

2021 CORONAVIRUS PANDEMIC INFORMED CONSENT AND WAIVER FORM

(This informed consent and waiver of liability form must be signed before starting/resuming classes at Hawaii Academy.)

We are amidst unusual challenges to our health and wellness, particularly with the risk of COVID-19 and other threats caused by the pandemic. Hawaii Academy is doing everything possible to comply with recommendations set forth by the Centers for Disease Control and the Hawaii State Department of Health, and more. It is the responsibility of the member families to determine if the risks are acceptable. If they are not, PLEASE WAIT until you are comfortable with the environment we provide. Please do not return to classes until you are ready to accept the inherent risks associated with both gymnastics instruction and potential exposure to the Coronavirus.

If you decide to start or return to (the new normal) classes now, please read the following policies and sign this form, thereby indicating that you have read, understand, agree, and do not hold Hawaii Academy responsible for not doing more than we plan to do at this time. Thank you in advance for your support and encouragement during this time of opportunity to focus on what is most important for our families and community.

I (the reader) understand and agree to each of the following policies/procedures:

- **Limited or No Spectator Seating.** We provide spectator seating as allowed by Oahu Government Regulations for distancing, total occupancy, and CDC restrictions. At the Honolulu Gym, physical distancing of the students in entry staging requires using all available spectator space in the gym. Thus, HA recommends dropping off students or watching through the large roll door. This is not a time to bring additional family members, guests, or others to watch students doing classes. Only students attending classes should be in the gym during class times. Spectator seating will only be allowed when the total number of active participants on the floor is sufficiently low to allow spectators and the distancing requirements are honored by everyone. [The Pearl Harbor and Waipahu Gyms are likely to not have much limitation.] **I will do my part to reserve gym space for students and instructors.**
- **Classes Are Five Minutes Shorter This Summer.** Adult-child, preschool, and beginner (1hr) classes are now **50 minutes in duration**, instead of 55 minutes, to allow rapid exiting of the classes before staging (temperature check and health/travel query) before the next class enters. Likewise, intermediate (2hr) classes will be 110 minutes instead of 115 minutes. **I will help make it easy for students to enter the gym for classes and leave the gym quickly** (so those in subsequent classes may enter without violating our occupancy limitations).
- **Use Designated ENTRY and EXIT Doors.** Gym doors are labelled entry or exit to indicate the traffic flow that requires everyone entering the gym to be screened for elevated temperature, illness symptoms, and potential exposure to the Coronavirus/COVID. Upon entering the gym please go directly to the manager on duty to be screened for staying in the gym (EVERYONE MUST BE SCREENED, including all non-participants).
 - At the **Honolulu Gym**, the large roll door facing the street is now the entry door and the small single door by the restrooms is the exit door.
 - At the **Pearl Harbor Gym**, the entry door is by the office desk and both the side doors and back door (near Battleship Drive) may be used as exits.
 - The **Waipahu Gym** has no doors and will depend on cooperation to accomplish distancing. The main reason for this one-way traffic is to ensure that all students and employees are given a temperature test and queried about their potential virus exposure. **I agree to help direct foot traffic as needed and remind everyone to be health screened on entry.**
- **Physical Distancing.** Whenever possible, everyone should distance themselves six feet from others. **I will remind all in our family/group to physically distance from others whenever possible.**
- **Bring a Face Mask, Water Bottle, Gym Bag, and Positive/Supportive Attitude.** Please only use the water fountains to refill water bottles. Students will take their water bottle with them in their gym bag (along with mask, gym shoes, and other items needed to participate in classes) as they move around the gym. Do not use the cubbies this summer, students should use their personal bags instead. **I agree to help students learn**

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to use gym bags and to keep them out of the training areas.

- **Face Covering.** Until notified otherwise, FACE MASKS ARE TO BE WORN BY EVERYONE WHILE IN A GYM (as mandated by Oahu Mayor Caldwell), except children five years old and under (per US CDC Advisory). The only exception is in the Honolulu Gym during US national team training when high performance trampoline team members are doing double and triple flips high in the air (they may wear their mask under their chin when high bouncing but must raise their mask to completely cover their nose and mouth before leaving the trampoline bed). **I will help remind everyone around us in the gym to wear a mask as required by Honolulu Government.**
- **Entry Illness Screening.** Everyone entering Hawaii Academy facilities will receive an infrared forehead temperature test and be asked about flu/COVID-like symptoms as well as potential exposure to individuals having COVID-19. Those not willing to submit to testing must vacate the premises immediately. Anyone with a temperature of 100.0 F or greater (or has any other signs/symptoms of COVID-19), has traveled out-of-state in the past 14 days (without a negative COVID-19 test result), or has been in direct contact with someone diagnosed as having COVID-19 (without a negative COVID-19 test result) will not be allowed to enter. **I agree to help facilitate this entry staging process, especially the health screening of everyone.**
- **Facilities and Equipment Cleaning.** Everyone is expected to wash their hands or use hand sanitizer frequently (recommended before, during, and after class/rotations). Instructors, managers, and parent volunteers are expected to disinfect common area surfaces frequently throughout the day. **I will help in whatever way I can to help keep the gym disinfected and encourage good health habits.**
- **Symptom Free.** I guarantee that all in my party are COVID-19 symptom free, are unlikely to have been exposed to the virus, and will not enter the gym with COVID-19 symptoms or any other illness. Our very presence in classes indicates my perception that all in our party are in good health.
- **Physical Contact.** There will be no physical contact among students and their instructor/coach (i.e., no high fives, hand shaking, "touching" in general), except by the instructor/coach as needed to ensure safety (e.g., hands-on spotting). We plan to resume friendship/respect contacts as the reported cases of COVID-19 diminishes. I agree to avoid such contact and remind those around me that this is a summer policy.
- **Restroom Use.** To minimize restroom use, **I agree to use the toilet at home, wash thoroughly, and bring students to the gym ready for instruction** (i.e., in gym attire with hair tied back, if needed), especially at the Pearl Harbor Gym where there is no plumbing to the building thus no toilets (only outside port-a-potties).
- **Cooperation/Support.** **I gladly support reopening Hawaii Academy and will help in whatever ways I can to create a safe and positive educational environment.**

I, _____ (designated family spokesperson/representative), on this date, am choosing to begin/resume membership at Hawaii Academy. I knowingly and voluntarily agree to this waiver for myself, my heirs, executors, assigns, and personal representatives. I hereby waive any and all rights, claims, or causes of action arising from any contraction or infection of the COVID-19 virus as a result of my participation in Hawaii Academy activities and I hold harmless Hawaii Academy (including their Board of Directors, employees, members, agents, and representatives). I understand there are inherent risks associated with gymnastics activities and potential exposure to the Coronavirus, and I accept all known dangers and risks. I confirm that no one in my family has tested positive for COVID-19 nor do we have symptoms currently related to COVID-19. Also, we have not traveled outside the United States in the last four weeks, nor have we had any contact with anyone who may have had any symptoms consistent with COVID-19, including but not limited to fever, cough, nausea, diarrhea, vomiting, shortness of breath, loss of smell/taste, etc.

Print Name of Active Student(s)

Date Signed

Print Name of Adult Student/Parent/Guardian

Signature of Adult Student/Parent/Guardian