

WASHINGTON INTERSCHOLASTIC ACTIVITIES ASSOCIATION

GUIDANCE FOR OPENING UP HIGH SCHOOL ATHLETICS AND ACTIVITIES

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Washington Interscholastic Activities Association (WIAA)
National Federation of State High School Associations (NFHS)
Sports Medicine Advisory Committees (SMAC)



REVISION HISTORY

DATE	PAGE	SECTION	REVISION(S) INDICATED IN BOLD
6/23/2020	7	Athletic Guidelines Specific to Phase 2 < Limitations on Gatherings	<ul style="list-style-type: none"> • <i>No gathering of more than 6 total people (5 students and 1 coach) at a time (inside or outside).</i> • <i>Workouts should be conducted in “pods” of students with the same 5 students always working out together. Smaller pods can be utilized for weight training. Pods should remain separate with at least 6 feet of physical distance between each pod throughout each workout. The students in a pod should be consistent from day to day. This ensures more limited exposure if someone develops an infection. Coaches may work with multiple pods if they practice appropriate physical distancing from students.</i>
6/25/2020	7		<ul style="list-style-type: none"> • <i>Workouts should be conducted in “pods” of students with the same students always working out together. Smaller pods can be utilized for weight training. Pods should remain separate with at least 6 feet of physical distance between each pod throughout each workout. The students in a pod should be consistent from day to day. This ensures more limited exposure if someone develops an infection. Coaches may work with multiple pods if they practice appropriate physical distancing from students. Students that participate in multiple sports/activities may participate in separate pods, one for each sport or activity.</i>
8/12/2020	8	Athletic Guidelines Specific to Phase 3 < Limitations on Gatherings	<ul style="list-style-type: none"> • <i>No gathering of more than 10 people at a time inside or outside. Indoors, there must be enough space for physical distancing (generally 35 square feet per person).</i>



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Washington Interscholastic Activities Association (WIAA)
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Updated August 12, 2020

The COVID-19 pandemic presents state high school associations with a myriad of challenges. The WIAA, in partnership with the NFHS and WIAA Sports Medicine Advisory Committees (SMACs), offers this document as guidance on how WIAA member schools can consider approaching the many components of “opening up” high school athletics and activities across the state of Washington.

The NFHS and WIAA SMACs believe it is essential to the physical and mental well-being of high school students across the nation to return to physical activity and athletic competition. It is not likely that ALL students will be able to return to – and sustain – athletic activity at the same time in all schools and regions in Washington. There will also likely be variation in what sports and activities are allowed to be played and held. While we would typically have reservations regarding such inequities, the NFHS SMAC endorses the idea of returning students to school-based athletics and activities in any and all situations where it can be done safely and in alignment with reopening policies set forth by the local school district and OSPI framework¹.

The recommendations presented in this document were originally developed by the NFHS SMAC as guidelines for state associations to design return-to-activity guidelines that are in accordance with state and local guidelines and restrictions. The WIAA has engaged with the Governor’s Office as well as the State Department of Health and the Office of the Superintendent of Public Instruction to develop guidelines regarding coordinated approaches for return-to-activity for high school and middle schools. This document provides guidelines for school athletics and activities for each of the 4 phases in the [Safe Start Washington](#) plan. Note: when a school, schools, or district are closed due to COVID-19, all training, practice, and contests for the school(s) or district should also be canceled.

Points of Emphasis for Phases 1 through 4:

1. Decreasing potential exposure to respiratory droplets is the guiding principle behind physical distancing and the use of face coverings. It is also the basis of the stratification of risk by sport presented later in this document. The use of cloth face coverings is meant to decrease the spread of respiratory droplets.
 - a. The Centers for Disease Control and Prevention (CDC) is “advising the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others” See the [Washington State Department of Health Guidance on Cloth Face Coverings](#) and [CDC Recommendation Regarding the Use of Cloth Face Coverings for more information](#).
 - b. Recognizing the benefits and potential drawbacks of the use of cloth face coverings during conditioning and physical activity, the NFHS SMAC recommends the following:
 - i. State, local or school district guidelines for cloth face coverings should be strictly followed.
 - ii. Cloth face coverings should be considered acceptable. There is no need to require or recommend “medical grade” masks for athletic activity.

