



Speed Skate New Brunswick

Patinage de vitesse Nouveau-Brunswick

SSNB Safe Return to Play Guidelines

SPEED SKATE NEW BRUNSWICK

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Introduction

Purpose

The purpose of this document is to provide guidelines for the safe return to speed skating activities given the COVID – 19 restrictions in place for New Brunswick. Adherence to the guidelines outlined in this document does not dissolve oneself of liability. It is recommended that an individual looking to host a speed skating event contacts their club to request consent to shift liability to the corporation. Clubs may utilize this document as their guidelines for a safe return to speed skating activities.

The Government of New Brunswick requires all sporting organizations to develop an official COVID-19 Operation Plan before resuming any organized sporting activities. All speed skating clubs or individuals may use the information outlined in this guideline document for their own Operational Plan. To help you develop your own Operation Plan you can also use the [COVID-19 Operational Plan Guide](#) developed by the Government of New Brunswick.

Outline

Speed Skate New Brunswick will not be operating as a phase by phase return to sport, but rather will adhere by the Province of [New Brunswick's Recovery Plan](#) in terms of gathering sizes permitted indoors and outdoors at any given time. The guidelines set out below are detailed for when the province is in the yellow phase. It is recommended that any individual in, or travelling through, an orange or red phase performs individual training until the zone's return to the yellow phase.

Background Information

About Coronavirus

Information from: [The Office of the Chief Medical Officer of Health \(Public Health\)](#)

Coronaviruses are a large family of viruses. They can cause illness ranging from mild symptoms, like the common cold, to more severe illness such as Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS-CoV). COVID-19 is a new disease caused by a strain of coronavirus that has not been previously identified in humans.

Human coronaviruses cause infections of the nose, throat and lungs. They are most commonly spread from an infected person through:

- respiratory droplets that are spread when you cough or sneeze
- close personal contact, such as touching or shaking hands
- touching something with the virus on it, then touching your mouth, nose or eyes before washing your hands

Those who are infected with COVID-19 may have little to no symptoms. You may not know you have symptoms of COVID-19 because they are similar to a cold or flu.

Symptoms may take up to 14 days to appear after exposure to COVID-19.

Symptoms have included:

- Fever above 38 degrees Celsius
- A new cough, or worsening chronic cough
- Sore throat
- Runny nose
- Headache
- A new onset of fatigue
- A new onset of muscle pain
- Diarrhea
- Loss of sense of taste
- Loss of sense of smell
- In children, purple markings on the fingers and toes
- Difficulty breathing

In severe cases, infection can lead to death.

If you or a member of your family are showing symptoms contact Tele-Care 811 or your healthcare provider to help arrange an appointment at the closest testing facility.

Masks

In areas where COVID-19 activity is present, use of non-medical masks or face coverings is recommended in addition to handwashing and cough etiquette as an added layer of protection when physical distancing is difficult to maintain. There are three main types of masks that are available:

1. N95: These are tight-fitting masks typically used by health workers and are designed to seal around the nose and mouth and screen out 95 per cent of small airborne particles. They are likely to prevent transmission of aerosolized virus — those suspended as a mist in the air.
2. Surgical or medical masks: These are looser fitting, more flexible disposable masks that are considered effective barriers against large droplets released by talking, coughing, or sneezing — the main way COVID-19 is likely transmitted.
3. Non-medical cloth masks: These masks are reusable, washable masks for distribution. These masks are typically porous, and their effectiveness is still a subject of research. They can be used when distancing is difficult to maintain.

When using a mask, the World Health Organization (WHO) recommends:

- Before putting on a mask, clean your hands with soap and water or alcohol-based hand sanitizer.
- Cover your mouth and nose with the mask and make sure there are no gaps between your face and the mask.
- Avoid touching the mask while using it and clean your hands if you do.
- Replace the mask with a new one as soon as it is damp and don't reuse single-use masks.

- Remove it from behind, discard immediately into a closed bin and then clean your hands with soap and water or alcohol-based hand sanitizer.

It is recommended that coaches and volunteers at a speed skating event wear masks at all times. Athletes are not required to wear a mask during training but it is suggested that masks are worn during downtime and when physical distancing is not possible. Wearing a mask is always at the discretion of each individual's comfort level. No individual should be excluded from an event for the sole reason of not wearing a mask.

Stay Informed

As per Government Health regulations, the following individuals should NOT attend practice or training venues:

- Any person experiencing any symptoms of COVID-19 (fever, cough, sore throat, runny nose, headache, or shortness of breath). If these symptoms begin while at a training venue the individual must leave immediately and contact their physician for advice on further management. The individual must also inform their club and/or personal coach. This person must receive clearance by their physician before returning to training and the training venue.
- Any person who receives a diagnosis of COVID-19. Individuals must comply with the current mandated self-isolation policy.
- Any person who has been told to self-isolate at home.
- Any person who lives in a home or has been in close contact with someone with symptoms of COVID-19.
- Any person who lives in a home or has been in close contact with someone who has been told to self-isolate at home.
- Any person who has arrived in Canada from outside of the country within the last 14 days as they are mandated to self-isolate and monitor for symptoms for 14 days upon their arrival.

Provincial Helplines and Websites

SELF-ASSESSMENT TOOL

ca.thrive.health/covid19/en

COVID-19: PREVENTION AND RISKS

www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks.html?topic=tilelink

TAKING CARE OF YOUR MENTAL HEALTH DURING COVID-19

www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/mental-health.html

TO CONTACT YOUR LOCAL PUBLIC HEALTH UNIT

[New Brunswick www2.gnb.ca/content/gnb/en/departments/health.html](https://www2.gnb.ca/content/gnb/en/departments/health.html)

FOR ADDITIONAL INFORMATION, REFER TO HEALTH CANADA'S WEBSITE ON COVID-19

<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

Training Guidelines

Precautionary Measures During All Training

Until the green phase of [NB's Recovery Plan](#), during all group speed skating training and competition events in New Brunswick the following procedures **must** be followed:

Screening and Contact Tracing

- All participants of the activities (athletes, coaches, volunteers, etc.) will have their temperature checked at home, and again when arriving at the training location. Temperatures will be taken again at lunch or after a period of roughly 4 hours.
- A designated person will record all participants of a speed skating event and fill out the *Participant Attendance Form* (appendix A). It is recommended that the head coach or a designated adult holds onto this form for a period of 14 days.
- An adult must be designated to be the person to record attendance **two days prior to the event**. It is recommended that the head coach is not this designated person.
- If any participant shows symptoms of COVID, they are to call 811 and take the appropriate steps outlined by the medical professional before returning to training. **This is a zero-tolerance policy.**

Travel and pick up/drop off at venue

- When picking up or dropping off participants it is asked that cars remain 6 feet apart whenever possible or enter/exit the vehicle once occupants of other cars have moved 6 feet away or get into their vehicle.
- Participants should at all times be cognizant of physical distancing when going to and from their car.
- It is not recommended that carpooling with others outside your bubbles occurs.

During Training

- Every effort should be made to maintain social distancing during a speed skating event, although there may be brief moments where this is not possible (i.e. when passing in running events). Such moments should be minimized by design.
- A Health Supervisor should be designated a minimum of two days prior to the event. The Health Supervisor should be an adult (who is not the head coach) that will monitor physical distancing protocols and ensure proper sanitation measures are being taken. The Health Supervisors should also ideally be ready to perform first aid if needed. During first aid a mask and gloves should be worn, then disposed of afterwards.
- Participants will have a designated area to place their equipment (water bottle, lunch bag, etc.). These areas should be spaced at 6 feet intervals to maintain social distancing.

- Every effort should be made to increase social distancing to 8-10 feet when the intensity of training is increased.
- All participants must mark their water bottle clearly with their name.
- Training equipment (ladders, cones, hurdles, etc.) will be handled by one designated person. All equipment should be disinfected prior to and after use. Government of Canada's [Cleaning and disinfecting public spaces during COVID-19 Guidelines](#).
- During all speed skating events, an athlete under the age of 18, must have a parent/guardian's contact information readily available.
- An athlete's parent/guardian must be available to respond and/or pick up their child at all times during a speed skating event.
- Parents/Guardians are permitted to stay and watch the event, so long as it is at a safe distance and physical distancing is adhered to by spectators. *NOTE: It is recommended that only one parent is present during the event.*

Equipment/Things to Bring

- In addition to their regular training gear, **athletes** are asked to bring:
 - Hand sanitizer
 - Sanitation wipes
 - Mask
- In addition to their regular training gear, **coaches** are asked to bring:
 - Hand sanitizer
 - Sanitation wipes
 - Mask
 - Disposable gloves
 - Thermometer gun (could instead be brought by the designated attendance taker)

Return to Speed Skating: Training Guidelines

During a speed skating event, the health supervisor in consultation with the head coach can ask any athlete to leave the event if a continued disregard for social distancing is occurring.

