



ROWING REGISTRATION PACKET — Spring 2021

Name of athlete _____

REGISTRATION CHECK LIST:

- Complete on-line registration & payment at regattacentral.com
- Rowers must be registered at the “Championship” level (\$45 annually) with US Rowing in order to meet our insurance requirements. Join or renew at membership.usrowing.org and sign the US Rowing liability waiver electronically.
- Swim certification (novices and new athletes only)
- Physical Evaluation Form (new athletes only)
- Covid-19 Supplement (new athletes only)
- Medical Card Form (new athletes only)
- Carefully review and sign the “Participation Agreement & Code of Conduct”
- Carefully review and sign the “Consent to Participate, Waiver of Liability, and Use of Images”
- Carefully review and sign the “Assumption of Risk and Waiver of Liability Related to COVID-19”

Online registration must be complete and the forms must be handed in together as one packet.

Email the completed packet to administrator@bcccrew.org

We cannot accept partial registrations.

For more information, go to www.bcccrew.org or contact administrator@bcccrew.org



PARTICIPATION AGREEMENT & CODE OF CONDUCT

for Athletes and Parents/Guardians

Team Values

Our B-CC Crew Team values are simple:

- **Work hard to go fast**
- **Stick together no matter what**
- **Care more about each other than we do about ourselves.**

These values are key to all the responsibilities and obligations that each athlete has to him or herself, the team, coaches, competitors, and all those they come into contact with while practicing their sport.

This agreement outlines the specific expectations and procedures that follow from these values. Each athlete and one parent/guardian must read, sign, and return this document as part of a complete registration packet, to affirm that they understand and commit to all the terms in this agreement and code.

Coaches will not allow an athlete to practice, race or otherwise participate in B-CC Crew until the signed acknowledgment form has been returned to the B-CC Crew administrator (administrator@bcccrew.org).

GENERAL CONDUCT

Respect for Our Team and Others

Team members are representatives of Bethesda-Chevy Chase High School and B-CC Crew at all times, including at practices, at competitive events, on team trips, and at any other team events or functions. Team members are expected to act responsibly and ethically; to observe all policies, including rules about student driving; to observe all safety and security rules on the

Metro when commuting to practice; to respect property; and to act in accordance with the directives of the coaches, chaperones, and other persons of authority. Team members are expected to exhibit good sporting behavior and to maintain a polite and respectful manner to all persons in all situations, in person and online.

Disrespect, abuse or improper behavior involving a teammate, a coach, a parent, a member of another team or a member of the B-CC community will not be tolerated and may establish the grounds for removal from the team. All team members are expected to be familiar with the standards of behavior included in this Code of Conduct, and any referenced in A Student's Guide to Rights and Responsibilities in Montgomery County Public Schools ("Student's Guide"), as they may be revised from time to time. Any behavior contrary to ethical, legal, and appropriate conduct standards, as set out in any B-CC Crew or any MCPS policies or rules, including any countywide disciplinary infraction referenced in the Student's Guide may provide the basis for suspension or removal from the team. The B-CC Head Coach, in consultation with the Board of Directors of B-CC Crew, has the ultimate authority over all questions of discipline arising out of any infraction.

Parents are expected to show respect for team members, coaches, opposing team members and coaches, race officials, and other parents and spectators. They also are expected to volunteer to support the team. Parents should respect the informed decision-making of the coaches regarding participant qualifications, practice assignments, and boat and seat placement. Parents should conduct themselves appropriately and never use foul or abusive language with anyone in any way connected to the B-CC Crew community and its activities. Parents should be familiar with the rules of the competition and are expected to respect the integrity and judgment of race officials at all times. If a parent feels a need to communicate

Transmissible Pathogen Spread Policy - new in 2020, updated in 2021

The following procedures have been established during the COVID-19 pandemic to promote the safety of athletes, coaches, and volunteers during practices and other B-CC Crew activities. B-CC Crew will modify these procedures as needed, including to reflect changing circumstances. Athletes and their parents/guardians will adhere to these requirements, and the direction of the coaches to ensure that these measures are observed, and cooperate in their implementation and enforcement.

