



**FLORIDA A&M UNIVERSITY
DEPARTMENT OF ATHLETICS**

STUDENT-ATHLETE ACKNOWLEDGEMENT OF RISK AND PLEDGE

Florida Agricultural and Mechanical University (University or FAMU) holds the health, safety, and welfare of every member of its community as its highest priority. The University also desires to provide intercollegiate activities while endeavoring to protect the health and safety of our student-athletes and intending to minimize the potential spread of disease within our community. All members of the University community have an important role to play in keeping our fellow students and University community safe by doing our part to stop the spread of the 2019 Novel Coronavirus (COVID-19) and adhering to national, state, and local health guidelines and requirements, and those measures FAMU deems safe and appropriate for its campus. All policies and guidelines set forth by the FAMU Athletics Department regarding the COVID-19 virus, including team rules and other compliance policies, are applicable to all student-athletes effective immediately.

As a member of the University community, I pledge to take responsibility for my own health and to help stop the spread of COVID-19. I know that by engaging in campus activities, including attending classes, pursuing my education, living on campus, eating in the dining halls, attending activities, and participating in intercollegiate athletics (e.g. practices, games, team travel) and recreation, I may be exposed to COVID-19 and other infections. By returning to campus and participating in athletic activities, each student-athlete understands and acknowledges that this is possible and does so knowingly and voluntarily. I also understand that despite all reasonable efforts by the University, I can still contract COVID-19 and other infections. In order to reduce my risk, I agree to be an active participant in maintaining my own health, wellbeing and safety, as well as the safety of others, by following all the guidelines and expectations outlined by the University.

I understand that the University may modify these guidelines and expectations as additional information becomes available and due to public health emergency needs and guidance or local, state, or federal law. It is my responsibility to make every effort to keep myself apprised of these changes to protect myself and the University community. I understand that it's my obligation to read and understand the Centers for Disease Control and Prevention (CDC) notices and travel health precautions. I will participate in training provided by the FAMU Athletic Department discussing potential COVID-19 virus-related health risks and recommended precautions. I will be given the opportunity to ask questions regarding the COVID-19 virus to assigned athletic trainers, sport administrators, and coaches.

It is my Pledge to protect myself, my peers, coaches, staff and the University community by doing the following:

- Complete the COVID-19 education modules on Canvas.
- Begin daily COVID-19 screening via the FAMU App.
- Conduct daily screenings/self-assessments, including temperature check, first thing in the morning.
- Participate in testing for COVID-19 and subsequent quarantining if I test positive (+).
- If I test positive for COVID-19, I agree to self-quarantine in a designated location until:
 - My symptoms have resolved, and
 - It has been at least ten days since the start of my symptoms, or such other period of time consistent with University guidelines and.
 - I have received two negative COVID-19 test results 24 hours apart, and I have been cleared to return to activities by the FAMU Team Physician.
- If I have a positive COVID-19 test result, I agree to cooperate with Athletic training staff and Florida Department of Health personnel in efforts to conduct contact tracing.
- If I am contact traced, and determined to have been exposed to someone who tested (+) for COVID-19, I agree to get tested for COVID-19, and self-quarantine in a designated location until I have received two negative test results, 24 hours apart and am cleared for return by the team physician.
- Follow the quarantine guidelines as determined by the Florida Department of Health and University, if I test positive for COVID-19 or if I am contact traced.
- Timely report being tested for COVID-19, and provide a copy of test results to the Athletic training staff.
- Immediately report any known or potential exposures to COVID-19 to the Athletic training staff.
- Continually monitor for the following symptoms:
 - Fever of 100° F or higher
 - Headache
 - Sore throat
 - Body aches/muscle aches

- Chills
 - Nausea, vomiting, abdominal pain
 - Fatigue
 - Respiratory symptoms, such as dry cough, difficulty breathing or shortness of breath
 - Fatigue
 - Diarrhea
 - Congestion or runny nose
 - Altered sense of smell or taste
- If I develop the above symptoms, I will contact my athletic trainer immediately and follow the sports medicine staff's guidance including, being referred to Student Health Services, being tested for COVID- 19 and/or self-quarantining while the test results are pending, evaluating instructions and/or being evaluated by the Athletic training staff, Student Health Services and/or medical doctor.
 - Stay at home if I am feeling sick.
 - Avoid touching your eyes, nose and mouth.
 - Get a seasonal flu vaccination.
 - Participate fully and honestly with sports medicine staff and/or Student Health Services and/or the Florida Department of Health for contact tracing to determine whom I might have potentially exposed to COVID-19.
 - Follow FAMU Athletics protocols on appropriate cleaning within athletic facilities to attempt to reduce the spread of COVID-19 within athletic facilities and on travel.
 - Disinfect **all** athletic equipment after use and maintain my locker space in a sanitary manner.
 - Comply with any University adjustments needed on campus due to COVID-19 or other public health emergency, including, but not limited to, alternate training schedules or small practice groups.
 - Practice physical distancing and low touch rules as much as possible (e.g. Six-foot rule; avoid mass gatherings, do not share water bottles and/or towels, etc.)
 - Make responsible social decisions, not put myself and/or team at increased risk of exposure to COVID-19 or other infections, and refrain from creating health and safety hazards.
 - Wear a facial covering/mask while on the FAMU campus (exception: practices, strength/conditioning and competitions).
 - Frequently wash my hands with soap for a minimum of 20 seconds and/or sanitize my hands.
 - Keep my personal space, shared common space, and my belongings clean and disinfected.
 - Minimize high risk contact as much as possible, including outside of practice facilities (e.g. avoid close contact when unable to maintain 6 feet social distance).
 - Maintain health insurance in accordance with University requirements.

I understand COVID-19 is a highly contagious virus and it is possible to develop and contract the COVID- 19 disease, even if I follow all of the safety precautions above and those recommended by the CDC, local health department, and others. I understand that although the University is following the COVID-19 guidelines issued by the CDC and Florida Department of Health to reduce the spread of infection, I can never be completely shielded from all risk of illness caused by COVID-19 or other infections, and the University cannot guarantee a COVID-19 free environment.

I have read, understand, and agree to comply with the foregoing. I also acknowledge that these expectations and pledge are a condition of my participation in the FAMU's Athletic Department activities and that any failure to comply with the foregoing may lead to immediate removal of athletic participation privileges, activities including, but not limited to training, team travel, or competition (not my athletics scholarship) and/or the inability to use Athletics facilities. Adherence to health and safety requirements applies to all student-athletes, staff, and visitors and extends to all aspects of Athletics, including but not limited to training rooms, weight rooms, locker rooms, meeting rooms, dining areas, and academic center. My failure to comply may be considered a violation of FAMU Athletics policies and procedures, team rules, and the Student Code of Conduct and subject me to appropriate discipline.

I take my Acknowledgment of Risk and Pledge seriously and will do my part to protect the Florida Agricultural and Mechanical University community and myself.

Student Athlete (print name)

Signature of Student Athlete

Parent/Guardian (Printed & Signed name); If under 18 years of age

Sport

Date

Date