

## **REC & ED COVID 19 WAIVER & INFORMATION GUIDELINES**

**I agree to make all my team members aware of this Covid 19 Notice before our first game/match. I also agree to have all members of my team follow all current masking and social distancing requirements. I understand that if these guidelines are not followed, that games and/or the league may be cancelled.**

### **Screen Yourself Before Coming to any Adult Team Sport Game**

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***Do not attend Rec & Ed Adult Team Sport Games if you or a member of your household:***

1. Are experiencing any of the following COVID-19 symptoms:
    - Fever of 100.4 or higher, or feeling very warm and flushed
    - Chills
    - Cough
    - Shortness of breath or difficulty breathing
    - Fatigue (very tired)
    - Muscle or body aches
    - Headache
    - New loss of taste or smell
    - Sore throat
    - Congestion or runny nose
    - Nausea or vomiting
    - Diarrhea
  2. Have been advised within the last 14 days to quarantine or self-isolate due to symptoms of COVID-19 and/or while awaiting results of a COVID-19 test.
  3. Have been in close contact with a person diagnosed with COVID-19 or under quarantine for possible COVID-19.
  4. Are not feeling well for any reason.
  5. Are immunocompromised or have an underlying medical condition that puts you at higher risk.
  6. Have travelled domestically or internationally, including on a cruise ship, within the past two weeks.
- ★ **By attending Rec & Ed Team Sport games/matches, you are acknowledging that none of the above applies to you or a team member.**
- ★ **If you are experiencing COVID-19 symptoms, contact your healthcare provider.**