



Training Contagion Waiver and Release

A precautionary *Coronavirus Liability Release Form* due to the outbreak of the novel Coronavirus (COVID-19) will be required for EACH in-person training session until further notice. I understand that it is LESS than twenty-four (24) hours in advance of my in-person training session(s) for (mm/dd/yyyy) .

Symptoms of COVID-19 as outlined by the Center for Disease Control include but are not limited to:

- 1) Sudden loss of taste and/or smell 2) Fever 3) Fatigue 4) Dry cough 5) Difficulty breathing.

I, agree to the following: I understand the above symptoms and affirm that I, as well as all household members, do not currently have, nor have experienced the symptoms listed above within the last 14 days.

I affirm that I, as well as all household members, have not been diagnosed with COVID19 within the last 30 days. I affirm that I, as well as all household members, have not knowingly been exposed to anyone diagnosed with COVID-19 within the last 30 days.

I affirm that I, as well as all household members, have not traveled outside of the country, or to any city outside of our own that is or has been considered a "hot spot" for COVID-19 infections within the last 30 days. I understand that Kelly "Khadijah" Diggs, Diversity Inclusion Syndicate by Khadijah Triathlete (D. I. S. K.), the associated Team and Board Members cannot be held liable for any exposure to the virus or any other contagion caused by misinformation on this form or the health history provided by each client/athlete.

By signing below I agree to each above statement and release Kelly "Khadijah" Diggs, Diversity Inclusion Syndicate by Khadijah Triathlete (D. I. S. K.), the associated Team and Board Members from any and all liability for the unintentional exposure or harm due to COVID-19. Kelly "Khadijah" Diggs, Diversity Inclusion Syndicate by Khadijah Triathlete (D. I. S. K.), associated Team and Board Members agree that they abide by these same standards and affirm the same. We also affirm that we have improved and expanded our sanitation protocols to more thoroughly fight the spread of COVID-19 and other communicable conditions.

In addition to basic State required COVID Protocols, Kelly "Khadijah" Diggs, Diversity Inclusion Syndicate by Khadijah Triathlete (D. I. S. K.), the associated Team and its Board Members REQUIRE:

- ALL athletes to wear masks when they cannot maintain GREATER than six (6) feet of physical distance.
- Group training sessions have five (5) or fewer participants INCLUDING coaching staff.
- Masks be worn when not actively engaged in training. It is encouraged that athletes keep their masks on whenever it does not impede their ability to breathe as needed for activities.
- Athletes adhere to COVID protocols for any event that they participate while associated with Kelly "Khadijah" Diggs, Diversity Inclusion Syndicate by Khadijah Triathlete (D. I. S. K.), the associated Team and Board Memembers.

Signature

Date