

NPS Athletics: Return to Training Policies and Procedures

Criteria for Participation in Group Training Sessions in Phases 2-3

Includes athletes, coaches, and staff

1. Required
 - a. No signs or symptoms associated with COVID-19 in the past 14 days; *unless determined by School's Athletic Trainer of another clinically sound reasoning for presence of singular or multiple signs or symptoms. If it is determined that there is another cause, not associated with Covid-19, for the sign or symptom, the student will be allowed to participate in NPS sponsored activity that day*
 - b. No travel outside of the region within 14 days prior to beginning group training
 - c. No close sustained contact with anyone who is sick within 14 days
2. All participants must self-monitor for symptoms of COVID-19 daily (see protocol below). If any signs or symptoms of infection are present, the participant will not attend practice, should notify coaches and staff, and will be referred to a healthcare provider as needed.
 - a. Athletes must record the results of their self-monitoring on a paper or electronic log that will be monitored by athletic trainer, coaches, or staff
3. Upon arrival to train, each athlete must be screened for signs or symptoms of COVID-19, including temperature assessment. Any individual with a temperature above 100.4 degrees will be sent home.
4. Use of facial coverings
 - a. **ALL** staff members and coaches on site will be required to wear a face covering **at all times** during all conditioning and practice sessions
 - b. **ALL** athletes will be required to wear a face covering upon arrival to the facility and at all times where social distancing can not be maintained. While participating in exercise or an active drill, athletes must wear masks **at all times**, this includes on sidelines and while not actively participating in drills or activity.

Daily Screening Protocol

Every athlete, coach, and staff member will complete the following Covid-19 screening questionnaire via rSchools application. The questionnaire must be completed and submitted prior to attendance at any NPS sponsored athletic activity. Failure to complete the questionnaire will result in inability to participate in athletics on that day.

1. Have you been in close contact with a confirmed COVID-19 patient? (YES / NO)
2. Have you experienced Covid-19 symptoms in the past 14 days? (YES / NO)
3. Has anyone in your household tested positive for COVID-19 in the past 14 days? (YES / NO)
4. Have you been exposed to COVID-19 in the last 14 days? (YES / NO)
5. Have you ever tested positive for COVID-19? (YES / NO)
6. Has anyone in your household been instructed to quarantine in the past 14 days? (YES / NO)
7. Have you received a positive test result/diagnosis of COVID-19 in the last 14 days (YES / NO)

8. Have you been TESTED for COVID-19 in the past 14 days? (YES / NO)
9. Do you have any of the following? (YES / NO)
 - a. Fever
 - b. Difficulty Breathing, or shortness of breath
 - c. Cough
 - d. Nausea or vomiting
 - e. Sore Throat
 - f. Body/Muscle Aches
 - g. New Loss of Taste/Smell
 - h. Fatigue
 - i. Congestion or runny nose

Any individual who does not have access to a device for completion of the daily screening will be given the opportunity to complete the screening with the athletic trainer on site

Protocol for Disqualified Individuals

For individuals who have exhibited any sign or symptom of Covid-19, had a known exposure to an individual diagnosed with Covid-19, has a current or previous diagnosis of Covid-19, and/or had a positive temperature assessment above 100.4, the following protocols will be utilized for that individual's clearance and return for NPS sponsored activity. *These recommendations are fluid and subject to change based on CDC and state/local guidelines.*

- Exhibiting signs/symptoms and/or temperature assessment above 100.4, **in the absence** of known Covid-19 exposure: must be sent home and disqualified from all NPS sponsored activity until symptom-free for 24 hours without the use of fever reducing medications; *unless determined by School's Athletic Trainer of another clinically sound reasoning for presence of singular or multiple signs or symptoms. If it is determined that there is another cause, not associated with Covid-19, for the sign or symptom, the student will be allowed to participate in NPS sponsored activity that day*
- Exhibiting signs/symptoms, answering yes to an exposure question, and/or temperature assessment above 100.4, **with** known possible Covid-19 exposure: disqualified from all NPS sponsored activity; must be sent home and **referred to a healthcare provider** for Covid-19 evaluation, assessment, and/or testing.
 - Positive Covid-19 test: Required to self-isolate for at least 10 days from last positive COVID-19 test and/or initial day of symptoms prior to return to any NPS sponsored activity. The individual must be reevaluated by an appropriate healthcare provider and cleared for participation in physical activity utilizing the *NPS Return to Play Form: COVID-19 Infection Medical Clearance Releasing the Student-Athlete to Resume Participation in Athletics*. The individual must also be symptom-free for 24 hours without the use of fever reducing medications.
 - Negative Covid-19 test: The individual must be tested **at least 5 days** from known possible COVID-19 exposure. May be cleared for return to NPS sponsored activity with written medical documentation of negative test result from healthcare provider following 7 days of quarantine. The individual must also be symptom-free for 24 hours without the use of fever reducing medications.

