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|  <p>GREENSBORO COLLEGE PRIDE SPORTS MEDICINE</p> | <p style="text-align: center;">Greensboro College</p> <p style="text-align: center;">Athletic Training Department 2020-2021</p> |
| <p><i>Reviewed - Updated June 2020</i></p> | <p style="text-align: center;">Corona Virus Parent Information for Camps</p> |

The Athletic Training Staff at Greensboro College, along with Greensboro College Administration and in alignment with the NCAA and Federal and State recommendations, we continue to closely monitor COVID-19 and take the necessary and proactive measures to decrease the impact of the virus. Our continued commitment when it comes to decision-making is to protect the health and safety of our collegiate athletes. As we move forward with each phase, new principles for resocialization will be put in place. Until there is a vaccine in place, medical experts have recommended that we adopt specific practices.

According to the Centers for Disease Control and Prevention (CDC), Coronavirus or COVID-19, identified in December of 2019 is a virus caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). The virus is primarily spread between people during close contact, most often via small droplets produced by coughing, sneezing and talking. COVID-19 affects different people in different ways. Infected people have a wide range of symptoms reported-from mild symptoms to severe illness.

Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or running nose
- Nausea or vomiting
- Diarrhea
- Swollen Toes

These symptoms are based on the most recent CDC instructions and this list does not include all possible symptoms.

Be sure to look for emergency warning signs of COVID-19. If someone is showing any of these signs, seek medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face.

This list is not all the possible symptoms.

Certain individuals have been identified as being at a higher risk for severe complications and death from COVID-19 and they include those with:

- Age greater than or equal to 65.
- Chronic lung disease, including moderate or severe asthma.
- Serious heart conditions.
- Immune system compromise.
- Severe obesity with body mass index greater than or equal to 40.
- Diabetes mellitus.
- Chronic kidney disease with dialysis.
- Liver disease.
- Sickle cell disease (not sickle cell trait).

Ways you can prevent the spread of COVID-19:

- Bring your own water bottles, initially filled with water.
- Do not share your water bottle with others.
- Do not share snacks or food with others.
- Do not share towels.
- Do not share personal equipment, such as gloves, helmets, bats, sticks, etc.

The following Daily Self-Health Evaluation should occur before camp attendance with a Yes or No:

- Cough or other respiratory symptoms.
- Shortness of breath or difficulty breathing.
- Headache.
- Chills.
- Muscle aches.
- Sore throat.
- New loss of taste or smell.
- Nausea, vomiting or diarrhea.
- Pain, redness, swelling or rash on toes or fingers.
- New rash or other skin symptoms.
- High risk-exposure (new contact with an infected individual or prolonged contact with a crowd without physical distancing).
- Temperature of 100.4 degrees F or above.

*If answered "Yes" to any of the above, please **do not** attend camp*

The following steps will be implemented to minimize the potential for the spread of COVID-19:

- Hand hygiene.
- Physical distancing will be implemented whenever possible
- Use of face masks/coverings where physical distancing isn't feasible.
- Daily Self-Health Evaluations will be conducted prior to camp
- Athletes will be responsible for bringing their own water bottles, sharing of bottles is not permitted
- Shared equipment will be disinfected and sanitized before and after EACH use.
- Water bottles and equipment will be placed 6 feet apart to avoid crowding.
- Ice bags will be available; in non emergent situations they will be placed in a physically distant area where each individual can grab a bag and go. Wrapping on ice bags will only occur in specific situations, emergent situations or when protective equipment is being worn.
- Medical staff will be wearing gloves and face masks during all interactions with athletes.