No speed skating event shall be deemed as mandatory until the province of New Brunswick is in the green phase of its Recovery Plan.

Individual training

- Any athlete(s) in a Red or Orange zone of [New Brunswick's Recovery Plan](#) should perform individual training. Athletes are encouraged to participate in Zoom training sessions and reach out to our Provincial Coach for training plans.

Group Training Outdoors

- Prior to any events related to Speed Skating, read through the **COVID Precautionary Measures** section of this document, and ensure the proper steps are taken to comply with these guidelines.
- Screening and contact tracing form (appendix A) must be filled out in full for every speed skating event, and held onto for a minimum period of 14 days.
- Informed Consent, Declaration of Compliance, and Release of Liability forms (Appendix B,C, and D) must be signed by all participants before any training occurs. These forms should be kept on file indefinitely or uploaded to a computer hard drive.
- All events outdoors must adhere to the Government of New Brunswick's COVID Regulation. Please refer to [NB's Recovery Plan](#) for guidance on the current regulations.
- Designate an adult to be the **Health Supervisor**. This individual will be responsible for ensuring health rules and regulations are respected throughout the training event. This individual may be the person filling out the *Participant Attendance Form* but can also be a separate individual. The Health Supervisor should not be the head coach of the training activity. The Health Supervisor should be designated two days prior to the training event.
- There must be two adults present at all times during an outdoor training event.
- Although outdoor gatherings in New Brunswick are allowed up to 50 people with physical distancing, we recommend that no more than 25 participants are present at the event (Ex: 23 athletes & 2 coaches). This is due to the practicality of coaching large groups and the need for greater physical distancing when activity intensity increases.
- SSNB recommends that facilities/fields are booked for an event to mitigate liability if an outbreak were to occur in the area.
- For training events longer than 90 minutes in duration, an adequate restroom with proper hand washing equipment must be available.
- During the speed skating event, coaches are recommended to wear a mask . Athletes should have a mask with them and wear it when physical distancing is not possible (i.e. going into an establishment to use the washroom) but are not required to wear a mask during training. It is up to everyone's own personal comfort level on whether to wear a mask.
- It is recommended that posters of proper hand washing and masking wearing are available and visible during the training event (Appendix E and F).

Group Training Indoors

- All guidelines under: **Group Training Outdoors** are applicable to this section with the following exemptions:
 - Before the event, consult the facility staff to ensure you accommodate their operation plan.
 - Although recreational facilities are allowed up to 50 people with physical distancing, we recommend that no more than 20 participants (Ex: 18 athletes and 2 coaches) are present in an area the size of a gymnasium.

Group Training on Ice

- Prior to any events related to Speed Skating, read through the **COVID Precautionary Measures** section of this document, and ensure the proper steps are taken to comply with these guidelines.
- Screening and contact tracing form (appendix A) must be filled out in full for every speed skating event, and held onto for a minimum period of 14 days.
- Informed Consent, Declaration of Compliance, and Release of Liability forms (Appendix B,C, and D) must be signed by all participants before any training occurs. These forms should be kept on file indefinitely or uploaded to a computer hard drive.
- All events indoors must adhere to the Government of New Brunswick's COVID Regulation. Please refer to [NB's Recovery Plan](#) for guidance on the current regulations.
- Designate an adult to be the **Health Supervisor**. This individual will be responsible for ensuring health rules and regulations are respected throughout the training event. This individual may be the person filling out the *Participant Attendance Form* but can also be a separate individual. The Health Supervisor should not be the head coach of the training activity. The Health Supervisor should be designated two days prior to the training event. The Health Supervisor can be rink side (recommended in the bench area) and does not need to be on ice.
- At this time the Government of New Brunswick does not have a restriction on the number of individuals allowed to gather indoors, but rather states that the number of individuals must be able to adhere to physical distancing practices. For this reason SSNB recommends that no more than 20 individuals are on the ice at one time (19 athletes, 1 coach).
- Check with your arena to confirm the number of individuals allowed on the ice at one time.
- Consult with your arena about their Operational Plan and ensure your Return to Speed Skating plan is aligned with the facilities.
- Athletes should arrive with all equipment on, other than their skates, gloves, and helmet.
- Board Pad setup:
 - When dealing with board pads, all individuals are asked to perform proper hand washing protocol before and after the setup or takedown. When dealing with pads there should be no gloves worn. If gloves need to be worn, they should be placed in a baggie immediately afterwards and designated as "board pad only" gloves.
 - If proper hand washing stations are not available then it is recommended that:
 - All individuals involved with the setup/takedown of board pads must wear gloves at all times when handling board pads.
 - It is recommended that parents/athletes have a designated pair of gloves to wear with handling board pads. After the setup/takedown their gloves can be removed and ideally stored in a bag separate from any other equipment.
 - The club should have disposable gloves available if they are needed.
 - After dealing with board pads and gloves are removed and stored away, all individuals should sanitize their hands. Ideally hand washing with soap and water, but at minimum using a hand sanitizer.

- Additional time should be given for board pads so that physical distancing is adhered to at all times.
- An effort should be made to only handle board pads with your hands, and minimize the pads touching other body parts.
- Cones, water buckets, and squeegees should be handled by the same individual for the duration of a practice (it does not have to be the same individual for all three).
- After each practice: cones, water buckets, and squeegees should be wiped down with a disinfectant.
- Whenever possible, it is recommended that athletes and coaches stay with the same group and do not stay on ice for multiple ice sessions. If this is not possible (especially with Learn to Skate where many athletes help with coaching), individuals should wash their hands and change gloves between sessions. An increased awareness of physical distancing should also be considered for these individuals.
- During a practice, there should be an effort to maintain physical distancing. Some recommendations to do this are:
 - No pack skating
 - No relays
 - Stagger the athletes when skating
 - Given the number of individuals on ice, the coach should have a plan of where individuals stand on their rest and when giving instruction
 - Smaller groups of 4-5 athletes skating at one time. These groups should not change for the duration of the practice. Groups can have a designated rest area (two groups in the center of the ice, one on each side of the red line, and two groups by the goal line of the corner entry, one at each end)
 - Water bottles should be well marked with the athlete's name, and not come in contact with any other bottle

Training Groups

As of July 21, 2020 the Government of New Brunswick has banned "training bubbles" for sporting groups. Refer to the provincial guidelines to determine whether this stage is allowed to be implemented.

All individuals should recognize that this stage does come with a heightened risk of spreading COVID. If anyone in this training bubble feels as though an instance occurred outside of the group where physical distancing was broken, they should report this to the coach or club administration. The group will then be returned to the Group Training on Ice stage for a period of 14 days. The club should ensure a system is in place where an individual can come forward without reprisal from the training group.

- All guidelines under **Group Training on Ice** are applicable to this section, besides those that deal with physical distancing during a practice (still the board pad precautions and sanitation of blocks, water buckets, and squeegees remain).

- This stage will be allowed to happen after a period of 14 days in the Group Training on Ice stage, where all individuals in the group (athletes and coaches) have adhered to physical distancing protocols during training and outside of training. If a new individual is added to the training group, return to the Group Training on Ice phase for a period of 14 days.
- Liability forms should be signed by all individuals, and specifically noting the compliance of a training group bubble.
- The training group bubble will be allowed to conduct speed skating specific training without certain physical distancing measures. This allows for the use of relays, pack skating, and normal starts during a practice.

