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## Coronavirus (COVID-19) Guidance for Athletic Administrators & Coaches in School & After-School Programs

Children/students participating in sports may be at higher risk of viral spread due to common practices and close contact with other individuals. The following is some “common sense” guidance to support efforts that will help decrease the spread of the coronavirus (COVID-19) and seasonal influenza.

- Remind all athletes of the main disease prevention messages:
  - 1) Wash your hands often with soap and warm water. If soap and water are not available, use alcohol-based hand gel. Students may carry hand gel in school.
  - 2) Cough and sneeze into your elbow, not your hand.
  - 3) Do not share eating or drinking utensils (e.g. cups, straws, water bottles).
  - 4) People who are sick should stay home until they have been fever free (100° F / 37.8° C or lower) for 24 hours without the use of fever-reducing medications.
- Explain the symptoms of influenza and other respiratory viruses to athletes (fever plus cough or fever plus sore throat).
- Explain to athletes how flu and other respiratory viruses spreads (coughs, sneezes, hand contact, etc.).
- Tell athletes to stay home and out of practice or games if they’re feeling ill or have a fever and if they show up to practice sick, send them home.
- Eliminate all penalties for missing practice or games due to illness, flu-like symptoms, or fever.
- Do not share mouthguards.
- Do not shake hands after games; suggest fist or elbow bumps.
- Remind athletes not to share towels or other fabric items that have come into contact with hands or faces.
- If a student becomes ill during a practice or game, try to separate that student from others, if possible (6 feet away or more).
- Have alcohol hand gels readily available on the field, in the locker rooms, on the bus, etc.
- Thoroughly clean surfaces and sports-related equipment frequently.
- Remind parents of these disease prevention and control measures so that messages are reinforced at home.

### **Resources:**

- RIDOH Coronavirus Site: <https://health.ri.gov/covid>