

COVID-19 PARENT CHECKLIST

Parents To-Do before every practice and game:

- **Please check your child for a fever** and they cannot play soccer 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 you prefer) 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.**
- **Practices Drop offs**– It is preferred you drop your child off at practice and wait in your car.
- **Games**- Limited spectators, guidelines TBA
- 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.
- If you can bring your own soccer ball this year, we encourage you to do so, along with your own water bottle both labeled with your player's name.
- 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.
- During games- both soccer teams should be on the OPPOSITE sides of the field and teammates maintain social distance on the sideline.
- **Masks**- All athletes, coaches, and spectators (if permitted) should wear a mask at all times. If you choose to not wear a mask you may not attend the game.

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

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