



## **Central College Dutch Acknowledgement and Pledge**

All members of the Central College Dutch have an important role to play in keeping our fellow students and the Central College community safe in stopping the spread of COVID-19. As a Central student-athlete or support staff member, I know that I must take steps to stay well in order to protect others and promote a safe return to campus for everyone. Because of this, I pledge to take responsibility for my own health and help stop the spread of COVID-19.

Central's highest priority is the safety of its students, faculty, staff and visitors. I know that by engaging in campus activities, including attending class, living on campus, eating in dining halls, attending activities, participating in athletics and recreation, I may be exposed to COVID-19 and other infections. I also understand that despite all reasonable efforts by the college, 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, well-being and safety, as well as the safety of others, by following all the guidelines and expectations outlined by the college.

As more information is gathered and known, I understand that Central 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 the college community.

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

- If I choose to leave my assigned cohort/team for any reason (such as returning home, attending a wedding or traveling on vacation) without prior approval from Athletics Director Eric Van Kley, a mandatory seven-day quarantine period and possible COVID-19 test may follow. I must be asymptomatic before being allowed to return to the athletics department facilities and athletics activities.
- Agree to testing for COVID-19 and potential subsequent self-quarantining if I am identified as a contact of anyone who has been determined to be positive for COVID-19.
- If I test positive for COVID-19, I agree to self-quarantine in a designated location until:
  - My symptoms resolve, and
  - It has been at least 10 days since the start of my symptoms, or I have 72 hours of being symptom-free if it is longer than 10 days since the start of my symptoms.
- Provide a timely report about any known or potential exposures to COVID-19 to the athletic training staff.
- Monitor for the following symptoms:
  - A fever of 100.4 F or higher
  - Respiratory symptoms, such as dry cough or shortness of breath
  - Sore throat
  - Headache

- Body aches
- Chills
- Loss of taste or smell
- If I develop the above symptoms, I will contact my athletic trainer, and follow the medical staff's instructions, which may include being tested for COVID-19 and self-quarantining while the test results are pending, and/or being evaluated by the athletic training staff.
- Stay at home if I am feeling sick.
- Understand that receiving a flu vaccination is highly recommended.
- Participate fully and honestly with the athletic training staff for contact tracing to determine whom I might have potentially exposed to COVID-19.
- Wear a face covering or the appropriate PPE in all public spaces.
- 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 the COVID-19 disease, even if I follow all the safety precautions above and those recommended by the Centers for Disease Control, the Iowa Department of Public Health, the Marion County Department of Public Health, and others. I understand that although the college 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 Central College Dutch Pledge above. I also acknowledge that these expectations and pledge are a condition of my participation in Central College Athletics and that any failure to comply with my Central College Dutch Pledge above may lead to immediate removal of athletic participation privileges and/or the inability to use the college's athletics facilities.

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Student-Athlete Signature / Date

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Parent/Guardian Signature if Under 18 / Date