



WNHL Waiver, COVID-19 Protocol and Head Injury Policy

Assumption of Risk

I _____ am aware that playing or practicing to play/participate in Ice Hockey can be a dangerous activity involving many risks of injury. I hereby release Kelly Jones or any other organizer of the WNNHL of any and all liability for my own personal injury, property damage or illness obtainment during participation. I have reviewed the rules of the WNHL and understand it is a no body contact ice hockey league. I understand Kelly Jones is not affiliated with the Town of Pelham, City of St.Catharines or the City of Port Colborne or responsible for condition of the their facilities, ice surface or staff conduct.

X _____

COVID-19 Regulations

I _____ will not attend WNHL events if I am ill, or show any signs or have been in direct contact someone who is showing signs of COVID-19 Symptoms. If I contract COVID-19 I will take 4 weeks off from the league. Missing the 4 weeks I will be compensated \$60 dollars from WNHL Management and can return upon a clear COVID-19 Test from Niagara Health Systems or Niagara Public Health after the duration of the four weeks.

I will also follow the following protocols

- The use of individual antibacterial hand sanitizer is recommended before and after games. Sanitizer must be provided by the individual player.
- Players must wear their mask while not on the ice including locker rooms while inside an arena facility or restaurant for WNHL Events
- Players are reminded to avoid body contact during play on the ice
- Players are reminded to have conversations 6 feet apart on and off the ice and with the referees, timekeepers and arena staff
- Players while on the bench will only use their water bottle that they brought for their own use
- Players while on the bench will avoid talking face to face with other players and try to maintain a reasonable distance while on the bench
- Players should avoid touching their eyes, nose or mouth
- Players must cover their mouth and nose with a tissue or into your elbow when coughing or sneezing
- Players are to be mindful and abstain from spitting
- Players should wash their hands frequently and before and after each game or practice

X _____

Head Injury Monitoring and Sign-Off

I _____ recognize that head injuries that happen to me or a fellow player are serious. If I myself or fellow player are struck in the head and lose consciousness for a brief or a extend period show symptoms' such as Headache, Ringing in the ears, Nausea, Vomiting, Fatigue or drowsiness, Blurry vision, Slurred speech, Delayed response to questions, Dazed appearance, or Forgetfulness, such as repeatedly asking the same question. These signs and symptoms for yourself or a fellow player to stop playing and seek immediate medical attention. I understand that unless I am made of hard alloy a head injury is not getting your "bell rung". They are serious injuries and need to be treated quickly and by proper medical attention.

X _____