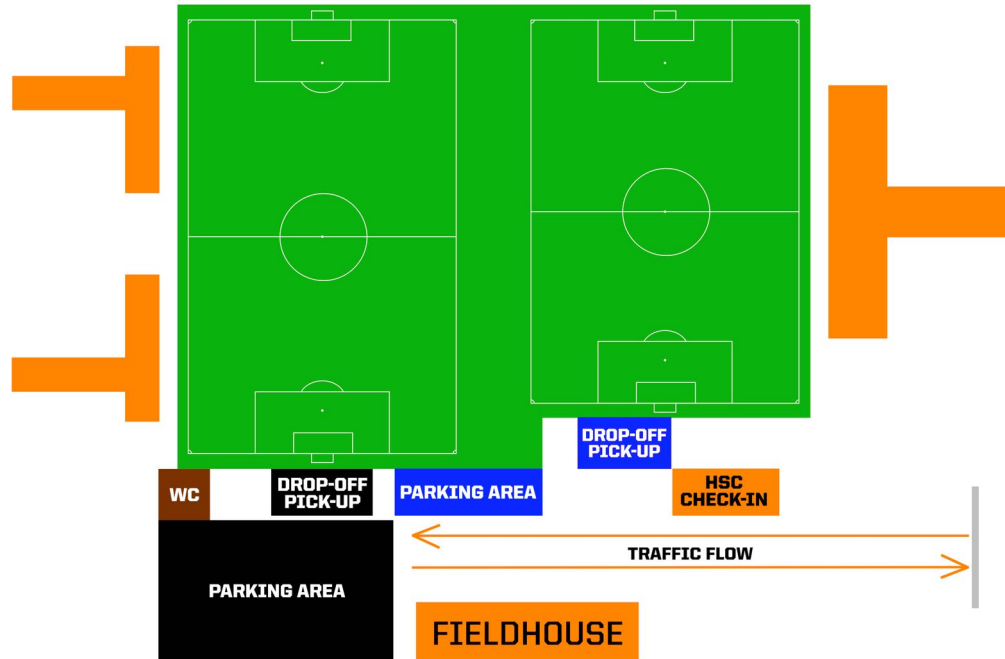




HUDSON SPORTS COMPLEX

RULES FOR TRAINING WITH SOCIAL
DISTANCING DURING COVID-19



DROP-OFF/PICK-UP AREAS

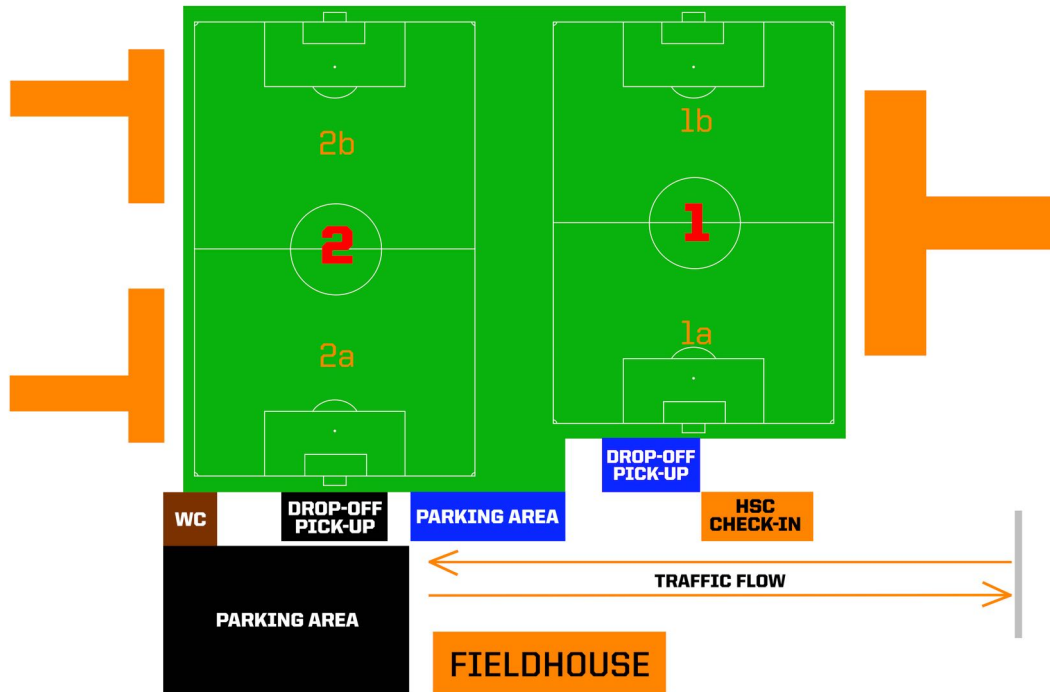
To guarantee a safe drop-off and pick-up process, you will find two designated areas (black & blue) marked with "pick-up" and "drop-off". These areas will be easy to access with the car to avoid contact with other people.