Athletes and their parents/guardians acknowledge that they have received information on all of the following which are available at www.bcccrew.org/resources and linked here:

- [What you should know about COVID-19 to protect yourself and others](#)
- [Share facts about COVID-19](#)
- [Multisystem Inflammatory Syndrome in Children \(MIS-C\)](#)
- [COVID-19 Frequently Asked Questions from the Maryland State Health Department.](#)

Each athlete must:

- Adhere to social-distance requirements outside of practice and B-CC Crew activities.
- Maintain PPE (Personal Protective Equipment), including masks and, for coxswains face shields/wraparound eye protection).
- Submit a completed "B-CC Crew COVID-19 Pre-Screening Form"([link](#)) before each practice.
- Arrive on time for practice
- Have their temperature taken upon arrival at practice. Leave immediately and go home directly if they have a fever (≥ 100.4 degrees F)
- Leave practice immediately, stay physically distanced from others, and go home directly if they begin feeling sick during practice
- Stay home if they feel sick or have COVID-19 symptoms and consult with their health-care provider.
- Stay home and advise the B-CC Crew Board President if they or anyone in their household:
 - is waiting for the results of a COVID-19 test.
 - has been diagnosed with COVID-19, or
 - has been instructed by any health-care provider or the health department to isolate or quarantine.

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PARTICIPATION AGREEMENT & CODE OF CONDUCT for Athletes and Parents/Guardians

Transmissible Pathogen Spread Policy *continued from previous page*

- Stay home if they:
 - have had close contact (within 6 feet for at least 15 minutes) with anyone diagnosed with COVID-19 or suspected of having COVID-19 in the past 14 days,
 - Provide clearance from their health-care provider to return to practice if they have a documented case of COVID-19 and submit a signed copy of the Return to Play Clearance Form: COVID-19 Infection to the B-CC Board President.
 - After returning from travel from Maryland to any state (other than Virginia, Delaware, Pennsylvania, and West Virginia and not including D.C.) or another country, either:
 - (1) self-quarantine for 14 days, or
 - (2) self-quarantine until they get tested for COVID-19 (within three to five days after returning) and have received a negative COVID-19 PCR result.
 - Follow Thompson Boat Center's (TBC) COVID-19 safety protocols
 - Wear a mask at practice (except when erging or briefly, when in a boat, to hydrate).
 - Follow greater-than-6 feet social distancing protocols whenever possible at practices and activities.
 - In onland settings, stay completely apart (at least 25 yards away from) any athlete who is not a member of their boat pod.
 - When practicing on land, keep their personal belongings with them at all times.
 - When practicing on the water, leave personal items at home or in the car; any small, essential items must be put in an individual ziploc bag and kept in a secure place by the coaches during practice.
 - Wash their hands often with soap and water for at least 20 seconds especially after using the restroom, after blowing their nose, coughing, or sneezing. Sanitize their hands upon arriving at practice (using hand sanitizer containing at least 60% alcohol) and regularly apply hand sanitizer during practices.
 - Always cover their mouth and nose with a tissue when coughing, or sneezing or use the inside of their elbow.
 - Throw used tissues in a trashcan or appropriate designated receptacle.
 - Thoroughly clean any team equipment used at practices, using approved disinfectants provided by B-CC Crew or TBC.
- Athletes shall not:**
- Come to practice or other B-CC Crew activities if they are sick or think they are sick.
 - Cough, sneeze, spit, or expel (or otherwise cause contact of) any form of bodily fluids or secretions onto another person.
 - Purposefully interfere with the usage of another student's mask or other PPE.
 - Remove their masks or other PPE with the intention to eject fluids onto another person.
 - Congregate with other B-CC Crew athletes before and after practice
 - Intentionally encroach on another athlete's or coach's social distance perimeter. This includes not hugging, shaking hands, or bumping fists, or huddling as a team or group.
- Share water bottles, food, towels or the equivalent with others.
 - Spit.
 - Shout.
 - **Make jokes about doing any of the above.**
- Parents must ensure that their athletes comply with the safety procedures, including by:**
- Adhering to social distancing requirements before and after practices, other B-CC Crew activities, and at other events and activities.
 - Ensuring that the "B-CC Crew COVID-19 Pre-Screening Form" for their athlete is completed accurately before every practice and that otherwise their athlete is healthy and prepared for practice.
 - Ensuring that isolation and quarantining requirements are observed if the athlete or someone else in the athlete's boat pod tests positive for COVID-19 or if the athlete otherwise comes into close contact with an infected person.
 - Assisting with contract-tracing in the event it becomes necessary
 - Delaying non-essential family travel until the season ends. In the event of travel, ensuring that their athlete, after returning from any state (other than Virginia, Delaware, Pennsylvania, and West Virginia and not including D.C.) or another country, either:
 - (1) self-quarantine for 14 days, or
 - (2) self-quarantine until they get tested for COVID-19 (within three to five days after returning) and have received a negative COVID-19 PCR result.
- Parents will not:**
- Attend practices.
 - Leave their vehicles during pick-up and drop-off for practices.

