

SHELTON CHARGERS COVID RETURN TO PLAY POLICY

Shelton Return to Participation protocol for Students who are asymptomatic and determined to be a close contact of a positive COVID-19 case

These guidelines have been put in place for students who are asymptomatic and determined to be a close-contact of a positive COVID-19 case. As part of our COVID protocol, asymptomatic students who have been unable to practice or compete with their school team for 7 days or longer must follow these regulations.

The athletes that fall within these guidelines include (but are not limited to) the following:

- (1) Asymptomatic quarantined students who remain symptom free and/or test negative for COVID who
 - (a) do not have any underlying medical conditions
 - (b) are not under the care of a physician for injury or COVID-19
 - (c) are able to regularly continue conditioning for their sport on their own with workouts provided by coaching staff (after day 3 of home quarantine)

Listed below are the minimum practice guidelines to be followed once the student returns to school after the home quarantine period but before the student participates in sponsored activities or competitions:

- Cross Country: Student athletes will participate in a minimum of 3 full practices
- Football: Student athletes will participate in a minimum of 3 full practices
- Volleyball: Student athletes will participate in a minimum of 3 full practices
- Basketball: Student athletes will participate in a minimum of 3 full practices
- Soccer: Student athletes will participate in a minimum of 3 full practices
- Swimming: Student athletes will participate in a minimum of 3 full practices
- Baseball: Student athletes will participate in a minimum of 3 full practices
- Tennis: Student athletes will participate in a minimum of 3 full practices
- Track & Field: Student athletes will participate in a minimum of 3 full practices
- Golf: No minimum practice recommendation. RTP will be set and determined per individual by the coach.
- Cheer/Chargerettes: No minimum practice recommendation. RTP will be set and determined per individual by the coach.

SHELTON CHARGERS COVID RETURN TO PLAY POLICY

Shelton Return to Participation protocol for Students who test positive for COVID-19

These guidelines have been put in place for students who are determined to be positive for COVID-19. The athletes that fall within these guidelines include (but are not limited to) the following:

- (1) Student athletes who
 - (a) have symptoms of COVID-19 and test positive
 - (b) have no symptoms of COVID-19 (asymptomatic) but test positive
 - (c) Are presumed to be positive - are a close contact with someone that tested positive and have symptoms but did not get tested.
 - (d) have not been able to regularly continue conditioning for their sport on their own due to diagnosis

The following minimum practice guidelines should be followed once the home quarantine period ends and the student returns to school/activities:

- A. After the isolation period is complete, obtain written clearance from a healthcare provider (MD, DO, DC, PA-C, APRN) to begin a gradual return to physical activity.
Healthcare providers should pay special attention to cardiac screening when evaluating patients recovering from COVID-19. Additional cardiac workup may be considered prior to clearing the student for physical activity.
- B. Once symptoms improve the student- athlete may resume normal activities of daily living while in isolation and walk for light exercise provided symptoms continue to improve.
- C. Once cleared by a healthcare provider, the student-athlete (including Cheer & Chargerettes) may begin a gradual return to physical activity using the following graduated progression *:
 - Stage 1 (2 days minimum): Light activity (walking, jogging, stationary bike) for 15 minutes or less at an intensity no greater than 70% maximum heart rate. No resistance training.
 - Stage 2 (1 day minimum): Add simple movement activities (e.g., running drills) for 30 minutes or less at an intensity no greater than 80% of maximum heart rate.
 - Stage 3 (1 day minimum): Progress to more complex training for 45 minutes or less at intensity no greater than 80 % maximum heart rate. May add light resistance training.
 - Stage 4 (2 days minimum): Normal training activity for 60 minutes or less at an intensity no greater than 80% maximum heart rate.
 - Stage 5: Eligible return for full activity per Coach discretion.

* *If symptoms recur during the graduated return to physical activity protocol, the student should return to the previous stage and progress again after a minimum of 24 hours rest without symptoms.*