Modified Competitions

- TBD

Regular Competitions

- TBD

Return to Speed Skating: Checklists

Before the Event

- Ensure your governing club knows about the event and allows it
- Facilities are booked and Operational Plan is in place
- Your Operation Plan aligns with the facilities Operational Plan
- Athletes are notified of your Operation Plan and are aware of your new protocols when training
- Designated attendance taker and health supervisor are identified
- Sanitation equipment that coaches and athletes need to bring are in order
- Informed Consent, Declaration of Compliance, and Release of Liability forms are signed by all participants

At the start of the Event

- Attendance form is completed in full by the designated attendance taker upon arrival of each participant
- Signed forms are collected
- Athletes designate an area to put their belonging (6 feet apart from any other athletes' area)

During Event

- Social distancing is always adhered to (health supervisor reminds athletes when needed)
- Designate only one person (typically head coach) to touch equipment
- Equipment is sanitized before and after use
- As intensity increases, social distancing range increases
- Recheck participants temperatures after a period of 4 hours

After Event

- Keep Informed Consent, Declaration of Compliance, and Release of Liability forms in a safe location or upload to a computer hard drive

Appendix

INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT

[INSERT ORGANIZATION]

(To be executed by parents/guardians of Participants who are younger than 19 years old)

WARNING! Please read carefully! By signing this document, you will assume certain risks and responsibilities

Participant's Name: _____ Participant's Date of Birth: _____

1. This is a binding legal agreement. Clarify any questions or concerns before signing. Prior to participating, an individual who is younger than the age of majority and who wants to participate in the sport of [insert sport] and the activities, programs, classes and services provided by, and/or in the events sponsored or organized by the [Insert Provincial Organization] and [Insert Club/League] which may include but is not limited to: competitions, practices, training, personal or strength training, dry land training, training using machines or weights, nutritional and dietary programs, orientational or instructional sessions or lessons, and aerobic and anaerobic conditioning programs (collectively the "Activities") must have their legal parent/guardian ("the Parties") acknowledge and agree to the terms outlined in this agreement.
2. The undersigned acknowledges and agrees that they are a parent/guardian of the Participant and have full legal responsibility for the decisions of the Participant.

Disclaimer

3. [Insert Provincial Organization], [Insert Club/League], and their respective Directors, Officers, committee members, members, employees, coaches, volunteers, officials, participants, agents, sponsors, owners/operators of the facilities in which the Activities take place, and representatives (collectively the "Organization") are not responsible for any injury, property damage, death, expense, loss of income, damage or loss of any kind suffered by the Participant during, or as a result of, the Activities.

We have read and agree to be bound by paragraphs 1 to 3

Description and Acknowledgement of Risks

4. The Parties understand and acknowledge that:
 - a) The Activities have foreseeable and unforeseeable inherent risks, hazards and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for serious bodily injury, permanent disability, paralysis and loss of life
 - b) The Organization may offer or promote online programming (such as webinars, remote conferences, workshops, and online training) which have different foreseeable and unforeseeable risks than in-person programming
 - c) The Organization has a difficult task to ensure safety and it is not infallible. The Organization may be unaware of the Participant's fitness or abilities, may give incomplete warnings or instructions, may misjudge conditions, and the equipment being used might malfunction
 - d) **(COVID-19)** The COVID-19 disease has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19; however, the Organization cannot guarantee that the Participant will not become infected with COVID-19. Further, participating in the Activities could increase the Participant's risk of contracting COVID-19
5. The Participant is participating voluntarily in the Activities. In consideration of that participation, the Parties hereby acknowledge that they are aware of the risks, dangers and hazards and may be exposed to such risks, dangers and hazards. The Parties understand that the Organization may fail to safeguard or protect the Participant from the risks, dangers and hazards of the Activities, some of which are listed below. The risks, dangers and hazards include, but are not limited to:
 - a) Health: executing strenuous and demanding physical techniques; physical exertion; overexertion; stretching; dehydration; fatigue; cardiovascular workouts; rapid movements and stops; lack of fitness or conditioning; traumatic injury; sprains and fractures, spinal cord injuries, bacterial infections; rashes; and the transmission of communicable diseases, including viruses of all kinds, COVID-19, bacteria, parasites or other organisms or any mutation thereof
 - b) Premises: defective, dangerous or unsafe condition of the facilities; falls; collisions with objects, walls, equipment or persons; dangerous, unsafe, or irregular conditions on surfaces; and travel to and from the premises
 - c) Use of equipment: mechanical failure of the equipment; negligent design or manufacture of the equipment; the provision of or the failure by the Organization to provide any warnings, directions, instructions or guidance as to the use of the equipment; failure to wear safety or protective equipment; and failure to use or operate equipment within the Participant's own ability
 - d) Contact: contact with [insert sport-specific contact], other equipment, vehicles, or other persons; and other contact that may lead to serious bodily injury, including but not limited to concussions and/or other brain injury or serious spinal injury
 - e) Advice: negligent advice regarding the Activities
 - f) Ability: failing to act safely or within the Participant's own ability or within designated areas
 - g) Sport: the sport of [sport] and its inherent risks, including but not limited to [insert sport-specific risks]

- h) Cyber: privacy breaches; hacking; and technology malfunction or damage
- i) Conduct: the Participant's conduct and conduct of other persons including any physical altercation between participants
- j) Travel: travel to and from the Activities

We have read and agree to be bound by paragraphs 4 and 5

Terms

6. In consideration of the Organization allowing the Participant to participate in the Activities, the Parties agree:
- a) That when the Participant practices or trains in their own space, the Parties are responsible for the Participant's surroundings and the location and equipment that is selected for the Participant
 - b) That the Participant's mental and physical condition is appropriate to participate in the Activities and the Parties assume all risks related to the Participant's mental and physical condition
 - c) To comply with the rules and regulations for participation in the Activities
 - d) To comply with the rules of the facility or equipment
 - e) That if the Participant observes an unusual significant hazard or risk, the Participant will remove themselves from participation and bring their observations to a representative of the Organization immediately
 - f) The risks associated with the Activities are increased when the Participant is impaired and the Participant will not participate if impaired in any way;
 - g) That it is their sole responsibility to assess whether any Activities are too difficult for the Participant. By the Participant commencing an Activity, they acknowledge and accept the suitability and conditions of the Activity
 - h) That they are responsible for the choice of the Participant's safety or protective equipment and the secure fitting of that equipment
 - i) **(COVID-19)** That COVID-19 is contagious in nature and the Participant may be exposed to, or infected by, COVID-19 and such exposure may result in personal injury, illness, permanent disability, or death
7. In consideration of the Organization allowing the Participant to participate, the Parties agree:
- a) That the Parties are not relying on any oral or written statements made by the Organization or their agents, whether in brochure or advertisement or in individual conversations, to agree to participate in the Activities
 - b) That the Organization is not responsible or liable for any damage to the Participant's vehicle, property, or equipment that may occur as a result of the Activities
 - c) That this Agreement is intended to be as broad and inclusive as is permitted by law of the Province of New Brunswick and if any portion thereof is held invalid, the balance shall, notwithstanding, continue in full legal force and effect

Jurisdiction

8. The Parties agree that in the event that they file a lawsuit against the Organization, they agree to do so solely in the Province of New Brunswick and they further agree that the substantive law of the Province of New Brunswick will apply without regard to conflict of law rules.

We have read and agree to be bound by paragraphs 6 to 8

Acknowledgement

9. The Parties acknowledge that they have read this agreement and understand it, that they have executed this agreement voluntarily, and that this Agreement is to be binding upon themselves, their heirs, their spouses, guardians, next of kin, executors, administrators and legal or personal representatives.

Name Participant (print)

Signature of Participant (if over 13)

Date

Name of Parent or Guardian (print)

Signature of Parent or Guardian

Date

Name of Witness (print)

Signature of Witness

Date

[INSÉRER ORGANIZATION]

ACCORD DE CONSENTEMENT ÉCLAIRÉ ET DE PRÉSUMPTION DE RISQUE

(Doit être signé par les parents/tuteurs des participants n'ayant pas atteint l'âge de la majorité)

AVERTISSEMENT : Veuillez lire attentivement! En signant ce document, vous assumez certains risques et certaines responsabilités

Nom du (ou de la) participant(e): _____ Date de naissance du (ou de la) participant(e) : _____

1. Ce document est un accord juridique contraignant. Clarifiez toute question ou préoccupation avant de le signer. Avant de participer, une personne qui n'a pas atteint l'âge majeur et qui souhaite participer au sport de [insérer le nom du sport] et aux activités, programmes, cours et services offerts et/ou aux événements commandités ou organisés par [insérer le nom de l'OSP] et [insérer Club/Ligue] affiliés, qui peuvent inclure, mais ne sont pas limités aux tournois, compétitions, leçons, à l'entraînement, à l'entraînement personnel ou de force, à l'entraînement au sol, à l'entraînement à l'aide de machines ou de poids, aux programmes nutritionnels et diététiques, séances ou leçons d'orientation ou d'instruction, et aux programmes de conditionnement aérobique et anaérobique (collectivement les « Activités »), le parent/tuteur du Participant (collectivement les « Parties »), reconnaît et accepte les conditions contenues aux présentes.
2. Le/la soussigné(e) reconnaît et accepte qu'il/elle est un parent/tuteur du Participant et qu'il/elle a l'entière responsabilité légale des décisions du Participant.

