

COVID Guidelines for Sports Competition: Fall Sports Update

August 6, 2021



Fall Sports Guidelines

The following recommendations specific to COVID-19 are designed for fall sports participation and are intended to complement recommendations outlined previously in LVHN's Guidelines. This is suggested guidance that each school district may adopt for their own policies as they see fit to meet their specific needs.

General Guidelines for all Sports

1. If you have symptoms, it is critically important to **stay home** regardless of whether your symptoms are indicative of COVID, influenza, or other infections that are more commonly transmitted through close personal contact. Contact your healthcare provider and follow their guidance. You should not return to sports until you have received appropriate medical clearance. Premature return to sports when contagious can cause a rapid spread of illness to other members of the team and/or coaching staff.
2. Athletes are required to bring their own water bottles for activity.
3. Unnecessary contact is discouraged, including high fives, hugs, and handshakes.

Screening

- Daily screening via questionnaire or temperature checks by athletic training and/or coaching staff is no longer required. All individuals should still closely monitor their own symptoms and should stay home if symptomatic.

Attendance

- Daily attendance should still be taken for all individuals so contact tracing can be done when necessary.

Masking

- Athletic Trainers should continue masking with all patient facing activities regardless of vaccination status.
- Fully vaccinated individuals*:
 - Masking indoors for fully vaccinated individuals should remain consistent with school district policy. Masks are required for all individuals when in the athletic training room.
- Individuals who are not fully vaccinated:
 - Outdoors: Masks are not required when outdoors and proper social distancing (minimum of six feet) can be **maintained**. If proper distancing cannot be maintained, masks are recommended.
 - Indoors: Masks are recommended when indoors and when travelling in the same vehicle. This includes sports participation indoors.

Exposure

School Districts should follow policies and procedures that they have developed for reporting exposure to the designated people.

- If a COVID-19 exposure occurs in an unvaccinated individual:
 1. Notify the local public health authority. A school district appointed designee should create and provide a line list of all close contacts and their contact information to the health department. This will ensure timely and efficient contact tracing which is necessary to stop the spread of disease.
 2. The COVID-19 positive individual should begin home isolation per CDC guidance. Isolation should be maintained for at least 10 days from symptom onset or the positive test result (if asymptomatic). In order to discontinue isolation, the individual should also be fever-free for 24 hours without the use of fever-reducing medication and have symptom improvement.
 3. If an athlete or coach is confirmed to have COVID-19, close contacts to the positive individual should be identified as follows:
 - a. All participants that have practiced or competed with this individual (within 6 feet for greater than 15 minutes cumulative over a 24-hour period, for a time period of 48 hours before they started showing symptoms until last contact) should be excluded from practice and play and quarantine as per current CDC guidance. Teams should keep documentation of names and contact information of opposing teams, coaches, and officials for contact tracing purposes.
 - b. Current CDC guidelines recommend quarantine for 14 days as the most effective way to reduce COVID-19 risk. However, in order to improve compliance with the recommendations in non-healthcare settings, the CDC provided an alternate option of community-based quarantine for 10 days as long as the patient remains symptom-free and consistently masks and follows other safety guidelines through day 14 following the exposure.
 - c. The CDC also provides a test-based strategy to end quarantine early. Because of insufficient diagnostic testing resources and an increasing community burden of disease, this strategy is not currently recommended.
 - d. Individuals who were in contact with the infected individual while properly wearing a mask will still be excluded from practice and play based on CDC guidance.
 4. If the exposure event occurred during a full practice that includes an intra-squad scrimmage, the exposed individual(s) (within 6 feet for greater than 15 minutes cumulative over a 24-hour period) will be quarantined, and it may be necessary to quarantine the entire team and exclude them from practice and school attendance for 10 days if no symptoms occur.
 5. If the exposure event occurred during a game competition, exposed individual(s) (within 6 feet for greater than 15 minutes cumulative over a 24-hour period) will be quarantined, and it may be necessary to quarantine BOTH teams and exclude them from practice and school attendance for 10 days if no symptoms occur.
 6. Any decisions following a positive test will involve consultations with physicians and the PA DOH to determine next steps and further contact tracing.

- If a COVID-19 exposure occurs in a fully vaccinated individual:
 1. Individuals who have had [close contact](#) with someone who has COVID-19 should get tested 3-5 days after exposure, even if they don't have symptoms. They should also wear a mask indoors in public for 14 days following exposure or until test results are negative. They should isolate for 10 days if their test result is positive.

- If a COVID-19 exposure occurs for individuals with previously documented COVID-19 infection within the past 3 months:
 1. If experiencing ***symptoms*** consistent with COVID-19, the individual should isolate and be clinically evaluated for COVID-19.
 2. Individuals who are ***asymptomatic*** following an exposure:
 - a. Individuals who have tested positive for COVID-19 within the past 3 months and recovered do not have to quarantine or get tested again as long as they do not develop new symptoms.

Source: [CDC Update July 28, 2021](#)

***People are considered fully vaccinated for COVID-19 \geq 2 weeks after they have received the second dose in a 2-dose series (i.e.: Pfizer-BioNTech, Moderna) or \geq 2 weeks after they have received their dose in a single dose series (i.e.: Johnson & Johnson's Janssen)**