

# COVID-19 PARENT CHECKLIST

## Parents To-Do List before every practice and game:

- **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 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**—Practice: It is preferred you drop your child off at practice and wait in your car.
- **Games**- Two spectators per player may stay at games and must have a 6 foot social distance from the field AND from each other, personal property stays 6 feet apart, everyone wear a face mask to protect those around you, (players & referee masks may be removed upon entering the field for warmups and games). Do not arrive sooner than 10 minutes before games and depart the field and parking area immediately after games.
- **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, to cover coughs with your elbow, and no spitting.
- If you can bring your own field hockey 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.
- **During games- both teams should be on the SAME side of the field but opposite ends from each other. All spectators are to remain on the OPPOSITE sideline from where the two teams reside and ALL stay 6 feet back from the field.**
- Disinfect your child's personal equipment after each game or practice.
- Be prepared with face coverings for members of your family if permitted to attend events.

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