

COVID-19 PARENT CHECKLIST

Parents To-Do before every skill session August 1st, 2nd, & 3rd :

- Please check your child for a fever - they cannot play youth sports if it's over 100.4 degrees. The CDC considers any temperature over 100.4 a fever.
- Parents please use "Health Screening Document-Covid19 Checklist" (on our website and the turnstile bin outside our office) and email a copy of your completed questionnaire, or just cut and paste it in an email, whichever is easier for you- for EACH DAILY SESSION TO COACH at palmyrarec20@gmail.com before practice (between 12pm and 5:00pm) 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 and DATED for that day. Coach will check the email before practice and if the questionnaire is not done your child may not participate until it's completed.** The questionnaire is intended to streamline a registration procedure, alleviate lines, and not lose precious field time so please remember to send the email between 12pm and 5:00pm EACH DAY before practice each session so we have everyone's questionnaire when we check in!
- Practices & Games Drop offs– If you decide to spectate, please practice a 6 foot social distance from the field, players, AND from each other, wear a face mask AT ALL TIMES to protect those around you. Also, please do not come into the athletic field for pick up.
- Everyone must sanitize their hands before and after every game and practice. (sanitizer is provided by PARPC at camp)
- Be sure your coach has your best cell phone number in case they need to reach out to you during practice. If it is a different number than what you put on the application, please email us at hershey@palmyrarec.org ASAP.
- Remind your player to promote healthy hygiene such as using hand sanitizer (above), to cover coughs with your elbow, no high-fives, and no spitting.
- If you can bring your own field hockey ball this year, we encourage you to do so, and please label all equipment and water bottles with your player's name to avoid confusion and touching other athlete's equipment. Players will be directed where to put their items which should be 6 foot apart.

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

Yours in Sports,

Heidi Hershey

Sports and Special Program Coordinator
Palmyra Area Recreation and Parks Commission