



Return to Play Agreement Form

Updated 10/23/2020

Saint Paul's is excited to re-introduce sports to the life of our students, albeit with the following safety measures in place to protect the health and wellness of our students, school, and community. Please read the form carefully, sign, and return to your coach before the first day of tryouts.

The following protocols and procedures have been taken from UPMC, SHAPE America, the National Federation of High School Sports, and CDC return to play guidelines.

Pre-participation physicals:

- As part of the required annual sports physical examination, the examining practitioner should document any recent illness and any known COVID-19 exposure.
- Recommendations for cardiac testing after having a known COVID-19 infection are evolving, so please check with your primary care physician prior to the start of sport for the most current recommendation if your child has tested COVID-19 positive.

Social Distancing:

- **Social distancing is encouraged at all times when not actively engaged in sport (six feet at a minimum).**
- When at practice or in competition, any unnecessary contact should be avoided such as handshakes, high fives, fist bumps, or elbow bumps.
- Student athletes should consciously stand six feet apart when not participating in a drill or activity that requires closer contact.

Sanitization:

- When possible, athletes should not share gear and instead use their own personal equipment.
- Each athlete should have his/her own personal refillable water bottle that is never to be shared.
- Avoid touching surfaces or shared equipment. Wash your hands frequently and use hand sanitizer when hand washing stations are not available. Avoid touching your face.

Personal Protective Equipment:

- All participants, coaches, parents, and any others who may be present should be strongly encouraged to use masks when in any indoor spaces.
- Cloth face coverings are adequate (surgical or N95 masks, while also acceptable, are not necessary). The CDC website has complete references for mask specifications and maintenance. The garment should cover both the nose and mouth and allow for continued unlabored breathing.
- While it may be difficult to wear a mask when actively participating in a sport the percentage of time without the mask should be limited to the active participation time.
- At all times, all coaches, staff, and observers should be encouraged to be masked 100% of the time when indoors, and masks should be strongly considered when outdoors and in close proximity.
- Wearing gloves has not been shown to decrease transmission of the virus. Recommendation is for frequent handwashing and avoidance of touching the face.

Illness Protocol:

- Should an individual athlete become ill during any of the above periods, they should be immediately removed from the group, masked if not already, and isolated in their individual space.
- The parent or guardian will be immediately notified.
- Testing for COVID-19 should be done if the medical provider prescribes.

Travelling:

- Students are not permitted to carpool with other families from school. The preservation of cohorts/classes and exposure to other students outside their cohort or class should be minimized.

Please sign and return this form to your coach prior to the first day of tryouts.

Student name: _____

Student signature: _____

Parent name: _____

Parent signature: _____

Date: _____