

# CBSD STUDENT ATHLETE PLEDGE

- I will complete the screening survey on the same day as the workout prior to the scheduled practice.
- I will stay home and not participate in training if I am exhibiting any symptoms of Covid 19.
- I will communicate all health concerns with the athletic trainer, coaches or athletic director.
- I will pack enough water to remain hydrated throughout the practice session. My water will be labeled with my name.
- I will arrive dressed in my training gear, so I arrive for practice ready to go.
- I will pack all personal supplies, including equipment and hand sanitizer.
- I will have my facemask ready to wear to and from training, and when not active in training.
- I will sanitize my hands prior to and when leaving practice/event.
- I will social distance myself from coaches and teammates where applicable

