

Dublin XC Ski Club COVID-19 ACKNOWLEDGMENT, AWARENESS, AND AGREEMENT

All employees, families and students of the DublinXC Ski Club (DublinXC) have an important role in maintaining the health and safety of our community by being accountable to stop the spread of COVID-19. As a member of DublinXC, I acknowledge that I must take steps to stay healthy and to protect others and to promote a safe practice and training environment. I pledge to take responsibility for my health, the health of my family, and to help stop the spread of COVID-19 by taking precautions in my daily living.

The highest priority of DublinXC is the safety of its skiers, volunteers, coaches, and families. I know that by engaging in Club activities, including practices, team meetings, clinics, races and events, I may be exposed to COVID-19 and other infections. I know as a parent/ guardian, I may expose DublinXC to COVID-19 or other infections if I am not careful in my daily activities. I also understand that despite all reasonable efforts by DublinXC, I can still contract COVID-19 and other infections.

In order to reduce my risk, I agree to be an active participant in maintaining my own health, wellbeing and safety, as well as the safety of others, by following all of the guidelines and expectations outlined by DublinXC.

As more information is gathered and known, I understand DublinXC may modify these guidelines and expectations. It is my responsibility to make every effort to keep myself informed of changes or updates to protect myself and the DublinXC community.

It is my pledge to protect myself, my peers, and the DublinXC community by the following:

- If identified as a close contact, I agree to monitor for symptoms carefully and test if any symptoms develop. If symptomatic, I will not attend DXC events until results from testing prove negative.
- If I test positive for COVID-19, I agree to self-quarantine until:
 - o My symptoms have resolved, and
 - o It has been at least five days since the start of my symptoms, and
 - o I wear a N-95 or KN-95 mask for five additional days
 - o I have a negative COVID-19 test result.
- Timely report any known or potential exposures to COVID-19 to the head coach of your skier.
- Monitor for the following symptoms prior to each practice/visit to the DS Nordic Center:
 - o A fever of 100.4° or higher
 - o Respiratory symptoms, such as dry cough or shortness of breath
 - o Sore throat
 - o Headache
 - o Body aches

o Chills

o Loss of taste or smell

- If I develop any of the above symptoms, I will contact the appropriate DublinXC coach and follow their instructions, which may include taking a rapid COVID test.

- I will stay at home or isolate myself if I am feeling sick.

- I will participate fully and honestly with DublinXC for contact tracing.

- I will practice physical distancing as much as possible.

- I will frequently wash and/or sanitize my hands.

- I will keep my personal space, shared common spaces and my personal belongings clean.

I understand that COVID-19 is a highly contagious virus and it is possible to be exposed to the virus even if I follow all of the safety precautions recommended by DublinXC, described in this document, and recommended by the CDC, local and State health officials, and others. I understand there is no known way to make me completely safe from COVID-19 or other infections.

I have read, understand, and agree to comply with all of these expectations. I also acknowledge that these expectations and this pledge are a condition of my participation in DublinXC activities and that my failure to comply may lead to my immediate removal from DublinXC. I take these responsibilities seriously and will do my part to protect myself and the DublinXC community.