



2022-23 Student-Athlete Return to Play Guidance

(as of August 26, 2022)

**If Student Athlete Tests Positive for COVID 19**

Everyone, regardless of vaccination status:

- 1) CANNOT participate in athletics. Upload positive test [HERE](#)
- 2) Begin isolation at home for 5 days:
  - a) For those positive with SYMPTOMS - Day 1 is the first full day after the day your symptoms started.
  - b) For those positive with NO SYMPTOMS - Day 1 is the first full day following the day you were tested.
    - i) IF someone develops symptoms within the 10 days, the clock restarts at Day 0 on the day of symptom onset
- 3) Must submit our COVID-19 Return to Sports Medical Form completed by outside primary care provider
- 4) End Isolation and return to athletics if after 5 days:
  - a) You have no symptoms, your symptoms are resolving, you are fever free without fever reducing medicine for 24 hours
  - b) Have completed and submitted appropriate Return to Sports Medical Form
  - c) Can appropriately wear a well-fitting mask through day #10.
    - i) If you have access to antigen tests and have 2 sequential negative tests 48 hours apart - you may remove your mask sooner than day 10.
- 5) Student-Athlete may need to complete gradual return to sports progression based on COVID severity determined by outside primary care provider:

Gradual return to sports progression includes:

Stage 1: 2 days minimum, ≤ 15 minutes, light activity (walking, jogging, stationary bike), no resistance training.

Stage 2: 1 day minimum, ≤ 30 minutes, add simple movement activities (eg. running drills).

Stage 3: 1 day minimum, ≤ 45 minutes, progress to more complex training, may add light resistance training.

Stage 4: 2 days minimum, 60 minutes, normal training activity.
- 6) Continue to remain in isolation for up to 10 days if you are still experiencing symptoms or cannot properly wear a mask.

**If Student Athlete were exposed to someone with COVID 19**

Everyone, regardless of vaccination status:

- 1) Recommended to test to determine next steps if experiencing any of the following: fever, fatigue/tiredness, muscle/body aches or pains, congestion, cough, runny nose, shortness of breath/difficulty breathing, nausea/vomiting, diarrhea, headache, loss of taste or smell, rash
  - a) Positive - See above section on *Student-Athlete Tests Positive for COVID-19*
  - b) Negative -
    - i) CAN return to school and participate in athletics once your symptoms are resolving, you are fever free without fever reducing medicine for 24 hours
    - ii) Continue to wear well-fitting mask in indoor settings through day 5 (Day 1 is the first full day following the day you were tested)

## Frequently Asked Questions (as of August 26, 2022)

### **Does this mean the student-athlete may need to wear a mask while playing?**

Yes. Refer to above chart. After ending isolation or if exposed to an individual with COVID they will be required to wear a well-fitted mask for required days. For those returning after isolation, they must have 2 sequential negative tests 48 hours apart to remove the mask sooner than day 10.

### **Do you accept the results of home test kits?**

Yes. Families who have home test kits should continue to use the kits. If a positive test is administered at home, notify the District, stay home from school and refer to above for further guidance.

### **Why can I not come back to school if I have already provided a verifiable negative test result after developing symptoms consistent with COVID-19?**

A negative test result means that you do not have COVID-19. However, we also are trying to prevent the spread of other illnesses, which is why you may be directed to stay home until you are symptom free.

An exception to this would be a note from your health care provider explaining a pre-existing medical condition that may be the reason for the symptoms (i.e. asthma, allergies). This would allow you to return to school even though you are still displaying symptoms of an illness.