

# PYHA Bears Covid Pledge

I pledge to take responsibility for my own health and the protection of others, and I will help keep the Moscow community safe from spread of COVID-19 and other infections by adhering to the PYHA Bears Covid Pledge.

## I Will Monitor Myself

I will conduct daily symptom monitoring before I or a family member arrive at the Palouse Ice Rink for practice, game, or other event. The CDC provides an updated list of known symptoms at <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>.

At this time, known symptoms include, but are not limited to, the following:

- Fever or chills
  - Cough
  - Shortness of breath or difficulty breathing
  - Fatigue
  - Muscle or body aches
  - Headache
  - New loss of taste or smell
  - Sore throat
  - Congestion or runny nose
  - Nausea or vomiting
  - Diarrhea
- If I or a family member develop the above symptoms, I agree to contact my coach, team manager, or team Covid representative, and to follow their instructions which may include being tested for COVID-19 and self-isolating while the test results are pending, not participating in PYHA activities, and/or being evaluated by your family medical practitioner.
  - Stay at home if I am feeling sick.
  - In general, the CDC recommends getting a flu vaccination (according to the CDC immunization schedule for adolescents)
  - Participate fully and honestly with the PYHA administration and/or the Palouse Ice Rink staff for contact tracing to determine whom I might have potentially exposed to COVID-19.

If I experience any of these symptoms and they cannot be attributed to a non-infectious health condition, regardless of how mild, I will immediately notify my parents and coach and **I will stay home**.

We encourage any player experiencing symptoms to report immediately. There is no pressure for players to hide or dismiss symptoms for fear of letting the team down. The only way you let the team down is by not reporting your symptoms appropriately and immediately.

## **I Will Protect Myself and Others**

### **I will:**

- Maintain appropriate social distancing, especially in the lobby area of the ice rink(s) or in the presence of vulnerable members of the community
- Wear an appropriate face covering when not on the ice
- Frequently wash my hands with soap and water or use hand sanitizer
- Stay home if I feel ill or after exposure to someone who is ill or has tested positive for COVID-19
- Look out for others and encourage their commitment to the PYHA Bears Covid Pledge

### **Face Coverings**

I will follow the Idaho, Moscow, and Palouse Ice Rink's face covering requirements as they are currently set at the time of attending a PYHA event, as described below:

A face covering is an item that covers the nose and mouth, including cloth masks, scarves, bandanas, buffs, or medical-grade masks. As long as there is an Idaho, Moscow, or Palouse Ice Rink face covering requirement in place all parents, players, coaches, volunteers or others must use a face covering whenever at a PYHA event, unless one of the following exceptions is met:

- When working alone in an enclosed workspace, or
- When exercising in a fitness facility, practicing or playing a game on the ice and/or dryland practice, so long as the facility's safety protocols are otherwise followed, or;
- When eating and or drinking, so long as the facility's safety protocols are otherwise followed, or;
- Where space can be designed to provide for adequate barriers or consistent social distancing

## Acknowledgement

Please know that to protect each other, our community, and our season we will be taking this pledge seriously and discourage engaging in events and activities that do not align with the PYHA Bears Covid Pledge.

I will adhere to the Idaho, Moscow, and Palouse Ice Rink Covid restrictions and requirements in place. As with most things pertaining to Covid, these requirements and restrictions are fluid and ever changing and the most current requirements and restrictions are expected to be followed.

I have read, understand, and agree to comply with this pledge above. I also acknowledge that these expectations and pledge are a condition of my participation in the Palouse Youth Hockey Association and that any failure to comply with the pledge above may lead to immediate removal of participation privileges and/or the inability to use the Palouse Ice Rink facilities. I take this pledge seriously and will do my part to protect my association members, players, and the community.

---

Athlete, Coach, Volunteer Signature

---

Date

As the parent of the PYHA Bear Player, I will oversee and support my player's pledge to follow the above requirements. I also pledge as a spectator and supporter of the PYHA activities, I will also adhere to all the COVID-19 protocols put in place by the Palouse Youth Hockey Association when I am at a PYHA Bear Event.

---

Parent Signature

---

Date