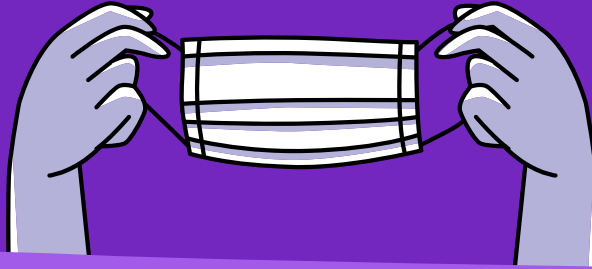


# Teen Health Pledge



The health and safety of everyone at After School Matters depends on the cooperation of all. By taking care of yourself, you protect the entire community. As a participant, I agree to uphold the After School Matters Pledge. I will:

- Review the [ASM Covid-19 symptom checker](#) daily prior to arriving to programs and stay home if I don't feel well or am experiencing any COVID-19 symptoms
- Follow all requirements of the program site for entering/departing programs
- Arrive and depart at the designated time and place of my program
- Complete ASM's daily entry/exit process of a temperature check and scan in at ASM buildings
- Wear a face covering over my nose and mouth while with my ASM program, whether vaccinated or not
- Maintain a distance of at least 6 feet from others whenever possible
- Wash my hands frequently or use hand sanitizer
- Use my own supply kit for program
- Stay with my program cohort or classroom
- Follow specialized health requirements for sports, singing, and other programs, if any
- Raise any safety concerns with my instructor
- Cooperate with ASM by adhering to quarantine requirements, where necessary
- Email or G-Chat my instructor immediately if I have been exposed or tested positive to COVID-19
- Respect that everyone has their own level of comfort with COVID-19 and adhere to the highest level of care for all involved

By choosing to attend any After School Matters' in-person program, I make a commitment to follow all COVID-19 related guidance and safety precautions required by ASM, its partner locations, and field trip sites.