¹ Note: School districts located in a county in Phase 1 or “modified Phase 1” of the Safe Start plan may receive special approval from the local health department for school reopening. We advise to coordinate with school districts on athletic activities permitted under these conditions.

- iii. Students should be encouraged to wear cloth face coverings.
 - iv. For staff, cloth facial coverings must be worn by every individual not working alone at the location unless their exposure dictates a higher level of protection under Department of Labor & Industries safety and health rules and guidance. Refer to [Coronavirus Facial Covering and Mask Requirements](#) for additional details.
 - v. Plastic shields covering the entire face (or attached to a helmet) shall not be allowed during contests. Their use during practices increases the risk of unintended injury to the person wearing the shield or teammates.
 - vi. Coaches, officials and other contest personnel must wear cloth face coverings at all times (artificial noisemakers such as an air horn or a timer system with an alarm can be used to signal in place of a traditional whistle).
2. Testing regimens, specific guidelines regarding mass gatherings, and response to a student or team member testing positive for COVID-19 (including contact tracing) are all currently under review, and guidance will come from CDC and state and local health departments. Limited testing availability, lack of resources for contact tracing, and expanding knowledge of the characteristics of COVID-19 transmission could all result in significant changes to the recommendations below. The NFHS and WIAA SMACs expect to disseminate this information as it becomes available.
3. Due to the near certainty of recurrent outbreaks this coming school year in some locales, we must be prepared for periodic school closures and the possibility of some teams having to isolate or quarantine for two to three weeks while in-season, possibly multiple times. When a school or district closes due to COVID-19, there should be no practice, training, or competition among athletes in that school or district. The WIAA will develop recommendations regarding team forfeitures or team standing when teams are permitted to return to contest.
4. Sports teams should limit travel, particularly when long trips are required by bus or van. To the extent possible, travel may be individual or with family members. With the uncertainty of which phase will be attained at the beginning of a sports season or maintained during a season, scheduling contests that require less travel when possible should be considered. Such scheduling will reduce time spent in buses or vans. It will also potentially decrease the need for rescheduling contests as “opening up” may occur regionally. If opponents at the time of a contest are subject to different restrictions, re-scheduling that contest for a later date may be problematic.
5. The principles presented in this guidance document can be applied to practices, rehearsals, and events for the performing arts, with the exception of singing and the playing of wind instruments, which may contribute to the transmission of COVID-19. The extent of the spread of respiratory droplets during these activities is currently under investigation and further guidance will be issued as it becomes available. WIAA is working with WMEA on developing virtual performance opportunities for singing and wind instruments.
6. [People at higher risk for severe COVID are defined by CDC](#) as people age 65 years and older and others with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma, and those whose immune systems are compromised such as by chemotherapy for cancer and other conditions requiring such therapy.
7. Until a cure, vaccine or very effective treatment is readily available, or so-called “herd immunity” is confidently reached, physical distancing, staying home when sick, good hand hygiene, face coverings, and other preventive measures will be a “new normal” if workouts, practices and contests are to continue.

8. To the extent possible, hold as much practice, conditioning, and contests outside. Try to limit time spent indoors in a group to the extent practical.

Areas to Address for Phases 1 through 4:

1. Administrative

A. *Preparticipation Physical Evaluation*

There are concerns about students not having access to their doctor to complete a new physical during the COVID-19 closures. Many schools require a new physical every 13 months, but the WIAA has a minimum requirement of physicals every 24 months. School districts could consider extending their expiration dates to the WIAA minimum under consultation with their risk managers. The WIAA, with the recommendation of its SMAC, does not intend to provide a waiver of its physical exam rules.

B. *Mandatory WIAA Education*

The COVID-19 pandemic has caused the cancellation of many “in-person” educational programs. It is recommended that online education courses take the place of “hands-on” or in-person training, whenever possible. This includes accepting online training courses for AED/CPR and First Aid for the 2020-21 academic year.