a concern regarding his or her child, a coaching decision or another rowing matter, the parent should contact the President in the first instance, who will help to resolve the matter. On race day, parents should be respectful of the need for athletes and coaches to focus on racing, and for safety reasons stay clear of the boathouse, boat racks, and dock area.

Drug, Alcohol, and Tobacco Policy

Alcohol and illegal drug use is strictly forbidden for all athletes participating on our team. Substance abuse runs completely contrary to both the wellbeing of our athletes and the spirit of the sport. Coaches are the primary enforcers of this team policy and are responsible for addressing violations directly with the athletes. The coaches have discretion in determining the consequences that violators will face.

Academic Eligibility Policy

Students must always strive to be in good academic standing while a member of the team. Students must attend all their scheduled classes in order to participate in a practice or race on that day. If the principal or designee grants an excused absence in advance for a prescheduled activity, or an unforeseen emergency, the student may participate on that day.



PARTICIPATION AGREEMENT & CODE OF CONDUCT for Athletes and Parents/Guardians

A student may not participate in a practice or race when he/she is serving an in- school or out-of-school suspension. The student becomes eligible to participate in team activities on the next school day following the suspension. A student may be suspended or removed from the team for excessive unexcused absences from school.

Inclusion Policy

The B-CC Crew team follows the official MCPS policy on inclusion, as follows:

1. All students who achieve fundamental eligibility criteria established by the Maryland Public Secondary Schools Athletic Association (“MPSSAA”) and Montgomery County Public Schools (“MCPS”) may try out for MCPS interscholastic athletic teams.
2. Eligibility criteria are included in the MPSSAA Handbook and the MCPS High School Athletics Handbook.
3. Our team shall provide reasonable accommodations to students with disabilities.
4. A student may be excluded from trying out for or participating in a sport if it is determined that the student’s participation will cause danger (for the student or for other students), creates significant safety concerns (for the student or other students), competitive imbalances, or requires accommodations that fundamentally alter the nature of the sport.

Thompson Boat Center & Other Practice or Racing Sites

Team members shall obey the rules of Thompson Boat Center and other marinas, clubs and facilities the team visits and shall refrain from any conduct disruptive to the facility or other participants/visitors.

Safety Guide

Students and parents must read the B-CC Crew Safety Guide on the B-CC Crew website and comply with all safety rules and procedures. **Full compliance with all safety rules and procedures is a necessary part of the sport of rowing and is a condition for participation on B-CC Crew.**

School Residency Policy

B-CC Crew requires that all team members attend Bethesda-Chevy Chase High School.

Fundraising Commitment

As a club sport, B-CC Crew receives no financial support from the school or the county school system. Thus, the responsibility to run a safe, well-supervised, and competitive program rests with B-CC Crew Boosters, Inc.. Each team member of each team family is expected to participate fully in the fundraising events planned for the season, including but not limited to Holiday Wreath and Candle Sales and Raffles. Parents of students who do not participate in each of the fundraising events planned for the season, including but not limited to Holiday Wreath and Candle Sales and Raffles, will be asked to contribute an appropriate amount toward those team fundraisers.

Volunteering Commitment

Volunteerism is the cornerstone of B-CC Crew’s success. Without parents, competitive scholastic racing would not exist. A wide range of volunteer jobs is available throughout the year and each family’s help is needed. Each team family must commit to volunteer jobs throughout both the fall and spring seasons. In addition, each family is expected to make several contributions of food, supplies and/or services at regattas and team dinners.

PARTICIPATION AGREEMENT AND CODE OF CONDUCT ACKNOWLEDGEMENT

Please returned completed acknowledgement to administrator@bcccrew.org.

