Coronavirus/COVID-19 Informational Sheet

Name of Athlete:	Date Of Birth
Grade:/Anticipated year of Graduation:	·
Home Address:	
Phone:	
Student Email	

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. The following are signs and symptoms or risk factors for contracting COVID-19:

 Signs and Symptoms: 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 	 Risk Factors: 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
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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.

Federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people. Norfolk Public Schools has put in place preventative measures to reduce the spread of COVID-19 (see Appendix A); however, 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 (see Appendix B).

Appendix A:

Completion of screening questionnaire, Facial Temperature check: Temperature 100.4°F/38°C, Face Covering/Mask upon arrival, washing your hands (20 sec) and Social Distancing/ 6-10 ft apart.

Appendix B:

The following is a proposed stratification scale for COVID-19 transmission in sports from highest risk (Level 1) to lowest risk (Level 3):

- Level 1: sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants. <u>Examples</u>: football, wrestling, competitive cheer and soccer.
- Level 2: sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants. <u>Examples:</u> basketball, volleyball, baseball, softball, soccer, tennis, swimming, track & field events, field hockey, crew
- 3. Level 3: sports that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors. <u>Examples</u>: Individual running events (cross country), golf, sideline cheer

Norfolk Public Schools coaching staff (those who volunteer and those who are employed by NPS) are not to transport student athletes in their personal vehicles. Parents must provide transportation for students who do not ride the activity bus. Parents and student athletes are to be mindful of and to follow all local and state laws regarding students who provide their own transportation.

Print Name of Participant	Signature of Participant	Date
Print Name of Parent/Guardian	Signature of Parent/Guardian	Date

• All information provided is in reference and accordance with the World Health Organization (WHO), Centers for Disease Control and Prevention (CDC), United States Olympic & Paralympic Committee (USOPC), and the Virginia Department of Health (VDH)