

# Pocono Mountain School District



## COVID-19 Student Activities Health and Safety Plan

A Plan for Voluntary Summer Activities

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**Pocono Mountain School District**  
**Student Activities**  
**Health and Safety Plan**

**Student Activities Resocialization Plan**

In response to the COVID-19 Pandemic and to ensure the safety and wellbeing of students, the following is the plan for the safe return to activities. This plan applies to all staff members (e.g. advisors, volunteers, administrators, contracted employees) of the Pocono Mountain School District (PMSD) who are associated with student activities.

It is an evolving plan for a safe return. This guidance is preliminary; as more public health information is available, the administration may work with impacted entities to release further guidance which could impact fall, winter, or spring seasons.

**INTRODUCTION**

The COVID-19 pandemic has presented the world with a myriad of challenges. The COVID-19 virus is a highly contagious illness that primarily attacks the upper respiratory system. The virus that causes COVID-19 can infect people of all ages. Research from the Centers for Disease Control, among others, has found that while children do get infected by COVID-19, relatively few children with COVID-19 are hospitalized. However, some severe outcomes have been reported in children, and a child with a mild or even asymptomatic case of COVID-19 can spread the infection to others who may be far more vulnerable. While it is not possible to eliminate all risk of furthering the spread of COVID-19, the current science suggests there are many steps schools can take to reduce the risks to students, staff and their families.

The PMSD will take the necessary precautions and recommendations from the federal, state, and local governments, CDC, and PA DOH, in conjunction with NFHS and PIAA. The PMSD realizes the knowledge regarding COVID-19 is constantly changing as new information and treatments become available. These recommendations will be adjusted as needed as new information becomes available in order to decrease the risk of exposure of our staff, students, and spectators.

**RECOMMENDATIONS**

Recommendations for **Student Activities** Participants:

1. Participants and Staff are encouraged to conduct a COVID-19 health self-screening prior to any practice, event, or team meeting. (Daily Symptom Monitoring Checklist) The purpose of the self-screening is to check for signs and symptoms of COVID-19. Participants and Staff with temperatures at 100.4 or higher should not attend their scheduled activity and contact their primary care provider or other health-care professional.
2. Promote healthy hygiene practices such as hand washing (20 seconds with warm water and soap) and employees wearing a cloth face covering as feasible. (Face coverings are required to help decrease potential exposure to COVID-19 respiratory droplets by an infected individual. Face coverings will not be used for participants while practicing or competing. Masks are required at any point when participants are not active in practice and/or performances.) Hand sanitizer will be available as resources allow.
3. Intensify cleaning, disinfection, and ventilation in all facilities.

4. Encourage social distancing through increased spacing, small groups, and limited mixing between groups, if feasible.
5. Educate participants and staff on health and safety protocols.
6. Anyone who is sick must stay home.
7. Follow established plan in place if a student or employee gets sick.
8. Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures.
9. Participants and staff **MUST** provide their own water jug/bottles for hydration. Water jugs/bottles must not be shared and **MUST** be labeled with participant's name.

## **PARTICIPATION GUIDELINES**

### **Pre-practice Screening:**

- All staff and students should self-screen for signs/symptoms of COVID-19 prior to a practice, event, or team meeting (Daily Symptom Monitoring Checklist).
- Any person with positive symptoms will not be allowed to take part in practice and should contact his or her primary care provider or other appropriate health-care professional. A clearance may be required to return to practice.
- Vulnerable individuals (as defined by the CDC) should not participate in any practices that take place during the yellow phase.

### **Limitations on Gatherings:**

- All staff and participants shall remain together in their assigned group/pod.
- No more than 20 participants shall be permitted in an assigned group or pod.
- Social distancing should be applied during practices and gathering areas.
- During the yellow and green phase, no meals should be served for groups on campus either by district staff or parent volunteers.

### **Facilities Cleaning:**

- Adequate cleaning schedules should be created and implemented for all facilities to mitigate any communicable disease.
- Facilities should be cleaned prior to arrival and post practices and gatherings, high touch areas should be cleaned more often.
- Equipment should be wiped down prior to and after individual's use.
- Individual school classrooms will not be used in order to minimize the re-cleaning of classrooms for school district personnel.