The undersigned parent/guardian and athlete state that:

- We have read the B-CC Crew Participation Agreement and Code of Conduct and understand its terms, conditions, and standards.
- We agree to abide by the terms, conditions, and standards of the B-CC Crew Participation Agreement and Code of Conduct
- We understand it is our responsibility to be aware of and adhere to the additional standards, rules, and requirements set forth by B-CC Crew as the season(s) progress and as circumstances may dictate.

Student Printed Name

Grade

Student Signature

Date

Parent/Guardian Signature

Date



CONSENT TO PARTICIPATE, WAIVER OF LIABILITY, AND USE OF IMAGES

Through our registration at Regatta Central, I/we hereby give their permission for the team member to participate in any way in any B-CC Crew Boosters, Inc., program or activities ("Activities"). I/we recognize that any sports activity such as crew may involve certain dangers, including, but not limited to, the hazard of rowing, shell/boat upset or collision with other watercraft, water immersion, lifting and carrying of shells and equipment, forces of nature, training and conditioning exercises, and the actions of crew participants and other persons.

Through our registration at Regatta Central, I/we hereby provide consent for my/our child to train and row competitively with the B-CC Crew team, to compete in the scholastic program under the supervision of its coaches during the full calendar year, to travel with a representative of B-CC Crew Boosters, Inc., to travel to rowing events, and to be transported by automobile driven by coaches, team members, or parents/guardians to, from, and otherwise in relation to practice and rowing events. In case of an accident or injury in which my/our child is not able to give consent for medical care, I/we hereby give permission for my child to be given emergency medical treatment.

Through their registration at Regatta Central, team members and each of their parents or guardians affirm that they understand that the B-CC Crew is a club sport sponsored by B-CC Crew Boosters, Inc., and is not sponsored by B-CC High School, the Board of Education of Montgomery County, or any other entity. I/We hereby waive any and all claims or causes of action against and will not hold B-CC Crew Boosters, Inc., parents, students, Board members, coaches, or other persons or entities involved with B-CC Crew Boosters, Inc., responsible or liable for any accident, injury, or loss whatsoever as a result of participation by us and/or our child with B-CC Crew.

Through their registration at Regatta Central, team members and each of their parents or guardians affirm that they release, acquit, and forever discharge each and all of B-CC Crew Boosters, Inc., its officers, Board members, employees, coaches, members, and agents, including but not limited to all student members of the B-CC Crew team and all parents/guardians of team members, from any and all past, current and/or future liability resulting from any and all claims or causes of action of any type whatsoever, including but not limited to negligence or strict liability in tort, that I/we and/or my/our child now or may in the future have for any reason, including but not limited to personal injuries, damage to property, loss of services, medical expenses, and/or losses and/or damage to property, loss of services, medical expenses, and/or losses and/or damages of any and every kind whatsoever that may arise from participation on or with the B-CC Crew

team and Activities, including but not limited to transportation by students, parents/guardians, coaches, or third parties to and from practices and/or regattas.

I/we agree that B-CC Crew has permission to publish in print, electronic, or video format the likeness or image of my child, during regular and special crew activities, taken by video, photo, and/or digital camera. By so agreeing, I/we affirm that B-CC Crew may use such images for publicizing and promoting B-CC Crew in media publications, promotional materials (e.g., posters, brochures, fundraising and recruitment materials for B-CC Crew), social media, and websites, and that my child's name and identity may be revealed by descriptive text or commentary. All claims against B-CC Crew, its agents, and its employees with respect to copyright ownership and publication rights, including any claim for compensation related to use of the materials, are hereby released.

Parent/Guardian 1's Printed Name and Signature

Date

Parent/Guardian 2's Printed Name and Signature

Date

Student's Printed Name

Student's Signature (if student is 18 or older)

Date



ASSUMPTION OF RISK AND WAIVER OF LIABILITY RELATED TO COVID-19

In consideration for my child's being permitted to participate in B-CC Crew, I hereby acknowledge and agree to the following:

The World Health Organization called the novel coronavirus ("COVID-19") a pandemic on March 11, 2020, and U.S. state and federal officials have declared public health emergencies. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact.

B-CC Crew Boosters, Inc., has established measures during the COVID-19 pandemic to promote the safety of athletes, coaches, and volunteers during practice and other B-CC Crew activities. I agree that my child and I will adhere to requirements of B-CC Crew Boosters, Inc., and the direction of their coaches to ensure that these measures are observed, and cooperate in their implementation and enforcement.

