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**Welcome back to sports! Our goal is to continue providing athletic opportunities for our students in the safest possible manner. To that end, we ask for your help in a couple of critically important areas.**

**Please, do not send your child to practice or workouts if:**

- **He/she complains of not feeling well and/or has any of the following:**
  - **Feeling feverish and/or having chills (if documented temperature/fever of 100.4F or greater)**
  - **A new cough not due to another health condition**
  - **Fatigue (more tired than usual)**
  - **Nasal congestion or runny nose**
  - **Headache**
  - **A new sore throat not due to another health condition**
  - **New chills not due to another health condition**
  - **New muscle pain not due to another health condition or that may have been caused by a specific activity such as physical exercise**
  - **New loss of taste or smell, new onset of poor appetite or poor feeding Abdominal pain, diarrhea, nausea, vomiting**
- **He/she has been exposed to an individual who has tested positive for COVID-19 or displays signs or symptoms associated with COVID-19**
- **He/she has been tested for COVID-19 and is awaiting results OR another family residing in the same house has been tested and is awaiting results**

**The Virginia Department of Health (VDH) recently recommended the following: [“During times of substantial COVID-19 activity VDH strongly advises athletes to wear masks at all times during group training, competition, and on the sidelines.”](#)**

**Beginning Friday, December 11, students participating in FCPS athletic programs, to include in-season practices and competitions as well as out-of-season workouts, are required to wear masks during all aspects of athletic participation in all sports with the exception of wrestling, gymnastics and swim and dive.**

**With everyone’s help, we look forward to a successful season!**

**GO STATESMEN!!!**