

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 do not send your child to practice if they have any possible COVID19 symptoms** such as shortness of breath, a cough, chills, sore throat, loss of taste or smell, any recent vomit or diarrhea, etc.
- **Practice session drop offs**– No spectators allowed at practices. Arrive no earlier than five minutes before practice time for drop offs and do not enter inside the school at any time. Be prompt for pick up and wait outside or in the parking lot while maintaining a social distance and masks are optional.
- **GAMES ARE OPEN to parents and spectators but are required to social distance by staying 6 feet apart, 6 feet away from the court and masks are optional.**
- 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 (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. Players are encouraged to keep personal property a minimum of 6 feet apart.
- If your athlete and/or an immediate family member contracts 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 current instructions for quarantine and returning back to sports.
- Disinfect your student's personal equipment after each session.
- During games- both basketball teams should be on the opposite ends of a sideline and spectators are across the court from both teams on the opposite side of the court.
- Be prepared with extra face coverings, but masks are optional.

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