



## COVID-19 Athlete Protocol

Athletes will be asked the following questions before *EVERY* in-person session:

- Do you have any symptoms of COVID-19?  
Symptoms can include:
  - 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 has tested positive for COVID-19? (Healthcare workers who were wearing appropriate PPE should answer "no.")
- In the past 10 days, have you traveled internationally (outside of the U.S., except for travel to/from Canada) or on a cruise ship?

*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.*

*If you are **symptomatic**, REGARDLESS OF PRIOR INFECTION OR COVID-19 VACCINATION STATUS, please stay home and get evaluated for COVID-19 testing.*

*If you are a **close contact** but **fully vaccinated**, you do not need to quarantine but should monitor yourself for symptoms of COVID-19 daily.*

*If you are a **close contact** and **NOT fully vaccinated**, you will need to quarantine at least 10 days and should be tested for COVID-19, but testing will NOT end the 10-day quarantine early.*

*If you have **traveled internationally** or by **cruise ship** but are **fully vaccinated**, you do not need to quarantine but should monitor yourself for symptoms of COVID-19 daily.*

*If you have **traveled internationally** or by **cruise ship** and are **NOT fully vaccinated**, you will need to quarantine at least 10 days, but you have the option to be tested on day 6-7 of quarantine (a PCR-based test), and if negative, end quarantine after 7 days.*

My responsibilities as an athlete:

- Self-monitor for COVID-19 symptoms.
- Maintain social and physical distance.
- Come with my cloth face mask; practice hand hygiene if I touch my face or my cloth mask.
- No sharing of water or snacks.
- No unnecessary physical contact, such as high-fives, hugs, fistbumps, handshakes, etc.
- Follow any more restrictive protocols, based on the location or venue of any given practice or event.

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

- Mask
  - All coaches and athletes should arrive with a reusable/washable cloth face covering.
  - Masks should be worn over the nose and mouth, when 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 encouraged, as needed.
- Personal Water and Snacks
  - Have enough water for yourself; there will be *NO* sharing of water or food between athletes.

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](mailto:admin@fordsayre.org) or (603) 306-2594.

**I have read Ford Sayre's *COVID-19 Athlete Protocol*\* and I agree to comply with these guidelines, which are based on New Hampshire's guidance *Universal Best Practices* and the CDC's *Considerations for Youth Sports* and . 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](mailto:admin@fordsayre.org)**

*This protocol is updated as guidance evolves, and the latest version can always be found on the Ford Sayre web site.*

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Printed Name [Participant]

\_\_\_\_\_

Signature [Participant]

\_\_\_\_\_

Date

\_\_\_\_\_

Printed Name [Guardian, if participant is a minor]

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Signature [Guardian, if participant is a minor]

\*COVID-19 Athlete Protocol last updated 05/27/2021