



## PARTICIPATION AGREEMENT

*Participant* is defined as anyone involved in Capital Jumpers programs including athletes, coaches, volunteers, and parents/guardians.

*Event* is defined as any practice, competition, workshop, meeting, performance, demonstration, or other organized Jump Rope activity.

### **Return to Jump Rope Expectations**

This form has been developed to help Participants understand what is expected of them as a requirement of returning to Jump Rope with Capital Jumpers. The goal is to ensure that Participants are properly prepared and have a safe, positive experience.

Participants who want to return to Jump Rope programs must have a parent or guardian (if under 18 years of age) that is able to review the below guidelines with them.

Capital Jumpers wants to provide a safe and positive return to Jump Rope experience for all but understands that the changes needed to ensure the safety of all Participants may not be the most suitable experience for all Participants. It is important to do an honest appraisal as to if a Participant will be able to cope in the environment below.

Although athletes will be supervised and supported by an assigned coach, athletes will need to manage many aspects of the guidelines relatively independently. Coaches, volunteers and parents/guardians are expected to manage independently.

Please confirm the Participant will be able to meet the requirements as listed.

### **Registration and Contacts:**

- Athletes, coaches, and volunteers must be registered with Capital Jumpers, and their medical information current for the 2020-2021 season.
- Participants must have a contact that is available by phone during their practice or event in the event they need to be called immediately.

Contact's Name: \_\_\_\_\_

Contact's Phone #1: \_\_\_\_\_

Contact's Phone #2: \_\_\_\_\_

### **Requirements to Participate:**

- Participants must be familiar with and abide by all Capital Jumpers requirements before starting programs.
- Participants must understand the guidelines around physical distancing and abide by those guidelines while participating in Jump Rope activities.
- Participants must understand the purpose of physical boundaries and must be able to independently stay within these barriers. (i.e. cones or markers may be used to cordon training areas.)
- Participants must understand that failure to observe physical distancing risks the closure of the facility and all programs, and as such if Participants breach physical distancing requirements, they may be asked to leave practice and may be suspended from future participation.

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- A Participant experiencing any symptoms of COVID-19 should not come to the program. Participants must not attend if they answer “yes” to any of the following:
  - Do you have COVID-19?
  - Are you experiencing any known symptoms of COVID-19, such as fever, cough, shortness of breath or feeling unwell?
  - Have you travelled internationally during the past 14 days?
  - Have you, in the past 14 days, knowingly come into contact with someone who has COVID-19, who has known symptoms of COVID-19, or is self-quarantining after returning to Canada?
  - Have you been following government recommended guidelines for COVID-19 including practicing physical distancing?
- Participants must consider their own risk - if they are at higher risk of experiencing serious illness from COVID-19, consider limiting or avoiding participation in Jump Rope activities for the time being.

### Personal Hygiene Expectations:

- Participants must be willing to wash or sanitize their hands when asked throughout the duration of the practice or event, including sanitizing upon entering and exiting the facility.
- Participants must understand and be physically able to cover mouth and nose with a disposable tissue or the crease of their elbow when sneezing or coughing.
- No handshaking, high fives, hugging etc. from arrival at the event until departure.
- Do not assume that washroom facilities will be open at any training facility. If washrooms are available/open, coaches will provide direction on use.

### Program Arrival/Departure:

- Participants must have transportation, or mode of transportation, that does not force them to loiter for long periods of time at the venue before and/or after Events.
- Participants must only travel with members of their family or individuals who reside at the same address.
- Participants must understand if they arrive prior to the coaches, they need to remain a reasonable distance from the point of entry, as well as physically distancing from any other athletes or individuals who may also be waiting.
- Participants will wait until coaches tell them to enter the program area.
- Participants agree to go through a health screening prior to each event.

### Equipment Expectations

- Participants agree to sanitize the equipment used throughout their practice with approved cleaning products provided by the club (shared and personal equipment).
- Participants agree to abide by all of Capital Jumpers policies and guidelines.

### Personal Items:

- Participants must be able to bring their own water bottle and all required equipment.
- Participants must sanitize their own equipment between practices and events. This will require any grip tape or other markings to be removed for cleaning, then reapplied.
- If Participants are comfortable and prefer to wear a mask, they must bring their own. Masks cannot be worn during physical activity.



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### Training Groups:

- If assigned to a cohort, the Participant agrees not to join a cohort for another sport or recreational activity.
- The athlete understands that any training of skills that breach physical distancing requirements, inside or outside of practices, will result in suspension from the club.

### Behaviour Expectations:

- Participants understand that if they do not abide by Capital Jumpers policies and guidelines, they may be asked to leave the club for up to 14 days to help protect themselves and others.
- Participant acknowledges that continued abuse of the policies or guidelines may result in suspension of my club membership.
- Participants acknowledge that there are risks associated with entering club facilities and participating in club activities, and that the measures taken by the club and participants will not entirely eliminate those risks.

Participant Name: \_\_\_\_\_

For Participants who are younger than 18 years of age: As a parent/guardian, you confirm that you have reviewed the return to Jump Rope expectations with this Participant and that they understand them and have the ability to follow them without support.

I hereby state that this Participant has been informed of and can abide by the expectations and protocols above.

\_\_\_\_\_  
Parent/guardian signature

\_\_\_\_\_  
Date

I understand and can meet the above expectations and protocols.

\_\_\_\_\_  
Participant signature

\_\_\_\_\_  
Date