Renonciation

3. [insérer le nom de l'OSP] et [insérer Club/Ligue] affiliés, ainsi que leurs directeurs, administrateurs, membres de comité, membres, employés, entraîneurs, bénévoles, officiels, participants, agents, commanditaires, propriétaires/opérateurs des installations dans lesquelles les Activités ont lieu, et représentants (collectivement l'« Organisation ») ne sont pas responsables des blessures, dommages matériels, décès, dépenses, pertes de revenus, dommages ou pertes de toute nature subis par le Participant pendant ou à la suite des Activités.

Nous avons lu et acceptons d'être liés par le contenu des paragraphes 1 à 3

Description et reconnaissance des risques

4. Les Parties comprennent et reconnaissent que :
 - a) Les Activités comportent des risques, des dangers et des aléas inhérents prévisibles et imprévisibles qu'aucun soin, précaution, ni expertise ne peut éliminer, y compris, sans s'y limiter, le potentiel de blessure corporelle grave, l'invalidité permanente, la paralysie et la perte de vie.
 - b) L'Organisation peut offrir ou promouvoir des programmes en ligne (tels que des webinaires, des conférences à distance, des ateliers et des formations en ligne) qui présentent des risques prévisibles et imprévisibles et qui diffèrent des risques posés par les programmes en personne.
 - c) L'Organisation a une tâche difficile pour assurer la sécurité et elle n'est pas infaillible. L'Organisation peut ne pas être au courant de l'aptitude ou des capacités du Participant, peut donner des avertissements ou des instructions incomplètes, peut mal évaluer les conditions météorologiques ou environnementales, et l'équipement utilisé peut mal fonctionner.
 - d) **(COVID-19)** La maladie COVID-19 a été déclarée pandémie mondiale par l'Organisation mondiale de la santé et le virus de la COVID-19 est extrêmement contagieux. L'Organisation a mis en place des mesures préventives pour réduire la propagation de la COVID-19 ; cependant, l'Organisation ne peut pas garantir que le Participant ne sera pas infecté par la COVID-19. De plus, la participation aux activités pourrait augmenter le risque du Participant de contracter la COVID-19.
5. Le Participant participe volontairement aux Activités. En considération de cette participation, les Parties reconnaissent par la présente qu'elles sont conscientes des risques, dangers et vulnérabilités et peuvent être exposées à ces risques, dangers et vulnérabilités. Les Parties comprennent que l'Organisation peut ne pas assurer la protection du Participant contre les risques, dangers et vulnérabilités des Activités, dont certains sont énumérés ci-dessous. Les risques, dangers et vulnérabilités comprennent, sans s'y limiter, les éléments suivants :
 - a) Santé : exécution de techniques physiques pénibles et exigeantes ; efforts physiques ; efforts trop intenses ; étirements ; déshydratation ; fatigue ; exercices cardiovasculaires ; mouvements et arrêts rapides ; manque de forme physique ou de conditionnement ; blessures traumatiques ; entorses et fractures, lésions de la moelle épinière, infections bactériennes ; éruptions cutanées ; et transmission de maladies transmissibles, y compris les virus de toutes sortes, la COVID-19, les bactéries, les parasites ou autres organismes ou toute mutation de ceux-ci
 - b) Lieux : état défectueux, dangereux ou non sécuritaire des installations ; chutes ; collisions avec des objets, des murs, des équipements ou des personnes ; conditions dangereuses, non sécuritaires ou irrégulières ; conditions météorologiques extrêmes ; et déplacements à destination et en provenance des lieux
 - c) Utilisation de l'équipement : défaillance mécanique de l'équipement ; négligence dans la conception ou la fabrication de l'équipement ; fourniture ou non par l'Organisation d'avertissements, de directives, d'instructions ou d'orientations concernant l'utilisation de l'équipement ; défaut de port d'un équipement de sécurité ou de protection ; et défaut d'utilisation ou de

fonctionnement de l'équipement dans les limites des capacités du Participant

- d) Contact : contact avec [insérer contact spécifique dans le sport] des équipements ou matériels, véhicules ; et tout autre contact pouvant entraîner des lésions corporelles graves, y compris, mais sans s'y limiter, les commotions cérébrales et/ou d'autres lésions cérébrales ou vertébrales graves
- e) Conseil : conseil négligent concernant les Activités
- f) Capacité : ne pas agir en toute sécurité ou dans les limites de la capacité du Participant ou dans des zones désignées
- g) Sport : le sport de [insérer le nom du sport] et ses risques inhérents, y compris, mais sans s'y limiter, [insérer les risques spécifiques au sport];
- h) Cyber : atteintes à la vie privée ; piratage informatique ; et dysfonctionnement ou dommages technologiques
- i) Comportement : le comportement du Participant et le comportement d'autres personnes, y compris toute altercation physique entre les participants
- j) Voyages : déplacements à destination et en provenance des Activités.

Nous avons lu et acceptons d'être liés par le contenu des paragraphes 4 et 5

Conditions

6. En considération de l'Organisation permettant au Participant de participer aux Activités, les Parties conviennent :
- a) Au moment où le Participant s'entraîne dans son propre espace, il est responsable de l'environnement, du lieu et de l'équipement choisis pour lui.
 - b) Le Participant est en bonne condition physique et mentale pour participer aux Activités et les Parties assument tous les risques liés à l'état mental et physique du Participant
 - c) Le Participant se conformera aux règles et réglementations liées à la participation aux Activités
 - d) Le Participant se conformera aux règles s'appliquant à l'utilisation de l'installation ou de l'équipement
 - e) Si le Participant observe un danger ou un risque inhabituellement important, il mettra un terme à sa participation aux Activités et signalera immédiatement le danger ou le risque à l'attention d'un représentant de l'Organisation.
 - f) Les risques associés aux Activités sont accrus quand le Participant est affaibli et le Participant ne participera pas s'il est affaibli de quelque manière que ce soit ;
 - g) Il est de la seule responsabilité des Parties d'évaluer si certaines Activités sont trop difficiles pour le Participant. En débutant une Activité, le Participant reconnaît et accepte la compatibilité et les conditions de l'Activité
 - h) Les Parties sont responsables du choix de l'équipement protecteur ou de sécurité du Participant et de l'ajustement sécuritaire de cet équipement de sécurité
 - i) **(COVID-19)** Que la COVID-19 est de nature contagieuse et que le Participant peut être exposé à la COVID-19 ou infecté par celle-ci et que cette exposition peut entraîner des blessures, une maladie, une invalidité permanente ou le décès
7. En considération de l'Organisation permettant au Participant de participer aux Activités, les Parties conviennent :
- a) Que les Parties ne se fondent sur aucune déclaration orale ou écrite faite par l'Organisation ou leurs agents, que ce soit dans une brochure ou une publicité ou lors de conversations individuelles, pour accepter de participer aux Activités
 - b) Que l'Organisation n'est pas responsable des dommages au véhicule, aux biens ou à l'équipement du Participant qui pourraient survenir à la suite des Activités
 - c) Que le présent accord est destiné à être aussi large et inclusif que le permet la loi de la province du Nouveau-Brunswick et que, si une partie de l'accord est jugée invalide, le reste demeure néanmoins pleinement en vigueur

Jurisdiction

8. Les Parties conviennent que si elles intentent une action en justice contre l'Organisation, elles acceptent de le faire uniquement dans la province du Nouveau-Brunswick et conviennent en outre que le droit matériel de la province du Nouveau-Brunswick s'appliquera sans égard aux règles relatives au conflit de lois.

Nous avons lu et acceptons d'être liés par le contenu des paragraphes 6 à 8

Confirmation

9. Les Parties reconnaissent avoir lu et compris le présent accord, qu'elles l'ont signé volontairement, et que cet accord doit les lier et doit lier leurs héritiers, conjoints, enfants, parents, tuteurs, proches, exécuteurs testamentaires, administrateurs et représentants légaux ou personnels

Nom du Participant (LETTRES MAJUSCULES) Signature du Participant (si âgé de plus de 13 ans) Date

Nom du parent ou tuteur (LETTRES MAJUSCULES) Signature du parent ou tuteur Date

Nom du témoin (LETTRES MAJUSCULES) Signature du témoin Date

DECLARATION OF COMPLIANCE – COVID-19

Individual Name (print): _____

Individual's Parent/Guardian _____
(if the individual is younger than 19 years old)

Email: _____

Phone: _____

WARNING!

