



COVID-19 Return to Play Guidelines (as of May 13, 2020)

USA Water Ski & Wake Sports (USA-WSWS) is dedicated to protecting the health and safety of our members. The purpose of this document is to provide athletes, coaches and event organizers with best practices and recommendations regarding return to water ski activity.

For the most part, individual water ski activity is considered low risk for COVID-19 transmission; however, the circumstances around COVID-19 are changing constantly. According to current CDC guidance, there is no evidence that COVID-19 can be spread to humans through the water.

Beginning on May 18, 2020, USA-WSWS will resume sanctioned activity for practices, exhibitions, basic skills clinics and tournaments. **It is the responsibility of each club and/or LOC to abide by all public health authorities and [local and state government guidelines](#) when determining to host an event in their respective geographic area.**

USA-WSWS has provided a list of infection prevention measures (Appendix 1) as well as signs and symptoms of COVID-19 (Appendix 2). USA-WSWS also recommends that all participants complete the COVID-19 Event Questionnaire and Waiver Release prior to participating in any sanctioned activity (Appendix 3).

[High risk individuals, including older adults](#) and people with pre-existing medical conditions (such as asthma, diabetes, heart disease) appear to be more vulnerable to becoming severely ill with the virus and are recommended to avoid sanctioned activity involving groups at this time.

Additional Resources:

- [USA-WSWS Coronavirus Preparedness Guide](#)
- [US Olympic and Paralympic Committee on Sports and Events](#)
- [World Health Organization's guidelines on sporting events/mass gatherings](#)
- [Aspen Institute - COVID-19 Return to Play Assessment Tool](#)
- [CDC on Parks and Recreational Facilities](#)
- [National Recreation and Park Association on Slowing the Spread](#)

Appendix 1 Infection Prevention Measures

Prior to the start of any activity, participants (athletes, judges, officials, boat drivers) should be asked if anyone is feeling sick or has been around anyone who has been sick within the last 14 days. If anyone answers “YES” to these questions they should not attend the event. If someone at an event starts to show signs or symptoms, they should notify the event organizer and/or event safety official and immediately leave the premises.

To help prevent the spread of the virus everyone should:

- Stay more than 6 feet away from people
- Avoid touching your face
- Frequently wash your hands for 20 seconds with soap and water or use alcohol-based hand sanitizer
- Cover your mouth and nose with a tissue when coughing or sneezing, disposing of the tissue in the trash and washing your hands or using hand sanitizer
- Frequently clean commonly touched services
- Cover your mouth and nose with a cloth face cover when around others

Appendix 2 Signs and Symptoms of COVID-19

The three most common symptoms include:



Fever
($>100.4^{\circ}\text{F}$)



Cough



Shortness
of Breath

Less common symptoms include:



Sore
Throat



Nausea, Diarrhea
& Vomiting



Headache



Muscle &
Joint Pain



Chills



Congestion



Loss of
sense of
smell

Appendix 3

COVID-19 Event Questionnaire and Waiver Release

USA Water Ski & Wake Sports (USA-WSWS) is dedicated to protecting the health and safety of our members.

I attest that I am not experiencing any symptoms of illness such as a fever, cough, or shortness of breath. If I develop these symptoms, I agree that I will leave the event premises immediately. I am aware that I must follow the safety and hygiene protocols of the event organizer.

I attest that:

- I have not traveled internationally in the past 14 days
- I have not traveled to a highly impacted area within the United States in the past 14 days
- I do not believe that I have been exposed to a person with a confirmed or suspected case of COVID-19
- I have not been diagnosed with COVID-19 or have been cleared as noncontagious by state or local public health authorities
- I am following recommended guidelines as much as possible - practicing social distancing, trying to maintain separation of six feet from others, and otherwise limiting my exposure to the coronavirus. I further agree that I have reviewed and have complied with all local and state guidelines including travel restrictions imposed of due to Covid-19.

<https://portal.ct.gov/Coronavirus/Covid-19-Knowledge-Base/Travel-In-or-Out-of-CT>

I understand, acknowledge and assume the risks and dangers associated with participation in the sport of water skiing, wake sports and related water sport disciplines and activities, including without limitation, the potential for serious bodily injury, sickness and disease (including COVID-19), permanent disability, paralysis and loss of life; loss of or damage to equipment/property; exposure to extreme conditions and circumstances; contact with other participants, spectators, boats, animals or other natural or manmade objects; dangers arising from adverse weather conditions; imperfect ski course conditions; water and surface hazards; equipment failure; inadequate safety measures; participants of varying skill levels; situations unknown to or beyond the immediate control of the Event Organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers (“Risks”). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Event(s), or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses which I incur as a result of my participation in the Event.

For Minors:

Print Name(s): _____ Age: _____ Date of Birth: _____

Print Name(s): _____ Age: _____ Date of Birth: _____

Adults:

Print Name: _____

X _____
Signature of Participant or Parent/Guardian for minors

Date Signed