

# COVID-19 PARENT CHECKLIST

## Parents To-Do before every practice and game:

- **Please check your child for a fever** and they cannot participate if it's over 100.4 degrees. The CDC considers any temperature over 100.4 a fever.
- **Parents please use the google document "Health Screening Document"** and email or text/ screen shot (whichever coach your prefers) COACH immediately before any event to confirm your child does not have shortness of breath, a cough, chills, sore throat, loss of taste or smell, any recent vomit or diarrhea, etc. **The answer must be no to every question to ensure the safety of all players.**
- Everyone must sanitize their hands before and after every game and practice.
- Be sure your coach has your best cell phone number in case they need to reach out to you.
- Remind your player to promote healthy hygiene such as using hand sanitizer (above), to cover coughs with your elbow, avoid high fives, fist bumps, and no spitting.
- **Limiting the sharing of equipment.** If you can bring your softball equipment (bat, gloves, etc), we encourage you to do so, along with your own water bottle both labeled with your player's name. If you do not have a softball bat, one will be provided to borrow.
- If your athlete and/or immediate family members contract Covid-19 please alert your coach and the PARPC office immediately so we can alert others (all done with privacy and no names mentioned) who may have been exposed. Please refer to your Health Care professional for instructions for quarantine and returning back to sports.
- Disinfect your student's personal equipment after each game or practice.
- **Masks: Requesting that coaches, officials, and parents wear a cloth face covering at all times.** If you choose to not wear a mask you may not attend PARPC functions. **Athletes** must also wear a mask entering and exiting the softball field until returned to their cars. **During practice and games-** the batter is NOT required to wear a mask for vision purposes, the catcher and umpire must wear a mask, outfielders may remove their mask while on the field but masks must be worn in the dugout. When a team is playing defense, infielders do not need to wear a face mask unless a baserunner reaches a base nearest their position, then a face covering will be required and when returning to the dugout. The pitcher does not need to wear a mask until returned to the dugout. Please practice social distancing in the dugout. Please be prepared with extra face coverings.
- **Spectators:** At practices games and we can allow SIX spectators per athlete wearing masks and social distancing 6 feet apart from each other and the softball field, but guidelines can change so you should be prepared for this.

We thank you for your patience and understanding in these uncertain times as we all work together to provide a safe atmosphere for our young players and our community.

Heidi Hershey

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