

Grizzly Football Family:

This evening, Spring Valley administration was informed by the Southern Nevada Health District that our football program must quarantine for 14 days, due to one of our athletes testing positive for COVID-19 this past weekend. The last day the athlete was at practice and had contact with other athletes was July 9th.

In order to comply with CDC guidelines, we are required to completely shut down all practices until **July 25th at 8am.** This is our current status unless we are informed differently.

The coaching staff and administration wants to ensure all athletes and their families are safe, so we recommend that your student-athlete get tested, however this decision is completely up to your discretion. As of today, it has already been 7 days since the athlete was on campus with other athletes and coaches in any capacity. Please be sure to continue to monitor your student-athlete for symptoms and if any should arise, consider getting them tested. There are many locations for testing and a list of COVID-19 testing sites is available at:

<https://www.southernnevadahealthdistrict.org/covid-19-testing-sites/>

*Common Symptoms of COVID-19 include:(Source: Southern Nevada Health District)*

- Fever or Chills
- Cough
- Shortness of Breath
- Fatigue
- Muscle or Body Aches
- Headache
- Loss of Taste and/or Smell
- Sore Throat
- Congestion or Runny Nose
- Nausea or Vomiting
- Diarrhea

**If your student-athlete does test positive, please email me at [teaml@nv.ccsd.net](mailto:teaml@nv.ccsd.net).**

Please know that the Grizzly coaching staff consistently followed all of the guidelines that were set forth by the CDC, CCSD, and the NIAA when we were informed we were allowed to start summer workouts. We will continue to do so when we return on Saturday, July 25th. As always, the safety of our student-athletes and their families is paramount to our program and Spring Valley High School.

When we are allowed to return to summer workouts on the 25th, know that practices are not yet mandatory for fall season sports. Mandatory practices and tryouts are scheduled to begin July 30th; but that date is subject to change from the NIAA and Clark County School District. We still plan to do equipment check out on Monday, July 27th for Varsity athletes and on Tuesday, July 28th for JV and Freshman athletes. Please review the calendar for specific times for those practices.

As always, we thank you for your continued support and allowing us to coach your student-athlete. This pandemic has made this season difficult terrain to work our way through and we will continue to do our best to keep everyone well informed and safe throughout. If you have any questions, please do not hesitate to email me at [teaml@nv.ccsd.net](mailto:teaml@nv.ccsd.net).



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