



## COVID-19 Code of Conduct: Athlete/Swimmer and Parent/Guardian Agreement

As a member of Sebastopol Sea Serpents, I acknowledge that following COVID-19 rules of conduct is important to my health and safety, the health and safety of my teammates, Sebastopol Sea Serpents Staff, Ives Pool Staff, and the community reputation of my team during the COVID-19 pandemic. I realize that not acting in a respectful and proper way while engaged in team activities is harmful to myself and to my team, and prevents our team from moving forward as both a team and a business.

Therefore, I, \_\_\_\_\_  
*(name of parent/guardian)* \_\_\_\_\_  
*(name of athlete/swimmer)*

pledge and commit to observe the following basic rules of conduct while involved in Sebastopol Sea Serpents related activities:

- I pledge to stay home if sick or anyone in my household is sick and communicate with Sebastopol Sea Serpent Coaches when feeling ill.
- I pledge to stay home for 14 days after travel to prevent the potential spread of COVID-19.
- I pledge to stay home for 14 days after coming in contact with someone that has tested positive with COVID-19.
- I pledge to obey all lawful directions of adults with appropriate authority, promptly and respectfully.
- I pledge to keep all body parts to myself. No physical contact with others, like high fives or shaking hands.
- I pledge to socially and physically distance (6ft apart) as best to my ability while at practices.
- I pledge to wear my suit to and from practice, bring my own water bottle and bring my own gear. I acknowledge locker rooms, water fountains and shared gear will not be available.
- I pledge to come to practice on my designated day, arrive and depart at my designated time. I acknowledge if I arrive outside of those parameters, I will be asked to leave.
- I pledge to wash hands and use hand sanitizer before entering and exiting the facility.
- I, \_\_\_\_\_  
*(name of parent/guardian)* pledge to watch practices outside of the facility when possible, wearing a facemask and staying 6-feet apart from other parents/guardians.

I understand that the consequences for violating Sebastopol Sea Serpents COVID -19 Code of Conduct will lead to suspension or removal from the team.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Athlete/Swimmer Signature: \_\_\_\_\_ Date: \_\_\_\_\_