PARKING AREA

Parents and spectators will not be granted access to the fields and must remain in the car in the designated parking area.

A Hudson Sports Complex employee will assist with drop-off, pick-up, and guide parents to the designated parking area.

- During drop-off and pick-up, parents must stay in their car.
- A member of staff will take each coach's and players' temperature upon arrival, along with the signed disclaimer page. Please have this form read.
- Players can only walk to designated practice areas with the coach after being picked up from the drop-off area.
- Players can only be dropped off 5 minutes before the session and must be picked up on time to avoid waiting times.
- Only players and coaches are allowed onto the fields at all times. Parents must stay in their cars to watch from a distance using the designated parking areas.
- Players and coaches must enter and exit the fields at a safe distance and make their way straight to their designated training space and pick-up/drop-off point.
- Cones mark the area of safe distancing around the venue/fields.
- Staff will be enforcing these rules at all times.



COACHES & PLAYERS

Coaches must wear face masks at all time and to keep a minimum of 6 feet distance to each athlete. Players only need to wear face masks before and after trainings. Each coach and player is responsible for assuring safe distancing within the training group.

FIELD SETUP & TRAINING

Should a ball cross over to another field, neither the coach nor a player are allowed to recover the ball, but will have to wait for the other training group to return the ball.

- Activities such as the interaction between coaches, drop-off, parent engagement, player engagement, session feedback, and pick-up must respect the social distancing rules.
- All drills and sessions must always be designed for player-to-player and coach-to-player to be 6 feet apart.
- Only coaches are allowed to set up and move equipment at all times. Players are in charge of their balls (if applicable) only.
- Every ball and equipment must be wiped and disinfected before and after the sessions by staff/coach.
- Players need to have their drink bottles with them in order not to leave designated coaching areas. Please make sure to mark your child's bottle clearly to avoid mix up.
- Hand sanitizer and fully equipped hand-washing facilities are available. Only one person can use these facilities at a time. Additional outdoor porta-potties are available.
- All doors and gates to the fields and sanitary facilities will be open to limit hand-to-hand contamination.
- Cleaning equipment will be provided by Hudson Sports Complex to disinfect if necessary.

**NO SPITTING AND CHEWING GUM
ALLOWED AT ANY TIME!**



Hudson Sports Complex Safety Rules for training with social distancing.

I/We hereby confirm with my signature, that I have read the above rules.

I/We will follow and act upon the rules for safe distancing set forth by Hudson Sports Complex to assure the safeness of any player, coach, parent and Hudson Sports Complex staff member.

ASSUMPTION OF RISK AND WAIVER OF LIABILITY RELATING TO CORONAVIRUS (COVID-19): I, the undersigned, acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19 by attending activities at Hudson Sports LLC and that such exposure of infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 at Hudson Sports LLC may result from the actions, omissions, or negligence of myself and others, including, but not limited to, Hudson Sports LLC's employees, volunteers, and program participants and their families. I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that may experience or incur in connection with my attendance at Hudson Sports LLC or participation the Hudson Sports LLC's programming ("Claims"). On my behalf, and/or on the behalf of any child or family member registered, I hereby release, covenant not to sue, discharge, and hold harmless Hudson Sports LLC, its employees, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of Hudson Sports LLC, its employees, agents, representatives, whether a COVID-19 infection occurs before, during, or after participation in any Hudson Sports LLC program.

I attest that:

- I am not experiencing any symptom of illness such as cough, shortness of breath or difficulty breathing, fever, chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell.
- I have not traveled internationally within the last 14 days.
- I have not traveled to a highly impacted area within the United States of America in the last 14 days.
- I do not believe I have been exposed to someone with a suspected and/or confirmed case of the Coronavirus/COVID-19.
- I have not been diagnosed with Coronavirus/Covid-19 and not yet cleared as non-contagious by state or local public health authorities.
- I am following all CDC recommended guidelines as much as possible and limiting my exposure to the Coronavirus/COVID-19.

Name

Organization

Signature

Date

Please send a copy of this page with your signature, prior to your visit at Hudson Sports Complex, to info@hudsonsportscomplex.com. You may also return a signed copy upon arrival. A Hudson Sports Complex staff member will assist you.

Failing to do so will result in losing your training time slot with no refund being issued.