

Sanford High School

Matthew W. Petermann
Principal

Gordon A. Salls
Athletic Director

Jessica Giordano
Athletic Trainer



Amanda M. Doyle
Assistant Principal

Aaron R. Tremblay
Assistant Principal

Troy J. Watts
Assistant Principal

January 11, 2022

Dear Sanford High School Athletic Families:

In light of the new guidance from the Maine Center for Disease Control (CDC) which shortened the length of time a student is isolated from school following a positive Covid 19 test, we felt it important that we remind you of the differences between return to school and return to sport.

Due to the link between Covid 19 and cardiac complications, prior to resuming regular athletic activity, an athlete must fit these criteria:

- Be back in school after completing appropriate isolation period
- Obtain a signed clearance form pertaining to Covid 19 from a treating physician
- Complete a seven-day gradual return to activity progression, monitored by a Certified Athletic Trainer (ATC)

The full version of Maine Health's policy on returning to athletics following a Covid 19 infection can be found on your Family ID registration portal. For your reference, we have attached both the physician's clearance sheet as well as the current seven-day return to activity progression.

Please note that this pandemic is a fluid situation and these policies are subject to change as guidance from our governing bodies' changes. We are committed to providing the highest level of care and safety for our athletes while they return to what they love.

Sincerely,

Gordon A. Salls
Athletic Director

Jessica Giordano
Certified Athletic Trainer