

M.E. LaZerte Athletics Cross Country Cohort Consent Form

(Version 1: Sept. 21, 2020)

Student Name:

To Parent(s) or Guardian(s)

Please carefully read the contents of this consent form before signing it. Clarify any concerns with the teacher-leader or principal before signing it. This consent form must be signed and returned to the school before your child will be allowed to participate in the athletic activity at M.E. LaZerte High School. By signing this consent form you have agreed that you and your child has read through the government of Alberta's *Guidance for Sport, Physical Activity and Recreation - Stage 2* document

((<https://www.alberta.ca/assets/documents/covid-19-relaunch-sports-physical-activity-and-recreation.pdf>) as well as the amendments outlined in this form (page 2).

Description of the Activity

Purpose or Educational goal:

At this time of uncertainty surrounding Coronavirus COVID-19 and the impact on our lives, the first and foremost responsibility of schools will be the health and safety of all involved in education. School athletics is important for the physical, social, emotional and mental health of student athletes and coaches, and the M.E. LaZerte Athletics Department believes in taking all precautions to make sure this can happen safely within our school community.

Proposed itinerary:

At this time, the M.E. LaZerte Athletics department has developed a phase 2 return-to-play plan based on the outlines of the [Government of Alberta](#) (GOA), the Edmonton Public School Board (EPSB), and the [Alberta High School Athletics Association](#) (ASAA).

The EPSB is committed to taking all necessary precautions including going above and beyond what is required and recommended by the GOA. The district is allowing extra-curricular cohorts to practice and play within a strict set of guidelines. These guidelines have been developed with great care to the safety of students and staff within the M.E. LaZerte High School community.

Number of participants – students and supervisors: A cohort will consist of no more than 50 persons including coaches, staff, and students. At this point, and based on the recommendations of EPSB **only** staff of M.E. LaZerte high school will be involved with the cohort. This may be revisited at a later date.

Principles for Return to activities

- ☐ Participant health and safety will be the highest priority. To continue with a successful relaunch of activity we must follow all [public health guidelines](#), practice physical distancing, good hygiene, and acting responsibly.
- ☐ At this point there will be no travel outside of the school. All activities will involve only students and staff from M.E. LaZerte High School.
- ☐ All information is subject to change based on recommendations from EPSB and the GOA.

Detailed description of contingency plan:

The EPSB and the administration of M.E. LaZerte will have full authority to make all decisions concerning extra-curricular activities. This includes discontinuing the sessions, deciding who can and can't attend, as well as any changes made during the seasons of play.



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Detailed description of any unusual or significant hazards:

During play and practice an athlete is exposed to certain volleyball related risks that might result in injury or exposure to illness (including the COVID-19 pandemic). This might include, sprains, breaks, concussions and contusions. Coaches have valid first aid and have completed concussion awareness courses and will attempt to do what is in the athlete's best interest in terms of injury. Please read the *emergency procedures* in the case that a student becomes injured or sick.

Description of the Supervision

Name of teacher-leader in charge: Jesse Bacque (Head Coach), Riley Carleton (Athletic Director) and Kevin MacAlpine (Assistant Athletic Director)

Supervisory arrangements: As of September 21st, only M.E. LaZerte staff will be allowed to coach and volunteer with participants. A maximum of 50 participants (including all staff) will be M.allowed in the gym.

Safety precautions*:

Training and Practice Sessions

- ☐ All participants and their guardians (if under the age of 18) are required to read the GOAs *Guidance for Sport, Physical Activity and Recreation - Stage 2* document:
<https://www.alberta.ca/assets/documents/covid-19-relaunch-sports-physical-activity-and-recreation.pdf>
- ☐ All participants will be required to complete the [screening questionnaire](#) and the [M.E. LaZerte Activity Session Sign-in](#) before being allowed to participate. The sign-in will be used for contact tracing in case of any participants test positive for COVID-19. This information will only be shared if requested by Alberta Health Services (AHS).
- ☐ Athletes and coaches will strive to maintain a distance of 2 metres throughout the activity.
- ☐ The teacher/coach will be expected to wear a mask when possible at all times except when running. When running everyone will still maintain social distance.
- ☐ There will be no spectators or parents allowed in the school at any time. This extends to any competition that may take place (as of Sept 21, 2020, competition is not allowed).
- ☐ Participants expectations:
 - ☐ Be changed and have used the bathroom prior to attending the session.
 - ☐ Wash and sanitize hands before, during, and after all sessions.
 - ☐ Avoid touching their faces, and cough or sneeze into their elbows (long hair is encouraged to be tied back in an effort to avoid face touching)
 - ☐ Participants must bring and label their own water bottles and equipment.
 - ☐ Avoid cheering, singing, and contact between participants (handshakes, high fives, fist pumps, etc.)
 - ☐ Athletes are encouraged to wear a mask when not doing physical activity.
 - ☐ Food should not be consumed during the sessions and water should not be shared.
 - ☐ Follow the directional signage entry and exits, as well as the floors.
 - ☐ There will be no congregation of any persons before or after sessions. All persons are expected to leave the facility as soon as they are able.



