

**What is the Learn to Return program for athletics?**

Learn to Return is a free, statewide program that helps school districts implement COVID-19 testing, operated by the Health Commons Project and funded by the Department of Health. Now, in partnership with the Washington Interscholastic Activities Association (WIAA) we are able to offer this free service directly to wrestling teams. This program provides training, guidance, and rapid antigen testing materials to the wrestling community in order to help teams comply with new testing requirements.

**Does my team have to participate in the Learn to Return athletics testing program?**

No. Participating in this program is one option for wrestling teams to comply the new testing requirements.

Other options include:

- Work with local schools to get athletes tested as students
- Use local testing sites in your community
- Contract with a vendor/lab
- Procure your own antigen testing supplies

While some communities may have robust access to COVID-19 tests through drive-thru sites or healthcare settings, we acknowledge that access is not equitable and may pose unique barriers to some members of our wrestling community. As such, WIAA has partnered with the Washington State Department of Health and Health Commons Project to provide free rapid antigen testing to all wrestling teams in the state.

This program will allow the wrestling team to manage their own testing program, in which they can easily test their wrestlers and have results back within 15 minutes. We believe this approach gives wrestling teams more control and autonomy over their ability to test wrestlers, and also reduces barriers such as cost and transportation that may interfere with wrestlers accessing tests on their own.

**What if I do not want my child to be tested? Can my child still play?**

Student athletes who do not follow the new testing requirements will be unable to compete in team sports activities where testing is required. Athletes will still be permitted to practice with their team.

**What kind of tests will be used in this program?**

This program will use BinaxNOW, a rapid antigen test. Antigen tests are commonly used in the diagnosis of respiratory pathogens. They detect the presence of a specific viral antigen, which implies that the individual currently has a viral infection. The FDA has granted emergency use authorization for antigen tests that can identify SARS-CoV-2, the virus that causes COVID-19. Antigen tests for SARS-CoV-2 can be performed without special equipment and can be administered by trained staff. More information on antigen tests is [here](#).

Trained test observers will administer the rapid antigen tests onsite, twice weekly. Students receiving the test will be able to use nasal swabs to swab their own nostrils to provide samples.

**How often do my student athletes need to be tested?**

In this program, students should be tested twice weekly using BinaxNOW (rapid antigen) – once during the week and once just before a contest (same day). You should space out twice weekly testing by 3-4 days (e.g. testing days on Tuesday and Saturday).

For weeks when there are two or more contests, you should test prior to each contest (same day). You will not need to test a third time if the match days are only separated by a day (ie: Tuesday and Thursday). *Updated 4/23*

Outside of this program, other acceptable testing strategies include a once weekly PCR test along with a test immediately prior to the contest (i.e. the day of) using a rapid test (a rapid antigen test is the most feasible, though a PCR test is also acceptable).

### **What comes in a BinaxNOW test box?**

- 40 test cards (a cardboard, book-shaped hinged test card containing the test strip)
- 1 extraction reagent bottle
- 40 patient nasal swabs (sterile swabs for use with BinaxNOW COVID-19 Ag Card test; one should be used as a sterile swab in quality control test)
- 1 positive control swab (non-infectious recombinant SARS-CoV-2 nucleocapsid antigen dried onto a swab to be used for quality control test)
- 1 product insert
- 1 test procedure card
- 40 patient COVID-19 fact sheets

### **Are tests free if my team participates in this program?**

Yes, the Department of Health is providing BinaxNOW tests free of charge to wrestling teams.

However, any staff time, personal protective equipment, or other costs to run the program (e.g. fee for CLIA waiver application) are the responsibility of each team / school district.

### **When do we need to begin testing?**

We recommend starting testing as soon as kits are received. Ideally, testing will start the week leading up to the first contest, but this may not be possible depending on a team's match schedule and implementation timeline. The minimum requirement is for the first test to take place on the day of a team's first contest. A twice weekly cadence should be established after the first match.

If testing cannot be implemented in time for the first match, that match will need to be canceled or rescheduled.

