

COVID-19 Guidelines & Protocols for Activities and Sports

- **Daily screening** - Currently nothing formal is required. We are still asking students and parents to self monitor symptoms and stay home when feeling ill.
- Please notify the athletic trainer as soon as able for any student having an exposure or testing positive. This allows us to make certain that we are following all the guidelines.
 - **For an individual who has been identified as a close contact/exposure**

Students who are fully vaccinated will not be required to quarantine unless symptoms develop. All other students will have two options for quarantine.

 1. Quarantine for 10 days from last exposure to positive case, return on day 11 as long as no symptoms occur during quarantine period.
 - If develop symptoms during this time, consult with athletic trainer to determine best course of action.
 2. Begin quarantine. On day 5 or after, get a PCR COVID Test (Rapid is not accepted). If the test result is negative, student may return to activity. Per MSHSAA/Clay County Guidelines, student must continue to mask through day 10 at all times, but is permitted to attend and participate. On day 11 return without mask pending no symptoms occur during the quarantine period.
 - If develop symptoms during this time, consult with athletic trainer to determine best course of action.
 - **For an individual who has a positive COVID Test**

Student will isolate 10 days from symptom onset or 10 days from test date as determined in conjunction with the Clay County Health Center. Once a student is out of isolation, MSHSAA requires they have a physician exam to return with proper paperwork. This information is sent to all positive cases via email. Once the physician permits clearance, they are allowed to begin the graduated Return to Play. It is a 5 step process but actually takes a minimum of 7 days. There are **ZERO exceptions to the RTP** on a positive case, even if the student is asymptomatic.

 - Stage 1: Day 1 and Day 2 - (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: Day 3 - (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: Day 4 - (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: Day 5 and Day 6 - (2 Days Minimum) Normal Training Activity for 60 minutes or less at intensity no greater than 80% maximum heart rate
 - Stage 5: Day 7 - Return to full activity/participation (I.E. - Contests/Competitions)