



COVID-19 CHECKLIST

Please use this list as a reminder before each PARPC event to ensure the safety of all your teammates and your community.

In the last 24 hours has your child:

1. Had a fever over 100.4 degrees or chills?
2. Had a cough?
3. Had a sore throat?
4. Been short of breath? (outside of normal exercise)
5. Experienced loss of taste or smell?
6. Experienced vomiting or diarrhea?
7. Any close contact within the last 14 days with someone who is currently sick with suspected or confirmed COVID-19? (Note- close contact is defined as within 6 feet for more than 15 consecutive minutes without PPE equipment)

Please be aware your child *MUST* be symptom free to participate in Rec sports for the safety of others!

Let's do this together SAFELY!

Thank you!!!

PARPC