



## Andrews Institute Sports Medicine Outreach Pre-Participation Physical Exams for High School Student-Athletes Guidelines for Parents, Student-Athletes, & Coaches June 6, 2020

Andrews Institute Sports Medicine Outreach Department is excited to provide our annual Pre-Participation Physical (PPE) event to our partner schools. Andrews Institute and Baptist Health Care have resumed services, operating within CDC recommended guidelines to allow our community to receive the health care services they need in a safe environment. In preparing for this year's event, we have established additional safety guidelines and precautions to provide the best and safest event possible. Please read the below information closely, as we have some new procedures in place for this year's PPE event.

### Event Guidelines

- We welcome students who participate in FHSAA sanctioned sports at our partner high schools.
- Please be patient as social distancing limits and spacing will be enforced.
- Due to the inability to provide for social distancing on buses, student-athletes will not be able to attend via bus.
- We will be adhering to preassigned time slots. Students will only be allowed in line at their assigned time slot. If a student shows up ahead of their time slot they will be instructed to wait in their vehicle until their assigned time. If a student-athlete misses his or her time slot, we cannot guarantee the student-athlete will receive a physical onsite.
- In compliance with CDC guidelines, Baptist Health Care requires the wearing of masks while on any of our campuses. All students, staff, and event volunteers will be required to wear a facemask. Masks will NOT be provided at the event (any type of face covering that covers nose and mouth will suffice, i.e. bandana, scarf) – the collar of the shirt on the student-athlete is NOT sufficient.
- Adults are not required to accompany their student-athlete and may wait in their vehicle to better observe social distancing guidelines. If necessary, one adult (also wearing a facemask) may proceed through the stations with their student-athlete.
- Students should wear a short sleeve t-shirt so that an accurate blood pressure may be obtained.
- Students who wear glasses or contacts for distance should wear or bring appropriate eyewear to the event to ensure an accurate vision screening.
- Parents & coaches should not bring or allow students who are sick or symptomatic to attend physicals.
- Parents & coaches should ensure that all students have a FHSAA EL2 physical form with a COMPLETED history section that is SIGNED by the parent/guardian before allowing them on the bus or before bringing them to Andrews. Students who arrive to Andrews without a parent/guardian signature on their form will not be provided a physical.
- In order to help adhere to crowd size limitations and social distancing guidelines, there will be NO notary on site.

### Upon Arrival to Andrews

- Students will enter at the front entrance of Andrews Research & Education building. A staff member will verify that the student is arriving at his/her assigned time and that he/she has a completed EL2 form including a parent signature.
- Everyone who enters our facility will be screened for COVID-19 symptoms and have an infrared temperature taken. Anyone who has a temperature of 100.4°F or greater will not be allowed to enter the building.
- Students should adhere to social distancing guidelines by following directions from volunteer staff and using the marks on the floor as a guide to space out appropriately. Students should remain in line and avoid touching others as well as avoid touching or leaning against wall, tables, doors, equipment etc.

### Upon Completing PPE

- Students will receive their free t-shirt in the main lobby of Andrews Institute. Upon receiving t-shirts, students should return to their car or bus. There will be no congregating in the building.
- Sports Medicine Staff will collect physical forms and turn them into the appropriate school by 8:00 AM the following Monday. No copies will be made on site. Parents/guardians are responsible for ensuring all required paperwork is complete and on file at the student's school.

Once again, our team is taking many precautions to ensure safety for our student-athletes, volunteers, and guests. Surfaces will be regularly wiped & sanitized throughout the day to ensure cleanliness. Baptist Health Care continues to implement all CDC guidelines and protocols as well as all state and federal safety requirements. We look forward to serving you on June 6<sup>th</sup>!

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# Safety & Prevention Reminders

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to the virus (and avoid exposing other people). Here's how:



## Practice social distancing

If you are around other people, keep 6 feet between you when possible. Avoid hugs, handshakes, large gatherings and close quarters.

**Why?** The virus is thought to spread mainly from person-to-person. When someone coughs or sneezes, they spray small liquid droplets from their nose or mouth, which may contain the virus. If you are too close, you can breathe in the droplets, including the coronavirus if the person coughing has the disease.



## Wear a cloth face cover in public

Cover your mouth and nose with a [cloth face cover](#) when around others and out in public, such as the grocery store.

Do NOT use a facemask meant for a healthcare worker. Don't place a cloth face cover on young children under age 2, anyone who has trouble breathing, or any who is unable to remove the mask without assistance.

**Why?** You could spread COVID-19 to others even if you do not feel sick. The cloth face cover is meant to protect other people in case you are infected.



## Avoid touching eyes, nose and mouth

**Why?** Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth.



## Cover coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Throw used tissues in the trash.

**Why?** Droplets spread the virus. By following good respiratory hygiene, you protect the people around you from viruses such as cold, flu and COVID-19.



## Clean and disinfect "high-touch" surfaces

Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

If surfaces are dirty, first clean with detergent or soap and water, and then disinfect. Most common [EPA-registered household disinfectants](#), diluted household bleach solutions, and alcohol solutions with at least 70% alcohol will work. See [how to make a bleach solution](#) if disinfectants are not available.

