

## **Upper Moreland High School Student-Athlete Contract**

Upper Moreland High School has established and will expect all of our Golden Bear student-athletes to comply with the behavioral expectations outlined in the Student Code of Conduct in addition to the content outlined in this contract.

Please remember that being a good teammate during these challenging times is a personal responsibility, both on and off our campus. We believe that strict adherence to these guidelines, and a commonsense approach, will allow for a safe return to athletics for our student-athletes, coaches, and community.

### **Core Values**

The expectations for Upper Moreland High School students in the *Student-Athlete Contract* are guided by core values essential for every member of the UMHS community to follow during the 2020- 2021 school year. We understand that the expectations set forth may present new challenges in how we handle our own lives. Still, UMSD believes that we must all make necessary and temporary sacrifices in order for a safe return to sports. For the high school to provide our student-athletes with a reasonable sense of safety, we must all agree and know that everyone must abide by the behavioral expectations outlined in the Code of Conduct and within this student-athlete contract.

### **Health and Wellness**

#### **I Agree:**

- To collaborate with Upper Moreland High School and complete a daily screening survey that will assess my temperature, monitor symptoms, and track if I have been in contact with an individual with COVID-19.
- To stay home and not participate in training if I am experiencing any symptoms of COVID-19.
- To communicate all health concerns with the athletic trainer, coaches, or athletic director.
- To pack enough water to remain hydrated throughout the practice or competition. I also agree to label my water container with my name.
- To arrive dressed and ready to participate in practices or competitions.
- To pack all my personal supplies, including equipment and hand sanitizer.
- To have my face covering ready to wear to and from training and while training at all times. This is subject to change from recommendations from the health department
- To maintain six feet of physical distance from other team members and coaching staff whenever possible.
- To wash my hands frequently, for at least 20 seconds, throughout each day and before and after interactions with others.
- To use alcohol-based disinfectant wipes provided throughout the campus to clean frequently touched surfaces with which I come into contact.
- To be up to date on all of my vaccinations.

### **Campus Movement**

#### **I Agree:**

- To congregate only in designated outdoor and indoor athletic areas of campus, wear a face covering, maintain six feet physical distance, and comply with all signage.
- To sit only in benches or seats designated and marked as available in the athletic area, team meeting rooms, classrooms, and/or other campus buildings.
- To follow all safety procedures for entering and exiting all of our facilities.

## Travel and Guests

### I Agree:

- To refrain from having guests at my residence unless I can maintain a six feet physical distance.
- To limit all unnecessary personal travel.
- To be aware of the states that require self-quarantine if I, or a member of my household, have traveled to within the last fourteen days.

## Social Life and Recreation

### I Agree:

- To refrain from organizing, hosting, or attending events, parties, or other social gatherings, with more than ten non-immediate family members in attendance, understanding that my activities and decisions outside of school may cause safety risks to me and other members of my team or community. This is subject to change with recommendations from the health department.
- To limit my participation in student clubs, performing arts groups, or other activities unless they can be scheduled virtually.
- To be aware and always employ a commonsense approach.

## Athletic/Activity Code of Conduct

### I Agree:

- Possessing, using, distributing, delivering, manufacturing, and being involved in any aspect of a related transaction, and/or being under the influence of any drug or mood-altering substance and/or alcoholic beverage, or substance paraphernalia on school property, in one's locker or book bag, on one's person or personal property, or in one's vehicle or at any school-sponsored activity, or conspiring to do any of the above acts is a violation of the student code of conduct and district policy.
- Any participant in a school activity who violates this code may be suspended from participation in activities for a minimum of the remainder of that current activity season. Students may be suspended from an activity at the beginning of a season if the violation occurs between seasons. Students who participate in extra-curricular activities are representatives of the district 24 hours a day and are subject to the Student Code of Conduct even outside of school hours and off school premises and are subject to the same consequences as if it happened in school. Another form of discipline may be imposed as determined by Administration.

I agree, and I understand that violation of any of the above may result in not only my being asked to no longer participate in the winter athletic season, but that my entire team and others may also be prohibited from practice and competitions. I also understand that I cannot participate without agreeing, by my signature and that of a parent/guardian, to the provisions set forth in this *Student-Athlete Contract*.

Please direct all questions to the Athletic Director, Sean Feeley at [sfeeley@umtsd.org](mailto:sfeeley@umtsd.org) or 215-830-1500 X2003.

Student Name (Print): \_\_\_\_\_ Date: \_\_\_\_\_

Sport: \_\_\_\_\_ Grade: \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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