

The Radnor Township Recreation & Community Programming Department invites you to take the **Radnor Proud Pledge** which expresses you or your family's commitment to working together as a community to get through the COVID-19 crisis. Get creative and win one of two awesome prizes!! Here is how you can get involved:

Step 1: Print out the attached Radnor Gryphon logo.

Step 2: Get creative! Color, paint or decorate the picture in any way that you like!

Step 3: Post it, pledge it, and be proud! Display in your front window so your community knows that you have taken the **Radnor Proud Pledge**.

Step 4: Snap a photo of your artwork displayed in your window and either email it to recreation@radnor.org or post it on Facebook or Instagram and make sure to tag us to be entered into the contest! @RadnorRecreation #RadnorProud

Entries must be received by Friday, May 15th, 2020. On Monday, June 1st, winners will be chosen based on their creativity and will receive the following prizes:

- 1st place: Enrollment for one (1) participant in a Radnor Township led program of your choice
- 2nd place: 4 free movie tickets (United/Regal theatres)

By taking the **Radnor Proud Pledge**, I am promising to:

- Practice social distancing with everyone in my community.
- Avoid gatherings with anyone besides those people living in my home.
- Stay home if I feel sick, except to get medical care.
- Avoid close contact with anyone who is sick.
- Wash my hands often with soap and water for at least 20 seconds especially after being in a public place (such as a grocery store), blowing my nose, coughing, or sneezing.
- Use hand sanitizer that contains at least 60% alcohol when I do not have access to soap and water.
- Avoid touching my eyes, nose, and mouth with unwashed hands.
- Help clean and disinfect my home and any frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- Maintain a healthy lifestyle of eating right, exercising, and getting at least 7-9 hours of sleep each night.
- Get outside at least 2x per day, for at least 15 minutes each time, even if that means just grabbing an umbrella if it's raining and breathing in some fresh air!
- Be creative every day in some small way (doodle or paint, cook up a new recipe, etc.).
- Stay connected to my friends and family through phone, email, text, video and social media.
- Check in on the elderly or anyone in need of support within my community.
- Reach out to someone I trust – a parent, teacher or friend – if I am feeling upset, worried, or stressed out.
- Encourage my neighbors (by text, email, phone or social media!) to take the **Radnor Proud Pledge!**

#RadnorProud



Radnor Township Recreation & Community Programming Department

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