



Return to Athletic Activities

COVID-19 ATHLETE CHECKLIST FOR OFF-SEASON PRACTICES/WORKOUTS

Before attending the first workout, student athletes must have completed the Panther Creek Athletic registration process online and have all applicable medical paperwork on file. Including the NCHSAA COVID-19 Initial Screening Form, an updated medical history form, and the physicians form.

Required Items for Workouts:

(Must come prepared to attend and stay at a workout)

- Come fully dressed for activities w/ proper athletic footwear.
- Locker room use is not permitted
- Athletic Training Room will only be available in emergency situations - There will be no rehabs/preventative taping/ongoing treatments at this time. Trainers are there for screening and emergency situations only
- Personal face covering – must be worn at all times except during physical activity
- Bring full water container clearly labeled – water bottles will not be provided.
- Small bag to keep personal items in during workouts *Also recommended – small squeeze bottle of hand sanitizer (additional hand sanitizer will be provided)

If experiencing any of the following COVID-19 symptoms, DO NOT attempt to attend any practices/workouts until you have written medical clearance from a doctor:

- Fever w/ temperature 100.4 F or higher
- Shaking chills
- Cough, shortness of breath or difficulty breathing
- Racing heart, heart skipping beats or fluttering heart
- Unusual dizziness, especially with exercise
- Fatigue or difficulty with exercise Sore throat (different than associated with seasonal allergies)
- New loss of taste or smell
- Nausea, vomiting or diarrhea
- Has anyone in your household who has been diagnosed with COVID-19 in the past 14 days or been in contact with anyone infected with COVID-19 in the past 14 days?

AS A FINAL REMINDER, ATHLETES WILL BE SENT HOME AND WILL NOT BE ALLOWED TO PARTICIPATE IN PRACTICES/WORKOUTS IF THEY ARE MISSING ANY OF THE ABOVE REQUIRED ITEMS OR IF FAILING TO PASS ANY PART OF THE DAILY SCREENING PROCESS. THESE POLICIES AND PROCEDURES WILL BE STRICTLY FOLLOWED AT ALL TIMES TO ENSURE THE HEALTH AND SAFETY OF ALL OUR STUDENT-ATHLETES AND ATHLETIC STAFF. THANK YOU FOR YOUR COOPERATION!



COVID-19 Daily Monitoring Check-in/Screening Procedures

This document will serve as a detailed and uniform plan to be used by all Panther Creek athletic teams for checking in and screening all athletes and staff members on a daily basis when returning to athletic activities. **This document will be updated as needed when additional sports return to campus and resume athletic activities.** Please reference proper entry and exit areas below.

Check-in/Screening Station Location:

- There will be **one** properly spaced and socially distanced check-in/screening station on campus. Screening location will be by the flagpole at the student entrance. Athletes that drive may park in the Student parking lot (see map) and report to the check-in/screening station.
- Parents/guardians bringing an athlete may also park in the stadium lot, but **ONLY** the athlete is permitted to get out of the vehicle to report to their check-in/screening station. **DO NOT LEAVE UNTIL YOUR ATHLETE HAS BEEN CLEARED TO PARTICIPATE THAT DAY** (in the event an athlete does not pass any part of the screening process, they must return to the vehicle and leave campus).

Screening Process:

- Proper social distancing of 6 feet must be used at all times during the screening process and throughout practice/workout activities.
- Athletes must wear personal face covering at all times during screening and transitions (may only remove during physical activity)
- Members of the coaching staff will direct athletes upon arrival. Athletes must check-in with their Pod after check-in/screening.
- No late check-ins or screenings will be allowed. Please plan to arrive on time.
- Using the NCHSAA COVID-19 Daily Monitoring Form, each athlete and athletic staff member will be asked a series of questions and have a temperature reading done with an Infrared, no-contact thermometer. If an athlete does not pass any step of the screening process, including a recorded temperature of 100.4 F or higher, they will not be permitted to participate and will be deferred to a doctor. Written clearance from a doctor must be submitted before an athlete will be permitted back on campus for athletic activities.
- Once an athlete has cleared this daily screening process, they will be directed to immediately report to their assigned practice/workout location.
- Athletes who are being dropped off should have their ride wait before leaving until the athlete has successfully passed the pre-participation daily monitoring and has been cleared for that day's activities. Dropoff/Pickup off will occur in the stadium lot. Dropoff/Pickup waiting lot is referenced on the map below.**

SEE MAP BELOW:

