

Modesto City Schools
Davis High School
COVID-19 “Return to Play”
Safety Plan

3/28/2021

This is a working document and all the information contained therein is subject to revision based on the most current approved guidelines and procedures.

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Background and Scope

The following guidelines were developed to provide recommendations for the resocialization of youth and scholastic sports during the COVID-19 pandemic. Specifically, the goal is to protect the health and safety of student-athletes and the coaches and staff who oversee them while identifying some best-practices for a safe, progressive return to athletic activity.

Documents from various health organizations including the CDC, World Health Organization (WHO), California Department of Public Health (CDPH), Stanislaus County Health Services Agency (SCHSA), the National Athletic Trainers' Association (NATA), and the American Academy of Pediatrics, as well as sports organizations such as the California Interscholastic Federation (CIF), US Olympic and Paralympic Committee, NCAA, and National Federation of High School Sports Association (NFHS) were reviewed in the development of these guidelines.

Any resocialization of youth and scholastic sport must be considered in the context of federal, state, local, and specific school district orders and policies. **These guidelines are meant to identify ways to mitigate risk specific to return to activity following a long hiatus and to the reduction of the risk of transmission of COVID-19.**

Roles and Responsibilities

In order to minimize the risk of COVID-19 transmission during the phases of resocialization, it is imperative that each individual involved in the sports program take personal responsibility in prevention efforts. The following are the roles and responsibilities of each cohort for risk mitigation:

Student-Athletes

- Continue to be in compliance with social distancing and facemask recommendations that are currently in place within your school and community at all times
- Continue to prioritize hand hygiene frequently
- If you are not feeling well, notify a parent or adult as soon as possible and stay home.

Parents

- Continue to reinforce compliance with the social distancing and facemask recommendations for your family that are currently in place in the community at all times
- Monitor your child for fever and symptoms of COVID-19
- If your child has symptoms of COVID-19, please keep them at home and contact your physician
- If your child has recovered from COVID-19, please get a clearance note from your physician and consult with your physician about a safe return to activity plan
- Make arrangements to be able to pick up your child from activities in the event that they begin to report symptoms of COVID-19

Coaches

- Perform pre-activity COVID-19 Self-Monitoring Form (SMF) on coaches and student-athletes prior to practice
- Inform the Athletic Director and Principal of athletes confirmed positive, exposed, or exhibiting symptoms of COVID-19
- Maintain effective communication with members of your team and their families
- Design effective skill and conditioning activities that:
 - Conform with the social distancing and facemask recommendations currently in place
 - Follow a gradual progression of volume and intensity of activity, ramping up over a period of 2-4 weeks
 - Encourage acclimatization to the environment while following existing heat illness guidelines
 - Take into account individual differences in fitness and skill level among members of the team
- Encourage participation, but avoid making team activities mandatory or assign punishments for missed team activities
- Model compliance with social distancing and facemask recommendations currently in place in the community and reinforce those practices with members of the team

Administrators / Athletic Director (AD)

- Direct sanitation procedures at all facilities.
- Create site-specific risk mitigation policies and practices as needed
- Acquire the necessary supplies to implement risk mitigation practices
- Manage the schedule of all team activities taking place on campus at any given time. If multiple teams are occupying the same time slot must, schedules should be staggered more to allow for better space and efficiency for team screening. No facility ideally should be shared by more than one team

Athletic Directors (AD) / Coaches

- Document and track all athletes confirmed positive, exposed, or exhibiting symptoms of COVID-19
- Supervise and administer the “Return to Play” protocol for all athletes returning from confirmed positive COVID-19 infections
- Evaluate and modify existing emergency action plans (EAPs), lightning plans, and heat illness response plans to conform with social distancing and facemask guidelines currently in place
- Direct the implementation of the recommendations outlined in this document
- Assist administrators in the development and implementation of site-specific risk mitigation policies and practices as necessary
- Assess and maintain the inventory of supplies necessary to implement risk mitigation strategies
- If a student-athlete reports symptoms of COVID-19 or has a fever, isolate him or her from the group and notify parents that they should pick up their child and consult with their physician

- If a coach reports symptoms or has a fever, isolate him or her from the group. If that coach was the sole supervisor, parents should be contacted to make arrangements for their children to be transported home
- Model compliance with social distancing and facemask recommendations currently in place and reinforce those practices with members of the team.

COVID-19 Individual Mitigation Strategies

While COVID-19 is present in the community, each individual must take personal responsibility to follow the recommendations of public health officials to reduce the risk of transmission. The following are individual mitigation strategies that should be practiced by all:

- Educational COVID-19 Link
 - To increase compliance with public health recommendations, coaches, student-athletes, and parents should receive education on COVID-19 including symptoms, transmission, sanitation, and preventative strategies. The Yale School of Medicine produced a six-minute video entitled, *“Infection Prevention for COVID-19: An Illustrated Summary”* that covers these topics in a concise online format. It can be accessed at <https://covid.yale.edu/media-player/5105/> and should be shared with coaches, parents, and student-athletes and viewed prior to athletic participation.

COVID-19 is transferrable from person to person when in close contact with one another. The CDC offers the following recommendations to help slow down the spread of the virus & reduce exposure to it:

- Stay at home except for essential needs or activities
- Practice physical distancing (6ft away from people)
- If you leave home wear a cloth face mask.
- Wash hands with soap & water for at least 20 seconds.
- Clean & disinfect frequently touched surfaces daily. If surfaces are dirty, clean them using detergent or soap & water prior to disinfection.
- Avoid touching eyes, nose, or mouth.
- Cover your cough or sneeze with a tissue or your elbow. Wash hands immediately afterward.
- Avoid close contact with people who are sick.
- Stay home or away from people if you become sick. With respiratory symptoms, such as a fever or cough.

Covid-19 Signs and Symptoms

Listed are common signs & symptoms of COVID-19, however, it is important to remember that an individual may be positive for COVID-19 but not show any symptoms. Also, symptoms may take anywhere from 2-14 days after exposure to appear.

- a. Fever (temperature above 100.4 F)
- b. New loss of taste or smell
- c. Cough
- d. Chest pain or pressure
- e. Difficult or shortness of breath
- f. Nausea, or vomiting
- g. Muscle or body aches
- h. Diarrhea
- i. Headache
- j. Congestion or runny nose
- k. Sore throat

Since people could be walking around positive for COVID-19 and not know it, all coaches and student-athletes who return to sports must do so with heightened awareness. Act as if any encounter could potentially be positive for the COVID-19 virus. Follow the recommended safety guidelines and proper use of personal protective equipment (PPE), such as approved face mask to mitigate risks and overall exposure.

WHAT TYPE OF MASK IS OKAY?

ALL MCS students and staff will be required to wear a face mask with two-ply material.

- CA Department of Public Health exemptions may apply for those who meet specified criteria

APPROVED:

- Cloth Face Masks District-issued, store-bought or handmade any pattern (as long as school appropriate)
- Disposable Surgical Face Mask

NOT APPROVED:

- Bandanas do not sufficiently prevent the spread of respiratory droplets
- Masks with valves release exhaled droplets, and don't protect others

Wear a Mask to Protect Others

- Wear a mask that covers your nose and mouth to help protect others in case you're infected with COVID-19 but don't have symptoms
- Wear a mask in public settings when around people who don't live in your household, especially when it may be difficult for you to stay six feet apart
- Wear a mask correctly for maximum protection
- **Don't** put the mask around your neck or up on your forehead
- **Don't** touch the mask, and, if you do, wash your hands or use hand sanitizer to disinfect

STUDENT SYMPTOM DECISION TREE

SCREEN ALL STUDENTS FOR POTENTIAL COVID-19 SYMPTOMS OR EXPOSURE

General Symptoms



Fever 100.4°F(38°C) or higher



Sore throat



Congestion/runny nose



Headache



Nausea/Vomiting/Diarrhea



Fatigue/muscle aches or body aches

High-Risk: Red Flag Symptoms



Cough



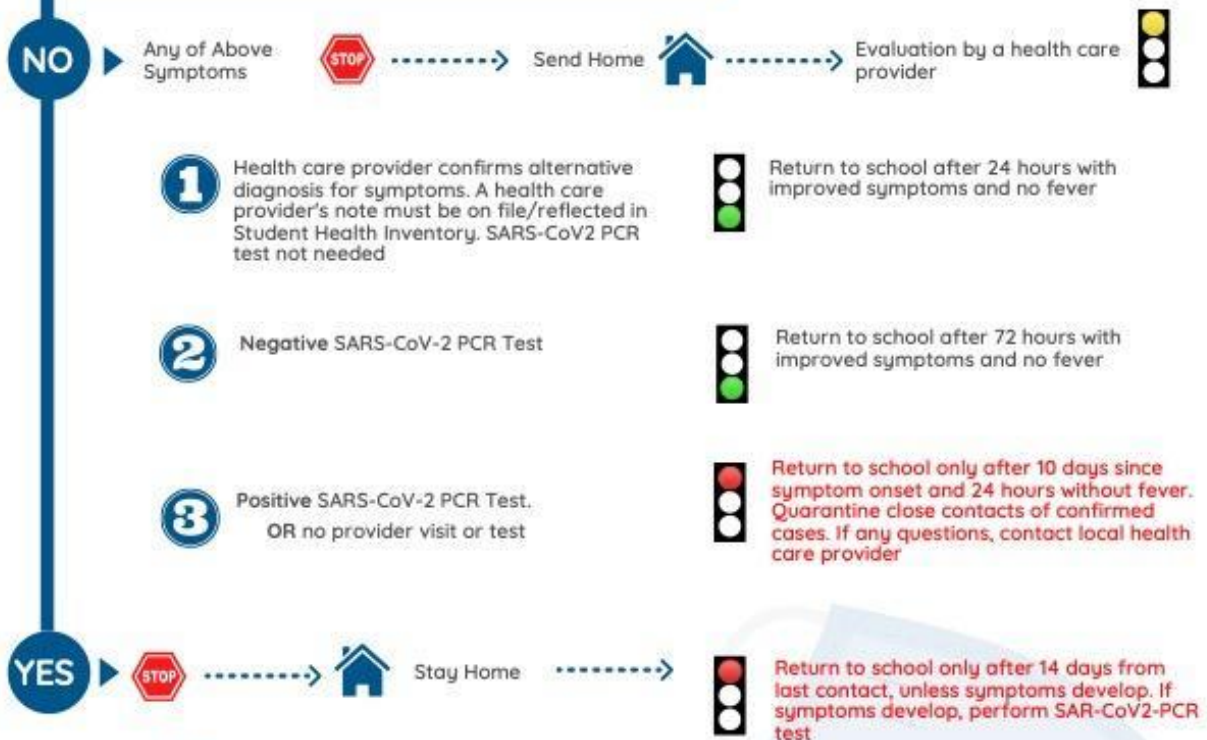
Difficulty Breathing



Loss of taste/smell

Exposure to COVID-19 Positive Person?

Close Contact = Less than 6 feet, 15 minutes or Longer



This care pathway was designed to assist school personnel and is not intended to replace the clinician's judgment or establish a protocol for all patients with a particular condition. Diagnosis and treatment should be done under the close supervision of a qualified health care provider.

Post COVID-19 Return to Play (RTP) Protocol

Any athlete returning, post recovery from their bout with COVID-19, must bring in a clearance note from their physician stating they are healed and free of all symptoms associated with COVID-19. **Before being released back into their sport, the athlete must also go through the COVID-19 RTP Protocol.** This graduated return to play progression will increase the athlete's activity level and allow safe monitoring of any lingering effects of COVID-19 infection. Athletes must complete the progression without development of chest pain, chest tightness, palpitations, lightheadedness, dizziness, or fainting. If these symptoms develop, athlete should be referred back to their healthcare provider who signed the form.

- **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 Activity for 60 minutes or less at intensity no greater than 80% maximum heart rate
- **STAGE 5: Return to full activity**