



COVID-19 Athlete Protocol

Athletes must answer the following questions before *EVERY* in-person session:

- In the past 24 hours, have you experienced any symptoms of COVID-19?
 - A fever of 100.4° F or higher
 - Respiratory symptoms such as runny nose, sore throat, cough, or shortness of breath
 - Flu-like symptoms such as muscle aches, chills, and severe fatigue
 - Gastrointestinal symptoms such as nausea, vomiting, or diarrhea
 - Changes to your sense of taste or smell
- In the past 10 days, have you had any close contact with someone who is suspected or confirmed to have COVID-19?
- In the past 10 days, have you traveled domestically (within the U.S.) outside of New England (NH, VT, ME, MA, CT, or RI)?

*IF **YES** TO ANY OF ABOVE, YOU WILL BE ASKED NOT TO PARTICIPATE. Please note: individuals with a chronic AND stable medical condition that accounts for the person's chronic symptoms (which mimic those of COVID-19) should contact the administrator for further guidance.*

Remember to bring to *EVERY* in-person session:

- Mask
 - All coaches and athletes should arrive wearing a reusable/washable cloth face covering.
 - Masks must be worn over the nose and mouth, when around others and not actively engaged in athletics and when social distancing is not possible.
- Alcohol-Based Hand Sanitizer
 - Athletes are strongly encouraged to carry hand sanitizer in a personal equipment bag.
 - Hand hygiene (use of hand sanitizer) is required:
 - Upon arrival
 - Before and after going to the bathroom
 - Before and after touching the face or face covering
 - Before and after touching any shared equipment
 - Prior to leaving
- Personal Water and Snacks
 - Have enough water for yourself; there will be *NO* sharing of water or food between athletes.

My responsibilities as an athlete:

- Self-monitor for COVID-19 symptoms.
- Upon arrival to practice, wait in or near my vehicle until all parties have arrived.
- Maintain 6 feet of social distance at all times.
- Come wearing my cloth face mask; practice hand hygiene if I touch my face or my cloth mask.
- Refrain from spitting, snot-rockets, licking fingers and chewing gum.
- Keep my equipment and clothing distanced from other athletes' equipment by a minimum of 6 feet (e.g. waterbelts, heart rate monitors/watches, helmets, rollerski gloves, poles etc.).
- No sharing of water or snacks.

- No unnecessary physical contact, such as high-fives, hugs, fistbumps, handshakes, etc.
- Follow guidelines for hand hygiene (see above).
- Carpooling is discouraged; if I must carpool, I will wear a mask when riding with a non-household member and try to use the same carpool regularly to minimize the number of contacts.
- Wear clean clothes to each in-person practice (and wash after single use).

Illness protocol:

- If you are *symptomatic*, please self-isolate and contact your health care provider to be tested for COVID-19.
- Anyone with suspected or confirmed COVID-19 will refrain from attending in-person practices. Persons must stay home until symptom-based criteria are met for discontinuation of isolation:
 - At least 10 days have passed since symptoms first appeared; AND
 - At least 24 hours have passed since recovery (recovery is defined as resolution of fever, off any fever-reducing medications plus improvement in other symptoms); or
 - Approved COVID-19 testing is negative, at least 24 hours have passed since last fever (off medications) and symptoms have improved.
- If you are *asymptomatic*, but had close contact with someone suspected or confirmed with COVID-19, or report a travel-related risk factor, you should self-quarantine for 10 days from last exposure (or return from travel).
- If you or someone with whom you have had contact is diagnosed with COVID-19, or is suspected of having COVID-19, please report that information to the Ford Sayre Administrator, Ana Edson, as soon as you learn about it: admin@fordsayre.org or (603) 306-2594.

I have read Ford Sayre's *COVID-19 Athlete Protocol and the [CDC Cloth Face Mask Summary](#). I agree to comply with these guidelines, which are based on the CDC's *Considerations for Youth Sports* and New Hampshire's guidance *Safer At Home 2.0: Amateur and Youth Sports*. I will refrain from attending training if not safe to do so, per the guidelines. I agree that I will hold Ford Sayre harmless for any illness or injury. I am aware that no activity is free from risk, and even with these additional guidelines in place, all social interactions carry an increased risk of infection. I understand that the actions that I take directly impact the health of others and that participation in Ford Sayre programming is contingent upon compliance with these guidelines. After signing, please e-mail document to Ana Edson at admin@fordsayre.org**

All participants agree to the COVID-19 Athlete Protocol during Ford Sayre registration in League Athletics. This protocol is updated as guidance evolves, and the latest version can always be found on the Ford Sayre web site.

*COVID-19 Athlete Protocol last updated 12/31/2020