



Berne-Knox-Westerlo Central School District

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Parent/Guardian High-Risk Winter Sports Informed Consent for Basketball (JV/V), Wrestling (JV/V) and Cheerleading (V)

The Albany County Department of Health requires that each parent/guardian sign a consent form in order for their student-athlete to participate in high-risk sports at this time.

The World Health Organization defines health as “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.” Regarding COVID-19 and participation in sports, the American Academy of Pediatrics (AAP) has indicated that re-engaging in sports activities has physical and psychological health benefits. Participating in sports allows youth to improve their cardiovascular health, strength, body composition, and overall fitness. Mentally, youth may experience benefits from increased socialization and from a more structured routine. Both the psychological and physical benefits support developmental growth and can have immune system benefits.

The State’s decision to permit higher-risk sports and recreation activities does not mean that their risk has changed. Any time people are gathered, there is a risk of exposure to COVID-19, which can lead to serious medical conditions. Symptomatic and asymptomatic individuals can spread the virus. Masking, distancing, and other mitigation measures reduce, but do not eliminate risk. Further, there is a risk of transmission to those in the home of an infected student-athlete. Covid-19 can lead to serious medical conditions and death for people of all ages.

At present, it cannot be predicted who will become severely ill, although older people and those with underlying health conditions are at higher-risk. The long-term effects of COVID-19 are not fully known at this time; even people with mild cases may experience long-term complications.

Schools, players, parents, and coaches should understand that social interactions outside of an actual practice or competition (e.g., not wearing cloth face coverings in locker rooms or during transportation) are also potential pathways of transmission among student-athletes. Regarding clusters of COVID-19 cases among athletes, at this time, there is insufficient data to determine whether transmission is more likely to have occurred because of the nature of a given sport or because of the social factors and environment surrounding the athletes and teams.

Ultimately, the decision falls on parents/guardians to decide whether they will allow their children to participate and both parents should sign when applicable. **PARTICIPATION CANNOT BEGIN WITHOUT THE RETURN OF THIS SIGNED DOCUMENT TO THE HS OFFICE.**

Athlete Name: _____ Date: _____ Sport: _____

Parent/Guardian #1 Signature: _____

Parent/Guardian #2 Signature: _____

Student-Athlete Signature: _____

District Mission Statement:

The B-K-W CSD will provide an environment that fosters the creative, emotional, intellectual, and physical well-being of each student in order to enable a mastery of the curriculum and a life-long learning capability to meet the challenges of the future.