

# Return to Sports Recommended

## BEST PRACTICES



### INFORMED CONSENT

Parents, coaches, and athletes should be fully informed and affirmatively consent to the participation in these activities, acknowledging their understanding of risk of disease transmission as well as other known and unknown potentially serious or life-threatening consequences.



### MEDICAL CLEARANCE

Each player should have a physical prior to resumption of high-risk sports. Individuals with previous COVID-19 diagnosis must have cardiovascular clearance. .



### ENFORCEMENT

Establish hierarchy for oversight/violations (Coach should not have sole responsibility of controlling all established regulations and consequences)



### COVID19 TESTING

Districts should create plans that outline COVID mitigation efforts including but not limited to: COVID coordinators and contact tracing measures, considerations for testing protocols, the ability to secure tests.



### COVID + = TEAM ON PAUSE

Suspension of all activities for entire team for 10 days if a participant or coach has positive COVID test.