C. *Equipment Reconditioning*

The National Athletic Equipment Reconditioners Association (NAERA) has advised the NFHS that significant equipment reconditioning capacity is currently operational. If schools have not sent out equipment for reconditioning, they should be directed to do so immediately. If schools currently have equipment being reconditioned, a school official should contact the reconditioning company to make specific delivery arrangements if their school is currently closed.

2. Conduct of Conditioning, Practice Sessions, and Contests

Please monitor the status of your county’s phase of opening according to the Safe Start Washington plan on an ongoing basis. Conduct of conditioning, practice sessions, and contests will depend on the phase of opening of your county with further guidance outlined in this document.

3. Health and Safety Measures for all Conditioning, Practice, and Contests regardless of phase

A. *Screen for signs of COVID-19:*

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check.
- Responses to screening questions for each person should be recorded and stored securely and in compliance with privacy laws so that there is a record of everyone present in case a student develops COVID-19 (see Appendix II for sample Monitoring Form).
- Any person with symptoms of COVID-19 should **not** be allowed to participate and should contact his or her primary care provider or other appropriate health-care professional.
- [People at risk for severe COVID-19](#) should consult with their medical provider regarding participation in athletic activities.

D. *Stay Home if sick or a Close Contact with someone who has confirmed COVID-19*

- Do not go to work, school, practice, or competition if you do not feel well or if you have been informed you are a close contact of someone with COVID-19.
- Contact and follow the advice of your medical provider.

E. Practice good hygiene

- Athletes, coaches, officials, and staff should wash your hands with soap and water or use hand sanitizer, especially after touching frequently used items or surfaces. Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts or contests.
- Avoid touching your face.
- Sneeze or cough into a tissue, or the inside of your elbow.
- Disinfect frequently used items and surfaces as much as possible.
- Wear face coverings while in public, and particularly when using mass transit.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- No pre-game and post-game handshakes/high-fives/fist bumps.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

F. Hydration

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized. No touch bottle filling stations acceptable.

G. Illness reporting

Create a plan for how you will notify event athletes, coaches, event staff, media, spectators and vendors if the organizers/medical personnel learn of suspected or confirmed cases of COVID-19 at the event in accordance with privacy laws.

H. Facilities—Cleaning and Ventilation

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Increase how often you clean. Please refer to the Cleaning and Disinfecting Procedures in the [K-12 Schools Fall 2020 Guidance](#).
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.). Sanitize surfaces that are touched with bare skin.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Weight equipment, balls, etc should be wiped down thoroughly before and after use.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- If pods or groups of students are moving from one area to another in shifts, finish cleaning before the new group enters the area. Clean and disinfect high-touch surfaces each night after students leave.
- Ventilation is important for reducing transmission of respiratory droplets and aerosols. Practice outside as much as possible. Maximize the outside air brought in through mechanical ventilation and improve filtration. When safe, open windows and doors to increase outside air.

Athletic Guidelines Specific to Phase 2

Limitations on Gatherings:

- No gathering of more than 6 total people (5 students and 1 coach) at a time (inside or outside).
- Locker rooms should not be utilized. Students should report to workouts in proper gear and immediately return home to shower at the end of the workout.
- Workouts should be conducted in “pods” of students with the same students always working out together. Smaller pods can be utilized for weight training. Pods should remain separate with at least 6 feet of physical distance between each pod throughout each workout. The students in a pod should be consistent from day to day. This ensures more limited exposure if someone develops an infection. Coaches may work with multiple pods if they practice appropriate physical distancing from students. Students that participate in multiple sports/activities may participate in separate pods, one for each sport or activity.
- There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper physical distancing can occur.

Physical Activity and Athletic Equipment:

- There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students.
- Students should wear their own appropriate workout clothing (do not share clothing) and individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned after each use and prior to the next workout.
- Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.
- Resistance training should be emphasized as body weight, sub-maximal lifts and use of resistance bands.
- Free weight exercises that require a spotter cannot be conducted while honoring physical distancing. Safety measures in all forms must be strictly enforced in the weight room.

