

# COVID-19 Guidelines for Athletes Engaging in Sport – Parent Guide

Cross Country

Updated 7/1/2020

## Overview

COVID-19 continues to be a concern for all athletes engaging in sport. It is likely COVID-19 will remain a public health issue until a vaccine is available. Safe participation in sport is possible if every athlete takes individual responsibility for his/her safety. Outdoor running is generally safe when social distancing protocols are followed.

Parents and guardians are essential to ensuring safe athlete participation in sport. Parents should emphasize individual safety guidelines, help their athletes seek testing if COVID-19 is suspected, keep athletes home if sick or exposed to a COVID-19 case, and encourage healthy habits such as adequate sleep, healthy eating, and rest when needed.

**It is critical to notify coaching staff if any illness in an athlete is suspected.** The following guidelines are available to all athletes participating in sport.

## Athlete individual safety guidelines

- 1) Maintain consistent spacing between you and other runners. Spacing should be at least six feet, even while running.
- 2) Avoid running side by side unless spaced six feet.
- 3) Road, trail, and track running are fine with distance.
- 4) Bring your own water bottle to practices. Do not share your water bottle or use another person's water bottle.
- 5) Use hand sanitizer often, especially after contact with a shared surface.
- 6) Wear a mask when social distancing is not possible.
- 7) Run with the same group of people throughout the season, if possible.
- 8) Limit your training group to 10 people.
- 9) Notify your coach IMMEDIATELY if you–
  - are exposed to a case of COVID-19
  - are exposed to anyone who has symptoms of COVID-19 in your home
  - experience any symptoms of COVID-19
  - test positive for COVID-19
- 10) If you have any symptoms of COVID-19, talk to your parents about getting tested. Stay home from group practices until you test negative. If you do not have COVID-

19, you are generally safe to return to practice 24 hours after symptoms resolve. Always consult your doctor if you have questions about illness.

### **How is COVID-19 spread?**

- COVID-19 is mainly spread person to person. The virus moves through the air when an infected person breathes, speaks, laughs, coughs, sneezes, sings, or shouts.
- An infected person does not always know when he or she is infected.
- People with COVID-19 often have NO symptoms three days before feeling sick.
- People with COVID-19 are most contagious starting three days before until several days after feeling sick.
- You can get sick by touching a surface or object after someone with COVID-19 touched the same surface or object, but that is not a common way to get the virus.
- A person with COVID-19 may never feel sick, but can spread the virus. This is not common, but is possible.

### **What are the symptoms of COVID-19?**

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

Younger people may only have one or a few of these symptoms and are likely to have mild illness. You can get sick with COVID-19 between 2-14 days after being exposed.

### **How do I access COVID-19 testing?**

Call your healthcare provider. All healthcare systems in Iowa have protocols for testing, which may differ by provider. Call ahead for instructions on how to be tested. You may also go to [www.testiowa.com](http://www.testiowa.com) to take an assessment and be assigned a test site. Your athlete must stay isolated while your test results are pending.

### **What if my athlete's test is positive?**

Notify your athlete's coach immediately. Public health officials will likely contact you and ask for information about who your athlete may have exposed, and how your athlete

was exposed. You should also receive guidance as to when it is safe for your athlete to return to being around family and friends, and returning to school and sport.

**What if my athlete's test is positive, but he or she has no symptoms?**

You need to wait **10 days** before your athlete can return to sport. Your athlete should remain in isolation from family, friends, school and sport for 10 days after a positive test with no symptoms. Even without symptoms, he or she may still spread the virus and make others sick.

**What if my athlete's test is negative?**

As long as your athlete feels well, he or she may resume normal activities.

**Be a SMART athlete**

**S**tay home when sick.

**M**aintain SIX feet of distance.

**A**ct responsibly. Avoid parties, large gatherings, and interaction with people you do not know well.

**R**est when needed.

**T**rain only when you feel well.

For more information about COVID-19, go to <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>.