

THUNDERBIRD ACKNOWLEDGMENT AND PLEDGE

Understanding Health Considerations

Students that are considering enrolling in an Athletics course should review the CDC recommendations for vulnerable populations and decide if they should attend face-to-face laboratory meetings.

Link for CDC vulnerable populations:

<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html>)

Link from CDC what vulnerable populations can do: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID19-What-You-Can-Do-High-Risk.pdf>

Scheduling

The Alameda Health Department directives can change the Athletics schedule at any time. These directives include, but not limited to, changes in shelter-in-place requirements or procedures to contain local outbreaks. Some changes may cause the college to close temporarily or for extended lengths of time. Changes could include the postponement, shifting of times and dates and or cancellation of the course.

Protocols

Students will be asked to follow strict protocols to increase the safety of all. It is important that these protocols be followed. Protocols may include but not limited to: agreements, prescreening health questions, hygiene procedures, requirements to wear masks, gloves or other personal protective equipment (PPE)...etc.

Athletics Department Statement

All members of the Merritt College athletics teams and staff have an important role to play in keeping our fellow students and the Merritt College community safe by doing our part to stop the spread of COVID-19. As a member of Merritt College Athletics, I know that I must take steps to stay well in order to protect others and promote a safe return to campus for all T-Birds. Because of this, I pledge to take responsibility for my own health and help stop the spread of the COVID-19.

The College's highest priority is the safety of its students, faculty, staff and visitors. I know that by engaging in campus activities, including participating in sports 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, wellness 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 Merritt College 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 T-Bird Pledge to protect myself, my peers, and the Merritt College community by doing the following:

- 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 have resolved, and
 - It has been at least ten days since the start of my symptoms, and
 - I have a negative COVID-19 test result.
- Timely report any known or potential exposures to COVID-19 to the Athletic Trainer, Liana Gerardo or your coach or the Athletic Director, Brock Drazen.
- Complete the daily symptom check in form before coming to campus at <https://www.merritt.edu/wp/athletics/>
- Monitor for the following symptoms not only of myself but those I live with and report on the daily symptom check in form:
 - 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
 - Please note that up-to-date symptoms can be found at

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

- If I develop the above symptoms, to contact the college athletic trainer, Liana Gerardo, and follow instructions which may include being tested for COVID-19 and self-quarantining while the test results are pending, and/or being evaluated.
- Stay at home if I am feeling sick.
- Get a flu vaccination.
- Participate fully and honestly with the Athletic Trainer for contact tracing to determine whom I might have potentially exposed to COVID-19.
- Wear a mask 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 of the safety precautions above and those recommended by the Center for Disease Control (CDC), local health departments and others. I understand that although Merritt 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 Thunderbird Pledge above. I also acknowledge that these expectations and pledge are a condition of my participation in Merritt College Athletics and that any failure to comply with my Thunderbird Pledge above may lead to immediate removal of athletic participation privileges and/or the inability to use Athletic facilities.

I take my Thunderbird Pledge seriously and will do my part to protect Merritt College.

[STUDENT-ATHLETE SIGNATURE]

Date

[PARENT/GUARDIAN SIGNATURE IF UNDER 18]

Date