

Southern Maryland Volleyball Club (SOMDVBC) Covid Pre-Screening parent Certification

Dear Parent and/or guardian:

To help ensure the highest level of health and safety during the SOMDVBC season, we ask all parents/guardians to certify their athlete's health status before participating in any SOMDVBC event (practice, tournaments, etc.)

By signing this letter, you affirm that you will check your athlete's health before sending her to each event (practice/tournament) and that all the following statements are factual.

- **Your athlete has not tested positive for COVID-19 in the past two weeks or was in close contact with an ill person who has tested positive for COVID-19 within the past two weeks.**

"Close contact" is defined as being within six feet of a positive person for more than 15 minutes during a 24-hour period. Close contact would also include sharing a drink, utensils, kissing, hugging, or a sick person coughing or sneezing directly on you.

- **Your athlete has not exhibited any of the following symptoms.**

People with COVID-19 have reported a wide range of symptoms. According to the Centers for Disease Control and Prevention (CDC), people with the below symptoms may have COVID-19. The most common symptom of COVID 19 for school-aged children is a fever and cough. If your child displays two or more of the below symptoms, your player should stay home, and your family medical care provider should be contacted. The CDC suggests parents should pay particular attention to the symptoms labeled with an asterisk.*

- ◆ Cough
- ◆ Difficulty breathing
- ◆ *Fever or chills (over 100.4)
- ◆ *Stomach ache
- ◆ *Headache
- ◆ *Sore throat
- ◆ *Nausea or vomiting
- ◆ *Diarrhea
- ◆ Fatigue
- ◆ Muscle or body aches
- ◆ Loss or change in your ability to taste or smell
- ◆ Congestion or runny nose
- ◆ Suffering from an upper or lower respiratory illness

***If your athlete presents multiple symptoms associated with COVID-19, please contact your family medical provider immediately.*

- **Your athlete has not traveled to a state/area with a positivity rate of 10% or higher within the last 14 days.**

Additionally, if any of the above symptoms present themselves or are noted by SOMDVBC staff after arriving at an event, you agree to remove your athlete immediately from the event (reasonable travel time will be considered).

Please note, if your athlete tests positive for COVID-19, and they have been to a SOMDVBC event within seven days (meaning day after the event up to one week after event) before the test, or displaying COVID 19 symptoms, please contact the SOMDVBC staff immediately. Per CDC guidelines, the athlete must quarantine a minimum of ten days and be symptom/medication-free for 24 hours after quarantine. It is highly recommended to extend quarantine for 14 days

Return to play after quarantine: Athletes may only return to a SOMDVBC event after they no longer have a fever for at least 24-hours without the use of fever-reducing medicines.

Sincerely,

SOMDVBC Directors

*Parents/guardians must pre-screen their athlete before sending them to **any** SOMDVBC event (i.e., practice, tournament, etc.) By sending the athlete to the event, the parent/guardian acknowledges compliance with all stipulated above.*

Please sign and return to acknowledge you understand this requirement.

Parent/Guardian Name: _____

Parent/guardian signature & Date: _____

Player Name and Team: _____