

## Parent Commitment COVID-19 Form

**Organization Name: Mira Mesa AYSO Region 285**

**Participant Name:**

**Parent Name:**

**Phone Number:**

**Email:**

By completing this form and participating in this program, you must confirm that you and your child will abide by the most current guidelines of the County of San Diego Public Health Order. The following guidelines are based on the San Diego Youth Sports Physical Distancing and Safety Plan for Practices and Drills, and may change during the season. Please be aware that our ability to continue to practice on the City of San Diego fields depends on your compliance with all these requirements.

- You attest that you and your child have reviewed the attached documents that identify ways to present the spread of COVID-19.
- You understand that our use of the fields is limited to practice and drills.
- You understand that practices will be organized in stable groups of 12 participants. There will be no interaction (i.e., scrimmaging) between different stable groups. Per the County protocols your child must remain in their assigned stable group throughout the program.
- You attest that you will not send your child to practice their temperature is above 100°F or if they have COVID-19 symptoms based on CDC guideline:  
<https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/phs/Epidemiology/PHS%20Coronavirus%20Flyer.pdf>
- You attest that if your child has displayed COVID-19 symptoms, you will not allow them to return to practice until they have tested negative for COVID-19 and provide a medical professional's clearance; or at least 10 days have passed since the onset of symptoms, and at least 3 days (72 hours) have passed since recovery (no fever without the use of fever-reducing medication).
- You are encouraged to drop off your child at the beginning of practice and return at the end of practice to pick them up. If you stay in the park, you must remain outside to the enclosed field area and practice social distancing from other parents.
- Participants that are not from the same household may not carpool to and from practice. You attest that you and your child will refrain from unnecessary physical contact with others, including hugs, high fives, and fist bumps which are not permitted per the County protocols.
- You and your child will sanitize your hands at the beginning, middle, and end of practice. The team will provide sanitation stations, but request that each player bring their own bottle of hand sanitizer.
- Equipment bags must be kept within the area for each stable group, and each bag must be at least 6 feet from each other.
- Participants must bring enough water as drinking fountain will not be available.

**Parent Signature:**

**Date:**

**Participant Name:**

**Date:**