ALL INDIVIDUALS ENTERING THE FACILITY AND/OR PARTICIPATING IN SANCTIONED ACTIVITIES MUST COMPLY WITH THIS DECLARATION

The [insert Organization] and its affiliated leagues/clubs (collectively the "Organization") require the disclosure of exposure or illness in order to safeguard the health and safety of all participants and limit the further spread of COVID-19. This Declaration of Compliance will be kept safely, and personal information will not be disclosed unless as required by law or with your consent.

An individual (or the individual's parent/guardian, if the individual is younger than 19 years old) who is unable to agree to the terms outlined in this document is not permitted to enter the Organization's facilities or participate in the Organization's activities, programs, or services.

I, the undersigned being the individual named above and the individual's parent/guardian (if the individual is younger than 19 years old), hereby acknowledge and agree to the terms outlined in this document:

- 1) The coronavirus disease COVID-19 has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19 and requires all individuals (or their parent/guardian, when applicable) to adhere to the compliance standards described in this document.
- 2) The individual has not been diagnosed with COVID-19; **OR** If the individual was diagnosed with COVID-19, the individual was cleared as noncontagious by provincial or local public health authorities.
- 3) If the individual is a front-line worker (such as hospital staff, long term care staff), or other individual who interacts with individuals who have confirmed or suspected cases of COVID-19, the individual has worn proper and approved Personal Protective Equipment at all times whenever they interacted with an individual who has a confirmed or suspected case of COVID-19 in the last 14 days.
- 4) If the individual is not a front-line worker, or other individual who interacts with individuals who have confirmed or suspected cases of COVID-19, they have not been exposed to a person with a confirmed or suspected case of COVID-19 in the last 14 days.
- 5) The individual is attending or participating voluntarily and understands the risks associated with COVID-19. The individual (or the individual's parent/guardian, on behalf of the individual (when applicable)) agrees to assume those risks, including but not limited to exposure and being infected.

- 6) The individual has not, nor has anyone in the individual's household, experienced any signs or symptoms of COVID-19 in the last 14 days (including fever, new or worsening cough, fatigue, chills and body aches, respiratory illness, difficulty breathing, nausea, vomiting or diarrhea, pink eye, or loss of taste or smell).
- 7) If the individual experiences, or if anyone in the individual's household experiences, any signs or symptoms of COVID-19 after submitting this Declaration of Compliance, the individual will immediately isolate, notify the Organization, and not attend any of the Organization's facilities, activities, programs or services until at least 14 days have passed since those symptoms were last experienced.
- 8) The individual has not, nor has any member of the individual's household, travelled to or had a lay-over in any country outside Canada, or in any province outside of New Brunswick in the past 14 days. If the individual travels, or if anyone in the individual's household travels, outside of New Brunswick after submitting this Declaration of Compliance, the individual will not attend any of the Organization's facilities, activities, programs or services until at least 14 days have passed since the date of return.
- 9) The individual is following recommended guidelines, including but not limited to, practicing physical distancing, trying to maintain separation of six feet from others, adhering to recognized hygiene best practices, and otherwise limiting exposure to COVID-19.
- 10) The individual will follow the safety, physical distancing and hygiene protocols of the Organization.
- 11) The individual will bring their own personal items and personal equipment (such as water bottles, bags, towels, etc.) at their discretion and will not share their personal items or equipment with other individuals.
- 12) This document will remain in effect until the Organization, per the direction of the provincial government and provincial health officials, determines that the acknowledgements in this Declaration of Compliance are no longer required.
- 13) The Organization may remove the individual from the facility or from participation in the activities, programs or services of the Organization at any time and for any reason if the Organization believes, in its sole discretion, that the individual is no longer in compliance with any of the standards described in this document.

Signature: _____ Date: _____
Individual (if the individual is 19 years old or older)

Signature: _____ Date: _____
Parent/Guardian (if the individual is younger than 19 years old)

DÉCLARATION DE CONFORMITÉ - COVID-19

Nom de la personne (LETTRES MAJUSCULES) : _____

Parent/tuteur de la personne : _____
(Si la personne est sous l'âge de la majorité)

Adresse courriel : _____

Téléphone : _____

ATTENTION !

TOUTES LES PERSONNES ENTRANT DANS L'INSTALLATION ET/OU PARTICIPANT À DES ACTIVITÉS
SANCTIONNÉES DOIVENT SE CONFORMER À CETTE DÉCLARATION

[insérer le nom de l'OPT] et ses clubs affiliés (collectivement l' « Organisation ») exigent la divulgation de l'exposition ou de la maladie afin de préserver la santé et la sécurité de tous les participants et de limiter la propagation de la COVID-19. La présente déclaration de conformité sera conservée en toute sécurité et les renseignements personnels ne seront pas divulgués, sauf si la loi l'exige ou si vous y consentez.

Une personne (ou son parent/tuteur, si elle est âgée de moins de 19 ans) qui n'est pas en mesure d'accepter les conditions énoncées dans le présent document n'est pas autorisée à entrer dans les locaux de l'Organisation ou à participer aux activités, programmes ou services de l'Organisation.

Je, soussigné(e) étant la personne nommée ci-dessus et le parent/tuteur de cette personne (si elle a moins de 19 ans), reconnais et accepte les conditions énoncées dans le présent document :

- 1) La maladie du coronavirus (COVID-19) a été déclarée pandémie mondiale par l'Organisation mondiale de la santé et le virus de la COVID-19 est extrêmement contagieux. L'Organisation a mis en place des mesures préventives pour réduire la propagation de la COVID-19 et exige de toutes les personnes (ou de leurs parents/tuteurs, le cas échéant) qu'ils respectent les normes de conformité décrites dans ce document.
- 2) La personne n'a pas reçu de diagnostic de la COVID-19; **OU** Si la personne a reçu un diagnostic de la COVID-19, elle a été catégorisée comme non-contagieuse par les autorités de santé publique provinciales ou locales.
- 3) Si la personne est un travailleur de première ligne (personnel hospitalier, personnel de soins de longue durée), ou une autre personne qui interagit avec des personnes ayant des cas confirmés ou suspectés de COVID-19, la personne a porté un équipement de protection individuelle approprié et approuvé en tout temps chaque fois qu'elle a interagi avec une personne ayant un cas confirmé ou suspecté de COVID-19 au cours des 14 derniers jours.
- 4) Si la personne n'est pas un travailleur de première ligne, ou une autre personne qui interagit avec des personnes ayant des cas confirmés ou présumés de la COVID-19, elle n'a pas été exposée à une personne ayant un cas confirmé ou suspecté de la COVID-19 au cours des 14 derniers jours.
- 5) La personne assiste ou participe volontairement et comprend les risques associés à la COVID-19. La personne (ou son parent/tuteur, au nom de la personne (le cas échéant)) accepte d'assumer ces risques, y compris, mais sans s'y limiter, l'exposition et le fait d'être infecté.

- 6) La personne n'a pas, et personne dans son ménage n'a eu, de signes ou de symptômes de la COVID-19 au cours des 14 derniers jours (notamment fièvre, nouvelle toux ou aggravation de la toux, fatigue, frissons et douleurs corporelles, maladie respiratoire, difficulté à respirer, nausées, vomissements ou diarrhée, conjonctivite, perte de goût ou d'odeur).
- 7) Si la personne, ou un autre membre de son foyer, éprouve des signes ou symptômes de la COVID-19 après avoir soumis la présente déclaration de conformité, il ou elle doit immédiatement s'isoler, aviser l'Organisation et ne pas se rendre dans les installations, ne pas participer aux activités ou programmes, ni bénéficier des services de l'Organisation avant qu'au moins 14 jours se soient écoulés depuis la dernière apparition de ces symptômes.
- 8) La personne n'a pas, et aucun membre de son foyer n'a, au cours des 14 derniers jours, voyagé ou fait une escale dans un pays étranger ou dans une province autre que la Nouvelle-Écosse. Si la personne voyage, ou si un membre de son ménage voyage, en dehors de la Nouvelle-Écosse après avoir soumis la présente déclaration de conformité, la personne ne fréquentera aucun(e) des installations, activités, programmes ou services de l'Organisation avant qu'au moins 14 jours se soient écoulés depuis la date de retour.
- 9) La personne respecte les directives recommandées, y compris, mais sans s'y limiter, la pratique de la distanciation physique, l'essai de maintenir une distance de six pieds par rapport aux autres, l'adhésion aux meilleures pratiques d'hygiène reconnues et la limitation de l'exposition à la COVID-19.
- 10) La personne respectera les protocoles de sécurité, de distanciation physique et d'hygiène de l'Organisation.
- 11) La personne apportera ses objets personnels et son équipement personnel (tels que bouteilles d'eau, sacs, serviettes, etc.) à sa discrétion et ne partagera pas ses objets personnels ou son équipement avec d'autres personnes.
- 12) Ce document restera en vigueur jusqu'à ce que l'Organisation détermine que les recommandations figurant dans la présente déclaration de conformité ne sont plus nécessaires, conformément aux directives du gouvernement et des autorités sanitaires de la province.
- 13) L'Organisation peut retirer la personne de l'établissement ou de la participation aux activités, programmes ou services de l'Organisation à tout moment et pour toute raison si l'Organisation estime, à sa seule discrétion, que la personne ne respecte plus l'une des normes décrites dans le présent document.

