

CROSS COUNTRY PARENT CHECKLIST FOR COVID19

- **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.
- We ask to drop your athlete off no earlier than 10 minutes before the start of practice and pick up at 6:45pm promptly. If you must stay, no more than two spectators per athlete are permitted and everyone must wear a mask and stay 6 feet back from the team and from each other.
- We have a "Questionnaire" attached to this email in Word and PDF format (and it's also on our website) for all PARPC programs to verify kids do not have COVID19 symptoms which **needs to be submitted before each practice**. Parents must verify the day of the practice but no later than 30 minutes before practice their child is free of ALL symptoms. Be sure your athlete's name is on it and it's completely filled out with the correct date. If your child has ANY symptoms listed on the questionnaire they are not to participate that day for the safety of everyone. If your athlete contracts COVID19 please contact coach and PARPC at 838-9244 immediately so we can make discreet, anonymous action to ensure everyone's safety. For more information on returning to sports please contact your health professional and you may refer to the CDC website at <https://www.governor.pa.gov/covid-19/sports-guidance/> Note: if you cannot print the Health Questionnaire form we have them available on our turnstile outside of our office as well as attached and on the website to download at www.palmyrarec.org
- Everyone must sanitize their hands before and after every 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.
 - Bring your own water bottle both labeled with your athlete's name.
 - Disinfect your athlete's personal equipment after each practice.