



HAVERFORD HAWKS ICE HOCKEY CLUB

ESTABLISHED 1974



STAY HEALTHY HAVERFORD HAWKS' ACKNOWLEDGEMENT AND PLEDGE

All members of Haverford Hawks Ice Hockey teams have an important role to play in keeping our fellow players and the Hawks' community safe by doing our part to stop the spread of COVID-19. As a member of a Haverford Hawks Ice Hockey team, I know that I must take steps to stay well, to protect others and promote a safe return to playing. Because of this, I pledge to take responsibility for my own health and help stop the spread of the COVID-19.

The Haverford Hawks' highest priority is the safety of its players, coaches, referees, family members and visitors. I know that by engaging in practice, games, and tournaments, I may be exposed to COVID-19 and other infections. I also understand that despite all reasonable efforts by the club, I can still contract COVID-19 and other infections. In order to reduce my risk, I agree to be an active participant in maintaining my own health, wellbeing and safety, as well as the safety of others, by following all the guidelines and expectations outlined by the Haverford Hawks.

As more information is gathered and known, I understand that the Hawks may modify these guidelines and expectations. It is my responsibility to make every effort to keep myself apprised of these changes to protect myself and Hawk's community.

It is my pledge to protect myself, my peers, and the Haverford Hawks' community by doing the following:

- Agree to testing for COVID-19 and potential subsequent self-quarantining or self-monitoring if I am identified as having contact with anyone who has been determined to be positive for COVID-19.
- If I test positive for COVID-19, I agree to remain off ice until:
 - My symptoms have resolved and
 - It has been at least ten days since the start of my symptoms, and
 - I have a negative COVID-19 test result.
- Complete the Pre-Practice/Game/Event Health Survey daily;
- Monitor for:
 - Fever of 100.4 or higher;
 - Respiratory symptoms, such as dry cough or shortness of breath;
 - Sore throat;
 - Headache;



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- Body aches;
- Chills;
- Loss of taste or smell
- If I develop the above symptoms, I will contact my Head Coach, or the Hawks' President and follow instructions which may include being tested for COVID-19 and/or self-quarantining while test results are pending, and/or being evaluated by a health professional.
- Stay at home if I feel sick.
- Participate fully and honestly with Hawks' and DVHL representatives for contact tracing to determine whom I might have potentially exposed to COVID-19.
- Wear a mask or the appropriate PPE as required.
- Practice physical distancing as much as possible.
- Frequently wash and/or sanitize my hands.
- Keep my personal space, shared common space, and my belongings clean.

I understand COVID-19 is a highly contagious virus and it is possible to develop and contract COVID-19, even if I follow all of the safety precautions above and those recommended by the CDC, local health department, and others. I understand that although the hockey club is following the coronavirus guidelines issued by the CDC and other experts to reduce the spread of infection, I can never be completely shielded from all risk of illness caused by COVID-19 or other infections.

I have read, understand, and agree to comply with my pledge above. I also acknowledge that these expectations and my pledge are a condition of my participation in Haverford Hawks Ice Hockey and that any failure to comply with the above may lead to immediate removal of athletic participation privileges and/or the inability to participate in any Haverford Hawks event or use the facilities they rent.

I take my pledge seriously and will do my part to protect my teammates, opponents, referees, family members and all the members of the Haverford Hawks Ice Hockey Club.

Signature of Athlete

Date

Signature of Parent/Guardian

Date