

Athlete to participate virtually/online only

Athlete to participate with in-person sessions

Has a current APP* on file



Has an expired** APP on file and reports **no** major changes in health and no COVID symptoms/exposure***

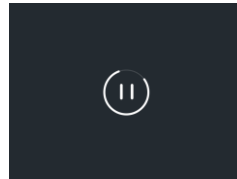


Expiration date moved to January 29, 2021

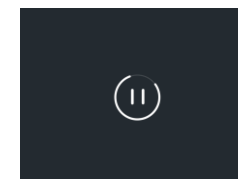


Expiration date moved to January 29, 2021

Has an expired APP on file and reports major changes in health regardless of COVID answers

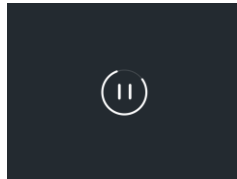


Must have an APP completed by a physician

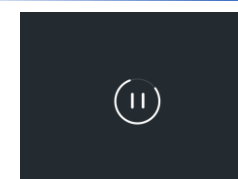


Must have an APP completed by a physician

Has an expired APP on file and reports **no** major changes in health but answered yes to any COVID questions

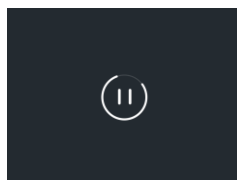


Must have COVID medical clearance or an APP completed by a physician

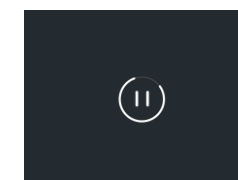


Must have COVID medical clearance or an APP completed by a physician

Has no APP on file (A new athlete)



Must complete the first few pages of the APP (no physical needed) and sign a virtual release form



Must have an APP completed by a physician

* APP – Athlete Participation Packet

** - expiration date prior to 11/20/20 – end of fall season

*** - questions are provided by SONC that must be answered