance of a position on the team includes acceptance of this policy. It is a privilege, not a right, to be a member of an athletic team. Appropriate concerns to discuss with coaches:

1. Situations involving your child.
  2. Ways to help your child improve.
  3. Your child's attitude, work ethic, and eligibility.
4. Concerns about your child's behavior Issues that are not appropriate to discuss with coaches or AD:
1. Playing time of any student-athlete
  2. Team strategy, practice organization, or play calling.
  3. Other student-athletes

Procedures to follow if there is a concern to discuss with a coach:

1. Your child should speak to the coach about an issue, before you intervene. This will help our student athletes grow into young adults.
2. Contact the coach to set up an appointment. Give the coach a brief summary of what you want to discuss. This enables the coach to prepare to give you the best possible answers to your question(s). If the coach cannot be reached, contact the athletic director. The athletic director will assist you in arranging a meeting. Coaches will not talk to you unless you have arranged an appointment.
3. If a meeting with the coach did not provide a satisfactory resolution, call to schedule an appointment with the athletic director to discuss the situation. The 24-Hour Rule will be utilized for any in-season communication with the coaching staff. Contact with the coaching staff will not be allowed until 24 hours after an athletic event. The only exception to this rule is reporting an injury, illness or emergency situation.

Please read the paragraph and sign it and return it to the coach by the end of the first week of practice. Failure to sign this document will exclude the athlete from participation in practices and athletic events until it has been signed. Please keep the expectations and policy handout. Only return the signed part of the form.

As a parent I have read the Student-Athlete Parent Expectations and Sportsmanship Policy. I understand the ways I can help my child have the best athletic experiences possible, as well as the procedure for communicating with my child's coach and will adhere to guidelines set forth for doing so. Furthermore, I understand the importance of Good Sportsmanship and agree to the school's policy.

Parent Name(print): \_\_\_\_\_

Parent Signature: \_\_\_\_\_