

## Pallotti Athletics Frequently Asked Questions

6/16/2020

**Please note that information regarding Covid-19 is constantly changing. We ask you frequently check for updates and revisions to these documents**

### **Q: When will summer workouts begin?**

A: While we do not have a set-in-stone date yet, we are hoping that June 29<sup>th</sup> we will be able to begin modified, in-person workouts. The state has opened up some but we are following the directive of Prince George's County.

### **Q: What are you doing to protect my child during workouts?**

A: We are working on a policy and procedure manual that is specific to summer workouts for our staff to follow to protect our student athletes as well as our staff. This will include pre-workout symptom screening that each student must complete PRIOR to practice through RankOne, pre-practice temperature checks, maintaining proper distances, not sharing equipment, and bringing your own water bottle.

### **Q: What will be required of my child or myself in order to participate in summer workouts?**

A: This is lengthy and two-fold. Please keep in mind that this may change as our guidelines are being updated so frequently. Summer workouts will not look like how they used to look in order to keep our student-athletes and our staff safe. Please see the checklist in Appendix A for a simplified version.

Prior to the FIRST workout: all students are required to complete the online pre-participation forms. These forms include the health history form, the athletic consent form, the emergency card, and the \*new\* COVID-19 assumption of risk form. All of these forms can be completed electronically through RankOne and are available now. You will need your student's school ID # (1000....) to complete them. The last required form is the Pre-Participation Physical, or sports physical. If you already have a physical on file, it will be good for 365 days from when it was originally dated. If you do not have one on file with athletics, one must be provided for your student-athlete. Please see the FAQ regarding physicals below for more detailed info. This has been updated in RankOne so you can see when your child's physical expires. If you have any additional questions about this, please email or call Ms. Abell, our athletic trainer, directly so she can assist you 😊

Prior to EACH workout: A symptom-check must be completed online through RankOne. This includes a temperature check. If any symptoms are noted or there is a temperature of 100.0 or greater, the student athlete must remain home. If they come to practice with any symptom, they will be sent home. When practices begin, students should arrive to practice wearing their masks, with plenty of their own water to drink, and limited personal items. Coaches might require additional sport-specific items as shared equipment will not be allowed. Look for specific instructions from them regarding your sport.

**Q: Are fall sports going to proceed as normal?**

A: Right now, multiple plans are being discussed. The league is planning for a variety of situations and we will know more as we get closer to our August start date.

**Q: What Pre-Participation Paperwork is required? Are there any changes?**

A: As always, forms should be completed on RankOne including the Health History Form, the Athletic Consent Form, and the Emergency Card. Once your physical has been signed, dated, AND stamped by your child's physician, it should be uploaded to their RankOne account.

Annual physicals are still required, but our policy on dates is being updated. In the past, all physicals had to be dated after May 1<sup>st</sup> of that upcoming school year and expired at the end of the school year. This proved difficult for those who get their annual well-child exam on their birthdays if their birthday fell before May 1<sup>st</sup> and they play a fall sport. Additionally, it led to many people rushing to an Urgent Care/Minute Clinic/Righttime to get a physical, not going to their Primary Care Physician, the doctor who best knows their history and health! In an effort to reduce the number of doctor's visits, lower out of pocket costs, and keep our kids health and well-being at the forefront, we are moving towards a rolling physical. This means all students **will still need an up-to-date physical each school year.**

However, they will be good for 1 year, 365 days, from the date of exam, regardless of when it was. So if Sally got her physical on March 1<sup>st</sup>, 2020 and wants to try out for Basketball in early November, her physical is valid and she can do that. However, her new physical must be received prior to or on March 1<sup>st</sup>, 2021 in order to continue participating. We believe this will make the overall process easier for our families. If you don't feel comfortable going to the doctor's office at this point in time, please consider telemedicine options with your child's primary care physician.

Please note: A well-child exam is not necessarily the same thing as a pre-participation physical. You must confirm with your doctor's office that you are getting a sports physical and you must bring the pre-participation physical form with you for the physician to complete. This form can be downloaded and printed from RankOne. If the incorrect paperwork is uploaded, our athletic trainer, Ms. Abell will deny the paperwork and reach out directly to explain.

Finally, please **double check the paper before leaving the doctor's office.** If they have not signed, dated, AND stamped the form, it will not be accepted. You cannot fill in the date for your child if the doctor forgets to.

**Q: My child got a physical in January of this year (2020), are they good to participate in summer workouts?**

A: Yes, once paperwork has been submitted and approved by the athletic trainer. If you don't have a copy of their physical paperwork, often times a primary care physician will fill out the physical form based on the information from their last physical as long as no new pertinent medical history has arisen. Reach out to your PCP directly.

**Q: But my child's physical isn't until August because of their birthday/that's when we got it last year/I can't get an appointment until then.**

A: No worries! If we have a physical on file from last year, it is good for 365 days. Meaning they can participate in workouts this summer! ☺ Just make sure you keep your appointment with their primary care doctor because once their physical expires, a new one will need to be provided.

**Q: My child played spring lacrosse so I just completed the online forms in February. They are playing soccer this year, do I need to complete all of those forms again?**

A: Short answer, yes. While we have changed our physical requirements, the other forms (health history, consent, emergency card) must be updated each school year so that they are as up-to-date as possible. A lot can change in a couple of months so it is important for the health and safety of our student-athletes that their medical information is accurate. The new forms are available online.

**Q: Help! I can't complete the online forms because my student doesn't have a student ID yet (or they can't remember it).**

A: Your child's student ID number can be found a couple of places but the easiest is their student ID card. It is the "1000" number. If your student is an incoming freshman, transfer, or just can't find their student ID number, just shoot Ms. Abell an email and she will get back to you ASAP ☺

**Q: I typed in my student's ID# but it's saying there is no associated account....what gives?**

A: Typically, the answer is as simple as they haven't been uploaded to the system yet. All students enrolled prior to June 1<sup>st</sup> are in RankOne. So if your child enrolled after June 1, they may still need to be added to the system. Shoot Ms. Abell an email or give her a call and she will make sure your child is in RankOne. If your child enrolled before June 1<sup>st</sup> but they still can't be found, shoot Ms. Abell an email or give her a call and she will double check all the information and walk through the potential solutions with you.

**Q: I have a question that has not been addressed here, with who do I reach out?**

If your question is related to pre-participation forms or RankOne, please contact our athletic trainer, Ms. Abell. [Aabell@pallottihs.org](mailto:Aabell@pallottihs.org)

If your question is related to boy's athletics, please contact our Director of Boys Athletics, Mr. Pat Courtemanche. [PCourtemanche@pallottihs.org](mailto:PCourtemanche@pallottihs.org)

If your question is related to girl's athletics, please contact our Director of Girls Athletics, Mrs. LeeAnn Elman. [Lelman@pallottihs.org](mailto:Lelman@pallottihs.org)

If your question doesn't fall into any of these options, please feel free to reach out to any of us and we can help direct you to the right place ☺