



American Canoe Association
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COVID-19 PARTICIPATION IN TRAINING AND COMPETITIONS AGREEMENT AND WAIVER

Congratulations, you have registered to travel, train and compete with the U.S. Canoe & Kayak Team (“Team”) this summer and fall. Your ability to train with the Team during the COVID-19 pandemic is contingent upon your agreement to the rules outlined in this COVID-19 PARTICIPATION IN TRAINING AND COMPETITIONS AGREEMENT AND WAIVER and the terms and conditions described on the ACA website page

<https://www.americancanoe.org/page/Internationaltravel>.

Please read this document carefully before signing. If you have any questions before signing, please contact Rok Sribar, General Manager High-Performance Programs (rsribar@americancanoe.org).

The ACA is committed to protecting athlete health. As part of this commitment, we have developed an infectious disease management strategy designed to reduce the risks of transmission of COVID-19 at events while allowing athletes to train and compete.

COVID-19 is a disease caused by the SARS-CoV-2 virus. This highly contagious virus is spread primarily through respiratory droplets from infected individuals. There is no vaccine or effective treatment for COVID-19, and it can result in serious health problems, including death. Until effective vaccinations or treatments are developed, the primary method of prevention of COVID-19 is through physical distancing, personal hygiene measures (e.g., hand washing, proper coughing/sneezing etiquette), wearing facial coverings, not sharing equipment, thorough cleaning procedures, identification of infected individuals or those exposed to infected individuals (i.e., contact tracing), and quarantining those individuals until they are no longer infectious.

While it is impossible to eliminate all risk of COVID-19 transmission, the ACA has implemented a rigorous infection prevention program to keep you and your fellow participants as safe as possible during training and competitions. For this program to be successful, we need everyone to commit to the process. As such, in consideration for you being allowed to travel, train and compete with the Team, you agree to comply with each of the following:

1. Attend a COVID-19 education session prior to your arrival at the Team training or competition venue.
2. Prior to engaging in any training or competition activities:
 - a. Undergo a medical screening exam, including laboratory tests for COVID-19 (PCR and antibody tests).

- b. If it is determined that you previously had COVID-19, you agree to undergo additional cardiac testing as recommended by USOPC sports medicine prior to initiating your training program to screen for life-threatening cardiac complications associated with the COVID-19 infection.
3. Comply with all infection prevention and training guidelines, which may be updated from time to time.
4. Abide by the isolation protocol outlined below (or as otherwise required by the local health authorities) in the event you are exhibiting symptoms and/or have been exposed to someone with COVID-19.

Education & Infection Prevention/Training Guidelines

As noted above, you are required to attend an education session and follow all applicable infection prevention and training guidelines to train and compete with the Team. The education session and required infection prevention and training guidelines are based on current guidance provided by public health authorities concerning COVID-19 and its risks as well as best practices for mitigating the spread of the disease. Note that this guidance is frequently changing, and the ACA reserves the right to update infection prevention and training guidelines and other rules of participation at any time. The ACA will inform you of such changes when they occur. Currently, the infection prevention and training guidelines that you are required to comply with include, but are not limited to, the following:

- Complete a daily self-symptom survey and temperature check, and accurately report findings from these assessments to the applicable ACA staff via email.
- Wear facial covering at all times when at Training or Competition venues except during training where the facial cover would inhibit exercise or potentially be dangerous.
- Cover your cough or sneeze with a facial tissue or your elbow.
- Avoid touching your face.
- Wash your hands for more than 20 seconds or use hand sanitizer frequently.
- Stay more than six feet away from people when not exercising or more than 12 feet away when exercising.
- Do not share food, water bottles, towels, or other personal hygiene products.
- Access only those areas you have been authorized to access and follow all local venue cleaning protocols (which includes cleaning all equipment before and after use).
- Do not come to training or competition if you are sick, experience symptoms, or you have been exposed to someone with COVID-19. In such cases, notify the applicable ACA staff immediately.

