

Covid-19 Symptom Checklist

- **Stay Home When Appropriate:** Players and coaches should stay home when they are experiencing symptoms of COVID-19, have a temperature over 100.4 Fahrenheit, have tested positive for COVID-19, or have had close contact with a person with COVID-19.
- **Symptom Checking:** ***Within one hour of practice***, each player and coach is expected to perform a self-assessment symptom check as outlined below. If a player shows any signs of illness, they should **NOT** attend practice. This includes sitting on the sidelines to observe a practice. If at any time during a practice, a player exhibits any of the symptoms listed below, they will need to immediately leave the court and return home. Note: this list is compiled from CDC provided guidance dated 5/13/2020 and does not necessarily include all possible symptoms.
 - Temperature check: feeling feverish or a measured temperature in excess of 100.4F
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Chills
 - Muscle or body aches
 - Headache
 - Sore throat
 - Loss of taste or smell
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea

While we recognize that a player could potentially exhibit one of the symptoms listed above and not have COVID-19, we require that player to err on the side of caution and not attend the scheduled practice. The player should continue to monitor their health, consider getting tested for COVID-19 and follow the guidelines for returning to play as outlined below.