

## **SMSD Athletic Safety Information and Considerations**

Personal responsibility to health and safety is important as each student, coach, and family may have different health and safety risks to consider with COVID-19. Student athletes may go home to an immunocompromised family member, coaches may have immunocompromised children or have an underlying health condition and therefore are in a high-risk category. Moving forward, each person will need to determine their level of acceptable risk as they determine how much or how little to participate in athletics.

### **COVID-19 Facts**

- COVID-19 is transmitted by tiny respiratory droplets that may leave a person's mouth/nose when sneezing, coughing, breathing hard, or even just talking. Six feet of personal distance is advised because it is very difficult for those tiny droplets to travel 6 feet or more – but it is not impossible, especially with a hard cough or sneeze.
- COVID-19 is known to live on surfaces for up to 3 days. Remnants of the virus can be detected after 3 days but these remnants are not thought to be viable enough to infect a person. The virus does not pass through skin. Wash your hands and don't touch your face as the virus can enter your body through your eyes, nose, or mouth.
- Wearing a mask helps keep your respiratory droplets close to you so they don't reach other people. Your mask protects others. Their mask protects you.
- The purpose of limiting gatherings is to reduce the number of potential exposures. However, it only takes one person to infect a lot of people. The more sharing of items that occurs, the greater the potential for exposure to the virus.
- To further limit exposure "bubbles" of people should be kept together. People who live together are a "bubble", work groups at the office could be considered a "bubble". The idea is that the same people are exposed to each other and new people increase the risk of exposure.
- People are most contagious when they have symptoms of cough, shortness of breath, fever, chills, body aches, headache, sore throat, and new loss of taste/smell. We know that young people may have the virus without exhibiting symptoms, but they are still able to pass it to others.

### **Protective Measures to be Considered**

1. Athletes/coaches arrive and depart events and practices in individual vehicles unless they live together/part of their "bubble". We recommend no car pooling. Game transportation by bus will practice mitigating protocols of social distancing and face mask with limited capacity allowed on the bus.
2. Athletes/coaches bring their own water bottles. Drinking fountains and common water stations will be used with supervision.

3. Athletes/coaches will remain at least 6 feet apart at appropriate times. This is required for practicing and games to occur.
4. Athletes/coaches do not share equipment as much as possible.
5. Athletes/coaches wash their hands/avoid touching their eyes, nose, mouth with unwashed hands.
6. Athletes/coaches will wear a face mask. A face mask must be worn anytime when entering the building for restroom use and on all occasions when six feet of social distancing cannot take place.
7. Athletes/coaches will wear a face mask except during high intensity activity and where six feet of social distancing does not occur.
8. The smallest number of athletes should be brought together for practices/events. Essential participant only.
9. Athletes/coaches stay in "bubbles"/work groups as much as possible.
10. Athletes/coaches who are ill should not attend practices or games under any circumstances.
11. Athletes/coaches, and families should be educated as to the importance of adhering to health and safety rules in order to keep each other and their families as safe as possible.
12. Athletes, coaches, and families should speak to their primary healthcare provider if they have questions/concerns about health and safety issues.
13. Small bags will be permitted for personal belongings (including but not limited to: car keys, water bottle, face mask, cell phone and hand sanitizer). These must be stored in a designated area with all bags and must be placed at least 3 feet apart.