

Southwest Minnesota State University COVID-19 Educational Information

COVID-19 Signs & Symptoms

Cough

Shortness of Breath or difficulty breathing

Fever

Chills and/or Repeated shaking with chills

Muscle pain

Headache

Sore Throat

New Loss of taste or smell

Diarrhea/Vomiting

List is not all inclusive. Please consult your medical provider for any other symptoms that are severe or

Recommendations for Managing/Avoiding COVID-19

Symptoms may appear 2-14 days after exposure to the virus.

Stay home if you are not feeling well.

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

Use hand sanitizer with at least 60% alcohol if soap and water are unavailable

Avoid contact with people who are sick.

Cover your cough or sneeze with a tissue then throw it away.

Avoid touching your eyes, nose, and mouth.

When in public or unable to maintain 6 feet social distance, wear a face covering over your nose and mouth.

Clean and disinfect frequently touched objects and surfaces.

Underlying Medical Concerns that May Put You at Higher Risk of Illness Include but are not limited to:

Heart disease

Chronic Lung disease

Diabetes

High Blood Pressure

Obesity

Sickle Cell Trait

Liver Disease

Kidney Disease

Severe to Moderate Asthma

Immunocompromised Metabolic Disorder

SMSU Football Camp Screening Process

1. Camper will report to athletic training station at the stadium for COVID-19 screening
 - a. Campers are required to report for screening prior to the start of camp.
 - b. Campers must allow a minimum of 5-10 minutes for the screening.
 - c. Screening will end once we begin on-field activities/drills.
2. Athletic Trainer will take and document daily temperature, signs and symptoms.
3. Screening must occur before camper is allowed to participate. If not screened, no activity will be allowed.

ACKNOWLEDGMENT AND ASSUMPTION OF RISK AGREEMENT

The hazards of COVID-19 and the guidelines for managing COVID-19 have been presented to me. I am aware that knowledge of infection and transmission of COVID-19 is evolving rapidly. I acknowledge and agree that:

1. Participation in camp includes possible exposure to and illness from infectious diseases including but not limited to MRSA, influenza, and COVID-19.
2. Particular rules and personal discipline may reduce but not eliminate the risk.
3. Despite the risks associated with COVID-19, I willingly choose to participate in summer camp at Southwest Minnesota State University (SMSU).
4. I agree to comply with the required guidelines for disease prevention and I will remove myself from participation and notify SMSU athletic training staff if I begin to have signs and symptoms of COVID-19 infection.

I HAVE READ THIS ACKNOWLEDGEMENT AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND THE INFORMATION AND SIGN THE AGREEMENT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

By signing below, I acknowledge that Southwest Minnesota State University has provided me specific educational materials on the signs and symptoms of COVID-19, recommendations for managing the risk of transmission of COVID-19, and a list of who may be at higher risk of illness. I accept the risks of utilizing SMSU facilities for summer camp. They have also given me an opportunity to ask questions about areas that are not clear to me on this issue.

I, _____, have read the above and agree that the statements are accurate.

Signature of Camper

Date

Parent's Signature required if Camper is under 18

Date



By signing below, I acknowledge that Southwest Minnesota State University has identified me as an individual of higher risk and accept the risks of utilizing SMSU facilities for summer camp. They have also given me an opportunity to ask questions about areas that are not clear to me on this issue.

I, _____, have read the above and agree that the statements are accurate.

Signature of Camper

Date

Parent's signature required if camper is under 18

Date