

Charlotte Ambush is taking every precaution to prepare and provide a safe environment for our community to return to training and eventual return to play. We believe that entering into a safe playing space is a covenant we enter into with our coaches, players and parents. Below are the guidelines we will follow in conjunction with federal, state and local rules issues at the time of each event and the guidelines set by USFHA.

I certify that I will not participate in any Charlotte Ambush sponsored event if:

- I am exhibiting any symptoms of the coronavirus: mild to severe respiratory illness with fever, cough and difficulty breathing, or other symptoms identified by the CDC.
- If I have been in contact with someone with COVID-19 in the last 14 days, and
- if I am a vulnerable individual. A vulnerable individual is an elderly individual and/or an individual with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma and those whose immune system is compromised such as by chemotherapy for cancer and other conditions requiring such therapy. (In Phase Three, a vulnerable individual can resume public interactions, including playing tennis, but should practice physical distancing.)

I understand that Charlotte Ambush is taking all reasonable precautions to create a safe playing environment and I will not hold Charlotte Ambush, its staff, coaches or agents responsible should they contract or should anyone in our community contract Covid-19. I understand that the Charlotte Ambush coaches have all committed in writing by signing this document that they are following the federal, state and local guidelines.

**PREPARING TO PLAY OR COACH \_\_\_\_\_ (Initial)**

I certify that I will take the following steps to protect against infections prior to attending any Charlotte Ambush sponsored event:

- Wash your hands with disinfectant soap and water (for 20 seconds or longer), or use a hand sanitizer if soap and water are not readily available, before going to the field.
- Clean and wipe down your equipment, including stick, gloves, shin guards, goalkeeping equipment & water bottles. I will not use any other equipment such as mouth guards, shin guards, socks, sticks, or water bottle. I will keep my mouth guard in my possession at all times.
- Bring a full water bottle to avoid touching a tap or water fountain handle.
- Consider taking extra precautions such as wearing indoor gloves.
- If you need to sneeze or cough, do so into a tissue or upper sleeve, and then wash your hands or use hand sanitizer.
- Arrive as close as possible to when you need to be there.
- Avoid touching court gates, fences, benches, etc. if you can.

**WHEN PLAYING or COACHING \_\_\_\_\_ (Initial)**

I certify that I or my child will take the following steps to protect against infections while participating in any Charlotte Ambush sponsored event:

- Avoid physical contact when possible. Do not make physical contact with them (such as shaking hands or a high five).
- Avoid touching your face after. Wash your hands promptly if you have touched your eyes, nose or mouth.
- Avoid sharing food, drinks or towels.
- Use your stick to move balls and hit them to your opponent. Only coaches are allowed to touch balls or cones with their hands.
- Remain 6 feet apart, or as far apart as is practical, from other players when taking a break.

**AFTER PLAYING OR COACHING \_\_\_\_\_ (Initial)**

I certify that I or my child will take the following steps to protect against infections while participating in any Charlotte Ambush sponsored event:

- Leave the court as soon as reasonably possible.
- Wash your hands thoroughly or use a hand sanitizer after coming off the court.
- Do not use the locker room or changing area. Shower at home.
- No extra-curricular or social activity should take place. No congregation after playing.

- All players should leave the facility immediately after play.

By signing below, you acknowledge on your behalf and on behalf of your minor child(ren) that you understand any possible risk of contracting COVID-19 by participating in programs offered by Charlotte Ambush, and that you undertake any risk with full knowledge of such. You also understand by signing below that you are not obligated to participate in programs offered by Charlotte Ambush if you do not choose to undertake any risk of contracting COVID-19 from such facilities.

Parent Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Participant Signature \_\_\_\_\_ Date \_\_\_\_\_