

## **Athletic Respiratory Illness Procedures**

To be present for any Norfolk Public School sponsored athletic activity, each student-athlete, coach, and staff member should self-screen **daily** for respiratory illness. This includes but is not limited to: fever, chills, fatigue, runny nose, cough, headache

Athletes and staff members are instructed to 'stay home if you are sick'. Any individual experiencing or exhibiting signs/symptoms of respiratory illness will be required to consult with the Athletic Trainer to determine participation status for athletics.

### **Protocol for Respiratory Illness**

Student-athletes who are experiencing significant respiratory virus symptoms, have a fever, and/or have tested positive for a respiratory virus, will not be permitted to participate in athletics.

Student-athletes with a respiratory virus will be permitted to return to athletic participation once they have satisfied both requirements listed below for **at least 24hrs**

1. Are without symptoms (asymptomatic) for at least 24hrs

**AND**

2. Fever free without the use of fever-reducing medication (ex: Tylenol) for at least 24hrs.

*\*\*Any individual who has been evaluated or treated by a healthcare provider must submit written documentation for clearance prior to return to training/activity\*\**