Signature : _____
Personne (si elle est âgée de 19 ans ou plus)

Date : _____

Signature : _____
Parent/tuteur (si la personne est âgée de moins de 19 ans)

Date : _____

RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT

[INSERT ORGANIZATION]

(To be executed by Participants who are 19 years old and older)

WARNING! Please read carefully! By signing this document, you will waive certain legal rights – including the right to sue

Participant's Name: _____ Participant's Date of Birth: _____

1. This is a binding legal agreement. Clarify any questions or concerns before signing. Prior to participating, an individual who is the age of majority or older and who wants to participate in the sport of [insert sport] and the activities, programs, classes and services provided by, and/or in the events sponsored or organized by the [Insert Provincial Organization] and [Insert Club/League] which may include but is not limited to: competitions, practices, training, personal or strength training, dry land training, training using machines or weights, nutritional and dietary programs, orientational or instructional sessions or lessons, and aerobic and anaerobic conditioning programs (collectively the "Activities") must acknowledge and agree to the terms outlined in this agreement.

Disclaimer

2. [Insert Provincial Organization], [Insert Club/League], and their respective Directors, Officers, committee members, members, employees, coaches, volunteers, officials, participants, agents, sponsors, owners/operators of the facilities in which the Activities take place, and representatives (collectively the "Organization") are not responsible for any injury, personal injury, damage, property damage, expense, loss of income or loss of any kind suffered by a Participant during, or as a result of, the Activities, caused in any manner whatsoever including, but not limited to, the negligence of the Organization.

I have read and agree to be bound by paragraphs 1 and 2

Description and Acknowledgement of Risks

3. I understand and acknowledge that
 - a) The Activities have foreseeable and unforeseeable inherent risks, hazards and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for serious bodily injury, permanent disability, paralysis and loss of life
 - b) The Organization may offer or promote online programming (such as webinars, remote conferences, workshops, and online training) which have different foreseeable and unforeseeable risks than in-person programming
 - c) The Organization has a difficult task to ensure safety and it is not infallible. The Organization may be unaware of my fitness or abilities, may misjudge conditions, may give incomplete warnings or instructions, and the equipment being used might malfunction
 - d) **(COVID-19)** The COVID-19 disease has been declared a worldwide pandemic by the World Health Organization and is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19; however, the Organization cannot guarantee that I will not become infected with COVID-19. Further, participating in the Activities could increase my risk of contracting COVID-19
4. I am participating voluntarily in the Activities. In consideration of my participation, I hereby acknowledge that I am aware of the risks, dangers and hazards associated with or related to the Activities. I understand that the Organization may fail to safeguard or protect me from the risks, dangers and hazards of the Activities, some of which are listed below. The risks, dangers and hazards include, but are not limited to:
 - a) Health: executing strenuous and demanding physical techniques; physical exertion; overexertion; stretching; dehydration; fatigue; cardiovascular workouts; rapid movements and stops; lack of fitness or conditioning; traumatic injury; sprains and fractures, spinal cord injuries, bacterial infections; rashes; and the transmission of communicable diseases, including viruses of all kinds, COVID-19, bacteria, parasites or other organisms or any mutation thereof
 - b) Premises: defective, dangerous or unsafe condition of the facilities; falls; collisions with objects, walls, equipment or persons; dangerous, unsafe, or irregular conditions on surfaces; and travel to and from the premises
 - c) Use of equipment: mechanical failure of the equipment; negligent design or manufacture of the equipment; the provision of or the failure by the Organization to provide any warnings, directions, instructions or guidance as to the use of the equipment; failure to wear safety or protective equipment; and failure to use or operate equipment within my own ability
 - d) Contact: contact with [insert sport-specific contact], other equipment, vehicles, or other persons; and other contact that may lead to serious bodily injury, including but not limited to concussions and/or other brain injury or serious spinal injury
 - e) Advice: negligent advice regarding the Activities
 - f) Ability: failing to act safely or within my own ability or within designated areas
 - g) Sport: the sport of [sport] and its inherent risks, including but not limited to [insert sport-specific risks]
 - h) Cyber: privacy breaches; hacking; and technology malfunction or damage
 - i) Conduct: my conduct and conduct of other persons including any physical altercation between participants
 - j) Travel: travel to and from the Activities

- k) Negligence: my negligence and negligence of other persons, including NEGLIGENCE ON THE PART OF THE ORGANIZATION, which may increase the risk of damage, loss, personal injury or death

I have read and agree to be bound by paragraphs 3 and 4

Terms

5. In consideration of the Organization allowing me to participate in the Activities, I agree:
- a) That when I practice or train in my own space, I am responsible for my surroundings and the location and equipment that I select
 - b) That my mental and physical condition is appropriate to participate in the Activities and I assume all risks related to my mental and physical condition
 - c) To comply with the rules and regulations for participation in the Activities
 - d) To comply with the rules of the facility or equipment
 - e) That if I observe an unusual significant hazard or risk, I will remove myself from participation and bring my observations to a representative of the Organization immediately
 - f) The risks associated with the Activities are increased when I am impaired and I will not to participate if impaired in any way
 - g) That it is my sole responsibility to assess whether any Activities are too difficult for me. By commencing an Activity, I acknowledge and accept the suitability and conditions of the Activity
 - h) That I am responsible for my choice of safety or protective equipment and the secure fitting of that equipment
 - i) **(COVID-19)** That COVID-19 is contagious in nature and I may be exposed to, or infected by, COVID-19 and such exposure may result in personal injury, illness, permanent disability, or death

Release of Liability and Disclaimer

6. In consideration of the Organization allowing me to participate, I agree:
- a) That the sole responsibility for my safety remains with me
 - b) To ASSUME all risks arising out of, associated with or related to my participation
 - c) That I am not relying on any oral or written statements made by the Organization or its agents, whether in a brochure or advertisement or in individual conversations, to agree to participate in the Activities
 - d) To WAIVE any and all claims that I may have now or in the future against the Organization
 - e) To freely ACCEPT AND FULLY ASSUME all such risks and possibility of personal injury, death, property damage, expense and related loss, including loss of income, resulting from my participation in the Activities
 - f) To FOREVER RELEASE and INDEMNIFY the Organization from any and all liability for any and all claims, demands, actions, damages (including direct, indirect, special and/or consequential), losses, actions, judgments, and costs (including legal fees) (collectively, the "Claims") which I have or may have in the future, that might arise out of, result from, or relate to my participation in the Activities, even though such Claims may have been caused by any manner whatsoever, including but not limited to, the negligence, gross negligence, negligent rescue, omissions, carelessness, breach of contract and/or breach of any statutory duty of care of the Organization
 - g) To FOREVER RELEASE AND INDEMNIFY the Organization from any action related to my becoming exposed to or infected by COVID-19 as a result of, or from, any action, omission or negligence of myself or others, including but not limited to the Organization
 - h) That the Organization is not responsible or liable for any damage to my vehicle, property, or equipment that may occur as a result of the Activities
 - i) That negligence includes failure on the part of the Organization to take reasonable steps to safeguard or protect me from the risks, dangers and hazards associated with the Activities
 - j) This release, waiver and indemnity is intended to be as broad and inclusive as is permitted by law of the Province of New Brunswick and if any portion thereof is held invalid, the balance shall, notwithstanding, continue in full legal force and effect

Jurisdiction

7. I agree that in the event that I file a lawsuit against the Organization, I will do so solely in the Province of New Brunswick and further agree that the substantive law of the Province of New Brunswick will apply without regard to conflict of law rules.