## **Sample Plan: Marching Arts (Ensemble Protocols & Logistics)**

- Mr. Eick (East High School) and Mr. Mark (West High School), PMSD band advisors, will be named as the primary point of contacts for the marching band program for all questions related to COVID-19.
- Staff, parents and participants will be educated on the following through posters, flyers, meetings, emails, Google classroom, and activities websites.
  - COVID-19 signs and symptoms
  - Proper ways to limit exposure to COVID-19 (hand washing, cough in your elbow, disinfecting touched surfaces, social distancing, avoid touching eyes, nose face and mouth, no spitting, gum chewing, etc.)
  - Any pertinent COVID-19 information released by state/local governments, PMSD, and PIAA.

- No handshakes/celebrations (high fives, fist/elbow bumps, chest bumps, hugging, etc.)
  - Students should come dressed for the activity.
  - Facility showers cannot be used.
  - Locker room use is not permitted.
  - Limit indoor activities and the areas used.
  - Student participants should remain with their assigned groups during each practice and during daily practices to limit the number of people they come in contact with.
  - All staff shall complete PMSD required Safe Schools training on COVID-19.
- Should any student, staff member, or district-approved volunteer fall ill, the following procedures will be observed:
    - All parties-parents, students, and staff members will be notified immediately via email notification
    - The band advisor(s) will inform school district officials and the district Pandemic Coordinator regarding the illness.
    - School officials will advise students, staff, and parents as to the next course of action.
- During both the yellow and green phase, no meals will be for groups on campus, either by district or parent volunteers.
  - Any “full ensemble” meetings that deal with logistics should be held in a virtual environment during the yellow and green phases
  - All collection of paperwork and finances related to band operations will be done electronically as much as possible.
  - At the beginning of every event scheduled, including small group sectionals, full rehearsals and performances with the organizations, all staff and students should self-screen for signs/symptoms of COVID-19 prior to a practice. (Daily Symptom Monitoring Checklist)
  - Any person with positive symptoms reported should not be allowed to take part in practice and should contact his or her primary care provider or other appropriate health-care professional. A clearance may be required to return to practice.
  - Vulnerable individuals (as defined by the CDC) should not participate in any practices that take place during the yellow phase.
  - Drop off/pick up will be established to address individual sections, time windows and multiple points to minimize individual contact.
  - Students must transport their own instruments to/from practice. Large instruments will be stored by PMSD.
  - Students are not permitted to share clothing/towels and should be washed after each practice.
  - Uniform sizing and distribution should be delayed until the green phase and as close as to the end of the summer/beginning of the school year. Depending on circumstances, a “relaxed” uniform will be considered possible. Considerations should be made to have performances in a “relaxed” uniform.
  - Equipment/surfaces that may be used by multiple individuals should be cleaned intermittently during practice and events as deemed necessary.
  - Hand sanitizer should be used periodically as resources allow.

#### **Hydration:**

- Students **MUST** bring their own water jug/bottles. Water jugs/bottles must not be shared. **ALL WATER JUGS/BOTTLES SHOULD BE LABELED WITH PARTICIPANTS NAME.**

- Hydration stations (water coolers, water fountains, water cows, water troughs, etc.) should not be utilized.

### **Rehearsal Considerations:**

- No rehearsals can be considered “mandatory for participation” for any groups that are rehearsing in the yellow and green phase.
- Practices must be held 100% outside during the yellow phase and strongly recommended 100% outside during the green phase. Inside spaces (auditorium), if used should be large, and cleaned by school district personnel.
- A drop-off/pick up plan will be established by the band directors and approved by school district administration. This plan will address individual sessions, estimated time windows, and locations for parents and students for drop-off pick up to minimize individual contact.
- Physical training activities should be performed with a minimum of 6-step distance between performers (12 feet). Breathing development exercises are not recommended for yellow or green phases. Staff instruction should be done from a distance of 6 feet.
- All students should keep their belongings in one contained space such as a back pack while outdoors.
- All staff and participants shall remain together in their assigned group/pod.
- No more than 20 participants shall be permitted in an assigned group or pod.

### **Recommended Sanitization Procedures for Instruments & Equipment:**

- Adequate cleaning schedules should be created and implemented for all facilities used to mitigate any communicable diseases.
  - Facilities Cleaning:
- Adequate cleaning schedules will be created and implemented for all facilities to mitigate any communicable disease.
- Appropriate clothing/shoes should be worn at all times to minimize sweat from transmitting onto equipment surfaces.
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in rehearsals.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Shared musical equipment will not be permitted.
- NO SHARING of music or music binders whatsoever. Students may wish to upload their music on an iPad for easy storage and reference.
- Each student will be assigned a music stand and will use only that stand for their purposes. The music stand will be labeled with the student’s name.
- Students must be encouraged to shower and wash their rehearsal clothing immediately upon returning home.