### **Should participants who have already had and recovered from COVID-19 still participate in testing?**

Athletes who have recovered from a symptomatic laboratory-confirmed COVID-19 diagnosis in the past three months and remain symptom-free may participate in team sports activities without testing if they can provide a letter from their doctor attesting that they fall into this category (the individual must have had a positive diagnostic test within three months and must have displayed symptoms. An antibody test is not sufficient).

Any participant that displays COVID-19 symptoms at any time, regardless of prior COVID-19 diagnosis, must stay home and self-isolate in accordance with [CDC guidance](#). The participant must resume testing after 90 days from the date of symptom onset from the laboratory-confirmed COVID-19 diagnosis.

### **If an athlete has been fully vaccinated for COVID-19, do they still have to participate in the testing program?**

At this time, fully vaccinated athletes will not need to be tested unless symptomatic. Any athlete or individual who is symptomatic, even if fully vaccinated, should isolate and be tested. Athletes who have been vaccinated against COVID-19 by a two-dose mRNA vaccine (such as Moderna and Pfizer), or a single dose vaccine (such as Johnson & Johnson), are considered "fully vaccinated" two weeks after the final dose of vaccine (the second

dose for a two-dose regimen, or the single dose for a single-dose regimen). You will need to show proof of vaccination in lieu of a negative test result.

### **What happens if a student athlete develops symptoms?**

Any athlete or participant (coaches, trainers) who develops symptoms of COVID-19 should immediately be removed from the event, isolate at home, and be tested for COVID-19. People who test positive should isolate for 10 days after the start of symptoms per CDC guidance. People who test negative and whose symptoms have resolved should consult a medical professional prior to resuming participation.

### **If we have a positive test, who does the contact tracing?**

Contact tracing needs to be coordinated with local DOH. Schools will have to cancel events if a positive test(s). Only students that have been vaccinated and have a negative test would be exempt from cancelling if they had contact with a person with a positive test. Schools should immediately work with their local DOH to work through the appropriate steps. *Updated 4/23*

### **If someone believes there is a false positive, can a second test be given? If it is given and it comes back negative, what would be the protocol?**

Yes, if the person is asymptomatic, then repeat the test and if negative, schools can use the negative result. *Updated 4/23*

### **If a team has fully separated practices with absolutely no crossover between squads or teams do both have to quarantine when there is a positive case?**

If a school runs completely separate practices (ex: Team A practices 2:30-3:30 and Team B practices 3:45-4:45), and there is no crossover of the athletes, and they do not share a space at the same time for practices, only the team/squad with the positive case would need to quarantine. In this example it would be possible, if a positive test was found in team A, for team B to go and compete at a match if all wrestlers were negative.

### **Do athletes still need to wear face masks while following these testing requirements?**

At competitions, in addition to testing, the following protocols will be followed to mitigate Covid-19 transmission:

- Athletes will be screened by verbal attestation for COVID-19 symptoms – any positive findings will require the athlete to be immediately removed from the venue
- No handshakes before or after games
- Player line-ups and introductions are done while physically distanced
- No team huddles
- Coaches, trainers and other team personnel must maintain physical distancing at all time and wear cloth face coverings

### **What personal protective gear is required with BinaxNOW?**

Test observers should wear gloves and surgical mask when administering BinaxNOW rapid antigen tests.

### **Will participating in screening testing allow wrestlers in Phase 2 to compete?**

Athletes in Phase 2 counties can participate in contact practices but cannot participate in competitions located in Phase 2 counties. However, athletes in Phase 2 counties can travel and compete in Phase 3 counties, so long as they are complying with testing and identified mitigation protocols.

### **Can athletes carpool if they're participating in screening testing?**

We recommend students do not carpool to contests. If you need to carpool, use a large vehicle with masks and open windows and travel with as few people as possible.

**If I have questions, who should I talk to?**

Please direct any COVID-19 testing questions to Jess Harvey at [jessicah@healthcommonsproject.org](mailto:jessicah@healthcommonsproject.org) and any wrestling questions to Justin Kesterson at [jkesterson@wiaa.com](mailto:jkesterson@wiaa.com).