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*M.E. LaZerte Athletics is prioritizing the safety of the school community first and foremost (i.e. no spectators, no outside people in the school, etc.), thus some of these guidelines go above and beyond what is expected by the GOA. These precautions are in line with the EPSB and have the safety of our coaches and students in mind.

Emergency procedures to be followed in the event of injury, illness, or unusual circumstances:

- In the event of an injury or illness, a typical emergency response to be followed by supervisory staff may include the following:
 - assessment of the situation and provision of first aid as necessary
 - decision to involve emergency response teams (paramedics, etc.)
 - contact with parent/guardian/emergency contact (when possible)
 - decision to proceed with emergency assistance and necessary medical treatment
- Unusual circumstances may include plans to respond to any students whose unacceptable behaviour interferes with the safe, respectful or orderly operation of the field trip.
- Parents, school administration, and District Support Services will be notified of any emergencies by phone.
- **If any of the participants come in sick or become sick during the activity, the following requirements apply:**
 - Individuals will be asked to maintain distance and leave the session immediately.
 - Symptomatic individuals should follow all required hygiene policies on their way out (sanitization and masks).
 - Parents/guardians will be called (if a student is under the age of 18).
 - Individuals will arrange, with assistance from coaches/staff for immediate transportation to their home to begin isolation. Public transportation should be avoided.

Thank you for considering your child's participation in this extracurricular activity at Strathcona High School..

Principal: Kim Backs

Athletic Director: Riley Carleton



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Consent and Authorization

Important: Parent(s)/Guardian(s). The following sections contain important information. Please read them carefully and ensure that you understand them completely.

Changes to Itinerary and Associated Costs

I understand that the activities will follow the description of the sessions set out above as closely as possible. I also understand that contingencies can arise that necessitate sudden changes to activities and destinations.

I agree that the supervisors of the activities have full authority to make decisions of this nature without obtaining my further consent.

If such changes involve extra cost, I agree to repay the school district for those costs associated with my child.

Cancellation of Extracurricular Activities

I understand that the Superintendent of Schools has full authority to cancel or modify any activity without notice for any reason the Superintendent deems appropriate.

I also understand that such cancellation may mean that some or all of the money I have paid for the activity might not be refundable.

I agree that the Superintendent of Schools has such authority and that the school district will not reimburse me for any money I may have lost as a result of such cancellation.

Discipline

I understand that my child must obey the rules established by the school and the activity supervisors.

I agree that if my child severely breaches the rules he or she might be sent home.

I agree that if my child is sent home under such circumstances, I will be responsible for all associated costs incurred, including the cost of special travel arrangements.

Illness and Injury

I understand that illness and injuries sometimes may occur during these activities. I understand that during these times, there is a risk COVID-19 virus can be transmitted to the cohort.

I agree that if illness or injury necessitates the expenditure of money for special travel arrangements or any other reason deemed necessary by the activity supervisors, I will be responsible for all of those costs.

I authorize any of the adult supervisors on the activity to consent to any medical attention my child may require.

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Extracurricular Activity: Cross Country 2020

Sessions Dates: Sept 21 - Oct 30th *Subject to change based on season of play set out by the ASAA or weather permitting.

Cost to the student: \$0 (if the situation changes and the competition is allowed, there will be another form sent out with expectation of some league related costs.)

Consent

I have read and understood all of the information in this package.

I have read the *Guidance for Sport, Physical Activity and Recreation - Stage 2*

(<https://www.alberta.ca/assets/documents/covid-19-relaunch-sports-physical-activity-and-recreation.pdf>) and agree to the amendments made by the school outlined in this document (page 2).

I have obtained any additional information I feel I need to satisfy myself that I want my child to participate in the extracurricular activity.

I consent to the participation of my child named below in the extracurricular activity.

I understand that photos or videos of students attending or participating in a field trip that is open to the general public may be taken by participants, others, or the media, and that Edmonton Public Schools cannot control or prevent the further distribution of these images.

I also consent to my child's participation in all activities associated with the activity except as I have specified below:

Student's Name: (please print) _____

Parent/Guardian Name: (please print) _____

Parent/Guardian Signature: _____

Date: _____

Other information:

Student's Medical Information (please advise us of any known medical condition(s), allergies, dietary restrictions, fears, etc.): _____

For Office Use Only:

This signed consent form must be retained for 3 years, according to the School Retention Schedule.

