

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 and who is at high-risk.
	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 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 will keep at least 6 feet/ 2meters from all participants and staff at all times.
	I will wear a mask at all times while at NEARC Recreation activities, programs and events occur. I may not have to wear it during active exercise, when six feet social distancing is possible outdoors and/or 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 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 will not attend programming if I have visited a 'hot spot' state (outside of CT,ME, NH, NJ,NY or VT) within 14 days of recreation programming and answer truthfully when asked.
	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:** \_\_\_\_\_