

## Return to Youth Sports After COVID-19 Shutdown: Compact to Commit to Your Quaranteam

I will commit to wearing a ma side of my sport.	sk and social distancing in highe	er-risk situations where i	t is recommended out-
I will commit to checking my	temperature and assessing my o	wn symptoms on a daily	basis.
	OVID-19 symptoms or possible e coaches so I can sit out and prev		
I will encourage my quarantea	am-mates to practice these same	e healthy behaviors.	
I will not share towels, water b	pottles or other personal items.		
I will regularly wash my hands	s and use hand sanitizer before,	during and after practice	es/games.
I will avoid touching my face a	and, if I have to, use hand sanitiz	er afterwards.	
I will wipe down all equipmen	at I use with a disinfectant wipe	at the end of every practi	ce or game.
Before I leave the facility, or a possible exposure.	s soon as I get home, I will show	er or bathe myself to pro	tect my family from
Athlete name:		Date:	
Athlete signature:			
WHAT IF I DON'T FEEL WEL	LL?		
Athlete presents with one of these symptoms:  • Fever  • Muscle aches  • Chills  • Headache  • Rigors  • Sore throat  • New loss of smell or taste  • Cough	Athlete evaluated by medical professional for illness symptoms	Tests positive for COVID-19 or goes untested	Sits out for a minimum of 10 days until recovered
<ul> <li>Shortness of breath</li> <li>Difficulty breathing</li> <li>Congestion or runny nose</li> <li>Diarrhea</li> <li>Nausea or vomiting</li> </ul>	Diagnosed with non-COVID condition (asthma, allergies, stren throat)	Returns to play per medical professional recommendations	Returns to play after <b>3 days</b> of no symptoms

## **WHAT CAN I DO TO PREVENT COVID-19?**

- Wear a mask when around other people.
- Wash or sanitize my hands frequently.
- Avoid sharing any food, drink or other personal items like towels or water bottles.
- Avoid touching my face.
- (X) Keep distance from other people whenever possible.
- Quarantine myself if I become sick and work with my parents to seek medical care and testing.