We strongly encourage you to minimize community activities outside your accommodations when not at the training or competition venue. Try to minimize your activities outside of the shelters to essential errands (e.g., shopping, going to the pharmacy, getting gas, etc.) and

activities (e.g., individual training outside with your equipment) to protect yourself and the athletes and staff you train with from COVID-19 infection. Please try to avoid situations and activities that expose you to groups of people when physical distancing cannot be maintained.

Isolation Protocols Due to Exposure

If you are experiencing symptoms or are exposed to someone with COVID-19, you will be placed into 14-days isolation. Your family member or a legal guardian will facilitate any necessary medical care. If you are diagnosed with COVID-19, you will not be allowed to leave isolation until it has been a minimum of 10 days since your symptom onset, you have been symptom-free for 72 hours, and you have two negative COVID-19 PCR tests.

Acknowledgment

In consideration of being allowed to travel, train, and compete with the Team, I agree to comply with all rules and procedures outlined in this COVID-19 PARTICIPATION IN TRAINING AND COMPETITIONS AGREEMENT AND WAIVER. I understand all rules and procedures are subject to change based on changes in public health guidance and that such changes will be communicated to me. I UNDERSTAND THAT MY FAILURE TO COMPLY WITH THE HEALTH AND SAFETY MEASURES OUTLINED IN THIS DOCUMENT, OR ANY UPDATED HEALTH AND SAFETY MEASURES MAY RESULT IN TERMINATION OF MY ACCESS TO TRAINING AND COMPETITIONS WITH THE TEAM.

Whenever I use any of the training and competition facilities, I will keep in mind that COVID-19 is extremely contagious. No vaccine or treatment is yet available, and people who have COVID-19 may be asymptomatic or experience mild symptoms that go undetected. While the ACA is implementing best practices to reduce the risk of COVID-19 spread, the ACA cannot entirely eliminate this risk. Even with best practices, it is not possible, at this time, to eliminate the risk of contracting COVID-19 while outside or in semi-public places, including while traveling and at training and competition venues. I understand that as a member of the Team, I must take adequate precautions to protect myself and others.

I expressly understand and affirm that, by electing to travel, train and compete with the Team, I am assuming the risk of possible exposure to or infection with COVID-19. I hereby: (1) release the American Canoe Association (ACA), United States Olympic and Paralympic Committee (USOPC), and any and all Local Organizing Committees (LOCs) from any liability associated with COVID-19, (2) waive any and all claims against the ACA, USOPC, and LOCs arising from or related to COVID-19, and (3) agree to hold the ACA, USOPC, and LOCs harmless in connection with any matter arising from or related to COVID-19.

Persons over the age of 18

I have read this COVID-19 PARTICIPATION IN TRAINING AND COMPETITIONS AGREEMENT AND WAIVER, fully understand its terms, and sign it freely and voluntarily without any inducement.

Signature:

Date:

Name (Printed):

Parent or Legal Guardian (for persons under the age of 18)

I represent that I am the parent or legal guardian of the below-named minor and that I am not prohibited by a court order or otherwise from consenting to this COVID-19 PARTICIPATION IN TRAINING AND COMPETITIONS AGREEMENT AND WAIVER on behalf of the below-named minor. I have read this COVID-19 PARTICIPATION IN TRAINING AND COMPETITIONS AGREEMENT AND WAIVER, fully understand its terms, and sign it freely and voluntarily on behalf of the below-named minor without any inducement.

Minor Name:

Parent/Legal Guardian Signature:

Parent/ Legal Guardian Name (printed):

Relationship to Minor:

Date:

Office of the Athlete Ombudsman

The USOPC Office of the Athlete Ombudsman is available to provide independent and confidential advice to elite athletes on sport-related rules, policies, and processes and assist in resolving athlete concerns and disputes. Athletes may contact the Office of the Athlete Ombudsman at ombudsman@usathlete.org or 719-866-5000 or visit their website for more information.