

PARENT/GUARDIAN or SUPERVISING ADULT CHECKLIST / RESPONSIBILITIES:

BEFORE ATTENDING GAMES OR PRACTICE

1. Check Player Temperature: If the participant has a temperature over 100.4 degrees, persistent cough, or other indications of illness, please do not attend practice or games.
2. Additional questions to ask before attending a practice or games: Do you feel sick? If yes, what symptoms do you have:
 - Fever
 - Headache
 - General aches/pains
 - Fatigue, weakness
 - Extreme exhaustion
 - Runny nose / frequent sneezing
 - Sore throat
 - Dry cough
 - Shortness of breath / difficulty breathing
 - Vomiting
3. Please wash your hands with soap and water to ensure safety of players, coaches, and staff.
4. Please avoid carpooling with other participants from other households, if possible.

WHEN SOMEONE GETS COVID-19

Every adult who is responsible for providing care for youth in these settings must be aware of these facts and be willing to comply with the infection control measures that will be in place in these settings. Parents should monitor the health of their children and not send them to participate in sporting activities if they exhibit any symptom of COVID-19.

Parents/Guardians or Supervising Adults should contact their primary care physician and seek COVID-19 testing promptly and report results to the program EAA Director given the implications for other children, families, and staff.

Individuals aged 65 or older are at a higher risk of COVID-19. Parents should protect any vulnerable persons who are members of the same household or come into frequent, close contact with individuals who participate in youth sports.

- **Player Or Staff Has Close Contact:** Anyone with close contact with a person exhibiting symptoms should also be separated and sent home and should follow [CDC guidelines for self-monitoring](#) and procedures for community related exposures.
- **If COVID Symptoms Exhibited During Event:** If a coach, player or staff member exhibits symptoms during an event, they should immediately be separated and sent home or to a health care facility depending on the severity of the symptoms. They should not be allowed to return to activity until they have met the [CDC criteria to discontinue home isolation](#).
- **Coach/Player/Staff/Volunteer Members Return To Play:** If a member has been diagnosed with COVID-19, such member should not be allowed to return to participation until all three of the following criteria are met:
 - 1) at least 3 days (72 hours) have passed since recovery (resolution of fever without the use of fever-reducing medications); and
 - 2) the individual has improvement in symptoms (e.g. cough, shortness of breath abated); and at least 10 days have passed since symptoms first appeared; or
 - 3) The individual has symptoms that could be COVID-19; and does not get evaluated by a medical professional or tested for COVID-19, the individual is assumed to have COVID-19, and the individual may

not return to practice or play until the individual has completed the same three step criteria listed above.

After completing the above self-isolation period, the individual must obtain a medical professional's note clearing the individual for return.

- **Cleaning / Disinfecting Surfaces:** Any areas, surfaces, or shared objects used by a sick person cleaned and disinfected immediately.
- **Notification:** Parents notify your coach and OSAA Contacts (see below) and family members immediately of any lab confirmed case of COVID-19 while complying with local state and privacy and confidentiality laws as well as with the Americans With Disabilities Act.
- OSAA will work with coach, team and with [local health officials](#) regarding close contacts COVID-19 cases
- Advise those who have had [close contact](#) with a person diagnosed with COVID-19 to stay home and [self-monitor for symptoms](#), and to follow [CDC guidance](#) if symptoms develop.

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