



Sayre School Athletics: Covid Policy

***IMPORTANT- PLEASE READ**

Sayre School Athletics has adopted the following recommendations developed by the KHSAA, KMA, CDC, and Fayette County Health Department guidelines. This policy will continuously be updated accordingly as these organizations revise their respective policies and guidelines.

KHSAA REGULATIONS:

- 1) Athletes testing positive on a rapid test must confirm results with a PCR test. Positive results on a PCR test require an isolation period in accordance with the Fayette County Health Department. We CANNOT override this decision. The CDC has recommended a 5-10 day isolation, athletes may be released on day 6 if symptoms have subsided, however a mask must be worn an additional 5 days after release.

- 2) Following release from the isolation period athletes MUST be evaluated by a physician and provide to the athletic department a signed Covid Physician Release Form. This form can be found below. Once this form is provided athletes will begin a gradual return to play protocol (RTP) outlined below. The RTP can begin either on the 6th or 11th day post positive test depending on duration of symptoms. The 7-day RTP is outlined below, but note that athletes with mild symptoms may be permitted a shortened RTP to 4 days at the discretion of their evaluating doctor. Coaches and athletic directors will be permitted to supervise this protocol if they are CPR/First Aid certified and as designated by the athletic trainer.
 - **Stage 1:** (2 Days Minimum) Light Activity (Walking, Jogging, Stationary Bike) for 15 minutes or less at intensity no greater than 70% of maximum heart rate. No resistance training.
 - **Stage 2:** (1 Day Minimum) Add simple movement activities (EG, Running Drills) for 30 minutes or less at 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/practice activity for 60 minutes or less at intensity no greater than 80% maximum heart rate.
 - **Stage 5:** Return to full activity (on the 7th calendar day)

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KHSAA COVID-19 Return to Activity Form

(as recommended by the KMA Committee on Medical Aspects of Sports
for use by an MD or DO)

If an athlete has tested positive or was presumed positive for COVID-19 based on symptoms, he/she should rest from physical activity for at least ten days from the time of onset of symptoms or date of administration of a positive test in accordance with CDC Isolation Principles. He/she should be cleared for progression back to activity by a physician (MD/DO). Any return to activity should follow the recommended Return to Activity (RTA/RTP) progression described in the Return to Play Activity Guidances.

Athlete's Name: _____ DOB: _____ Date of Positive COVID-19 Test: _____

THIS RETURN TO ACTIVITY (PLAY) IS TO BE BASED ON TODAY'S EVALUATION

Date of Evaluation: _____

Criteria to return to be completed by MD or DO. (Please check below as applies)

- 10 days have passed since the onset of symptoms (or positive test)
- All symptoms (cough, shortness of breath, fever ($\geq 100.4F$), etc.) have resolved for at least 24 hours for mild cases or 7 days for moderate cases without the use of fever-reducing medication AND
- The athlete was not hospitalized due to the COVID-19 infection.
- PLUS Cardiac screen negative for myocarditis/myocardial ischemia (All answers below are to be NO)

Chest pain/tightness with exercise	YES	<input type="checkbox"/>	NO	<input type="checkbox"/>
Unexplained Syncope/near syncope	YES	<input type="checkbox"/>	NO	<input type="checkbox"/>
Unexplained/excessive dyspnea/fatigue w/exertion	YES	<input type="checkbox"/>	NO	<input type="checkbox"/>
New palpitations	YES	<input type="checkbox"/>	NO	<input type="checkbox"/>
Heart murmur on exam	YES	<input type="checkbox"/>	NO	<input type="checkbox"/>

NOTE: If any cardiac screening question is positive OR if the athlete had greater than mild symptoms as described in the "Medical Evaluation and Return-to-Play / Activity Guidance for Practitioners in Dealing with Middle and High School Student-Athletes With a Positive Test for COVID-19", current recommendations are that a return-to-play decision should be made in consultation with a cardiologist. See algorithm for more information.

Recommendation of the Physician. (Please check below as applies)

- The athlete is a participant in a low cardiopulmonary demand sports (Golf, Archery, Bass Fishing, Bowling, Esports, Rifle Marksmanship, Trap Shooting) and is asymptomatic or has mild illness and may begin the six-day RTA/RTP period prior to the end of the 10-day isolation period at the discretion of a treating physician signing this form.
- The athlete is Asymptomatic or has mild illness (i.e., in Evaluation / Decision Matrix / Algorithm) and may be permitted to return to play on the 4th of the return to play protocol at the discretion of a physician signing this form.
- The athlete is not asymptomatic or did not have a mild illness and IS cleared to start the six-day return to activity procedures (RTA/RTP) and is to complete the entirety of the protocol at the discretion of the physician signing this form.
- The athlete HAS NOT satisfied the above criteria and IS NOT cleared to return to activity

Medical Office Information (Please Print/Stamp):

Evaluator's Name: _____

Evaluator's Address: _____

Office Phone: _____

Evaluator's Signature: _____

- The athlete is approved for Full Participation by School Personnel after completing the RTA/RTP
Principal or Designated Representative Signature: _____