



## **COVID-19 CHECKLIST**

Students/Coaches should self report as deemed necessary prior to each practice or event.

Temperature may be taken from a designated individual as needed. Symptoms should be marked yes or no, and be answered based on the last 24 hours. If any response is "YES", the athlete will not be allowed to participate. If the athlete is deemed sick at practice, he/she will be asked to stay in a designated safe area in the gym until their guardian can return.

**Athlete's Name:**

**Athlete's Grade:**

**Sport this season:**

**Today's Date:**

In the last 24 hours has your child:

1. Had a fever over 100.4 degrees or chills?
2. Had a cough?
3. Had a sore throat?
4. Been short of breath? (outside of normal exercise)
5. Experienced loss of taste or smell?
6. Experienced vomiting or diarrhea?
7. Any close contact within the last 14 days with someone who is currently sick with suspected or confirmed COVID-19? (Note- close contact is defined as within 6 feet for more than 10 consecutive minutes without PPE equipment)

**PLEASE INITIAL ONE:**

\_\_\_\_\_ I CONFIRM THE ANSWERS TO EVERY QUESTION ABOVE IS "NO"  
\_\_\_\_\_ ONE OR MORE QUESTIONS ABOVE IS "YES" SO MY CHILD IS UNABLE TO PRACTICE TODAY AND I WILL CONTACT OUR HEALTH CARE PHYSICIAN IMMEDIATELY FOR FURTHER INSTRUCTIONS.

**SEND TO YOUR COACH ONLY - The same day as practice and no later than 30 minutes before each session or game!**