**Please note this is an ever-changing situation.** The school district, band directors, and administration will keep you informed as to ANY updates deemed essential for the safety and well-being of our students.

## **POSITIVE CASES AND STAFF OR PARTICIPANTS SHOWING COVID-19 SYMPTOMS**

### **What are the signs and symptoms of COVID-19?**

Symptoms may appear 2-14 days after exposure to the virus. The symptoms may range from mild to severe. (See CDC Fact Sheet in Appendix). Symptoms may include:

- Fever or chills (100.4 or Higher)
- 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

### **What to do if you are sick?**

- If you are sick with COVID-19 or think you are infected with the virus, **STAY AT HOME**. It is essential that you take steps to help prevent the disease from spreading to people in your home or community. If you think you have been exposed to COVID-19 and develop a fever and symptoms, call your healthcare provider for medical advice.
- Notify the school immediately (principal, staff member, and advisor).
- It will be determined if others who may have been exposed (students, staff) need to be notified, isolated, and/or monitored for symptoms.
- If a **POSITIVE** case of COVID-19 is diagnosed, contact tracing will be implemented with the assistance of local health professionals and the CDC/PA DOH. See information in Appendix.

### **What to do if a student or staff become ill with COVID-19 symptoms during practice, event or during transportation to or from an event?**

- Every effort will be made to isolate the ill individual from others, until the student or staff member can leave the school or event.
- If student becomes ill, parent/guardian will be contacted immediately and arrangements will be made for the student to be picked up.
- Ill individual will be asked to contact their physician or appropriate healthcare professional for direction.

### **Return of student or staff to student activities following COVID-19 diagnosis?**

- Student or staff should have medical clearance from their physician or appropriate healthcare professional, determined to be non-contagious, fever free (without fever-reducing medicine), improvement in respiratory symptoms (cough, shortness of breath), no vomiting or diarrhea.

## EDUCATION

Staff, parents and participants will be educated on the following (through posters, flyers, meetings, emails, phone calls, Google classroom, and activities websites):

- COVID-19 signs and symptoms
- Proper ways to limit exposure to COVID-19 (hand washing, cough in your elbow, disinfecting touched surfaces, social distancing, avoid touching eyes, nose face and mouth, no spitting, gum chewing, etc.)
- No handshakes/celebrations (high fives, fist/elbow bumps, chest bumps, hugging, etc.)
- Any pertinent COVID-19 information released by state/local governments, PMSD, and PIAA.
- Students should come dressed for the activity
- Limit indoor activities and the areas used.
- Locker room use is not permitted.
- Facility showers cannot be used.
- Student participants should remain with their assigned groups during each practice and during daily practices to limit the number of people they come in contact with
- No more than 20 participants shall be permitted in an assigned group or pod
- All staff shall complete PMSD required Safe Schools training on COVID-19.



# APPENDIX

## Sample Schedule for Arrival/Dismissal

### 3 Hour Evening Rehearsal (6-9 pm)

| Section     | Drop-Off Time | Location                           | Pick-Up Time | Location                           |
|-------------|---------------|------------------------------------|--------------|------------------------------------|
| Brass       | 5:50          | Blue Field-Close to tennis courts  | 8:55         | Blue Field-Close to tennis courts  |
| Wood winds  | 5:50          | Green Field                        | 8:55         | Green Field                        |
| Percussion  | 5:45          | Band Room (outside)                | 9:00         | Band Room (outside)                |
| Color Guard | 5:45          | Blue Field-away from tennis courts | 8:45         | Blue Field-away from tennis courts |

- No students should arrive at the school before their scheduled time.
- In the event multiple students need to carpool together, they should be dropped off/picked up at these locations as well to minimize contact between sections.
- Parents should remain in their vehicles at all times.
- Students who drive to rehearsal should park as close to each of these locations as possible, leaving at least one parking lot space between them and other drivers.

## Daily Symptom Monitoring

Please complete this checklist on a daily basis with your child to monitor for symptoms of COVID-19.

Has your child been exposed to anyone with a confirmed case of COVID-19 in the past 14 days?

If yes, the student should stay home from school. The student can return to school 14 days after the last time that they had close contact with someone diagnosed with COVID-19.

