



Extra or Co-Curricular Reporting Expectations (COVID-19)

CDC COVID- 19 Symptoms: Fever (100.4° F or higher), Cough, Shortness of Breath, Chills, Muscle pain (not due to physical activity), Sore throat, New loss of taste and or smell

1	2	3	4	5	6	7	8
Participant Status	Any TWO of the COVID-19 Symptoms listed above	FEVER plus ANY of the other COVID-19 Symptoms listed above	Close Contact*** with Someone with any ONE of the COVID-19 Symptoms listed above	Close Contact*** with Someone with FEVER and ANY of the other COVID-19 Symptoms listed above	Close Contact with CONFIRMED COVID-19 Patient		IF YOU ARE DIAGNOSED WITH COVID-19
Participation Restrictions	Notify Coach or Sponsor Unable to participate until symptom free for at least 24 hours and/or documentation/attest of an alternative diagnosis.	Notify Coach or Sponsor Unable to participate until free of fever (using an oral thermometer). No fever or any other symptoms for at least 24 hours, without the use of fever-reducing or other symptom-altering medicines (e.g. cough suppressants) AND at least 10 days have passed since your symptoms first appeared OR provide documentation of an alternative diagnosis.	No Participation Restrictions Practice Social Distancing Self-monitor** for symptoms (see above list)	Notify Coach or Sponsor Practice Social Distancing Self-monitor** for symptoms (see above list) May return participation after that person no longer has fever for 72 hours OR is confirmed negative for COVID-19	ASYMPTOMATIC Notify Coach or Sponsor Self-monitor for symptoms (see above list) Unable to participate for 14 days after known exposure OR 14 days after positive patient's symptoms end if exposure is ongoing	SYMPTOMATIC 100.4° F or greater using an oral thermometer OR respiratory symptoms (cough, shortness of breath, sore throat) Notify Coach or Sponsor and Local Health Department or Your Physician Self-Isolation Unable to participate for 14 days after known exposure AND no fever for at least 72 hours without the use of fever reducing or other symptom-altering medicines (e.g. cough suppressants) AND at least 10 days have passed since symptoms first appeared.	Notify Coach or Sponsor and Local Health Department or Your Physician Self-Isolation Unable to participate for 14 days after known exposure AND no fever for at least 72 hours without the use of fever-reducing or other symptom-altering medicines (e.g. cough suppressants) AND at least 10 days have passed since symptoms first appeared.
Return to Participation	Parent must ATTEST to the coach or sponsor that they have spoken to qualified medical professional who has deemed COVID-19 Testing not warranted OR participant has received Negative Test result	Parent must ATTEST that they have spoken to qualified medical professional who has deemed COVID-19 Testing not warranted OR participant has received Negative Test result	N/A	No Doctor Statement Needed to participate	No Doctor Statement Needed to participate	Participant must get COVID test performed. Doctor Statement or Statement from Health Department REQUIRED to participate	Doctor Statement or Statement from Health Department REQUIRED to participate

This document will be updated as necessary, or as laws necessitate, to maintain employee and student safety.

**** Self-monitor:** Take temperature twice a day and remain alert for COVID-19 symptoms and notify appropriate healthcare provider if COVID-19 symptoms develop.

***** Close Contact:** (*Living in same home is assumed close contact*)

- Someone who has been within 6 feet of an infected person for at least 30 minutes starting from 48 hours before illness onset until the time the patient is isolated or
- Having direct contact with infectious secretions of a COVID-19 case (e.g., being coughed on)

**REMEMBER: MAINTAIN 6 FEET BETWEEN YOU AND OTHER PARTICIPANTS AT ALL TIMES.
WEAR REQUIRED PERSONAL PROTECTIVE EQUIPMENT WHEN NOT ACTIVELY TRAINING.**