

I understand I could get Coronavirus through attending group activity with the Northeast Arc Recreation Department. I am choosing to participate in Recreational activities at my own risk. During the time these precautions are needed, I agree to the following to help keep me and my fellow participants safe:

	If I have COVID-19 symptoms, I will stay at home and NOT go to any activities until 7 days after all of my symptoms are over. If I am exposed to COVID-19 and have no symptoms, I can return 14 days after exposure.
	The Recreation Department gave me education on the NEARC Recreation guidelines for COVID-19, High risk facts and I will follow these policies.
	Upon arrival to a Northeast Arc Recreation program, I will wait in my vehicle with a mask on until a staff member approaches to take my temperature. Temperatures must be below 100.4 degrees Fahrenheit to attend in person programming.
	I know that before or when I get to a NEARC Recreation activity, they will ask me some questions about symptoms and exposure to COVID-19. They will also take my temperature upon arrival. I will answer truthfully and participate fully.
	I know that if I have a high-risk condition, I have more risk that I could get sick or die from COVID-19. If I have a high-risk condition, I should not go to Recreations activities or events in person, until there is little or no Coronavirus in my community.
	I will keep at least 3 feet from all participants, staff and volunteers at all times.
	I will wear a mask when applicable according to the Recreation Department current Covid-19 guidelines. I may not have to wear a mask if I have an underlying health condition (must provide paperwork from a health practitioner beforehand.)
	I will wash my hands for 20 seconds or use hand sanitizer before any activities. I will wash my hands or use hand sanitizer any time I sneeze, cough, go to the bathroom or get my hands dirty.
	I will not share drinking bottles, food, equipment or towels with other people.
	I will only share equipment when instructed to.
	If I get or have had COVID I will not go to any in-person NEARC recreation activities programs or events until 7 days after my symptoms end. I will go to my doctor and get written clearance before returning to any activities and submit it the Recreation Department in advance.
	I understand that if I do not follow all of these rules, I may not be allowed to participate in NEARC Recreation activities during this time.

I HAVE READ ALL OF THIS AGREEMENT OR HAVE HAD IT READ TO ME AND AGREE TO FOLLOW THESE ACTIONS

PARTICIPANT FULL NAME: _____

Phone: _____ **Email:** _____

Circle one: Participant Volunteer Recreation Staff (FT/PT)

PARTICIPANT SIGNATURE *(required for adult (age 18+) participants, including adult participants with capacity to sign documents)*

By signing this, I acknowledge that I have completely read and fully understand the information in this form.

Signature: _____ **Date:** _____

PARENT/GUARDIAN SIGNATURE *(required for participant who is a minor (younger than age 18) or lacks capacity to sign documents)*

Signature: _____ **Date:** _____

Fact Sheet on who is at Higher Risk from COVID-19

Subject to Change

Version: 8-21-2020

Who is at higher risk of COVID-19?

COVID-19 is a new disease and information is changing on who is more likely to get COVID-19 and who is will have more complications. Based on currently available information and clinical expertise, people with intellectual and developmental disabilities may be at higher risk of severe illness resulting in death from COVID-19. Current clinical guidance and information from the U.S. Centers for Disease Control and Prevention (CDC) and World Health Organization (WHO) lists those at high-risk for severe illness from COVID-19 as:

- People 65 years and older (Risk increases with age)
- People who live in a nursing home or licensed long-term care facilities

Regardless of age, individuals with underlying conditions, such as the following, are or maybe at increased risk of severe illness from COVID-19:

- People with chronic lung disease, chronic obstructive pulmonary disease or moderate to severe asthma
- People who have serious heart conditions (including heart failure, coronary artery disease, congenital heart disease, cardiomyopathy, hypertension)
- People who are immunocompromised
 - Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications
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- People with obesity (body mass index [BMI] of 30 or higher). To calculate BMI, refer to:
 - https://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/english_bmi_calculator/bmi_calculator.html
- People with diabetes (Type 1 and 2)
- People with chronic kidney disease
- People with liver disease
- People with dementia

The list may change as evidence is learned. Please review the latest list of conditions that put individuals at increased risk available at the CDC website (<https://bit.ly/2VEJcSK>)

If you are at a high risk, you may be putting yourself at risk when you return to activities with Special Olympics. But, you may also put your family and your teammates at risk. If you have these conditions, you should not return to Special Olympics in person activities until Phase 3. If you have been diagnosed with COVID-19, you should consult with a healthcare professional for written medical clearance before returning to Special Olympics in person activities as serious cardiac, respiratory, and neurological issues may develop as a result of COVID-19.