I have read and agree to be bound by paragraphs 5 to 7

Acknowledgement

8. I acknowledge that I have read and understand this agreement, that I have executed this agreement voluntarily, and that this agreement is to be binding upon myself, my heirs, spouse, children, guardians, next of kin, executors, administrators and legal or personal representatives. I further acknowledge by signing this agreement I have waived my right to maintain a lawsuit against the Organization on the basis of any claims from which I have released herein.

Name of Participant (print)

Signature of Participant

Date

Name of Witness (print)

Signature of Witness

Date

[INSÉRER LE NOM DE L'ORGANISATION]

DÉCHARGE DE RESPONSABILITÉ, RENONCIATION AUX RÉCLAMATIONS ET ACCORD D'INDEMNISATION

(Doit être signé par les participants ayant atteint l'âge de la majorité)

AVERTISSEMENT : Veuillez lire attentivement! En signant ce document, vous renoncez à certains droits légaux, notamment celui de poursuivre en justice

Nom du (ou de la) participant(e): _____ Date de naissance du (ou de la) participant(e) : _____

1. Ce document est un accord juridique contraignant. Clarifiez toute question ou préoccupation avant de le signer. Avant de participer, une personne ayant atteint l'âge de la majorité et qui souhaite participer au sport [insérer le nom du sport] et aux activités, programmes, cours et services offerts et/ou aux événements commandités ou organisés par [insérer le nom de l'OSP] et [insérer club/ligue] affiliés, qui peuvent inclure, mais ne sont pas limités aux tournois, compétitions, leçons, à l'entraînement, à l'entraînement personnel ou de force, à l'entraînement au sol, à l'entraînement à l'aide de machines ou de poids, aux programmes nutritionnels et diététiques, séances ou leçons d'orientation ou d'instruction, et aux programmes de conditionnement aérobique et anaérobique (collectivement les « Activités »), doit reconnaître et accepter les conditions décrites dans cet accord.

Disclaimer

2. [insérer le nom de l'OSP] et [insérer club/ligue] ainsi que leurs directeurs, administrateurs, membres de comité, membres, employés, entraîneurs, bénévoles, officiels, participants, agents, commanditaires, propriétaires/opérateurs des installations dans lesquelles les Activités ont lieu, et représentants (collectivement l' « Organisation ») ne sont pas responsables des blessures, dommages matériels, dépenses, pertes de revenus, ou pertes de toute nature subis par le Participant pendant ou à la suite des Activités, occasionné de quelque nature que ce soit, notamment, mais sans s'y limiter par la négligence de l'Organisation.

J'ai lu et j'accepte d'être lié par le contenu des paragraphes 1 et 2

Description et reconnaissance des risques

3. Les Parties comprennent et reconnaissent que :
- e) Les activités comportent des risques, des dangers et des aléas inhérents prévisibles et imprévisibles qu'aucun soin, précaution, ni expertise ne peut éliminer, y compris, sans s'y limiter, le potentiel de blessure corporelle grave, l'invalidité permanente, la paralysie et la perte de vie.
 - f) L'Organisation peut offrir ou promouvoir des programmes en ligne (tels que des webinaires, des conférences à distance, des ateliers et des formations en ligne) qui présentent des risques prévisibles et imprévisibles et qui diffèrent des risques posés par les programmes en personne.
 - g) L'Organisation a une tâche difficile pour assurer la sécurité et elle n'est pas infaillible. L'Organisation peut ne pas être au courant de l'aptitude ou des capacités du Participant, peut donner des avertissements ou des instructions incomplètes, peut mal évaluer les conditions météorologiques ou environnementales, et l'équipement utilisé peut mal fonctionner.
 - h) (COVID-19) La maladie COVID-19 a été déclarée pandémie mondiale par l'Organisation mondiale de la santé et le virus de la COVID-19 est extrêmement contagieux. L'Organisation a mis en place des mesures préventives pour réduire la propagation de la COVID-19 ; cependant, l'Organisation ne peut pas garantir que je ne serai pas infecté par la COVID-19. De plus, la participation aux activités pourrait augmenter le risque pour moi de contracter la COVID-19.
4. Je participe volontairement aux Activités. En considération de ma participation, je reconnais par la présente que je suis conscient des risques, dangers et vulnérabilités et peuvent être exposés à ces risques, dangers et vulnérabilités. Je comprends que l'Organisation peut ne pas assurer ma protection contre les risques, dangers et vulnérabilités des Activités, dont certains sont énumérés ci-dessous. Les risques, dangers et vulnérabilités comprennent, sans s'y limiter, les éléments suivants :
- a) Santé : exécution de techniques physiques pénibles et exigeantes ; efforts physiques ; efforts trop intenses ; étirements ; déshydratation ; fatigue ; exercices cardiovasculaires ; mouvements et arrêts rapides ; manque de forme physique ou de conditionnement ; blessures traumatiques ; entorses et fractures, lésions de la moelle épinière, infections bactériennes ; éruptions cutanées ; et transmission de maladies transmissibles, y compris les virus de toutes sortes, la COVID-19, les bactéries, les parasites ou autres organismes ou toute mutation de ceux-ci
 - b) Lieux : état défectueux, dangereux ou non sécuritaire des installations ; chutes ; collisions avec des objets, des murs, des équipements ou des personnes ; conditions dangereuses, non sécuritaires ou irrégulières ; conditions météorologiques extrêmes ; et déplacements à destination et en provenance des lieux
 - c) Utilisation de l'équipement : défaillance mécanique de l'équipement ; négligence dans la conception ou la fabrication de l'équipement ; fourniture ou non par l'Organisation d'avertissements, de directives, d'instructions ou d'orientations concernant l'utilisation de l'équipement ; défaut de port d'un équipement de sécurité ou de protection ; et défaut d'utilisation ou de fonctionnement de l'équipement dans les limites des capacités du Participant
 - d) Contact : contact avec [insérer contact spécifique dans le sport], des équipements ou matériels, véhicules ; et tout autre contact pouvant entraîner des lésions corporelles graves, y compris, mais sans s'y limiter, les commotions cérébrales et/ou d'autres lésions cérébrales ou vertébrales graves
 - e) Conseil : conseil négligent concernant les Activités
 - f) Capacité : ne pas agir en toute sécurité ou dans les limites de la capacité du Participant ou dans des zones désignées
 - g) Sport : le sport de [insérer le nom du sport] et ses risques inhérents, y compris, mais sans s'y limiter, [insérer les risques spécifiques au sport] ;
 - h) Cyber : atteintes à la vie privée ; piratage informatique ; et dysfonctionnement ou dommages technologiques
 - i) Comportement : le comportement du Participant et le comportement d'autres personnes, y compris toute altercation physique entre les participants
 - j) Voyages : déplacements à destination et en provenance des Activités.

- k) Négligence : ma négligence et celle des autres, notamment la NÉGLIGENCE DE LA PART DE L'ORGANISATION, qui peut augmenter le risque de dommage, de perte, de blessure corporelle ou de décès.

J'ai lu et j'accepte d'être lié par le contenu des paragraphes 3 et 4

Conditions

5. En considération de l'Organisation me permettant de participer aux Activités, je conviens :
- a) Au moment où je m'entraîne dans mon propre espace, je suis responsable de l'environnement, du lieu et de l'équipement que je choisis
 - b) Que je suis en bonne condition physique et mentale pour participer aux Activités et que j'assume tous les risques liés à mon état mental et physique
 - c) De me conformer aux règles et réglementations liées à la participation aux Activités
 - d) De me conformer aux règles s'appliquant à l'utilisation de l'installation ou de l'équipement
 - e) Si j'observe un danger ou un risque inhabituellement important, je mettrai un terme à ma participation aux Activités et je signalerai immédiatement le danger ou le risque à l'attention d'un représentant de l'Organisation.
 - f) Les risques associés aux Activités sont accrus quand je suis affaibli et je ne participerai pas si je suis affaibli de quelque manière que ce soit ;
 - g) Je suis seul responsable d'évaluer si certaines Activités sont trop difficiles pour moi. En débutant une Activité, je reconnais et accepte la compatibilité et les conditions de l'Activité
 - h) Je suis responsable du choix de mon équipement protecteur ou de sécurité et de l'ajustement sécuritaire de cet équipement de sécurité
 - i) **(COVID-19)** Que la COVID-19 est de nature contagieuse et que je peux être exposé à la COVID-19 ou infecté par celle-ci et que cette exposition peut entraîner des blessures, une maladie, une invalidité permanente ou le décès

