



Summer Conditioning Program - Consent Form

Student's Name _____ Grade _____

The Connecticut Interscholastic Athletic Conference (CIAC) allows schools to conduct non-mandated out-of-season conditioning programs provided students are not coerced to participate and as long as the programs do not interfere with other educational, athletic or family commitments.

We feel the program we are offering can be very beneficial to your child's growth and development and encourage them to participate. However, this program is not an interscholastic athletic program; therefore, you should always make certain your child is medically able to participate in the rigors such a program demands.

As a voluntary participant, I understand that such activity may involve the potential for injury and the possibility of exposure to the COVID-19 virus, which is inherent in all sports. Even with strict observance of rules, injuries are still a possibility.

As a voluntary participant, I understand that the school or anyone acting in its behalf, are not responsible for any injury occurring in the course of this voluntary activity.

Signature of Parent/Guardian / Date

As a student athlete of St. Paul Catholic High School, I am willing to participate in a planned out-of-season conditioning program of my own free will and I am willing to abide by the following:

- I will attend only at times specified and remain with my cohort / group for all sessions.
- I will adhere to all COVID guidelines and social distancing standards.
- I will participate only under the supervision of a coach or certified adult.

Signature of Student Athlete / Date

COVID Guideline / Conditioning Instructions

- Please self-assess your health before you leave your house. If any COVID symptoms are present please stay home and follow up with a physician for testing.
- **Please enter campus wearing MASK**, a health assessment will be performed prior to your session (we recommend that masks be worn at all times when you are not engaged in physical activity). **You should also exit the fields when your session is complete wearing a MASK.**
- **DO NOT BRING ANY SPORTS EQUIPMENT.** These are physical fitness sessions only.
- Bring ample water and please label your water container well.
- Please leave campus as soon as your conditioning session is over. Do not congregate socially on the fields or in the parking lot.
- Check the school website for **CANCELLATIONS** due to rain or excessive heat / humidity.