



## Puyallup SD 2020-21 COVID-19 Athletic Pledge

Complete a form for each team and return to coaches at your next practice

Part of being a great teammate is taking care of yourself to protect your team. As we return to participation in athletics it is important to understand how student-athletes and their families can help prevent the spread of the COVID-19 virus.

### MONITOR AND CARE

As a family we will monitor student-athlete health looking for possible signs of COVID-19 including:

- A fever of 100.4°F or higher
- Respiratory symptoms, such as dry cough or shortness of breath
- Sore throat
- Headache
- Body aches
- Chills
- Loss of taste or smell

Stay home if feeling sick.

If someone in our immediate family, has tested positive for COVID-19, is awaiting a COVID-19 test result, or has had direct contact with a positive case of COVID-19, we will report this to our coaches, will not attend school events, and we will contact our medical provider.

### PREVENTION

Wash your hands regularly for 20 seconds. Wash or sanitize your hands prior to and following practice/team sessions. Wash or sanitize hands frequently during practices and competitions, especially after touching shared objects or blowing your nose, coughing, or sneezing.

Bring your own filled water bottle, clothing, towel, and other personal equipment to all events. Do not share any personal items with others.

Wear your mask at all times unless participating in strenuous physical activity. This includes arrival and departure and moving around the facility.

Avoid traveling to and from practice or competition with others outside of your household when possible.

### PROVIDING SPACE

Whenever possible stay at least 6 feet from another person. Exceptions are allowed during training for brief contact, but physical distancing is a key to prevent spread of the virus.

When working in pods of students, those pods should stay together during training and it is recommended that they stay consistent day-to-day. Pods should remain physically distant from each other as well. This will vary based on sport and is a recommendation from the WIAA.

### **I AGREE TO TAKE CARE OF MYSELF AND TEAMMATES**

I understand COVID-19 is a highly contagious virus, and it is possible to develop and contract the COVID-19 disease, even if I follow all the safety precautions above and those recommended by the CDC, local health department, and others. I understand that although my school is following the coronavirus guidelines issued by the CDC and other experts to reduce the spread of infection, I can never be completely shielded from all risk of illness caused by COVID19 or other infections.

I acknowledge that these expectations and pledge are a condition of my participation in interscholastic athletics and that any failure to comply with this pledge above may lead to immediate removal of athletic participation privileges and/or the inability to use athletic facilities. I take this pledge seriously and will do my part to protect my school and community.

I have read, understand, and agree to comply with this pledge above.

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Student Name

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Student Signature

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Date

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Parent Signature

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Date