



As we head into the fall during this COVID-19 pandemic, we want to again stress that we all need to do our part in the fight against the spread of COVID-19. We will be asking all our athletes and their parents/guardians to please read over the below ATHLETE SAFETY PLEDGE and please print your name and initial on the bottom after reading and agreeing to the following

I, _____, take the LCT Pledge to keep myself and others as safe as possible and to help stop the spread of COVID-19.

1. I will stay home from class/practice if I am not feeling well (fever, cough, shortness of breath, fatigue, headache, muscle/body aches, new loss of taste/smell, sore throat, congestion/runny nose, nausea/vomiting or diarrhea).

_____ (Initial)

2. I will properly wear my mask from the time I enter the building, throughout my class, and until I leave the building. This means my nose and mouth will always be covered. If I need to take a mask break, I will ask my coach/teacher to step out in fresh air or separate myself from all others.

_____ (Initial)

3. I will use hand sanitizer or wash my hands before entering the gym, as we change events and when leaving class.

_____ (Initial)

4. I will maintain distance from my teammates/classmates by staying at my assigned station or my assigned area till I wait for my turn.

_____ (Initial)