Examples (including but not limited to):

- A basketball player can shoot with a ball(s), but a team should not practice/pass a single ball among the team where multiple players touch the same ball.
- A football player should not participate in team drills with a single ball that will be handed off or passed to other teammates. Contact with other players is not allowed, and there should be no sharing of tackling dummies/donuts/sleds.
- A volleyball player should not use a single ball that others touch or hit in any manner.
- Softball and baseball players should not share gloves, bats, or throw a single ball that will be tossed among the team. A single player may hit in cages, throw batting practice (with netting as backstop, no catcher). Prior to another athlete using the same balls, they should be collected and cleaned individually.
- Wrestlers may skill and drill without touching a teammate.
- Cheerleaders may not practice/perform partner stunts or building (chants, jumps, dances without contact are permissible).
- Tennis players may do individual drills, wall volleys and serves.
- Runners should maintain the recommended 6 feet of distancing between individuals

Athletic Guidelines Specific to Phase 3

Limitations on Gatherings for Phase 3:

- No gathering of more than 10 people at a time inside or outside. Indoors, there must be enough space for physical distancing (generally 35 square feet per person).
- If locker rooms or meeting rooms are used, there must be a minimum distance of 6 feet between each individual at all times.
- Workouts should be conducted in “pods” of students with the same 5-10 students always working out together. Smaller pods can be utilized for weight training. Pods should remain separate with a buffer zone. The students in a pod should be consistent from day to day. This ensures more limited exposure if someone develops an infection.
- There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper physical distancing can occur. Attendance should remain under 50% of capacity of the host venue. Appropriate physical distancing will need to be maintained on sidelines and benches during practices. Use tape, cones, or paint as a guide for students and coaches.

Physical Activity and Athletic Equipment:

- Lower risk sports practices and competitions may resume (see Potential Infection Risk by Sport below).
- Competitions should be limited to local geography.
- Modified practices may begin for Moderate risk sports.
- There should be no shared athletic towels, clothing or shoes between students.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned intermittently during practices and contests.
- Hand sanitizer should be plentiful available at all contests and practices.
- Athletic equipment such as bats, batting helmets and catchers gear should be cleaned between each use.
- Maximum lifts should be limited and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.

Athletic Guidelines Specific to Phase 4

Limitations on Gatherings:

- Gathering sizes over 50 individuals, indoors or outdoors. Indoors, there must be enough space for physical distancing (generally 35 square feet per person).
- When not directly participating in practices or contests, care should be taken to maintain a minimum distance of at least 6 feet between each individual. Consider using tape, cones, or paint as a guide for students and coaches.

Physical Activity and Athletic Equipment:

- Moderate risk sports practices and competitions may begin. If spectators are allowed, physical distancing measures must be followed.
- There should be no shared athletic towels, clothing or shoes between students.

- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- Hand sanitizer should be plentiful at all contests and practices.
- Athletic equipment such as bats, batting helmets and catchers gear should be cleaned between each use. Other equipment, such as wrestling ear guards and football helmets/other pads should be worn by only one individual and not shared.
- Maximum lifts should be limited and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.

Contests

1. Potential Infection Risk by Sport (modified from United States Olympic and Paralympic Committee – Sports Medicine recommendations)

Higher Risk: Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.

Examples: Wrestling, football, performance and competitive cheer and dance/drill that involves stunting

Moderate Risk: Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants.

Examples: Basketball, volleyball, baseball*, softball*, soccer, gymnastics* (if equipment can't be sufficiently cleaned between competitors), tennis*, swimming relays, pole vault*, high jump*, long jump*, bowling*, and 7 on 7 football*

*Could potentially be considered "Lower Risk" with appropriate cleaning of equipment and use of masks by participants

Lower Risk: Sports that can be done with physical distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.

Examples: Individual running events, throwing events (javelin, shot put, discus), individual swimming, golf, weightlifting, performance and non-competitive dance/drill with no stunting, and cross country running (with staggered starts)

2. Transportation to Events

Schools must consider physical distancing requirements when scheduling contests and events for the 2020-2021 school year. Physical distancing (as required by state or local health department) will need to be maintained on buses/vans. Thus, multiple buses/vans and/or parental/guardian transportation will likely be needed. Staff and students on buses/vans must wear cloth face coverings. Keep windows on buses and vans open for maximum ventilation.

