

# Wheaton Bulldog Athletics

## Virtual Practice Permission Form

When student-athletes are in quarantine from exposure to COVID-19, an option to participate in a practice that counts toward the 14 required practices before competition is to participate in a “virtual practice.” A virtual practice is a conditioning practice that a coach will conduct online and separate from the student-athlete(s) in isolation or quarantine. Due to guidelines and restrictions from the Missouri State High School Activities Association, it is a requirement by the coaching staff to request permission from parents or guardians for all student-athletes under quarantine orders to participate in the virtual practices. Please sign and date the form below in order for your child to be eligible for virtual practices.

I, \_\_\_\_\_, grant permission for my child  
\_\_\_\_\_ to participate in virtual practices conducted by  
the coaching staff at Wheaton High School.

Parent signature: \_\_\_\_\_ Date: \_\_\_\_\_