**Sports COVID Information prior to training**

* **Highest Priority**– If Children or coaches are showing symptoms of COVID-19, have been in contact with someone with COVID-19 in the last 14 days, have been tested and are awaiting test results, or are at high risk due to underlying health conditions, they will not be able to attend trainings until written proof is provided by a doctor that he/she no longer has the virus.

We will be utilizing the following guidelines to minimize the risks of spreading the coronavirus. The following guidance is provided to maintain health and safety standards requirements and physical distancing while providing much needed services.

Anyone with the following condition(s) will need to consult their doctor before considering attending trainings.

* Underlying medical conditions, such as,
* Heart disease
* Diabetes
* Lung disease
* Underlying immune disorders/people with compromised immune systems/people taking suppressant medications (ex: cancer, RA, Crohn’s disease etc)
* Parents/caregivers to check for signs and symptoms each day prior to training.
* Parents/caregivers should determine health status prior to coming to training each day

1. **Do I feel unwell today?**
2. **Do I have a cough or sore throat?**
3. **Do I have a fever or do I feel feverish?**
4. **Do I have shortness of breath?**
5. **Do I or have I had a loss of smell or taste?**
6. **Do I have fatigue?**
7. **Do I have muscle or body aches?**
8. **Do I have a runny nose or congestion?**
9. **Do I have nausea or vomiting?**
10. **Do I have diarrhea?**
11. **Do I or have I been living with anyone who is sick or quarantined?**
12. **Have I been around anyone that is known to have COVID-19 in the past 14 days?**
13. **Have I been advised to self quarantine because of exposure to someone with COVID-19 infection within the last 14 days?**
14. **Have I been out of State of Maine in the last 14 days?**
15. **Take temperature: is it 37.8C/100.4 F or higher?**

**If the answer is “YES” to any of the questions, stay home and contact your coach or director and discuss that you are staying home.**

* Director will notify the State health office if any child is suspect of having COVID-19 and we will need to have proper communication with families while maintaining confidentiality.
* Per CDC guidelines for those who have confirmed COVID and similar symptoms but are NOT tested: or Persons with COVID-19 who have symptoms and were directed to care for themselves at home may discontinue home isolation under the following conditions

1. **At least 3 days (72hours) have passed since recovery defined as resolution of fever without the use of fever reducing medications and improvement in respiratory symptoms (e.g. cough, shortness of breath); and**
2. **At least 10 days have passed since symptoms first appeared.**
3. **Or, a doctor’s note indication a negative test has confirmed recovery.**

* **If there is a confirmed case of COVID-19 the director will inform all parents/guardians..**

**Promote healthy hygiene practices:**

* Encourage children to join all of the coaches around them to prevent the spread of germs
* Teach and reinforce washing of hands and covering your coughs or sneezing into your elbow or a tissue (place tissue into trash can and wash hands afterward).
* If soap is not available in the area, use hand sanitizer (60-95% alcohol based).
* Avoid touching your face.