

Elgin ISD Strength and Conditioning Notices and Requirements

Elgin ISD has resumed voluntary strength and conditioning for student athletes who desire to participate and who meet all COVID-19 screening criteria. Parents and students must read and sign this important notice before participation.

Daily Pre-Screening Requirements

Parents and students must daily pre-screen students before attendance at any strength and conditioning activity. No student may attend any portion of a strength and conditioning activity if the student has symptoms of COVID-19 (set out below), has been lab-confirmed with COVID-19, or has had **close contact** with any individual who is lab confirmed with COVID-19 until the re-entry protocols are met. The definition of **close contact** is any individual directly exposed to infectious secretions (e.g., being coughed on); or being within 6 feet of a laboratory-confirmed or probable COVID-19 infected person for at least 15 minutes cumulatively, irrespective of mask status

Each day before strength and conditioning, parents/students must ask: *Has the student recently begun experiencing any of the following in a way that is not normal for them:*

- Fever (temperature greater than or equal to 100.0 degrees Fahrenheit when taken by mouth)
- Chills
- Sore throat
- New uncontrolled cough that causes difficulty breathing (for persons with chronic allergic/asthmatic cough, a change in their cough from baseline)
- Shortness of breath or difficulty breathing
- Muscle or body aches
- New severe headache, especially with a fever
- New loss of taste or smell
- Diarrhea, vomiting, or abdominal pain

District's Right to Refuse Participation

The District may prohibit any individual who fails the screening criteria or who exhibits symptoms from being admitted into school facilities and/or from participating in strength and conditioning. Individuals who exhibit symptoms at strength and conditioning will be immediately isolated and sent home.

Participation Risks

Attending/participating in extra-curricular activities including strength and conditioning could increase the risk of COVID-19 transmission to the student, household, and close contacts. Austin Public Health recommends that a student who participates in extra-curricular activities in which physical distancing cannot be maintained or masking is not practical or possible should practice physical distancing and wear a mask while at home to protect family members.

Student Name

Student Grade

Signature of Parent/Guardian

Date

Printed Name of Parent/Guardian