



# ERSKINE

SINCE 1883

# ACADEMY

## **COVID-19 Fall Participation Info Sheet for Athletes**

### **Participation-(all athletes must complete AND submit the following)**

- Pre-Participation Health Form
- Parent/Student Permission Contract
- Concussion Management Information and Policy Acknowledgement
- EA Sports Booster Form
- Daily Screening Record (submit to Coach each Friday)
- Required forms available at- <https://www.erskineacademy.org/activities/athletics/>
- \*\*\***(ALL forms must be received by the Coach *at first practice* to allow participation!)** \*\*\*

### **Sanitization**

- Availability to hand sanitize before, during and after every training session
- Clean workout clothing and equipment following every training session
  - No sharing of clothing – (ie. Pinnies)
- Must have your own water container with name on it– it should be cleaned everyday
  - Do not share your water container with anyone
- Must shower at home after each training session
- No hugs, handshakes, high fives, or spitting

### **Masks**

- Must provide own mask for every training session. Please mark your name on your mask. ○ Disposable masks should be disposed of when appropriate
  - Cloth masks should be washed daily
  - Masks should be worn AT ALL TIMES unless directed otherwise by your Coach
  - Masks will not be worn during training periods of physical activity (outside or inside)
- Masks should be worn properly
  - Cover nose and mouth
  - Bottom should be under chin
  - Ensure that you can breathe easily

### **Self-Monitor**

If you are not comfortable with returning to play then please stay home.

If you are staying at home because of symptoms – please check in with your coach/AthleticTrainer/Administrator to let them know. Athletes MUST complete a daily self screen and document as required. Submit your completed screening sheet to the Coach every Friday.(Any **YES** answer = stay home and contact your coach. Athlete must be evaluated by PCP and cleared to return)

- Self-Monitor for Symptoms
  - Fever - Recommend taking temp daily (Pre Session)
  - New Cough
  - Runny nose
  - Sore throat
  - Headache
  - Muscle aches
  - Chills
  - Fatigue (extreme tiredness)
  - Malaise (feeling unwell)

- Chest pain
- Shortness of breath
- Difficulty breathing
- Inability to keep liquids down because of vomiting
- Diarrhea
- Loss of taste or smell

### **Food and Hydration at Training Sessions**

- No food, including sunflower seeds or gum, unless necessary for medical condition
- Must provide own water for each training session

### **Points of Consideration**

- Enter parking lot and proceed directly to designated practice area
- Place your gym bag, water, face covering, sneakers at your designated area during training
- Supply your own individual hand sanitizer, sunscreen, chapstick.....
- When you sneeze or cough, do so into the crook of your elbow, then you must sanitize immediately
- Avoid touching your face

### **Understand and meet the above expectations**

Please understand that your commitment and execution of these expectations is critical to participation in Erskine Academy Athletics.