

# ***Health and Wellness Student Contract***

During the COVID - 19 pandemic we need you to follow all protocols listed below. These are set up for you, your classmates and your family's safety.

## ***Three W's***

### **Wear a Mask**

- I will wear my mask when I arrive at Stewart Field.
- I will wear my mask during the activities unless I am rehydrating.
- I will keep a mask on while on Aberdeen School District Property.

### **Watch my Distance**

- I will keep six feet away from everyone.
- I will stay with my pod throughout the entire activity session.
- When I am in my pod we will be 30ft from other pods.

### **Wash**

- I will use the handwashing stations as I enter Stewart Field.
- I will wash my hands often throughout the activity session.
- When I go home I will shower after each activity session.

## ***Transportation***

- I will come to Stewart field and leave the facility with the same people.
- I will go home directly after the activity session.

I will not participate in this activity if I have been knowingly exposed to COVID - 19 within 14 days.

I agree and will follow the above protocols.

I understand that if I do not follow these protocols I will lose this opportunity to participate in the health and wellness activities.

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Print

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Signature

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Date