



THE SCHOOL DISTRICT OF LEE COUNTY

Name of School:

Coronaviruses are a large group of viruses that can cause illness in animals and humans. Some coronaviruses commonly circulate in the United States and usually cause upper respiratory symptoms such as cough or runny nose, although some can cause more severe illness. The 2019 novel (new) coronavirus (SARS-CoV-2) causes the illness coronavirus disease 2019 (COVID-19). COVID-19 was originally identified in Wuhan, China, and is now considered a pandemic, as it is present throughout the world, including here in Florida. Coronaviruses like COVID-19 are most often spread through the air by coughing or sneezing, close personal contact (including touching and shaking hands), or touching your nose, mouth, or eyes before washing your hands. At this time, the risks of becoming infected from organized sports activities are unknown. There is currently no vaccine to prevent COVID-19. The best way to prevent illness is to avoid exposure to the virus (and avoid exposing other people). According to the CDC, the more people a child or coach interacts with, the closer the physical interaction, the more sharing of equipment there is by multiple players, and the longer that interaction, the higher the risk of COVID-19 spread.

Signs and Symptoms of COVID-19:

People with COVID-19 have had a wide range of symptoms reported, ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. It is important to note, it may be possible for someone to be a carrier of COVID-19 and not have any symptoms, but still be contagious to others. Following are reported symptoms:

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|--------------------------------|--------------------------------|
| *Recent loss of taste of smell | *Shortness of breath |
| *Fever or chills | *Muscle or body aches |
| *Cough | *Sore throat |
| *Fatigue | *Nausea or vomiting |
| *Headache | *Dizziness or unexplained rash |
| *Congestion or runny nose | *Diarrhea |

This list does not include all possible symptoms. The CDC is a useful reference to update this list of symptoms as more is learned about COVID-19.

How to Prevent and prepare for COVID-19:

Practice social (physical) distancing:

If you are around other people, keep at least 6 feet between you when possible. Avoid hugs, handshakes, large gatherings and close quarters. These recommendations can be extremely challenging in an organized athletic environment and should be thoroughly considered when deciding to participate in school sports. Why? The virus is spread mainly from person to person. When someone coughs or sneezes, they spray small liquid droplets from their nose or mouth, which may contain the virus. If you are too close, you can breathe in the droplets containing the coronavirus if the person coughing has the disease. Participation in sports programs can cause an increase in forceful respirations that may travel greater than 6 feet, and therefore, can increase the risk of spreading COVID-19 to a participant or team.

Wear a face covering in public: Cover your mouth and nose with a face covering when around others and out in public, and whenever practical during sports activity. Why? You could spread COVID-19 to others even if you do not feel sick. The cloth face covering is meant to protect other people in case you are infected. Various styles of face coverings are available from cloth to surgical-style masks. The face coverings should fit comfortably and be worn properly over the nose and mouth.

Practice strict hand hygiene:

Why? The virus can survive on certain surfaces for several hours. Wash your hands often. You can use regular soap and water as long as you scrub for at least 20 seconds. You can also use hand sanitizer containing at least 60% alcohol.

Avoid touching eyes, nose and mouth:

Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. Cover your mouth and nose with a tissue or the inside of your elbow when you cough or sneeze.

Clean and Disinfect:

Clean and disinfect "high-touch" surfaces. Clean AND disinfect frequently touched surfaces at least daily. This includes tables, door knobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets and sinks. If surfaces are dirty, first clean with detergent or soap and water, and then disinfect. Most common EPA registered household disinfectants, diluted household bleach solutions, and alcohol solutions with at least 60% alcohol will work.

What do I do if think I was exposed to an individual with COVID-19?

Watch for symptoms: People with COVID-19 have reported a wide range of symptoms-ranging from mild to severe. Symptoms may appear 2-14 days after exposure to the virus.

- * Contact your personal health care provider or use the CDC's self-checker (CDC.gov) to help make decisions to seek appropriate medical care regarding COVID-19.
- * Talk to your healthcare provider about any other symptoms that are severe or concerning to you.
- * If you are concerned about your status, get tested for COVID-19 right away. Even if you don't have symptoms, you may be able to be tested after an exposure. *Furthermore, follow your school procedures for notification.

What do I do if I'm sick?:

Do not go to school or sports practice if you are sick. After speaking with your personal healthcare provider, notify your school and your coaches. Treatment is typically over the counter medication to help your symptoms. Currently there are no specific antiviral treatments recommended for COVID-19,

If you are sick with a fever (100.4°F/38°C or higher) or cough, have trouble breathing, or suspect you have COVID-19, here's how to help prevent the disease from spreading to people in your home and community:

- SELF-ISOLATE AT HOME
- STAY AWAY FROM OTHERS
- GET A COVID-19 PCR TEST

Participation in organized sports during the COVID-19 Pandemic: Participation in organized sports during the COVID-19 Pandemic can lead to an increased risk of exposure for all stakeholders. Schools are creating comprehensive plans to reduce these risks. However, none of these mitigation efforts can guarantee complete safety. Schools will ask all stakeholders for their support and compliance to keep athletic competition as safe as possible. The NFHS and other organization have created notifications to help classify sports by risk category. Some sports are classified as high risk because they have a higher rate of potential exposure versus low risk which has a lower exposure rate. To become more aware of what risk category specific sports are classified, visit: https://www.nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15_2020-final.pdf



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Statement of Student Athlete Responsibility:

Parents and students should be aware of preliminary evidence that suggest student-athletes are at an increased risk of contracting COVID-19 when participating in sports, especially those sports where physical distancing is not always possible. Please review all risks before allowing your child/ward to participate in the school sports program. There are reports of kids who have become sick and have died due this new contagious disease. There have been reports that long term health concerns can affect individuals, including kids, who have become infected with COVID-19. These long-term health issues may include, but are not limited to; injury to the heart muscle, lung damage, blood clotting disorders, or death. A specific illness has impacted children with COVID-19 called Multisystem Inflammatory Syndrome of Children (MIS-C). Further research on this topic is needed before any conclusions can be drawn.

I accept responsibility for participating in school-based screenings for COVID-19 and for reporting all symptoms of illness to my parents, team doctor, athletic trainer, or coaches associated with my sport including any signs and symptoms of COVID-19 and also any close contact or exposure to COVID-19 to the best of my ability. I have read and understand the above information on COVID-19. I will inform the supervising coach, athletic trainer, or team physician immediately if I experience any of these symptoms, or witness a teammate with these symptoms. Furthermore, I have been advised of the dangers of participation for myself and that of my child/ward.

Name of Student-Athlete (printed)

Signature of Student-Athlete

Date:

Name of Parent/Guardian (printed)

Signature of parent/guardian

Date:

Name of Parent/Guardian (printed)

Signature of parent/guardian

Date: