

We recommend that you get your student-athletes to complete a pledge/ acknowledgement similar to the one below every week to eliminate the spread of COVID-19 within your organization.

All members of _____ {HIGH SCHOOL's} athletic teams have an important role to play in keeping our student-athletes and coaching staff safe by doing our part to stop the spread of COVID-19. As a member of _____ {HIGH SCHOOL SPORT} team, I know that I must take steps to stay healthy, to protect others, and promote a safe environment for everyone. Because of this, I pledge to take responsibility and help stop the spread of the COVID-19.

It is my pledge to protect myself, my peers, and our _____ {HIGH SCHOOL} community by doing the following:

1. I will honestly complete the daily health questionnaire and temperature screening to help with contact tracing.
2. I will monitor the following symptoms and if any of them occur I will not attend team practices and I will contact my athletic trainer or coach and follow their instructions, which may include being tested for COVID- 19 and self-quarantining while the test results are pending, and/or being evaluated by the athletic trainer:
 - a. A fever of 100.4 or higher
 - b. Dry cough or shortness of breath
 - c. Sore throat
 - d. Headache
 - e. Body aches
 - f. Chills
 - g. Loss of taste or smell
3. I will wear my mask and practice physical distancing as much as possible during and outside of team practices.
4. If I travel to another state with a travel or youth team, I promise to self-quarantine myself for 14 days from my _____ {HIGH SCHOOL} team to help reduce their exposure to COVID-19.

I understand COVID-19 is a highly contagious virus and it is possible to develop and contract the COVID- 19 virus, even if I follow all of the safety precautions above and those recommended by the CDC, local health department, and others.

I take my pledge seriously and will do my part to protect _____ {HIGH SCHOOL} community.

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