



COVID-19 Athletic Contact Days Parent Consent Form

Student Name (Please Print: First and Last) _____

Grade Level (Circle One) Freshman Sophomore Junior Senior

PURPOSE: The purpose of this form is to obtain your consent for your student athlete to participate in Athletic Workouts/Practices with a Lanphier High School athletic team. By signing below, you give your student athlete permission to participate in workouts/practices held at Lanphier High School and supervised by Lanphier High School coaching staff. This signed form must be returned in order for your student athlete to participate. Students who do not have a signed consent form will not be allowed to participate.

To maintain the highest level of safety possible District #186 high schools will institute the IHSA and District #186 requirements for participation on athletic teams:

- Participants will have their temperature taken and be asked COVID screening questions by a member of the coaching staff.
- During inside workouts/practices masks are mandatory
- Masks are not mandatory when practicing outside, unless an athlete is not participating or on the sideline
- Outside/Inside: When not participating, athletes will follow social distancing guidelines and will wear a mask
- During practices, team scrimmages will be held (except for wrestling)
- During practices, coaches will frequently sanitize all equipment used during workouts/practice
- Participants must not touch, handle, or share each other's equipment.
- Participants should wear their own appropriate workout clothing and not share clothing with anyone. All equipment and clothing should be washed immediately upon returning home.
- Players are encouraged to provide their own hand sanitizer and/or sanitizing wipes. It is recommended to use hand sanitizer. Additionally, emphasize to all to avoid touching their face.
- Coaches must maintain a daily record of what athletes are participating, when, symptoms they may present.
 - Athletes should be monitored at start of practice for temperature >100.4F/37C or symptoms of COVID-19 (fevers, chills, cough, muscle aches, headache, sore throat, runny nose, nausea, vomiting, diarrhea, or loss of taste or smell, muscle or body aches).
 - Athletes should tell coaches immediately when they are not feeling well. If symptoms are present they should not participate in practice or competition, and the parent should be notified and the athlete should not return until symptom free or cleared by a physician.
- Players shall bring their own water bottle, shoes, towels, and other personal equipment. The use of locker rooms, shared water coolers with cups, and water fountains will be prohibited during this stage.

Parent/Guardian Name (Please Print) _____

Parent/Guardian (Signature) _____

- Student athletes should be responsible for their own supplies such as a water bottle.