

FALL XC SERIES 2020 - ATHLETE and DRIVER WAIVER, RELEASE and AGREEMENT ALDERBROOK GOLF COURSE

As the parent of a participant involved in Hydrangia Ranch Fall XC Time Trial Series at Alderbrook Golf Course 7300 Alderbrook Rd. Tillamook, Oregon 97141, I and my child agree to and will adhere to all Covid-19 protocols and procedures stated below. Failure to abide by the rules and regulations below will result in immediate loss of opportunity to participate in any events and removed from the facility and not be allowed to return until further notice.

- My child and/or I will complete the screening process each day at the proper check-in point at the assigned time. *If I arrive LATE, I will be denied entrance and will need to return on my next assigned day.*
- *Athlete and Driver will keep socially distanced (6 ft apart) at ALL times* (during time trial, in restrooms, all facilities, and while entering and exiting).
- *Athlete and Driver will thoroughly wash hands (hand sanitize) immediately upon entrance of the facility, during workouts, and when exiting the facility.*
- During warm ups, and when entering and exiting the facility, *athletes will wear a face covering* at all times. While racing athletes will agree to remain 6' from other runners or wear face covering while passing fellow runners. All Drivers will wear a mask/face covering upon exiting their vehicle and while on Alderbrook Golf Course property.
- Plastic shields covering the entire face will not be allowed during participation due to the risk of unintended injury to the person wearing the shield or others.
- *Physical contact between athletes, drivers and event staff will not be allowed.* I will not shake hands, hug, fist-bump or high-five.
- Restrooms: *Athlete and Driver will be required to use hand sanitizer after using the restroom and maintain social distancing of 6 feet at ALL times.*
- Athletes and Driver are required to sneeze or cough into a tissue or inside of elbow and avoid touching any part of my face. No spitting will be allowed. *If I sneeze or cough, I will be required to wash my hands immediately.*
- Hydration: Water stations will NOT be provided for athletes or drivers. Athletes and drivers will be required to bring their own individual water bottle labeled with your name on it. Athletes are prohibited from sharing water bottles with anyone. Please note: *Without a personal water bottle, athletes will not be allowed to participate.*
- *Athlete will wear their own warm up/competition clothing and will shower and wash my workout clothing/towels immediately upon returning home. There will be NO shared athletic equipment* (towels, clothing, shoes, or sport specific equipment) between athletes or coaching staff.
- I acknowledge the CDC warning that certain people are at higher risk for severe illness from Covid-19. This includes people over 65 years of age, and those with underlying medical conditions including asthma, diabetes, obesity, and people who are immunocompromised. I recognize that if any of those conditions apply to me, I am at greater risk if exposed to the Coronavirus.

By signing this waiver and release, I acknowledge the contagious nature of Covid-19 and assume the risk that my child and/or I may be exposed to or infected by Covid-19 by attending the Fall XC Series on or off the ranch. The organizers will take reasonable preventative measures to reduce the spread of Covid-19 and will institute procedures to attempt to decrease the spread of the disease.

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I agree to release forever Pat Zweifel, Tom Rothenberger, Mac Lavier, Rothenberger Running llc, Alderbrook Golf Course, its Directors, Employees, Agents, Representative, Coaches, and Affiliates from any and all liabilities, claims, actions, damages, penalties, suits, costs or expenses of any nature whatsoever arising out of or any way related, directly or indirectly to any exposure or infection of Covid-19 to yourself or members of my family.

Please sign below to acknowledge that you have read, understand and agree to all above protocols, procedures, waiver and release.

Participants Printed Name _____

Parent/Guardian Printed Name _____

Parent/Guardian Signature _____

Date _____