

Galesburg CUSD #205
Phase 1: COVID-19 Return-to-Participation Student Training

All District CUSD #205 students must thoroughly read this training, sign your understanding and return this form before participating in any school activity. Training categories include: awareness, physical distancing, personal protective equipment (PPE), hand washing, cleaning and shared spaces.

Awareness

Please be aware of your surroundings. Visually scan your environment. Avoid distractions. Focus on what's in front of you. Play the "what if" game. What would you do if someone kept moving closer to you? Be prepared. Know where sinks and sanitizers are, bring your appropriate face covering and wear it as needed and always when within 6 feet of another person. Take responsibility for yourself. If everyone takes care of themselves, everyone stays safe.

Expect changes to occur. Don't get too settled into a routine. Please be patient. Read signs. Follow arrows/directions. Read emails from the school district/school leaders.

Screening

Before you arrive for your school activity, double check to make sure you arrive at your scheduled time. A designated staff member will perform a non-contact temperature check and a health screening questionnaire on you. **If you have a temperature of 100.0 Fahrenheit or higher and/or have any of the below symptoms, your parent/guardian will be notified and you will not be able to participate in the school activity until you receive further instruction. It will be encouraged to call the Knox County Health Department or your primary care provider's office.**

- **Temperature Check:** The thermometer will be placed 1-5cm from your forehead and will only take a couple seconds. Please remove hats, makeup, and/or hair for an accurate temperature reading. If you have a temperature reading of 100.0 Fahrenheit or higher, your parent/guardian will be notified and you will not be able to participate in the school activity.
- **Health Screening:** You will be asked yes/no questions if you have any of the following symptoms: fever, cough, chills, muscle aches, nausea, vomiting, diarrhea, shortness of breath, headache and if you have been in close contact with or has cared for someone who has COVID-19.

Physical Distancing

Maintain a 6-foot distance from others. Personal belongings are to be kept 6 feet from others and their belongings. Be aware of your surroundings and move out of the way of others. Do not congregate. Do not trust that others will move out of your way. Think of 6 rulers, a cow or 7 loaves of bread to aid in maintaining 6 feet physical distancing.

Personal Protective Equipment (PPE)

Masks:

- Wear a face covering at all times when unable to social distance.
- You are responsible for the washing and upkeep of cloth face coverings. Please see CDC guidance on how to wash a cloth face mask:
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wash-cloth-face-coverings.html>
- Your mask must fit snugly, but comfortably, over your mouth, nose, and side of the face and is to be secured with ties or ear loops.

- Your face mask should include multiple layers of fabric that allows for breathing without restriction.
- Only remove masks and store them when you are at least 6 ft from others. Store them in a safe container (a paper or plastic bag) when they are not on your face that is labeled with your name.
- Do not place masks around the neck, laying on the ground, or hanging on the back of an item.
- Be careful not to touch eyes, nose, and mouth when removing face covering and wash or sanitize hands immediately after removing.

Hand Washing and Cleaning

Wash your hands often with soap and water for at least 20 seconds:

- After blowing your nose, coughing, or sneezing
- Before, during, and after preparing food
- After using the toilet
- After touching garbage
- Before and after your physical activity
- Before and after physical activity breaks
- After touching objects that have been handled by other people

Shared Spaces

- Go directly to your assigned area for your school activity upon arrival.
- Maintain your 6 feet social distancing from others.
- Do not bring food or drinks to be shared.
- Bring your own water bottles, shoes, towel, and other personal equipment. The use of locker rooms, shared water coolers with cups, and water fountains will be prohibited during this stage.

(Athlete Name)

(Athlete Signature)

(Date)