B-CC Crew Boosters, Inc. cannot guarantee that I and/or any other member of my family or household will not be exposed to, or become infected with, COVID-19 and/or any mutation or variant thereof during my child's participation in B-CC Crew. Participation in B-CC Crew could increase the risk that my child, our family, or other household members could contract COVID-19. I acknowledge that I have considered, discussed, and carefully assessed the risks of COVID-19, current conditions in the community, and other factors I deem relevant and important with my child, and that the decision for my child to participate in B-CC Crew is entirely voluntary.

I acknowledge and voluntarily assume the risk that any other member of my family or household and/or I could be exposed to, or infected by, COVID-19 and/or any mutation or variant thereof as a result of my child's participation in B-CC Crew, and that such exposure or infection could result in quarantine requirements, personal injury, illness, permanent disability or death. I acknowledge that the risk of becoming exposed to or infected by COVID-19 and/or any mutation or variant thereof through participation in B-CC Crew could result from the actions, omissions, or negligence of myself and others, including, but not limited to, my child, other team members and their families, coaches, or other third parties.

Through our registration for B-CC Crew at Regatta Central and in consideration for my child being permitted to participate in B-CC Crew, my child and I hereby waive any and all claims or causes of action against and will not hold B-CC Crew Boosters, Inc., parents, students, Board members, coaches or other persons or entities involved with B-CC Crew Boosters, Inc., responsible or liable for any injury or loss from exposure to or infection with COVID-19 and/or any mutation or variant thereof as a result of my child's or my participation in B-CC Crew.

Through our registration for B-CC Crew at Regatta Central and consideration for my child being permitted to participate in B-CC Crew, I affirm that my child and I release, acquit, and forever discharge each and all of B-CC Crew Boosters, Inc., its Board members, employees, coaches, members, and agents, including but not limited to all student members of the B-CC Crew team and all parents/guardians of team members, from any and all past, current, and/or future liability resulting from any and all claims or causes of action of any type whatsoever, including but not limited to negligence or strict liability in tort, that I and/or my child now or may in the future have for any reason, including but not limited to personal injuries, loss of services, medical expenses, and/or losses and/or damages of any and every kind whatsoever that may arise out of any exposure to or illness or injury from COVID-19 and/or any mutation or variant thereof which may result from or in connection with my child's participation on or with B-CC Crew.

I further certify and represent that I have the legal authority to waive, discharge, release, and hold harmless the released parties on behalf of myself and the child who is registering for B-CC Crew at Regatta Central.

Through our registration for B-CC Crew at Regatta Central, I have agreed to the general waiver contained in B-CC Crew's "Consent to Participate, Waiver of Liability, and Use of Images," and I agree that the terms of that waiver are wholly incorporated into this document and that the terms of this document are incorporated into the separate general waiver.

I certify that I have read this entire document, understand all of its terms, and agree to be bound by its provisions.

I warrant and represent that I have discussed this document with and explained it to my child.

Parent/Guardian 1's Printed Name and Signature

Date

Parent/Guardian 2's Printed Name and Signature

Date

Student's Printed Name

Student's Signature (if student is 18 or older)

Date



SWIMMING PROFICIENCY CERTIFICATION FORM

I certify that (Rower's Name)

has successfully performed the following tests before me:

- Swim 100 meters and;
- Tread water for five (5) continuous minutes

These tests were performed at:

NAME OF POOL:

DATE OF TEST:

PRINTED NAME OF LIFEGUARD:

SIGNATURE OF LIFEGUARD:

I certify that my child is able to swim and give my permission for him/her to participate in the B-CC Crew Rowing Program.

Parent Printed Name:

Parent Signature:



PRE-PARTICIPATION PHYSICAL EVALUATION

To Parents or Guardians:

Students registered for B-CC Crew must have an annual pre-participation physical evaluation in order to participate. The medical evaluation shall be performed by an authorized health care provider. B-CC Crew requires completed copies of 1) Medical Eligibility Form, (2) a COVID-19 supplement, and (3) a Medical Information Card for each athlete prior to participation. These forms must be submitted to the team administrator (administrator@bcccrew.org) prior to participation.

If a student experiences a significant injury, illness, or surgery after submitting the annual pre-participation physical evaluation, a clearance letter from an authorized health care provider is required to resume participation.

The health information submitted to the team will be available only to those health and education personnel who have a legitimate educational interest in your child.

