

**Carlisle Public Schools
Protocol to follow**

Student Athlete: _____ **Sport:** _____

The goal of Carlisle Public Schools is to minimize the risk of student-athlete exposure to COVID-19.

Agreement to follow the following guidelines:

- Students will NOT come to practice if they are symptomatic. - Need to notify coaches and nurses.
- Masks will be worn at all times, except when proper physical distancing is 10 feet apart and outdoors.
- Student-athletes will bring a LABELED refillable water bottle and will be responsible for providing it daily at each training session.
- Student-athletes will practice physical distances both on and off campus, including the following.
 - Stay at least 6 feet from other people.
 - Avoid gathering in groups
 - Wear mask
 - Use appropriate hand and cough hygiene
- Wash hands thoroughly for a minimum of 20 seconds or use hand sanitizer when entering or leaving the building.

OTHER EXPECTATIONS:

Physicals:

- All Athletes must have an updated PHYSICAL that happened in the last 13 months.
- Telehealth Physicals will NOT be allowed per MIAA Rules.
- Athletes can NOT participate without a physical.

Practice:

- Athletes must arrive at every practice dressed in their appropriate attire and have their OWN equipment.
- There will be NO USE of the locker rooms.

Student Athlete Signature: _____

Parent/Guardian: _____