

Dear Parents,

First and foremost, we hope that you and your loved ones are safe and healthy. We have received questions from the community about if and how COVID-19 will change this year's athletic season. We know this outbreak has been stressful to many and recognize that exercising and participating in activities like sports can be a healthy way to cope with stress and connect with our community. After careful thought and planning, we are excited to let you know that we plan to resume high school sports while following CDC, state and county guidelines considerations to protect players, families, and our community.

The health and safety of our athletes, staff, and volunteers remain our highest priority. Below, you will find a summary of actions we are taking to help ensure we are lowering COVID-19 risk as much as possible while also allowing our athletes to play. We are:

Intensifying cleaning, disinfection, and ventilation within our facilities and premises by disinfecting as feasible, cleaning and disinfecting shared objects and equipment between use when possible, and ensuring safe and correct use and storage of disinfectants.

Reducing physical closeness or contact between players when possible, keeping student athletes in small groups, and staggering arrival and drop off times, discouraging unnecessary physical contact, such as high-fives, handshakes, fist bumps, and hugs.

Promoting healthy hygiene practices, encouraging hand washing and providing hand sanitizer before and after practices and games, encouraging children to cover coughs and sneezes with a tissue or to use the inside of their elbow, and reminding them to not spit.

Coaches, staff, officials, parents, and spectators wear a cloth face covering during practices and games.

Anyone who is sick or has been in contact with someone who has COVID-19— including players, family members, coaches, staff and spectators — should not attend practices or games. Be on the lookout for symptoms of COVID-19, which include fever, cough, or shortness of breath. Call your doctor if you think you or a family member is sick.

Parents/guardians need to do a wellness check on your child each morning to determine if your child should attend practice. This wellness check should include the following observations:

- ☐ Feverish or unusually warm (has flushed cheeks). If you are able to, use a thermometer to take your child's temperature.
 - ☐ Coughing/Sneezing
 - ☐ Sore throat
 - ☐ Shortness of breath/Difficulty breathing
 - ☐ Headache/Stomach ache/Nausea
 - ☐ Muscle pain/Unusual fatigue
 - ☐ New loss of taste or smell
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If any of these symptoms are present, student athletes should not attend practices. Also know that a general symptom check will be performed when your student athlete arrives at practice. If your child is suspected of being sick, you will be contacted, and you will be asked to pick up your student athlete, or your student athlete will be sent home if he/she drove to practice. Be sure the school has updated contact information in the event that your child needs to be sent home.

If someone does get sick during practice or at a game, we will contact you to pick up your student athlete. If you have a specific question about this plan or COVID-19, please contact your school's athletic director for more information. You can also find more information about COVID-19 at www.cdc.gov.

Thank you and stay healthy,



John Chung

Athletic Director

Roosevelt High School

