

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 Document"** 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 of form submission TBA
- **Practices Drop offs**– It is preferred you drop your child off at sessions.
- **If you must stay** at skill sessions you must have a 6 foot social distance from the court AND from each other, personal property stays 6 feet apart, everyone wear a face mask the entire time to protect those around you, (players & coach masks may be removed upon entering the court for sessions). Do not arrive sooner than 10 minutes before sessions and depart the school and parking area immediately after drop off as well as for pick up afterward.
- Everyone must sanitize their hands before and after every session.
- 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.
- **If you can bring your own basketball 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.
- 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