

Palmyra R-1 Game Plan: Fall 2020

Athletes, Game Officials, Spectators Recommendations at Athletic Events

- **STAY HOME IF YOU ARE SICK**
 - No spectator, official, or athlete should attend an athletic event if they are sick. Please refer to the COVID-19 symptoms daily checklist found on the back of this sheet for a self-assessment of whether or not you should be attending any social gathering.
- **SOCIAL DISTANCE**
 - The Palmyra R-1 School District recommends that spectators sit with immediate family members and maintain a social distance of at least six feet at all times from other spectators whenever possible. For softball, cross country and tennis we recommend that you bring your own seating (lawn chairs) to assist in this process. During football games all Palmyra Kindergarten - Fourth grade students must sit with their families in the bleachers. Fifth grade - Senior students may sit in the student section on the south end of the home bleachers.
- **WASH/SANITIZE YOUR HANDS THOROUGHLY AND FREQUENTLY**
 - The Palmyra R-1 School District recommends that athletes, officials, and spectators wash and sanitize their hands frequently. Additional hand sanitizer stations will be available at most athletic and extra-curricular events to assist you with this process.
- **WEAR A MASK THAT COVERS YOUR NOSE AND MOUTH ANY TIME YOU CANNOT SOCIAL DISTANCE**
 - The Palmyra R-1 School District highly recommends that everyone wear a mask that covers your nose and mouth any time you are not able to maintain six feet of social distancing between yourself and other spectators at an athletic or extra-curricular event.
- **COUGH/SNEEZE INTO A TISSUE OR THE ELBOW OF YOUR SLEEVE**
 - If you use a tissue, throw the tissue into the trash immediately. Also, remember to wash your hands immediately after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use an alcohol-based hand sanitizer.
- **WATCH FOOTBALL GAMES AT HOME VIA NFHS LIVESTREAM**
 - To sign up for an account type in www.nfhsnetwork.com then click on subscribe. You will have the choice to sign up for a month, or for an annual pass. All Palmyra Panther football and basketball games played at the high school campus will be streamed on the NFHS network.

The information provided in the Palmyra R-1 Game Plan for Fall 2020 is subject to change at any time based on guidance from local, state and national guidelines.

COVID-19 SYMPTOMS DAILY CHECKLIST

- Do you have a fever over 100.0° without having taken any fever-reducing medications?
- Do you have a loss of smell or taste?
- Do you have a cough?
- Do you have muscle aches?
- Do you have a sore throat?
- Do you have congestion or a runny nose?
- Do you have shortness of breath?
- Do you have chills?
- Do you have a headache?
- Have you experienced any new gastrointestinal symptoms such as nausea, vomiting, diarrhea, or loss of appetite in the last few days?
- Have you, or anyone you have been in contact with, been diagnosed with COVID-19 within the last two weeks?
- Have you been asked to self-isolate or quarantine by a medical professional or a local public health official in the last two weeks?