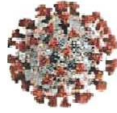
| Column A<br>If you checked 1 or more symptoms, student should stay home from school   | Column B<br>If you checked 2 or more symptoms, student should stay home from school  |  |                                   |                                      |   |                                 |  |                                      |  |
|---|--|--|-----------------------------------|--------------------------------------|---|---------------------------------|--|--------------------------------------|--|
| <input type="checkbox"/> Fever (100°F or higher)<br><input type="checkbox"/> Cough<br><input type="checkbox"/> Shortness of breath<br><input type="checkbox"/> Difficulty breathing<br><input type="checkbox"/> Nausea or vomiting<br><input type="checkbox"/> Diarrhea | <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; padding: 2px 0;"><input type="checkbox"/> Lack of smell or taste (without congestion)</td> <td style="width: 50%; padding: 2px 0;"><input type="checkbox"/> Headache</td> </tr> <tr> <td style="padding: 2px 0;"><input type="checkbox"/> Sore throat</td> <td style="padding: 2px 0;"><input type="checkbox"/> Congestion or runny nose</td> </tr> <tr> <td style="padding: 2px 0;"><input type="checkbox"/> Chills</td> <td></td> </tr> <tr> <td style="padding: 2px 0;"><input type="checkbox"/> Muscle pain</td> <td></td> </tr> </table> | <input type="checkbox"/> Lack of smell or taste (without congestion) | <input type="checkbox"/> Headache | <input type="checkbox"/> Sore throat | <input type="checkbox"/> Congestion or runny nose | <input type="checkbox"/> Chills |  | <input type="checkbox"/> Muscle pain |  |
| <input type="checkbox"/> Lack of smell or taste (without congestion)  | <input type="checkbox"/> Headache  |  |                                   |                                      |   |                                 |  |                                      |  |
| <input type="checkbox"/> Sore throat  | <input type="checkbox"/> Congestion or runny nose  |  |                                   |                                      |   |                                 |  |                                      |  |
| <input type="checkbox"/> Chills   |  |  |                                   |                                      |   |                                 |  |                                      |  |
| <input type="checkbox"/> Muscle pain  |  |  |                                   |                                      |   |                                 |  |                                      |  |

1 For a current list of symptoms see CDC's website: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

2 The temperature considered a fever during screening differs based on how temperature is taken. Any fever reported by an employee, even if no thermometer was used, should be considered as symptomatic

# CDC GUIDELINES

## What you should know about COVID-19 to protect yourself and others



### Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



### Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



### Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



### Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



### Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



### Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.



11/19/20 09/10/20

[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

# PA DEPARTMENT OF HEALTH CONTENT TRACING



## WHAT IS CONTACT TRACING?

### BACKGROUND

Contact tracing is the process of reaching out to anyone who came into close contact with an individual who is positive for COVID-19. Contact tracing helps monitor close contacts for symptoms and to determine if they need to be tested. Contact tracing is a key strategy for preventing the further spread of infectious diseases such as COVID-19.

### WHAT DOES THIS PROCESS LOOK LIKE?

- In contact tracing, public health staff work with a case to help them recall everyone they have had close contact with during the time they were infectious.
- Public health staff then inform individuals who have had close contact (e.g. "close contacts") that they have potentially been exposed to COVID-19. Close contacts are only told that they may have been exposed to someone who has COVID-19; they are not told who may have exposed them.
- Close contacts are given education, information and support so they understand their risk. They receive information on what they should do to separate themselves from others who have not been exposed, how to monitor themselves for illness, and are made aware that they could possibly spread the infection to others, even if they do not feel sick.
- Close contacts will be asked to quarantine themselves and are encouraged to stay home and maintain social distancing through the end of their infectious period, which is about 14 days, in case they become sick. They should monitor themselves by checking their temperature twice a day and watch for any other symptoms of COVID-19. Public health staff will check in with these contacts to make sure they are self-monitoring and have not developed symptoms.
- If a close contact develops symptoms, they should isolate themselves and let public health staff know. The close contact will be evaluated to see if they need medical care. A test may be necessary unless the individual is already in a household or long-term care facility with a confirmed case, then the close contact would be considered a probable case without a test.

### WHAT TERMS SHOULD I KNOW WHEN IT COMES TO CONTACT TRACING?

- A **case** is a patient who has been diagnosed with COVID-19. A case should isolate themselves, meaning they should stay away from other people who are not sick to avoid spreading the illness.
- A **close contact** is an individual who had close contact with a case while the case was infectious. A close contact should quarantine themselves, meaning they should stay at home to limit community exposure and self-monitor for symptoms.
- A **contact of a close contact** is an individual who had or continues to have contact with a close contact. A contact of a close contact should take all regular preventative actions, like washing hands, covering coughs and sneezes, and cleaning surfaces frequently. A contact of a close contact should be alert for symptoms.

