

KENT SCHOOL DISTRICT 2020-21  
COVID-19 STUDENT-ATHLETE COMMITMENT PLEDGE

**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

**PLEDGE:**

I will stay home if feeling sick.

If someone in my 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, I will not attend school events, and we will contact our medical provider.

**PREVENTION:**

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

I will bring my own filled water bottle, clothing, towel, and other personal equipment to all events. I will not share any personal items with others.

I will always wear my mask unless participating in strenuous physical activity. This includes arrival and departure and moving around the facility.

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

**PROVIDING SPACE:**

I will when 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 commitment seriously and will do my part to protect my school and community. I have read, understand, and agree to comply with this pledge above.