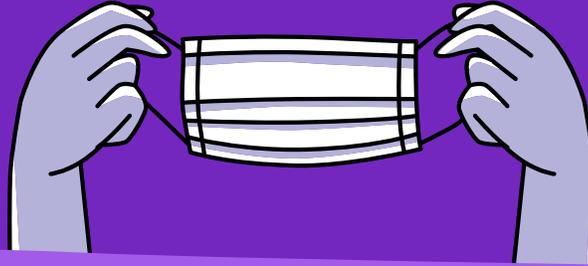


# Teen Health Pledge



For the sake of myself, my Instructor, other participants, and the general ASM community, I agree to uphold the After School Matters Pledge. I will:

- Go through the [ASM Covid-19 symptom checker](#) daily before going to programs and stay home if I don't feel well or am experiencing any COVID-19 symptoms
- Arrive and depart at the designated time and place, following staggered program schedules
- Complete ASM's check-in process daily in ASM buildings and Millennium Park tent that captures time entry/exit and individual body temperatures
- Follow all requirements of the program site for entering/departing programs, traffic flow, elevator, and bathroom use
- Wear a face covering over my nose and mouth in ASM buildings and tents (including Millennium Park), in any program site, during an ASM-sponsored field trip and other events, whether vaccinated or not
- Maintain a distance of at least 6 feet from others whenever possible
- Wash my hands frequently or use hand sanitizer (e.g., before eating, after restroom and other breaks, touching shared objects)
- Use my own supply kit for programs unless instructed to do otherwise by my instructor
- Stay with my program cohort or classroom
- Follow specialized health requirements for sports, singing, and other programs, if any
- Email or message my instructor immediately using my ASM Gmail or G-chat if I have been exposed or tested positive to COVID-19
- Raise any safety concerns with my instructor or follow the grievance process outlined in the teen manual
- Cooperate with ASM, ASM's contact tracers and adhere to quarantine requirements, where necessary
- 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 am making an on-going commitment to follow all COVID-19 related guidance and safety precautions required by ASM, its partner locations, and field trip sites.