



Ford K. Sayre

MEMORIAL SKI COUNCIL

www.fordsayre.org

P.O. Box 471 • Hanover, NH 03755

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