**RESOURCES:**

NFHS: Guidance for Opening Up High School Athletics and Activities (per update on May 2020)

**Centers for Disease Control and Prevention**

**Website:** [cdc.gov/coronavirus/2019-ncov/index.html](https://www.cdc.gov/coronavirus/2019-ncov/index.html)

“What You Should Know About COVID-19 to Protect Yourself and Others”,  
“Schools Decision Tree”

**PA Department of Health**

**Website:** [health.pa.gov](https://www.health.pa.gov)

“Coronavirus Symptoms”

“What is Contact Tracing”

“Phased Reopening Plan by Governor Wolf”

A Guide to Re-Entry to Athletics in Texas Secondary Schools

By Jamie Woodall, MPH, LAT, ATC, CPH and Josh Woodall Med, LAT, ATC

**Guidance for All Sports Permitted to Operate During the COVID-19 Disaster Emergency to  
Ensure the Safety and Health of Employees, Athletes and the Public**

<https://www.governor.pa.gov/covid-19/sports-guidance/>

Concession stands or other food must adhere to the Guidance for Businesses in the Restaurant Industry.

<https://www.governor.pa.gov/covid-19/restaurant-industry-guidance/>

**Pocono Mountain School District**  
**Student Activities**  
**Participation Waiver for Communicable Diseases Including COVID-19**

The COVID-19 pandemic has presented the world with a myriad of challenges concerning this highly contagious illness that primarily attacks the upper respiratory system. Some severe outcomes have been reported in children, and a child with a mild or even asymptomatic case of COVID-19 can spread the infection to others who may be far more vulnerable.

While it is not possible to eliminate all risk of furthering the spread of COVID-19, the PMSD will take necessary precautions and comply with guidelines from the federal, state, and local governments, CDC, PA DOH, as well as in conjunction with NFHS and PIAA, to reduce the risks to students, participants, and their families. As knowledge regarding COVID-19 is constantly changing, PMSD reserves the right to adjust and implement precautionary methods as necessary to decrease the risk of exposure for our staff, students, and spectators. Some precautionary methods in the PMSD Resocialization of Student Activities Recommendations include but may not be limited to:

1. Encourage social distancing and promote healthy hygiene practices such as hand washing, using hand sanitizer, etc.
2. Intensify cleaning and disinfection in facilities.
3. Educate Students, Participants, and Staff on health and safety protocols.
4. Require Students, Participants, and Staff to provide their own water jug/bottle for hydration.

By signing this form, the undersigned voluntarily agree to the following Waiver and release of liability. The undersigned agree to release and discharge all claims for ourselves, our heirs, and as a parent or legal guardian for the Student named below, against the PMSD, its Board of Directors, successors, assigns, officers, agents, employees, and volunteers and will hold them harmless from any and all liability or demands for personal injury, psychological injury, sickness, death, or claims resulting from personal injury or property damage, of any nature whatsoever which may be incurred by the Student or the undersigned relating to or as a result of the Student's participation in programs, events, and activities during the COVID-19 pandemic.

The undersigned acknowledge that participating in student activities programs and events may include a possible exposure to a communicable disease including but not limited to MRSA, influenza, and COVID-19. The undersigned further acknowledge that they are aware of the risks associated with COVID-19 and that certain vulnerable individuals may have greater health risks associated with exposure to COVID-19, including individuals with serious underlying health conditions such as, but not limited to: high blood pressure, chronic lung disease, diabetes, asthma, and those whose immune systems that are compromised by chemotherapy for cancer, and other conditions requiring such therapy. While particular recommendations and personal discipline may reduce the risks associated with participating in student activities during the COVID-19 pandemic, the risk of serious illness, medical complications and possible death does exist.

We knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of others, and assume full responsibility for Student's participation in student activities during the COVID-19 pandemic. We willingly agree to comply with the stated recommendations put forth by the PMSD to limit the exposure and spread of COVID-19 and other communicable diseases. We certify that Student is in good physical condition or believe Student to be in good physical condition and allow participation in this activity at our own risk.

Student Activity: \_\_\_\_\_

Signature of Student Participant: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_