

DANBURY HIGH SCHOOL
OUT OF SEASON PHYSICAL FITNESS PROGRAM
PARENT/ATHLETE CONSENT FORM

Student Name _____ Grade _____ Sport _____

Student DOB _____ Parent/Guardian Name _____

Parent/Guardian Phone # _____

Emergency Contact Name/Relationship/Phone # _____

The CIAC allows a school to conduct non-mandated out of season conditioning programs provided students are not coerced to participate and as long as the programs do not interfere with any other educational, athletic or family commitments.

We feel the program we are offering can be very beneficial to your child's growth and development and encourage them to participate. However, this program is not an interscholastic athletic program, therefore, you should always make certain your child is medically able to participate in the rigors such a program demands. As parents you take full responsibility for the medical well being of your child (listed above) and give them permission to participate in the Danbury High School optional out of season conditioning program.

While off season conditioning is strongly encouraged it does not necessarily guarantee a spot on the roster.

COVID 19-Health Screening

All coaches and athletes are required to self-screen for any observable illness, including cough or respiratory distress, and to confirm temperature below 100 degrees Fahrenheit. The coach or athletic trainer must verify that each participant has self-screened upon arrival.

The screening form (below) will be used by coaches and the athletic trainer to maintain a record of each participant's self-screening for potential symptoms.

Signature of Parent / Guardian

As an athlete of Danbury High School I am willing to participate in a planned out of season conditioning program of my own free will and I am willing to abide to the following:

I will attend only at times specified by my coach

I will not bring equipment or use any school equipment (except weights) during these conditioning sessions

I will participate only under the supervision of a coach or certified adult

Signature of Athlete _____

