

Student-Athlete Commitment Form

Christian Academy in Japan Athletic Department

Code of Conduct:

I am aware of and will abide by the guidelines/expectations of the school, the athletic department, the league and the team. I understand that there are consequences to not meeting these guidelines/expectations and will accept those consequences.

I am aware that there are risks inherent in participating in athletics and I accept those risks knowing that the school and the athletic department are committed to maintaining the safety of student-athletes.

I am aware that CAJ values sportsmanship and I commit myself to striving to live up to the established ideals.

I commit myself to being an intentional ambassador for Christ as a member of this team. I will treat all athletes, coaches, officials, parents and spectators with dignity and respect.

I commit myself to being an effective communicator with my team mates, coach(es) and my parents/guardians.

I commit myself to being **at** and **on time** to all regularly scheduled practices and contests, and will give my best for the entire season.

I commit myself to being an effective member of this team and fulfilling all responsibilities given to me. I will encourage and assist my teammates in becoming better athletes and people.

I have read the Student Guidelines (reverse side), which come from the CAJ Athletic Department COVID-19 Guidelines, and agree to abide by them.

Sport committing to _____

Student-athlete's name (printed) _____

Student-athlete's signature _____ Date _____

Cell phone number _____

***If the student-athlete decides to quit the team after having signed and returned this form to the coach, the following will apply:**

- **Middle school students will be ineligible for athletic and fine arts activities for the current season.**
- **High school students will be ineligible for athletic and fine arts activities for the current season and the next season.**

STUDENT GUIDELINES (from the CAJ Athletic Department COVID-19 Guidelines)

In order for students to participate they must:

- Follow the CAJ Health, Safety, Hygiene Procedures.
- Inform a coach immediately when starting to not feel well.
- Wear a mask in transit and while on campus. During the activity, the student will not be required to keep the mask on. The mask will be kept in a mask bag labeled with the name of the student. The mask should not be left laying out. A student may wear an appropriate mask/face covering during the activity if expected to do so by the parent.
- Bring the Student Daily Health Log to every practice/contest.
- Wash/sanitize hands before and after the activity.
- Bring your own water bottle. Drinking fountains may only be used to fill water bottles.
- Wash/sanitize hands before using your water bottle. Sanitize the outside of your water bottle throughout the activity.
- Avoid touching your face. If you must, wash/sanitize your hands before doing so.
- Clean any equipment used with sanitizer before and after use.
- Avoid shouting, whispering into another person's ear, high fives, fist bumps, hugs, handshakes--any actions that violate social distancing norms.
- Remain apart from others when taking breaks.
- Bring your own towel. No towels will be provided.
- Leave campus within 15 minutes of the activity being finished.
- Students are encouraged to shower as soon as possible after the activity is finished. Wash workout clothes immediately after returning home.
- No shared athletic equipment between students, including towels, water bottles, clothes, bibs, shoes, wrist/headbands, hats, or sport specific equipment. (This doesn't include resistance and cardio training equipment.)