

## Henry Ford Allegiance Sports Medicine Frequently Asked Questions- Return to Sports During COVID-19

*Henry Ford Allegiance Sports Medicine is addressing some frequently asked questions that many parents have in our community. It is our hope this information assists you in keeping your son/daughter safe while they participate in athletics. Please keep in mind that this is a fluid situation and guidelines change rapidly. We encourage you to stay in contact with your local athletic departments and coaches to stay informed as changes occur to the Michigan High School Athletic Association (MHSAA) Guidelines.*

### **Will my son/daughter be required to wear a face mask?**

- Yes, students and staff should wear a facemask whenever they are unable to socially distance themselves from others.

### **Will my son/daughter need to be screened when they arrive at school?**

- All students will be screened at least once daily, prior to their school day or sport participation.
- Screenings will last until the State of Michigan and the MHSAA no longer find them needed.
- To assist in keeping all children and staff safe it is highly recommended that parents pre-screen their children prior to sending them to school or sports.
- Student-athletes should stay home, and never attempt to practice or participate in school or any athletic event if they are feeling ill and are experiencing any of the following:
  - Fever of 100.4 degrees or greater
  - New onset cough, shortness of breath, runny nose, sinus congestion, chills, sore throat, fatigue, nausea, vomiting, diarrhea, loss of taste or smell, or high-risk exposure to someone that tests positive or is presumed positive for COVID-19 within the last 14 days.
- If your student-athlete is experiencing any of these symptoms, please consult with your family physician **immediately** so they can provide clearance for return to sport.

### **What medical conditions would make my son/daughter more vulnerable to COVID-19?**

- Vulnerable athletes along with staff are not allowed to participate at this time due to orders from the governor, MHSAA, and the CDC.
- Your son/daughter is considered vulnerable if they have a history of the following:
  - Chronic lung disease
  - Moderate to severe asthma
  - Serious heart conditions
  - Severe obesity
  - Diabetes
  - Immunocompromised - including; cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications
  - Chronic kidney disease undergoing dialysis, or liver disease.



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### **Does my son/daughter need a new physical for the 2020-21 school year?**

- The MHSAA has extended the use of physicals from the 2019-20 school year; however, they are still highly recommended.
- Physicals are **required** for the following situations:
  - There is no physical on file from the 2019-20 school year.
  - The student-athlete has experienced changes to their medical history.
- For the safety of the student-athlete it is highly recommended that any athlete that tested positive or is suspected of being positive for COVID-19 receive a full physical from their family physician prior to sport participation.

### **How can I help keep my child safe?**

- Encourage proper social distancing.
- Encourage wearing a facemask.
- Always send your student-athlete with their own water. Water will not be provided.
- Encourage proper hand hygiene (including a wash time of 20 sec). Wash hands prior to and at the conclusion of participation.
- Encourage the use of frequent hand sanitizing.
- Discourage high fives, elbow and fist bumps.
- Discourage spitting.
- Encourage showering immediately after practice.
- Avoid touching your face.
- Disinfect equipment, items and other surfaces often.
- Sneeze or cough into a tissue, or the inside of your elbow.



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