



COVID-19 Fact Sheet and Assumption of Risk Agreement

The new coronavirus (COVID-19) is a respiratory illness caused by a virus (SARS-CoV-2) that can spread person-to-person. This virus has spread throughout the world causing an international pandemic. The United States and Washington State have declared public health emergencies to combat this disease. The purpose of this Fact Sheet is to make sure you are aware of this illness so you can take steps to protect yourself and others during your experience. This document is also intended to obtain your voluntary agreement that you assume all risks and financial liabilities associated with contracting this disease during an association activity.

Fact Sheet

The [Centers for Disease Control and Prevention \(CDC\)](#) and [Washington State Department of Health \(DOH\)](#) publish important up-to-date information on their websites regarding COVID-19. Please regularly monitor and review this public health authorities' guidance. It is also important to be aware of and follow any relevant policies and procedures related to COVID-19.

COVID-19 is primarily spread person-to-person. You can become infected by coming into [close contact](#) (generally thought to be within 6 feet for approximately 15 minutes) with a person who has COVID-19. Transmission of SARS-CoV-2 virus is generally thought to be through respiratory droplets when an infected person coughs, sneezes, or talks. Droplets can land in the mouths, noses, or eyes of people who are nearby or possibly be inhaled into the lungs of those within close proximity. Commonly touched surfaces or shared objects that contain the virus are also common vectors for exposure and transmission once an exposed individual touch their mouth, nose, or eyes.

A person infected with COVID-19 may not have symptoms. Infected individuals' presentation varies, and some may suffer mild discomfort, or experience severe illness, including death. Information and data regarding persons at highest risk for complications associated with this disease is evolving. It appears individuals at the highest risk for suffering complications or adverse outcomes from COVID-19 include individuals in the following categories:

- **65 years of older**
- **Living in a nursing home or long-term care facility**
- **People of all ages with underlying medical conditions, particularly if not well-controlled, including persons with:**
 - **Chronic lung disease or moderate to severe asthma**
 - **Serious heart conditions or cardiovascular disease (e.g., hypertension)**
 - **Immunocompromised**
 - **People with severe obesity (body mass index [BMI] of 40 or higher)**
 - **People with diabetes**
 - **People with chronic kidney disease undergoing dialysis**
 - **People with liver disease**

There is currently no vaccine to protect against COVID-19. Similarly, there are currently no pharmacological interventions proven to safely and effectively treat COVID-19. The best way to protect yourself and your player(s) is to avoid being exposed to the virus that causes COVID-19.

While my player(s) are participating in TCAHA programming or using a TCAHA facility, I agree to adhere to the following requirements:

- If I am sick and/or my child(s) is sick, and/or exhibiting any potential signs of COVID-19 (e.g., fever - 100.4F), shortness of breath, cough, sore throat, runny nose, body aches, diarrhea or vomiting), I will keep my child home. I agree to only bring them back to TCAHA facilities in accordance with federal and state guidelines or TCAHA policy where there are more stringent standards for returning from an illness.

