

Parent Commitment COVID-19 Form

Participant Name:

Parent Name:

Address:

Phone Number:

E-mail:

By completing this form and participating in this program, you must confirm that you and your child will abide by the most current guidelines of the County of San Diego Public Health Order. The following guidelines are based on the San Diego Youth Sports Physical Distancing and Safety Plan for Practices and Drills, and may change during the season.

- You attest that you and your child have reviewed the attached document that identifies ways to prevent the spread of COVID-19.
- You understand that practices will be organized in stable groups of 12 participants. There will be no interaction between different stable groups, and equipment will be sanitized after each different stable groups' usage.
- You attest that you will not send your child to practice if their temperature is above 100 F or if they have COVID-19 symptoms based on CDC guidelines: Cough - Shortness of breath or difficulty breathing - Chills - Repeated shaking with chills - Muscle pain - Headache - Sore throat - Loss of taste or smell - Diarrhea - Known close contact with a person who is lab confirmed to have COVID - 19.
- You attest that if your child has displayed COVID-19 symptoms, you will not allow them to return to practice until they have tested negative for COVID-19 and provide a medical professional's clearance; or at least 10 days have passed since the onset of

symptoms, and at least 3 days(72 hours) have passed since recovery (no fever without the use of fever reducing medication).

- You are encouraged to drop off your child at the beginning of practice and return at the end of practice to pick them up. If you are staying to watch, know the viewing room has a limited capacity on a first come first serve basis, that is standing room only for one person of each family (unfortunately this means no siblings). Face coverings will be required in the viewing area at all times.
- Participants that are not from the same household may NOT carpool to and from practice. You attest you and your child will refrain from unnecessary physical contact with others including, hugs, high fives and fist pumps which are not permitted per the County protocols.
- Your child will be provided sanitizer for their hands and feet at the beginning, middle, and end of practice as well as sanitizing prior to switching each event. The staff will provide sanitation stations.
- Drawstring bags for personal items will be provided by Poway Gymnastics and must be kept within the area for each stable group, and each bag must be 6 feet from each other. Cubbies will be closed until further notice.
- Participants must bring a personal water bottle as drinking fountains will not be available.

Parent Signature:

Date: