



### **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:** \_\_\_\_\_