**Pullman CrossFit 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 time at Pullman CrossFit. This document is also intended to obtain your voluntary agreement that you assume all risks and financial liabilities associated with contracting this disease during a clinical rotation.

**Fact Sheet**

The [Centers for Disease Control and Prevention (CDC)](https://www.cdc.gov/coronavirus/2019-ncov/index.html) and [Washington State Department of Health](https://www.doh.wa.gov/emergencies/coronavirus) (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](https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/contact-tracing.html) (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 is to avoid being exposed to the virus that causes COVID-19.

While participating in Pullman CrossFit programing or using a the Pullman CrossFit facility, I agree to adhere to the following requirements:

* If I am sick and/or exhibiting any potential signs of COVID-19 (e.g., fever over 100.4 F), shortness of breath, cough, sore throat, runny nose, body aches, diarrhea or vomiting), I will stay home. I agree to only return to Pullman CrossFit facilities in accordance with federal and state guidelines.
* While participating in Pullman CrossFit programing or using the facility, I will adhere to infection prevention practices recommended by the CDC or DOH.

Pullman CrossFit is committed to providing reasonable accommodations in accordance with the law, and providing reasonable alternative programing experiences where available.

Pullman CrossFit recommends participants carry and maintain health insurance at all times.

**Assumption of Risk Agreement**

While engaging in Pullman CrossFit programing or using the Pullman CrossFit facility you may be exposed to various infectious pathogens known to cause illness and disease in humans. SARS-CoV-2 is circulating within the community, and within shared space settings. **I voluntarily and freely agree to knowing the risks of contracting COVID-19 during this experience.** **Such risks include, but are not limited to, respiratory failure, organ failure, death, aggravation of existing health conditions, stress, social-stigmatization, and/or spreading the infection to others.**

**I voluntarily assume full responsibility for myself and any children I bring to the facility for any risks of injury, illnesses, loss, or death. I acknowledge being advised that Pullman CrossFit always recommends I carry and maintain health insurance. I understand and agree that I will be fully responsible for any financial loss or costs associated with contracting a COVID-19 infection or any other illness.**

**I certify I have read, understand, and agree to assume all risks associated with this activity including any financial loss or costs associated with contracting any illness including COVID-19 during my experience.**

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Signature & Date

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Participants’ Name