



## COVID-19 ATHLETE PROTOCOL

### MY RESPONSIBILITIES AS AN ATHLETE

- Self-monitor for COVID-19 symptoms.
- Follow CDC guidelines for isolation and mask usage.
- No sharing of water or snacks. Have enough water and snacks for yourself.
- Follow any more restrictive protocols, based on the location or venue of any given practice or event.
- Refer to [CDC vaccination guidance](#). Ford Sayre strongly encourages all who are eligible to receive an updated (bivalent) booster.

Stay home when sick! Athletes with respiratory or gastrointestinal infections, such as cough, fever, sore throat, vomiting, or diarrhea, should stay home. Testing is recommended for people with symptoms of COVID-19, as soon as possible after symptoms begin.

*Please note: athletes who travel in a team van or share lodging accommodations on a team trip, are expected to be up-to-date on vaccinations, OR test negative using a COVID antigen test prior to such circumstances. Please communicate with your head coach, or the administrator, for more details.*

### ILLNESS PROTOCOL

DO NOT ATTEND PRACTICE if you test positive for COVID. Athletes who are positive for COVID should refrain from attending in-person practices (and remain home) for at least 5 days (if NO symptoms, day zero is the day you were tested; if you HAVE symptoms, day zero is the day of symptom onset).

It is OKAY TO RETURN to practice...

If you *HAD NO SYMPTOMS*, you may return AFTER day 5, but wear a mask through day 10. If you *HAD SYMPTOMS*, you may return AFTER day 5 ONLY IF YOUR SYMPTOMS ARE IMPROVING AND YOU ARE FEVER FREE for 24 hours (without the use of fever-reducing medication). You will need to wear a mask through day 10.

*If an athlete is exposed to a person who tests positive for COVID, they should wear a mask for 10 days and test on day 5; the day of exposure is day zero. (No quarantine is required.)*

**I have read Ford Sayre's COVID-19 Athlete Protocol. I agree to comply with this guidance (based on the CDC's guidelines for "Isolation and Precautions for People with COVID-19"). 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.**

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Printed Name [Participant]

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Printed Name [Guardian, if participant is a minor]

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Signature [Participant]

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Signature [Guardian, if participant is a minor]

\_\_\_\_\_

Date

\* COVID-19 Athlete Protocol last updated 10/10/2022