*All information provided is in conjunction with the WIAA Statement and the Eau Claire County Health Department recommendations and guidelines.*

It is recommended that all athletes and coaches are to check their temperatures at home prior to attending activity. Athletes and coaches will also be screened prior to all activity by the Licensed Athletic Trainer or a member of the coaching staff. Any individual who shows symptoms of COVID-19 are recommended to stay home or will be sent home following the screening if symptoms are present.

**People Who Feel Sick Should Stay Home -**

* If your temperature is 100.4 or higher.
* If you have any if the following symptoms, with or without fever: chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea.
* Do not go to practice, camp, game/contest, work or school.
* Contact and follow the advice of your medical provider/primary care physician.

**Hygiene Recommendations**

* Maintain a social distance of 6 feet or greater
* Wear a mask
* Shower and wash workout clothing immediately upon returning home (including masks)
* Do not share athletic equipment (water bottles, towels, clothing, shoes, or sports specific equipment)
* Individual clothing/towels should be washed and cleaned after every workout
* Wash your hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts
* When soap and water are not available, use hand sanitizer with 60% alcohol or greater
* Do not touch your eyes, nose and mouth
* Cover cough and sneezes

**Additional Considerations**

* Individuals with underlying health conditions, such as asthma, diabetes, obesity, high blood pressure, lung disease, or those that are immunocompromised are identified as vulnerable or high risk individuals
* Emergency contact information must be provided to the coaching staff in the event that the athlete must be removed from activity due to symptoms
  + If your athlete presents with symptoms of COVID-19, they will be removed from all team activity
  + If symptoms are present, the athlete must be fever free (less than 100.4◦F) AND respiratory symptoms (for example, cough, shortness of breath) for at least three days (72 hours) without the use of fever reducing medication AND ten days have passed since symptoms first appeared.
  + Please contact your primary care provider for guidance.
  + **Written medical clearance is required to return to activity.**