

# 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 Document"** and email or text/ screen shot (whichever coach your prefers) COACH 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 players.** Details on submission TBA by coach.
- **Practice/Game night session drop offs**– No spectators allowed at practices or games. Arrive no earlier than five minutes before practice time for drop offs and do not enter inside the school at any time. Be prompt for pick up and wait outside or in the parking lot while maintaining a social distance and wear a mask at all times.
- No spectators allowed at any practice/game sessions. This is due to COVID19 indoor restrictions.
- 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 during practice.
- 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.
- If you can bring your own basketball this year, we encourage you to do so, along with your own water bottle both labeled with your player's name. Players 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.
- During games- both basketball teams should be on opposite sides of the court or sideline.
- **Masks**- All program participants should wear a mask in the parking lot entering and exiting practice. **CDC just updated to require all athletes and coaches to wear a mask during practice and games, but guidelines are constantly changing and practices don't begin until the week of December 7<sup>th</sup> so stay tuned for any changes. Be prepared with extra face coverings in case this mandate remains in effect.**
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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.

All the best,

Heidi Hershey

Sports and Special Program Coordinator  
Palmyra Area Recreation and Parks Commission