Décharge de responsabilité et renonciation

6. En considération de l'Organisation me permettant de participer aux Activités, je conviens :
- a) Que je suis l'unique responsable de ma sécurité
 - b) Que j'ASSUME tous les risques découlant de ma participation ou qui y est associé ou lié
 - c) Que je ne me fie pas à aucune déclaration orale ou écrite faite par l'Organisation ou ses agents, que cela soit dans une brochure ou une publicité ou lors de conversations individuelles, pour accepter de participer aux Activités
 - d) Je RENONCE à toute réclamation que je pourrais avoir maintenant ou dans le futur contre l'Organisation.
 - e) J'ACCEPTÉ ET J'ASSUME PLEINEMENT et librement tous ces risques et la possibilité de blessure corporelle, décès, dommage matériel, dépense et pertes connexes, notamment la perte de revenu, découlant de ma participation aux Activités
 - f) Je LIBÈRE POUR TOUJOURS ET J'INDEMNISE l'Organisation de toute réclamation, demande, action, tout dommage (y compris direct, indirect, spécial et/ou consécutif), toute perte, tout jugement et frais (y compris les frais juridiques) (collectivement, les « Réclamations ») que je pourrais avoir maintenant ou dans le futur et qui sont reliés, qui se rapportent ou qui peuvent survenir à la suite de ma participation aux Activités, même si ces Réclamations peuvent avoir été causées de quelque manière que ce soit, y compris, mais sans s'y limiter, par de la négligence, de la négligence grave, un sauvetage négligent, des omissions, de l'imprudence, la rupture de contrat et/ou la violation de toute obligation légale de diligence de la part de l'Organisation.
 - g) Je LIBÈRE ET INDEMNISE POUR TOUJOURS l'Organisation de tout recours lié à mon exposition à mon infection à la COVID-19 en raison ou suite à toute action, omission ou négligence de ma part ou de celle d'autres personnes, notamment, mais sans s'y limiter à l'Organisation
 - h) Que l'Organisation n'est pas responsable des dommages à mon véhicule, à mes biens ou à mon équipement qui pourraient survenir à la suite des Activités
 - i) Cette négligence inclut le manquement de l'Organisation à prendre des mesures raisonnables pour me sauvegarder ou me protéger des risques, dangers et aléas associés aux Activités.
 - j) Que le présent accord est destiné à être aussi large et inclusif que le permet la loi de la province du Nouveau-Brunswick et que, si une partie de l'accord est jugée invalide, le reste demeure néanmoins pleinement en vigueur

Jurisdiction

7. Je conviens que si j'intente une action en justice contre l'Organisation, j'accepte de le faire uniquement dans la province du Nouveau-Brunswick et conviennent en outre que le droit matériel de la province du Nouveau-Brunswick s'appliquera sans égard aux règles relatives au conflit de lois.

J'ai lu et j'accepte d'être lié par le contenu des paragraphes 5 et 7

Confirmation

8. Je reconnais avoir lu et compris le présent accord, que je l'ai signé volontairement, et que cet accord doit me lier et doit lier mes héritiers, mon/ma conjoint(e), mes enfants, tuteurs, proches, exécuteurs testamentaires, administrateurs et représentants légaux ou personnels. Je reconnais en outre qu'en signant le présent accord, je renonce à mon droit d'intenter une action en justice contre l'Organisation sur la base de toute réclamation à laquelle je renonce par la présente.

Nom du Participant (LETTRES MAJUSCULES)

Signature du Participant (si âgé de plus de 13 ans)

Date

Nom du témoin (LETTRES MAJUSCULES)

Signature du témoin

Date



REDUCE THE SPREAD OF COVID-19. WASH YOUR HANDS.



1

Wet hands with warm water



2

Apply soap



3

For at least 20 seconds, make sure to wash:



4

Rinse well



5

Dry hands well with paper towel



6

Turn off tap using paper towel



palm and back of each hand



between fingers



under nails



thumbs

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Public Health
Agency of Canada

Agence de la santé
publique du Canada

Canada

HOW TO SAFELY USE A NON-MEDICAL MASK OR FACE COVERING

DO'S



DO wear a non-medical mask or face covering to protect others.



DO ensure the mask is made of at least two layers of tightly woven fabric.



DO inspect the mask for tears or holes.



DO ensure the mask or face covering is clean and dry.



DO wash your hands or use alcohol-based hand sanitizer before and after touching the mask or face covering.



DO use the ear loops or ties to put on and remove the mask.



DO ensure your nose and mouth are fully covered.



DO replace and launder your mask whenever it becomes damp or dirty.



DO wash your mask with hot, soapy water and let it dry completely before wearing it again.



DO store reusable masks in a clean paper bag until you wear it again.



DO discard masks that cannot be washed in a plastic-lined garbage bin after use.

DO YOUR PART.

Wear a non-medical mask or face covering to protect others when you can't maintain a 2-metre distance.

NON-MEDICAL MASKS ARE NOT RECOMMENDED FOR:

- People who suffer from an illness or disabilities that make it difficult to put on or take off a mask
- Those who have difficulty breathing
- Children under the age of 2

DON'T JUDGE OTHERS FOR NOT WEARING A MASK.

Kindness is important as some people may not be able to wear a mask or face covering.

DON'TS



DON'T reuse masks that are moist, dirty or damaged.



DON'T wear a loose mask.



DON'T touch the mask while wearing it.



DON'T remove the mask to talk to someone.



DON'T hang the mask from your neck or ears.



DON'T share your mask.



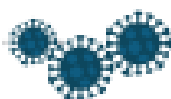
DON'T leave your used mask within the reach of others.

REMEMBER, wearing a non-medical mask or face covering alone will not prevent the spread of COVID-19. You must also wash your hands often, practise physical distancing and stay home if you are sick.



CORONAVIRUS DISEASE (COVID-19) CLEANING AND DISINFECTING PUBLIC SPACES

This document provides guidance on cleaning and disinfecting of public settings, including schools, universities, public libraries, museums, public transit, communal residences and workplaces.



WHAT YOU SHOULD KNOW

- Surfaces frequently touched with hands are most likely to be contaminated. These include doorknobs, handrails, elevator buttons, light switches, cabinet handles, faucet handles, tables, countertops and electronics.
- It is not yet known how long the virus causing COVID-19 lives on surfaces, however, early evidence suggests it can live on objects and surfaces from a few hours to days.

CHOOSE A PRODUCT THAT CLEANS AND DISINFECTS

- When cleaning public spaces, choose products that clean **and** disinfect all at once (e.g. premixed store-bought disinfectant cleaning solutions and/or wipes when available).
 - **Cleaning products** remove germs, dirt, and impurities from surfaces by using soap (or detergent) and water. Cleaning does not necessarily kill germs, but by removing them, it lowers their numbers and the risk of spreading infection.

- **Disinfecting products** kill germs on surfaces using chemicals.
- Use only **approved hard-surface disinfectants** that have a Drug Identification Number (DIN). A DIN is an 8-digit number given by Health Canada that confirms the disinfectant product is approved and safe for use in Canada.

CREATE A CLEANING PROCEDURE

- Operators of community settings should develop or review protocols and procedures for cleaning public spaces. This will help determine where improvements or additional cleaning may be needed.
- Read and follow manufacturer's instructions for safe use of cleaning and disinfection products (e.g. wear gloves, use in well-ventilated area, allow enough contact time for disinfectant to kill germs based on the product being used).
- Wash hands with soap and water or use alcohol-based hand sanitizer after removing gloves.



- Use damp cleaning methods such as damp clean cloths, and/or a wet mop. Do not dust or sweep which can distribute virus droplets into the air.
- Contaminated disposable cleaning items (e.g. mop heads, cloths) should be placed in a lined garbage bin before disposing of them with regular waste. Reusable cleaning items can be washed using regular laundry soap and hot water (60-90°C). Clean and disinfect surfaces that people touch often.
- In addition to routine cleaning, surfaces that are frequently touched with hands should be cleaned and disinfected more often, as well as when visibly dirty.
- Shared spaces such as kitchens and bathrooms should also be cleaned more often.



**WE CAN ALL DO OUR
PART IN PREVENTING
THE SPREAD OF
COVID-19. FOR MORE
INFORMATION, VISIT**

Canada.ca/coronavirus
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