

Student-Athletes Checklist for Sport Participation

____ I understand and agree to abide by the new sport rule modifications

- [Cross Country](#)
- [Field Hockey](#)
- [Soccer](#)

____ I am required to bring all of my equipment in ONE bag which will not be shared with anyone else. If I do not have a car to leave this in throughout the day, I will drop this bag off in its designated space prior to 8:10am.

- Soccer: Strength and Conditioning Room (left side)
- Cross Country: Strength and Conditioning Room (back right side)
- 7-9th Grade Field Hockey: Visiting Team Locker Room
- 10-12th Grade Field Hockey: Main Locker Room

____ I will bring a water bottle that will not be shared with anyone. I will not use water fountains unless it is to refill this water bottle.

____ Each sport specific guideline provides recommendations for mask breaks, but I understand the default is that I will have my mask on at all times. This includes when changing in the locker room, during warm-ups, team discussion, practice, traveling to and from contests, during games, etc.

____ I agree to abide by the distancing policies which require me to maintain 6 feet distancing within my cohorts and an additional 14 feet distance between cohorts

____ I understand that sportsmanship should continue in a touchless manner – no handshakes/slaps/fist bumps.

____ After a practice/competition is completed, I will not congregate in any public spaces at NDA and immediately leave the area.

provide individual, dedicated water bottles for children if they do not have their own.

____ I will achieve proper hand hygiene at the beginning and end of all activities, either through handwashing with soap and water or by using an alcohol-based hand sanitizer.

____ I will arrive dressed for practice/contests.

Parent Checklist

____ I will check in with my daughter every morning to make sure she is symptom free. If my daughter shows any signs of [COVID](#), she will stay home from school and will not report to after school activities.

____ If my daughter requires to be dropped off or picked up from practices/contests, I understand that I will stay in my car to limit contact.

____ As a spectator, I understand the 6 feet distancing between other groups and mask-wearing protocols in place. I also understand that there is one family member per household that is allowed at contests. To attend a contest, I must have the NDA issued lanyard and spectator pass visible upon entry.

____ As a spectator, I understand that I need to check in with the COVID Coach/Safety Coordinator prior to situating myself in the designated spectator areas. (name will be recorded in case there is a need for contact tracing)

____ I understand that I will not congregate in common areas or parking lots following practices or events.

____ As a spectator, I will be a positive role model for my daughter and NDA and I understand that the sport will be played in a different way due to the rule modifications to ensure safety.

____ I understand that I will not congregate in common areas or parking lots following practices or events.