# 2021 East Mountain Little League
## COVID-19 Code of Conduct for Athletes and Families
### (As required by NMDOH and Bernalillo County Parks & Recreation Department)

**I will help prevent COVID-19 infections by:**
- Wearing a mask or multilayer cloth face covering (NO GAITERS) that covers from nose to under chin.
- Always keeping at least 6 feet between myself and others.Staying home when I feel sick.
- Staying away from people who are coughing, sneezing, or sick.
- Washing my hands thoroughly and often with soap and water, before and after  training, practice, or competition, or when I use the washroom.
- Covering my coughs and sneezes with a tissue, or my elbow. If I use a tissue, I will throw it in the garbage right away and wash my hands.
- Not sharing food, water bottles, towels, or other personal items.
- Respecting the rules of the sport I am participating in.

**I will care for the health and safety of others and I understand that:**
- I will be removed from the sport immediately if I do not follow the required COVID-Safe  Practices.

**I will care for my health and safety and I understand that:**
- I have a commitment to preventing COVID-19 and will tell a coach or parent/guardian if I feel sick and will stop participating in training, practice, or competition immediately.
- If I have been exposed to an individual who has tested positive for COVID-19, I will be removed from sport and I will not be able to return to training, practice, or competition for 10 days.

**I will take the time I need to recover because it is important for my health and I  understand that:**
- If I contract COVID-19, I will be removed from sport and I will not be able to return to training, practice, or competition until I have been cleared by a medical professional.

**I understand that I have access to no-cost COVID-19 testing and that I am encouraged to engage in periodic COVID-19 testing while participating in sports activities.**

**By clicking "I Accept", I acknowledge that I have reviewed and committed to this COVID-19 Code of  Conduct.**