

Dear St. Joseph's Community,

With our school COVID policy recently changing because of the new CDC guidelines, I wanted to update you all on how that will affect athletic participation. I encourage you to keep this email so you can reference it if you encounter one of these scenarios. Please see the list below for different scenarios:

- COVID Positive –
 - Indoor Activities: The earliest you can return to full participation in indoor practices, weightlifting, locker rooms or competitions is Day 11 after the date of your positive test result; ex. tested positive on January 2nd – first possible game you can play in would be January 13th. It certainly could be longer than 11 days if the athlete experiences issues during Return to Play protocol.
 - Outdoor Activities: The earliest you can return to full participation in outdoor practices or competitions is Day 8 (back at school on Day 6 and to start at least 2 days of Return to Play protocol - see below for more details) after the date of your positive test result; ex. tested positive on January 2nd – first possible game you can play in would be January 10th. It certainly could be longer than 8 days if the athlete experiences issues during Return to Play protocol.
 - Asymptomatic – Fill out the Prisma Return to Sport Clearance form (this form is attached to this email and can be found on our website - <https://bit.ly/3Fa1rDz>) and give it to our Athletic Trainer when you return to school. No Doctor clearance is required. Upon returning to school, athletes need to see our Athletic Trainer to perform a shortened Return to Play protocol. You may begin outdoors activities as early as Day 8 and indoors on Day 11, if the Return to Play protocol goes well.
 - Symptomatic – See your Doctor to receive Medical Clearance from them and fill out the Prisma Return to Sport Clearance form and give both the Medical Clearance and Return to Sport Clearance form to our athletic trainer when you return to school. Our Athletic Trainer will determine when you can start the Return to Play protocol on the basis of your symptoms. Your earliest day to return to outdoors activities is Day 8 and indoors on Day 11. It could take longer if your athlete has setbacks during the Return to Play protocol.
- Close Contact Vaccinated Students - participate in athletics if symptom-free. If there is a positive case on a team, there will be some situations where all team members will be required to test, including vaccinated team members.
- Close Contact Unvaccinated Students Who Are Participating in the Test and Stay Protocol - participate in athletics if testing is negative and student is symptom-free.

As we continue to navigate through the given CDC guidelines and their changes, I feel certain our guidelines will continue to change as well. We will do our best to communicate our changes when this happens. As we have done through the entirety of the pandemic, we will do everything in our power to allow our students to continue to participate in athletics while doing our best to keep our athletes, coaches, opponents and officials safe.

I ask all of you for your prayers, not only for the end of this pandemic, but for wisdom for those of us who have to navigate these guidelines and the uncertain times caused by COVID. I can promise you all I look forward to the day that I can quit using the words - quarantine, COVID, close contact, etc.

May God bless you all and your families.

St. Joseph, pray for us.

Go Knights!

Eric Nash
Athletic Director