



OUR COVID-19 POLICY

COVID-19 virus is a highly contagious illness that primarily attacks the upper respiratory system. The virus that causes COVID-19 can infect people of all ages. While it is not possible to eliminate all risk of furthering the spread of COVID-19, the Advanced Mentoring & Enrichment Network (A.M.E.N.) is committed to taking necessary measures to help reduce the risk of infection to students, coaches, and their families.

Recommendations for all A.M.E.N. Student Athletes and Staff

- **Face coverings/masks are recommended** when attending all A.M.E.N. games or events.
- Student athletes must provide their own PPE (personal protective equipment).
- Face masks must be worn when unable to social distance at a minimum of six (6) feet.
- Anyone who is sick must stay home.

Events Attendance

Although not required, we recommend that everyone wear masks at all A.M.E.N. games and events.

Positive Cases and COVID-19 Symptoms

Symptoms may appear 2-14 days after exposure to the virus. The symptoms, which can range from mild to severe, may include: 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 runny nose, Nausea or vomiting, Diarrhea.

What to do if you are sick?

- If you are sick with COVID-19 or think you are infected with the virus, **STAY AT HOME**. If you think you have been exposed to COVID-19 and develop a fever and symptoms, call your healthcare provider for medical advice.
- Notify your A.M.E.N. coach immediately after you've tested positive for COVID-19 or have been exposed to someone who has tested positive for the virus.

What to do if a student athlete or staff becomes ill with COVID-19 symptoms during practice, event, or during transportation to or from an event?

- Every effort will be made to isolate the ill individual from others, until the student or staff member can leave the school or event
- Ill individual will be asked to contact their physician or appropriate healthcare professional for direction

Return of student or staff to athletics following a COVID-19 diagnosis?

- Previously infected/exposed students can return to A.M.E.N. games/events **only if** he/she has been cleared by their doctor to be non-contagious, is fever free (without fever-reducing medicine), shows improvement in respiratory symptoms (cough, shortness of breath), and has no vomiting or diarrhea.
- If asymptomatic, student must be quarantined for a minimum of 7 days and up to 14 days from date of exposure/diagnosis.

STUDENT NAME (PRINTED): _____ DATE _____

STUDENT SIGNATURE: _____