



## Sacramento Charter High School Athletics COVID-19 Players/Parent Contract

We are excited to begin sports for the school year. The health and wellness of all students and staff remains our top priority. Please read below so we can work collaboratively to ensure that all students, staff and parents are aware of the expectations of safely participating in the Sac High Athletic Program this school year.

As a player/student athlete:

1. I will participate in health screenings when I arrive at every conditioning. I will not attend conditioning or come to campus if I am exhibiting symptoms of COVID-19 (see the second page for list of symptoms).
2. I will show up to conditioning on time and ready to participate in my workout clothes. I understand that locker rooms will not be open and I will NOT be able to change my clothes after I arrive on campus.
3. I will bring my own face covering and water bottle labeled with my name to every conditioning. I will NOT share my face covering or water bottle with any other individual, player or coach.
4. I will sanitize or wash my hands with soap and water when I arrive for every conditioning and at all break times during conditioning.
5. I will maintain a minimum of 6 ft distance from all other individuals, players and coaches throughout the entire conditioning and while on campus.
6. Throughout conditioning, I will wear a face covering anytime that I am not physically exerting myself.
7. I will not engage in any physical contact with another individual, player, or coach throughout the entire conditioning and while on campus.
8. I will not share or make contact with any item that another individual, player, or coach has also made contact with.
9. Any personal items that I bring to conditioning will be kept a minimum of 6ft distance from the items of other individuals, players and coaches.
10. I will only attend the conditioning days and times that my cohort is scheduled to attend. I will NOT arrive at a conditioning that my cohort is not scheduled to attend.
11. I understand that my participation in sports is voluntary and that I will not be penalized for choosing to not participate in the scheduled workouts.
12. I understand that before participating, all of the following forms must be reviewed and completed by myself and my parents then submitted to the head coach.
  - a. Emergency Form, Physical Form, Concussion Form and COVID-19 Players/Parent Contract.

As a parent of a student athlete:

1. I will ensure that my scholar and I have read, understand and will abide by ALL of the expectations listed above.
2. I will only transport players within my household.
3. I will not allow my scholar to attend conditionings if they are exhibiting symptoms of COVID-19.
4. I understand that before my student participates, all of the following forms must be reviewed and completed and then submitted to the head coach.
  - a. Emergency Form, Physical Form, Concussion Form and COVID-19 Players/Parent Contract.

**I have read and agree to abide by ALL of the above expectations for participating in Athletics at Sac High.**

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Print Parent Name: \_\_\_\_\_

Player Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Print Student Name: \_\_\_\_\_

Sport: \_\_\_\_\_



# Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



**Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.**

**Seek medical care immediately if someone has emergency warning signs of COVID-19.**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your healthcare provider for any other symptoms that are severe or concerning to you.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)