

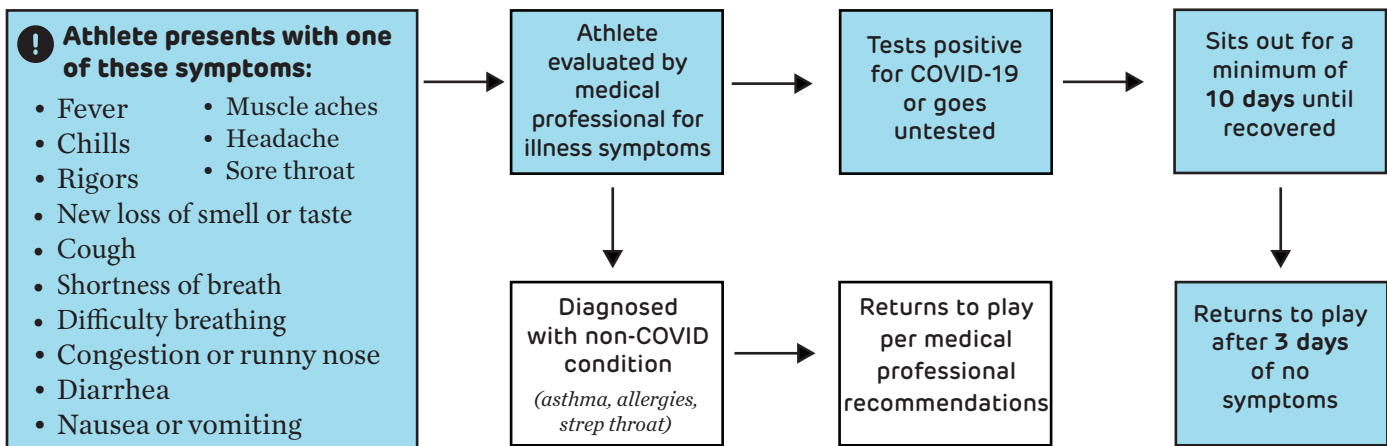
Return to Youth Sports After COVID-19 Shutdown: Compact to Commit to Your Quaranteam

- I will commit to wearing a mask and social distancing in higher-risk situations where it is recommended outside of my sport.
- I will commit to checking my temperature and assessing my own symptoms on a daily basis.
- I will disclose any possible COVID-19 symptoms or possible exposure to someone with known or suspected COVID-19 to my parents and coaches so I can sit out and prevent any possible spread of infection to my “quaranteam.”
- I will encourage my quaranteam-mates to practice these same healthy behaviors.
- I will not share towels, water bottles or other personal items.
- I will regularly wash my hands and use hand sanitizer before, during and after practices/games.
- I will avoid touching my face and, if I have to, use hand sanitizer afterwards.
- I will wipe down all equipment I use with a disinfectant wipe at the end of every practice or game.
- Before I leave the facility, or as soon as I get home, I will shower or bathe myself to protect my family from possible exposure.

Athlete name: _____ Date: _____

Athlete signature: _____

WHAT IF I DON'T FEEL WELL?



WHAT CAN I DO TO PREVENT COVID-19?

- Wear a mask when around other people.
- Wash or sanitize my hands frequently.
- Avoid sharing any food, drink or other personal items like towels or water bottles.
- Avoid touching my face.
- Keep distance from other people whenever possible.
- Quarantine myself if I become sick and work with my parents to seek medical care and testing.