

# COVID-19 SIGNS / SYMPTOMS

## PROTOCOL POLICY FOR

### PARTICIPANTS, COACHES AND VOLUNTEERS

The City of Alabaster takes reasonable caution for participants within the City's activities and events. The following guidelines are in place for participants, family member(s) of a participant, coaches, and/or volunteers in relation to City related events and activities:

#### Participant Screenings:

All participants, coaches and volunteers should monitor his/her temperature independently, and in the event he/she has a temperature of 100.4 or higher at any time, the individual is not eligible to maintain current activity and should isolate from the program or event until cleared to return or has been fever free for a period of 24 hours with no medication.

#### Response to Exposure:

If a participant, coach and/or volunteer of any City related activity or event has direct exposure (Close Contact) which is defined by the CDC as someone that has a confirmed COVID-19 case for a cumulative total of 15 minutes or more and less than 6 feet apart without a face mask (2 days prior to test specimen collection), the following procedures must be followed:

- Per the CDC updated recommendations, the quarantine period for those directly [exposed to COVID-19](#) are as follows:
  - For people who **are unvaccinated or are more than six months out from their second mRNA dose (or more than 2 months after the J&J vaccine) and not yet boosted**, quarantine for 5 days is required followed by strict mask use for an additional 5 days.
  - Individuals fully vaccinated who **received their booster shot** within the last 6 months do not need to quarantine following a direct exposure but are required to wear a mask for 10 days after the exposure.

Upon completion of the mandatory quarantine days and with no new or worsening symptoms and no fever for a period of 24 hours with no medication, the individual may return to stated activity or event.

#### Response to Testing Positive:

If a participant, coach and/or volunteer of any City related activity or event should test positive for COVID-19, he/she may not participate in any City related activity or event for a period of 5 days from the date of testing. Upon completion of the mandatory quarantine days and with no new or worsening symptoms and no fever for a period of 24 hours with no medication, the individual may return to stated activity or event while wearing a mask for the remainder of the 10 day period.

#### Face Coverings:

As a protective measure for City related activities and events, face coverings are recommended but not required at this time for those in areas that can not meet the 6-foot social distancing guidelines to include participants, coaches and/or volunteers of stated programs. Spectators are encouraged but not required to wear coverings and ensure social distancing as much as possible.

Face Covering requirements may change at any time based on policy and will be communicated at that time by Park management.

These guidelines are in place for the participant, coaches and/or volunteers within the City event or activity. These guidelines are to protect the potential exposure and transmission of COVID-19 to the best of our ability, and your cooperation is appreciated. If you should have questions or concerns, please see a member of management.

Your signature represents this policy has been communicated and you have agreed to comply with the policy as stated. The City reserves the right to amend the stated policy at any time to reflect best practices as needed.

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Parent / Guardian:\_\_\_\_\_

Sport:\_\_\_\_\_

Participant Name:\_\_\_\_\_

Date: \_\_\_\_\_