



FORT ZUMWALT SCHOOL DISTRICT

Guidelines for Parents and Students

Return to Play for Sports and Activities

The guidelines below are provided and developed in conjunction with the St. Charles County Department of Public Health recommendations and recommendations from the three largest hospitals in the St. Louis area. The guidelines should be followed to the best of your abilities. Parent and student cooperation in these guidelines will help us minimize potential exposure to COVID-19. Working together we can provide enjoyable and rewarding extracurricular experiences for our students.

Guidelines to begin July 6, 2020

1. All parents and students will be required to complete a waiver of liability before participating in any summer programs sponsored by the district.
2. Perform the self-assessment before each practice.

A self-assessment should be completed at home each day for students, coaches and sponsors, before leaving for practice. The following questions need to be answered. If the answer is YES to any of these questions, the individual needs to stay home and contact their coach or supervisor:

- a. Do you feel ill?
- b. Do you have a fever (100.4 degrees or higher)?
- c. Do you have a cough?
- d. Do you have shortness of breath or difficulty breathing?
- e. Do you have chills?
- f. Do you have a sore throat?
- g. Do you have muscle aches or pains?
- h. Do you have loss of smell or taste?
- i. Have you or a close contact been diagnosed or presumably diagnosed with COVID-19 in the past 14 days?

Each coach or player will have their temperature taken on site each day. If the temperature is at least 100.4 degrees the coach or player should be sent home and contact their supervisor or coach. Parents who are dropping off their child need to remain present until safe entry is verified.

3. Do not bring a child with symptoms to school.
4. Notify your coach or sponsor immediately if your child exhibits symptoms or tests positive for COVID-19.
5. Arrive for practice early and stay in your car until your child(ren) have been admitted to practice.
6. All students should bring their own water source.
7. All students should bring a mask. A limited number is available for those who need them.

8. Students must bring any gear to each practice and take it home after each practice.
9. No locker rooms will be in use until further notice.
10. Pick your child up on time.
11. Carpooling is discouraged. If you are carpooling, please remain at school until all child(ren) have been admitted to practice.
12. Only coaches/sponsors, students and trainers will be allowed in for practices.

More information on attendance at contests/performances will be made available closer to the opening of each season.