



Quarry Lane School Athletics COVID-19 Student Athlete/Parent Contract

We are looking forward to starting sports for the school year. As of now the first date for potential practices is Aug. 9th, 2021. The health and wellness of all students and staff remains our top priority. Cohort groups will be created for each sport. Currently the cohort number is 14 which is subject to change by Alameda County Covid -19 guidelines.

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 Quarry Lane Athletic Program this school year. As we continue to forge through unprecedented times with this virus we do acknowledge that updates to these guidelines may be necessary. Those will be clearly communicated.

Please review, sign, and acknowledge.

. As a player/student athlete:

1. I will participate in health screenings when I arrive at every practice. I will not attend practice/game 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 practices 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 practice. 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 practice and at all break times during practice.
5. I will maintain a minimum of 6 ft distance from all other individuals, players and coaches throughout the entire practice and while on campus. Unless the County Covid-19 guidelines change.
6. Throughout practices and games, I will wear a face covering.
7. I will not share or make contact with any item that another individual, player, or coach has also made contact with.
8. Any personal items that I bring to practice will be kept a minimum of 6ft distance from the items of other individuals, players and coaches.
9. I will only attend the practice/game days and times that my cohort is scheduled to attend. I will NOT arrive at a practice/game that my cohort is not scheduled to attend.
10. 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.
11. I understand that before participating, all of the following forms must be reviewed and completed by myself and my parents then submitted to the **QLS Plus Portal**.
 - 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 student 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 son or daughter to attend practices 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 **QLS Plus Portal**.
 - 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 Quarry Lane School. I also acknowledge that failure to abide in these protocols may result in suspension from practices, games, and potentially the entire season.

Parent Signature: _____

Date: _____

Print Parent Name: _____

Player Signature: _____

Date: _____

Print Student Name: _____

Sport: _____