Dear Parents and Guardians,

As we look forward to the beginning of the Fall Sports season during the presence of the Covid-19 virus everyone involved with the health and safety of all our student athletes have been working hard to provide the safest environment possible. To that end, the Rock Bridge Administration, Columbia Orthopaedic Group, and Peak Sport and Spine would like to make some recommendations in hopes that we would not only begin our fall season but gives us the best chance possible to complete it.

* **Two weeks prior to the start of fall sports voluntarily practice social distancing**.
  + Limit attendance to large social gatherings.
  + Limit taking trips to areas that have a large concentration of positive cases.
* **Wear a mask when you are within 6 feet of anyone both indoors and out.**
* **Wash your hands or use hand sanitizer frequently after interacting with individuals.**
* **Avoid touching your hands to your face.**
* **If you exhibit any of the common Covid-19 symptoms:**
  + Fever (temperature greater than 100.4)
  + Cough (new or worsening)
  + Shortness of breath or trouble breathing
  + Sore throat (different from seasonal allergies)
  + New loss of smell or taste
  + Vomiting or diarrhea

**DO NOT** come to school or practice and contact your personal physician and please notify the school.

We are living in a historic time, so as we move forward in our new normal it will take extraordinary effort by all of us to give our young people a chance to have a quality fall season.

If you any questions regarding Covid-19 and athletic participation, please feel free to contact Athletic Director Michael McGinty or Athletic Trainer Phil Threatt at Rock Bridge High School.

Michael McGinty Dr. Bus Tarbox Phil Threatt

Athletic Director Team Physician Athletic Trainer

Rock Bridge High School Columbia Orthopaedic Group Peak Sport and Spine Rehab