

2022-2023

COVID-19 IN SPORTS Information

What is COVID-19?

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. The COVID-19 virus is extremely contagious and is believed to spread mainly from person-to-person contact. Since 2019, the COVID-19 virus has changed to form additional variants, such as the Omicron and Delta variants. The spread of COVID-19 can be contained through the use of mitigation strategies as well as COVID-19 vaccinations.

What are the Signs and Symptoms of COVID-19?

Signs and Symptoms	Risk Factors
<ul style="list-style-type: none"> ▪ Fever (100.4°F/38°C or higher) ▪ Cough ▪ Shortness of breath ▪ Gasping for air ▪ Cannot talk without catching breath ▪ Persistent pain or pressure in chest ▪ Confused or inability to arouse ▪ Bluish lips or face ▪ Sore throat ▪ Nausea or vomiting ▪ Diarrhea ▪ Loss Taste/Smell 	<ul style="list-style-type: none"> ▪ Chronic lung disease ▪ Moderate to severe asthma ▪ Serious heart conditions ▪ Immunocompromised ▪ Bone marrow/organ transplantation ▪ Immune deficiencies ▪ Poorly controlled HIV/AIDS ▪ Prolonged use of corticosteroids/ immune weakening medications ▪ Severe obesity ▪ Diabetes ▪ Chronic kidney disease ▪ Liver disease

Anyone currently experiencing signs or symptoms of COVID-19, or fall under any risk factor considerations, should consult a doctor for approval of participation in athletics.

How can you protect yourself and your child from COVID-19?

- ✓ Get Vaccinated - COVID-19 vaccines are safe and effective at protecting you from getting sick. In general, people are considered fully vaccinated, 2 weeks after their second dose in a 2-dose series, or 2 weeks after a single-dose vaccine, such as Johnson & Johnson's vaccine. Everyone 12 years of age and older is able to get a COVID-19 vaccination.
- ✓ Get the Booster Shot if you are eligible
- ✓ Wear a mask if unvaccinated, or in areas where masks are required
- ✓ Stay home if you are sick and minimize contact with those who are sick.
- ✓ Practice good personal hygiene - frequent handwashing, avoid touching your face, cover your mouth when coughing/sneezing.

What Should you do if you Think your Child is exhibiting signs or symptoms of COVID-19?

If you have a fever, cough, other symptoms of COVID-19, or have come in contact with someone who has COVID-19, you might have COVID-19.

- ✓ Stay home if you are sick, or if someone in your household is sick
- ✓ Contact your healthcare provider – Your healthcare provider can perform diagnostic tests to determine if you have COVID-19

- ✓ **Notify your coach, Athletic Trainer and/or Athletic Director** of any potential illness, COVID-19 diagnosis, or Close Contact with a COVID-19 positive individual.

Brief Overview of the Norfolk Public Schools COVID-19 Policy

Norfolk Public Schools has put in place preventative measures to reduce the spread of COVID-19 and ensure that those who are diagnosed with COVID-19 can safely return to activity:

- ✓ All athletes, coaches, and athletic staff are required to self-screen and monitor their health daily. Anyone exhibiting signs/symptoms of COVID-19, or has come in close contact with someone who has COVID-19, will not be cleared to report to campus until released by the Athletic Trainer.
- ✓ Those infected with COVID-19 must have the *Return To Play Form: Covid-19 Infection Medical Clearance Releasing The Student-Athlete To Resume Participation In Athletics* completed by their doctor and parent/guardian and be cleared by their Athletic Trainer prior to returning to participation
- ✓ Norfolk Public Schools will continue to monitor the on-going COVID-19 pandemic and will comply with all local, state and federal requirements and Center for Disease Control (CDC) recommendations as it pertains to containing the COVID-19 virus.

While these prevention strategies are in place for everyone’s safety, Norfolk Public Schools cannot guarantee that your child, or you, will not become infected with COVID-19. Further, participating in athletics could increase your child’s risk and your risk of contracting COVID-19. Sports may vary for increasing risks of infections based on level of close contact required.

Vaccination Status:

Has your child been vaccinated against COVID-19? (please circle) **Yes** **No**

If Yes:

Vaccine Manufacturer (Please Circle): Moderna Pfizer Johnson & Johnson Other: _____

Date of 1st Dose: _____ **Date of 2nd Dose:** _____

Has your child received their COVID-19 booster shot? (please circle) **Yes** **No**

Manufacturer (Please Circle): Moderna Pfizer Johnson & Johnson **Booster Date:** _____

If No:

I understand that being unvaccinated may put my child at an increased risk of contracting COVID-19 while participating in athletics and agree to notify the coach, Athletic Trainer and/or Athletic Director of any change to his/her vaccination status. **Initials** _____

By signing this document, I acknowledge that I the information provided above is true and that I have reviewed the signs and symptoms of COVID-19, agree to report any COVID-19 diagnosis or contact, and agree to follow the NPS COVID-19 Policy.

Print Name: Parent/Guardian

Signature: Parent/Guardian

Date

Print Name: Athlete

Signature: Athlete

Date