3. Physical Distancing During Contests/Events/Activities

- a. Sidelines/benches

Appropriate physical distancing will need to be maintained on sidelines/bench during contests and events

through all phases. Consider using tape, cones, or paint as a guide for students and coaches.

b. Who should be allowed at events?

Group people into tiers from essential to non-essential and decide which tiers will be allowed at an event:

1. Tier 1 (Essential): Athletes, coaches, officials, event staff, medical staff, security
2. Tier 2 (Preferred): Media
3. Tier 3 (Non-essential): Spectators, vendors

Only Tier 1 and 2 personnel will be allowed at events until restrictions on mass gatherings are lifted.

Athletic Training Services

Athletic trainers in high schools are positioned to play a vital role as sports return following this pandemic. As health-care professionals, they can take lead roles in developing and implementing infection control policy throughout the school.

Return to Physical Activity

Current pre-season conditioning and acclimatization models assume that athletes have deconditioned over the summer months. The current pandemic may result in students being deconditioned for four to five months. The NFHS is currently involved with a number of other organizations in developing consensus guidelines for 2020-2021 sports practices. These guidelines will be sent to state associations immediately after they are finalized and approved by all involved organizations.

Other Considerations

Sport specific guidelines are being created and will be shared with membership upon completion in mid to late June.

REFERENCES

“Protection Concept for Exit from the Corona-Lockwood and Resumption of Sports Activities.” *Swiss Rugby Union*. http://www.suisserugby.com/fileadmin/content/Medical/Coronavirus/Suisserugby_Protection_Concept_EN_20200508.pdf, Version 1.0. Accessed: 4/29/2020.

“Recommendation Regarding the Use of Cloth Face Coverings, Especially in Areas of Significant Community-Based Transmission.” *Center for Disease Control and Prevention*. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html>. Accessed: 5/6/2020.

“Return to Training Considerations Post-COVID-19.” *United States Olympic & Paralympic Committee - Sports Medicine*, Version 0.12. <https://www.teamusa.org/coronavirus>. Accessed: 4/28/20.

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DISCLAIMER – NFHS Position Statements and Guidelines

The NFHS regularly distributes position statements and guidelines to promote public awareness of certain health and safety-related issues. Such information is neither exhaustive nor necessarily applicable to all circumstances or individuals and is no substitute for consultation with appropriate health-care professionals. Statutes, codes or environmental conditions may be relevant. NFHS position statements or guidelines should be considered in conjunction with other pertinent materials when taking action or planning care. The NFHS reserves the right to rescind or modify any such document at any time.



APPENDIX I



WIAA SPORTS MEDICINE ADVISORY COMMITTEE CONSIDERATIONS FOR SPORTS AND ACTIVITY PARTICIPATION DURING THE COVID-19 PANDEMIC

Washington Interscholastic Activities Association (WIAA)
Sports Medicine Advisory Committee (SMAC)

1. The COVID-19 pandemic has had, and will continue to have, a profound impact on the lives of students, student-athletes, their families, friends, teachers, coaches, and schools. While most young people who get the disease have mild symptoms, they can still transmit the coronavirus to friends and family members. While sports and physical activity are considered an important and healthy part of our lives, current times call for restrictions and modifications to participation that may be disruptive, unpopular, but necessary.
2. The WIAA desires to resume its sports and activity schedule as soon as possible but only when it has been deemed to be safe for student participants, coaches, and officials.
3. The WIAA guidelines that govern safe return to play will likely evolve with changes in the COVID-19 disease as well as with emerging knowledge about transmission, treatment, and prevention. However, the guidelines for sports participation will rely on recommendations from public health officials and remain consistent with current local and regional statutes (i.e., State of Washington) as well as accepted national guidelines (i.e., National Federation of State High School Associations, American Medical Society for Sport Medicine, National Athletic Trainers' Association, and the Centers for Disease Control).

