



Student-Athlete Self-Quarantine Expectations and Form

Welcome! We are excited to have you returning to Lamar Community College where your safety is our priority. So you can be part of your team and residence life community cohort, we are requiring you to self-quarantine at home for fourteen (14 days) immediately before your arrival at LCC. By doing so, you will be able to practice, condition, attend classes and campus events.

If we can keep all student-athletes safe and healthy, we can avoid having to halt athletics and make shift to a remote learning environment and send you home.

Student-Athletes Self-Quarantine Instructions:

- You should restrict all activities outside your home, except for getting medical care.
- You should restrict all in-person interactions with anyone outside your immediate family.
- If a family member is ill, avoid interaction and contact with that individual.
- Under no circumstance should you go to parties and social events, gyms/fitness centers, church, shopping, or other public areas.
- If you have to work, you must certify that there were no cases at the workplace and that you followed all safety guidelines.
- Avoid using public transportation, ride sharing, or taxis.
- You may exercise and condition in your own home or outdoors as long as you avoid interacting with anyone other than your immediate family.

When you travel to LCC, if you need to use public transport, please wear your mask, social distance, and wash your hands frequently. You will also need to complete and turn in this form as well as your "Student-Athlete COVID-19 Screening Form" immediately prior to your Move-In Day.

=====

____ I certify I followed self-quarantine instructions

____ I was not able to follow self-quarantine instructions

Name: _____

Date: _____

Signature: _____