ATHLETE COVID-19 Precautions

As a Special Olympics athlete, I understand during this time of COVID-19, that I need to understand and practice these precautions:

- **IF I have COVID-19 symptoms**, I will stay home and **NOT go to any activities until 7 days after all my symptoms are gone**.

- **IF I am exposed to COVID-19**, I will stay home and **NOT go to any activities until 14 days after exposure**.

- I have read and signed the **COVID-19 Disclaimer** form and understand the risks of my participation.

- I understand **social distancing** and that I should keep 6 feet distance between myself and the person next to me.

- I understand the importance of **wearing a mask** and will wear one when I am not actively participating in my sport.

- I understand the importance of **washing my hands and/or using sanitizer** before and after my activities/participation. I will wash/sanitize my hands any time I cough or sneeze. I also understand that I should cover my mouth when I cough or sneeze.

- I understand not to share water bottles or towels.

- I will only share **equipment** when instructed and only after it has been sanitized from the previous user.

Athlete Name _____________________________________________________________

Athlete/Guardian Signature ________________________________________________

Date: ________________________________

6-19-20