GUIDELINES FOR SEEKING MEDICAL EVALUATION PRIOR TO RETURNING TO SPORTS:

COVID-19 Risk Profile	Relevant Medical Information of Student-Athlete	Recommended Medical Action
Confirmed COVID-19 Disease	<ul style="list-style-type: none"> Confirmed diagnosis of COVID-19 (e.g., positive test) Prior COVID-19 with on-going symptoms including: <ul style="list-style-type: none"> - chest pain/pressure with exercise - difficulty breathing or shortness of breath with exercise - decreased exercise tolerance 	<ul style="list-style-type: none"> Medical evaluation is strongly recommended prior to a return to sports Additional cardiac testing may be indicated
High Risk Medical Conditions* <i>*present greater risk of complications or severe illness from COVID-19</i>	<ul style="list-style-type: none"> Moderate to severe asthma Serious heart condition Diabetes Chronic liver or kidney disease Severe obesity (BMI ≥40) Weakened immune system 	<ul style="list-style-type: none"> Medical evaluation is recommended to allow a more detailed assessment of individual risks and an informed decision-making process
Exposure to COVID-19 or Symptoms of Prior COVID-19	<ul style="list-style-type: none"> Prior history of symptoms suggestive of COVID-19 Household or family member diagnosed with COVID-19 Close exposure (i.e., <6 feet apart for >15 minutes) to individual diagnosed with COVID-19 Direct exposure to infectious secretions (e.g., being coughed on) by individual with COVID-19 Direct physical contact during sports with individual diagnosed with COVID-19 	<ul style="list-style-type: none"> Contact medical provider prior to return to sports to determine if further evaluation is indicated
Baseline Risk	Student-athlete with: <ul style="list-style-type: none"> No past diagnosis of COVID-19 No exposure to COVID-19 No symptoms of prior COVID-19 No high-risk medical conditions or current health problems 	<ul style="list-style-type: none"> Further medical evaluation at the discretion of the family and medical provider School requirements for Pre-Participation Physical Evaluation apply

4. The WIAA recommends that every student-athlete with a prior diagnosis of COVID-19, symptoms suggestive of past COVID-19, or a “close exposure” to someone diagnosed with COVID-19 should contact their medical provider to determine if further evaluation is warranted prior to returning to sports. A close exposure is defined as having a household member diagnosed with COVID-19, prolonged exposure (>15 minutes) within 6 feet of an individual diagnosed with COVID-19, direct exposure to infectious secretions (e.g., being coughed on) or direct physical contact during sports from an individual diagnosed with COVID-19.
5. A medical evaluation is **strongly recommended** for student-athletes with a confirmed diagnosis of COVID-19. All athletes with prior COVID-19 should be screened for ongoing symptoms of chest pain/pressure with exercise, difficult breathing with exercise, or decreased exercise tolerance. Additional cardiac testing may be indicated.
6. Those at greater risk for developing severe COVID-19 disease or complications should undergo an informed decision-making process with their medical provider before a return to sports as exposure to teammates and opponents may increase their risk of becoming infected. Individuals at higher risk of severe COVID-19 include those with moderate to severe asthma, a heart condition, diabetes, or a weakened immune system.
7. It is important to be aware of [symptoms](#) that may suggest COVID-19 illness:
 - Fever
 - Cough
 - Shortness of breath or difficulty breathing
 - Shaking chills
 - Persistent muscle aches/pains
 - Sore throat
 - Loss of taste or smell
 - Persistent pain/pressure in the chest
 - Painful discoloration of the fingertips or toes
8. Resources and recommendations for further information.

CDC (Center for Disease Control) general reference addressing symptoms, protection, decreasing community spread <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

NFHS (National Federation of State High School Associations)
<https://www.nfhs.org/articles/a-guide-to-coronavirus-and-youth-sports/>

Cardiac Considerations in Athletes with COVID-19
<https://blogs.bmj.com/bjbm/2020/04/24/the-resurgence-of-sport-in-the-wake-of-covid-19-cardiac-considerations-in-competitive-athletes/>

APPENDIX II

COVID-19 Athlete/Coach Monitoring Form

Name	Time	Circle Yes/No below										Temp (if higher than 100.3°F)
		Fever		Cough		Sore Throat		Shortness of Breath		Close contact, or cared for someone with COVID-19		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	