

## Pre-Practice & Pre-Game COVID-19 Screening Protocol

If anyone in an athlete's household has tested positive for COVID-19, that athlete must be quarantined for 14 days, and is to be held out from participating in practice or games until the quarantine period concludes. A negative COVID-19 test for the athlete does **NOT** exempt the athlete from the quarantine period.

Prior to each practice and game, parents should check the following:

1. Your athlete does **NOT** have a fever greater than 100.4 degrees (may be lower based on your school's policy) **OR** lower if your child is not feeling well.
2. Other signs of illness:
  - a. Congestion or runny nose
  - b. Fever 100.4
  - c. Cough
  - d. Shortness of breath or difficulty breathing
  - e. Diarrhea
  - f. Headache
  - g. Nausea or vomiting
  - h. Sore throat
  - i. Muscle pain and fatigue
  - j. Chills
  - k. New loss of taste or smell
3. Were you in close contact (within 6 feet for more than 15 minutes) with anyone confirmed with COVID-19 within the last two weeks?

If the answer is **YES** to any of these questions, **DO NOT** send your student to practice or games. Instead, begin quarantine of your athlete and contact your healthcare provider. Strongly consider COVID-19 testing.