



HIDOE Guidance for Restarting Athletics SUMMARY FOR STUDENT-ATHLETES/PARENT/GUARDIANS

General Guidance:

1. Staying home when appropriate
2. Daily wellness check
3. Cloth Mask policy
4. Understanding COVID 19 and who is vulnerable



Social Distancing and Promoting Behavior that Reduce Spread

1. Drop off and Pick up guidelines, visitor policy
2. Cohorting
3. Hydration: athletes need to bring their own water to practices
4. Hand washing/ hand sanitizing
5. If food is offered at any practice, it shall be served in pre-packaged boxes or bags for each attendee instead of a buffet or family-style meal. Avoid sharing foods and utensils.



Forms Needed:

1. Pre-Participation Sports Physical
2. Risk Form
3. Risk Video Form



Information:

1. Return to play guidelines for those with COVID-19
2. Need a M.D. note to return to participation if sent home with COVID like symptoms.



**Working together we can safely reopen and continue
to have sports**

Print Student Name: _____

Print Parent Name: _____

Student Signature _____

Parent Signature: _____

Date: _____

Date: _____