

REC & ED COVID 19 CLASS/ ACTIVITY PARTICIPATION WAIVER & INFORMATION GUIDELINES

By initialing this waiver, I am agreeing to read the Covid 19 waiver and information notice. I, along with all family members, will follow all guidelines listed. I also agree to follow all current masking and social distancing requirements. I understand that if these guidelines are not followed, that I will not be able to participate in any Rec & Ed in-person programming.

Screen Yourself Before Coming to any In-Person Rec & Ed Class /Activity

Do **not** attend any in-person Rec & Ed Activity 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 in-person Rec & Ed programs, you are acknowledging that none of the above applies to you or a household/family member.

★ If you are experiencing COVID-19 symptoms, contact your healthcare provider.

If you or any member of your immediate family is diagnosed with Covid 19 during the time frame of any Rec & Ed class/activity participation please contact us as soon as possible. (All information will be kept strictly confidential. It is imperative to the reduction in the spread of this virus that we have this information so we can take appropriate action.)