



# College Park High School

201 Viking Drive, Pleasant Hill CA 94523

March 21, 2021

College Park Parents,

We know how much your young people have been eager to get back to playing the sports they love. In order to move indoors for practices, we need to verify that each participant has received a negative COVID test. This is a requirement of the Contra Costa Health Services and the California Interscholastic Federation that oversees athletics; this was put into place in the agreement to allow sports to begin. We *really* want your young person to be eligible for competition so please follow the instructions carefully. We know how hard they have been working with their coaches and how long you, as parents, have waited for this opportunity. **Testing will take place every Tuesday from 2-4pm in the A-Hall.** There is **NO COST** for the test but you will be asked to add your insurance information, if you have it. We will have the results by Thursday evening.

### **TO GET YOUR ATHLETE TESTED, follow these directions:**

1) **Only one time:** Click here and register with PMH labs: <http://bit.ly/mdusdcovidtest>  
The Client Number is **1431**. Please note that the field for social security number is optional. The medical card can be photographed and uploaded or brought to the appointment. If you do not have insurance, you need to fill out Form 4. Select the **PCR** test.

2) **Print, fill out, and bring in** the attached forms. **THEY MUST BE BROUGHT TO EVERY TEST.**  
This will enable them to test every Tuesday before a Friday game..

Patient request form

Blank Parent Consent Form

Uninsured Patient Form - ONLY IF YOU DON'T HAVE INSURANCE

When your athlete arrives for the testing session, they need to be on time, have required forms, and should **refrain from eating, drinking, or smoking at least 20 minutes** before the test. A registered nurse will be on hand to supervise the test, whereby your athlete will be handed an oral swab to use by mouth. The entire process will take about 2-3 minutes..

Unfortunately, any athlete that cannot get tested will not be able to practice in the gym. This is a CIF rule and one that we will follow diligently in order to protect your student, your family, the coaches, and teammates. There are no exceptions. You cannot obtain outside testing results.

**What will happen with the information?** You will receive the results of your student's test. We will also have a staff member at the MDUSD District Office who will share the results with your Athletic Director, and this information will be kept confidential. If the athlete tests negative, the athlete can play. If the athlete tests positive, s/he will be put through the contact tracing protocol and will not be eligible to play. Those results are required to be sent to Contra Costa Health Services, as is required for all school districts and part of the CIF rules.

If you have any questions, please refer them to our school's Athletic Director Jim Keck [keckj@mdusd.org](mailto:keckj@mdusd.org)