

# 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 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.
- **Session drop offs**– No spectators allowed at practices. Arrive no earlier than five minutes before practice time for drop offs and do not enter inside the track at any time. Be prompt for pick up and wait outside the track or in the parking lot while maintaining a social distance and wear a mask at all times.
- 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.
- **Masks**- All program participants should wear a mask in the parking lot entering and exiting practice. Please be prepared with extra face coverings.

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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Palmyra Area Recreation and Parks Commission