



Pledge of Health & Safety

All members of the Heidelberg University Community have an important role to play in keeping our fellow students and the Heidelberg community safe by doing our part to stop the spread of COVID-19. As a member of Heidelberg University, I know that I must take steps to stay well in order to protect others and promote a safe return to campus for all Student Princes. Because of this, I pledge to take responsibility for my own health and help stop the spread of the COVID-19.

Heidelberg's highest priority is the safety of its students, faculty, staff, and visitors. I know that by engaging in campus activities, including attending classes, pursuing my education, living on campus, eating in the dining halls, attending activities, participating in sports and recreation, working here as a faculty or staff member, I may be exposed to COVID-19 and other infections. 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.

As more information is gathered and known, I understand that Heidelberg may modify these guidelines and expectations.

It is my responsibility to make every effort to keep myself apprised of these changes to protect myself and the University community.

I agree to protect myself, my peers, and the Heidelberg community by doing the following:

- Agree to testing for COVID-19 and potential subsequent self-quarantining if I am identified as a contact of anyone who has been determined to be positive for COVID-19.
- 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, and I have a negative COVID-19 test result.
 - Timely report any known or potential exposures to COVID-19 to the Athletic Training Staff.
 - Monitor for the following symptoms:
 - A fever of 100.4°F or higher
 - Respiratory symptoms, such as dry cough or shortness of breath
 - Sore throat
 - Headache
 - Body aches
 - Chills
 - Loss of taste or smell
- Please note that up-to-date symptoms can be found at:
<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