Exemptions from physical examinations are permitted if they are contrary to a student's religious beliefs. In such circumstances, the family should submit verification.

If the student-athlete requires medication and or a treatment to be administered during practices or athletic events, you must have the authorized health care provider complete a medication and or treatment administration form for each medication and or treatment to be administered. These forms can be obtained from your child's school or online from the Montgomery County Public Schools (MCPS) website at www.montgomeryschoolsmd.org:

- [MCPS Form 525-12](#), Authorization to Provide Medically Prescribed Treatment, Release and Indemnification Agreement
- [MCPS Form 525-13](#), Authorization to Administer Prescribed Medication, Release and Indemnification Agreement
- [MCPS Form 525-14](#), Emergency Care for the Management of a Student with a Diagnosis of Anaphylaxis, Release and Indemnification Agreement for Epinephrine Auto Injector. If you do not have access to an authorized health care provider or if your child requires a special individualized health procedure, please contact the principal and/or school nurse in your child's school.



PRE-PARTICIPATION COVID-19 Supplemental Questions for Student's Physical

This form should be completed by the student's physician at the time of a physical.

Student History

1. Has your child or adolescent been diagnosed with COVID-19? Yes No
2. Was your child or adolescent hospitalized as a result for complications of COVID-19? Yes No
3. Has your Child been diagnosed with Multi-inflammatory Syndrome in Children? Yes No Yes No
4. Has your child or adolescent had direct known exposure to someone diagnosed with COVID-19? Yes No

Please address any "yes" answers to the above questions here:



PREPARTICIPATION PHYSICAL EVALUATION MEDICAL ELIGIBILITY FORM

Name:

Date of birth:

- Medically eligible for all sports without restriction
 Medically eligible for all sports without restriction with recommendations for further evaluation or treatment of

- Medically eligible for certain sports

- Not medically eligible pending further evaluation
 Not medically eligible for any sports

Recommendations:

I have examined the student named on this form and completed the preparticipation physical evaluation. The athlete does not have apparent clinical contraindications to practice and can participate in the sport(s) as outlined on this form. A copy of the physical examination findings are on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the medical eligibility until the problem is resolved and the potential consequences are completely explained to the athlete (and parents or guardians).

Name of health care professional (print or type):

Date:

Address:

Phone:

Signature of health care professional:

, MD, DO, NP, or PA

SHARED EMERGENCY INFORMATION

Allergies:

Medications:

Other information:

Emergency contacts:



MEDICAL INFORMATION CARD FOR ATHLETE

Student name: _____ Birth date: _____

School name: _____ MCPS student ID#: _____

Home address: _____

Parent/guardian name: _____

Home #: _____ Work #: _____ Cell #: _____

Parent/guardian name: _____

Home #: _____ Work #: _____ Cell #: _____

If parent cannot be reached, person to be contacted in case of emergency

Name: _____ Relationship: _____

Home #: _____ Work #: _____ Cell #: _____

Family physician: _____ Physician #: _____

Hospital preference: _____ Date of last tetanus shot: _____

Allergies: _____ Student self-carries epipen: yes no

Medicine administered on the field: _____

INSURANCE INFORMATION

Does your son/daughter have medical insurance yes no

If yes, name of insurance company

RELEASE FOR TREATMENT

I hereby give permission to the attending physician or hospital to administer appropriate medical treatment in the event I cannot be reached.

Signature of parent/guardian: _____ Date: _____

**Instructions: This card should be kept on file in the medical kit for each sport.
It should accompany the athlete to the doctor or hospital when medical attention is required.**



B-CC CREW COVID-19 PRE-SCREENING FORM

Name _____

Date _____

Have you had a positive COVID-19 test for active virus in the past 10 days?

Yes

No

During the past 14-days have you been within 6 feet of a person with a lab-confirmed case of COVID-19 for 15 minutes or more?

Yes

No

Do you have any of the following symptoms? Please check all that apply:

- Fever of 100.4 and above or fever-like symptoms, such as, alternating chills and sweating.
- Cough
- Trouble breathing, shortness of breath, or wheezing
- Chills or repeated shaking with chills
- Muscle aches
- Sore throat
- Loss of smell or taste, or a change in taste
- Nausea, vomiting, or diarrhea
- Headache
- None of the above

If you answered yes to any of the above questions or symptoms, please do not attend practice and consult with your health care provider.