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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X