

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 PARPC document "Health Screening Checklist"** and review before every 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 participants.** You will be reminded to review symptoms but you do not have to submit the form to coach due to this is an individual sport, and please be aware kids are subject to touchless temperature checks if necessary.
- **Session drop offs and Masks**—Arrive no earlier than five-ten minutes before practice time for drop offs and **do not enter inside the track at any time.** Be prompt for pick up and if you choose to stay, wait outside the track using social distance of six feet, no more than six spectators allowed per athlete, and wear a mask at all times. **Athletes** must wear a mask entering and exiting the track until returned to their cars, but can take their masks off only to participate in track practice. Please be prepared with extra face coverings.
- **Track meet spectators on May 22nd**- Currently 6 spectators per athlete will be allowed to watch the track meet. This is subject to change depending on COVID19 restrictions.
- **Track meet athletes on May 22nd** – will be required to wear their mask when at the track except when they are participating in their event and until they catch their breath afterward they must make every effort to distance themselves, then put their mask back on.
- Everyone must sanitize their hands before and after session.
- Be sure your coach has your best cell phone number in case they need to reach out to you during practice.
- Remind your athlete to promote healthy hygiene such as using hand sanitizer (above), to cover coughs with your elbow, avoid high fives, fist bumps, and no spitting.
- Bring your own water bottle both labeled with your athlete's name. Athletes are encouraged to keep personal property a minimum of 6 feet apart.
- 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 session.

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

All the best,

Heidi Hershey

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