

RAM Field Hockey Guidelines

The list of rules/regulations are to be as followed for the well-being of each athlete, coach, and family.

A. COACHES PROTOCOL

- a. When speaking to players as a group/ individually masks must be worn.
- b. Take temperature when players arrive to practices outside gymnasium.
- c. Take attendance

B. PLAYER PROTOCOL

- a. Must have temperature checked upon arrival before going into gymnasium.
- b. As soon as you are clear to go into practice begin getting ready.
- c. Maintain social distance.
- d. Bags should be placed socially distanced.
- e. Do not touch any field hockey balls with your hands, use your stick.
- f. Players must wear face masks to/from practice.

C. PARENT PROTOCOL

- a. Make sure your child has their waiver signed on the first day of practice.
- b. Parents CAN'T stay- this is for the well-being of the athletes/families/coaches.

MUST HAVES

1. Shin Guards
2. Mouth Guards
3. Sneakers/Court Shoes
4. Indoor Field Hockey Stick (NO SHARING)
5. Bring your OWN water bottle- NO SHARING/ NO WATER FOUNTAINS ARE TO BE USED
6. Please bring your own hockey FACE MASKS

DON'TS

1. DO NOT share Shin guards
2. DO NOT share mouth guards
3. DO NOT share shoes
4. DO NOT share hockey face masks
5. DO NOT share field hockey sticks
6. DO NOT share water bottles
7. DO NOT share masks
8. DO NOT share towels
9. DO NOT high five/shake hands/ hug.

- **If players display any signs or symptoms of COVID-19 they will be sent home**
- **Please arrive 15 minutes prior to open play so that we can start with the player protocol before you step into the gymnasium.**
- **** IF YOU FEEL SICK, PLEASE STAY HOME!!! ****

Release & Authorization Statement

I, the legal parent/guardian of (registrant) _____, agree that I and the registrant will abide by the rules and bylaws of RAM FIELD HOCKEY. Recognizing the possibility of physical injury associated with sports and activities and in consideration for RAM FIELD HOCKEY accepting the registrant for their sports programs and activities, I hereby release, discharge and/or otherwise indemnify RAM FIELD HOCKEY, their affiliated organizations and sponsors, employees and associated personnel, against any claim by or on behalf of the registrant as a result of the registrant's participation in the programs.

Participation Waiver for Communicable Diseases Including COVID-19

The COVID-19 pandemic has presented athletics/extracurricular activities across the world with a myriad of challenges. The COVID-19 virus is a highly contagious illness that primarily attacks the upper respiratory system. The virus that causes COVID-19 can infect people of all ages. Research from the Centers for Disease Control, among others, has found that while children do get infected by COVID-19, relatively few children with COVID-19 are hospitalized. However, some severe outcomes have been reported in children, and a child with a mild or even asymptomatic case of COVID-19 can spread the infection to others who may be far more vulnerable. While it is not possible to eliminate all risk of furthering the spread of COVID-19, the current science suggests there are many steps schools can take to reduce the risks to students, coaches, and their families.

Possible symptoms of COVID-19 as provided by the CDC:

1. Any symptom may appear 2-14 days after exposure to the virus.
2. Fever or chills
3. Cough
4. Shortness of breath or difficulty breathing
5. Fatigue
6. Muscle or body aches
7. Headache
8. New loss of taste or smell
9. Sore throat
10. Congestion or runny nose
11. Nausea or vomiting
12. Diarrhea

ANY STUDENT EXPERIENCING ANY OF THESE SYMPTOMS ARE TO NOT TO ATTEND ANY PRACTICES OR TOURNAMENTS, REGARDLESS OF A COVID-19 DIAGNOSIS.

I understand that participating in extracurricular programs, events, and activities may include a possible exposure to a communicable disease including but not limited to MRSA, influenza, and COVID-19. While particular recommendations and personal discipline may reduce the risk, the risk of serious illness and death does exist. I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of others, and assume full responsibility for my participation. I willingly agree to comply with the stated expectations put forth by RAM Field Hockey to limit the exposure and spread of COVID-19 and other communicable diseases. We certify that _____ is in good physical condition or believe _____ to be in good physical condition and allow participation in this activity at our own risk. And by signing below, I agree to each statement above and release RAM Field Hockey from any and all liability for unintentional exposure or harm due to COVID-19.

Signature of Parent/Guardian: _____ Date: _____

Signature of Student Athlete: _____ Date: _____

Printed Student Name: _____