- Absence of Covid-19 test: Required to quarantine for 10 days following last known exposure to Covid-19 infected individual, prior to return to any NPS sponsored activity. **Or** the possible Covid-19 exposure has tested negative, in which the individuals quarantining due to possible exposure, may return to physical activity immediately. The individual must also be symptom-free for 24 hours without the use of fever reducing medications.

Any individual who has been evaluated or treated by a healthcare provider must submit written documentation for clearance prior to return to training/activity, whether or not they have received a Covid-19 test

For situations of close contact exposure involving individuals who have already tested positive for COVID-19 in the last 3 months the following protocols will be utilized:

- People 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.
- People who develop symptoms again within 3 months of their first bout of COVID-19 may need to be tested again if there is no other cause identified for their symptoms.

For situations of close contact exposure involving individuals who have been fully vaccinated (2 weeks after second dose in a 2-dose series, like the Pfizer or Moderna Vaccine, OR 2 weeks after a single-dose vaccine, like Johnson & Johnson's Janssen Vaccine), the following protocols will be followed:

- People who categorize as a fully vaccinated individual, and have been identified as a close contact exposure, are not required to quarantine, or get tested, unless symptoms associated with COVID-19 arise.
- These individuals should continue to monitor for Covid-19 symptoms for 14-days, and should symptoms arise, they should isolate themselves from others, and be clinically evaluated for COVID-19, including testing if indicated.

Return to Training Phases

1. Phase 0: Governor's Executive Orders 53 and 55 prohibit group activities and public training facilities remain closed (3/16/2020 - 5/14/2020)
 - a. Individual training sessions in your home or outside (maintaining social distancing) using your own equipment
 - b. Coaching occurs virtually. No coaches or other athletes present during training.
2. Phase 1: Governor's Executive Orders 61 and 62 allow small group activities (< 10 people), but public training facilities remain closed.
 - a. Per the VHSL, out of season practice and all activities remain cancelled until further notice. The relaxing of the Governor's stay at home order applies only to businesses. Schools remain closed and in-school facility use is off limits.

- b. Coaching may continue virtually.
- 3. Phase 2: Public health authorities allow public training facilities to open (*limited to no more than 50 people with appropriate social distancing practiced*)
 - a. Onsite coaching and training may begin
 - b. See “Criteria for Participation in Group Training Sessions”
 - c. Standard infection prevention measures will be put into place (e.g., frequent handwashing, avoid touching your face, cover your mouth when coughing, etc.)
 - i. Make sure appropriate infection prevention supplies are present in multiple targeted areas (e.g., hand sanitizer, facial tissues, facial coverings, etc.)
 - d. Group training sessions are limited to 50 people (or designated percentage capacity of the training facility), and can occur outside (up to 50% capacity) or inside (up to 30% capacity). Social distancing must be maintained, with a minimum of 10 feet between participants.
 - e. Participants must use their own equipment and avoid touching each other with their hands. No equipment will be shared.
 - f. Athletes must use their own water bottle, towel, and personal hygiene products (e.g., soap, deodorant, etc.)
 - g. No activities that would require direct (e.g., football) or indirect (e.g., high jump pit, basketball) contact between athletes
 - h. Rigorous, frequent cleaning schedule/protocol of equipment with disinfectant before, during, and after training should continue, including wearing appropriate personal protective equipment (PPE) (e.g., gloves, face mask, etc.) to prevent contact with contaminated surfaces and protect against toxicities associated with cleaning products
- 4. Phase 3: Public health authorities allow public training facilities to open. All guidelines are in line with the VHSL guidelines and recommendations for Phase 3.
 - a. See “Criteria for Participation in Group Training Sessions”
 - b. Continue standard infection prevention measures (e.g., frequent handwashing, avoid touching your face, cover your mouth when coughing, etc.), and appropriate social distancing is strongly encouraged.
 - c. Make sure appropriate infection prevention supplies are present in multiple targeted areas (e.g., hand sanitizer, facial tissues, facial coverings, etc.)
 - d. Participants may use each other’s equipment, but equipment should be cleaned between use if possible
 - e. Continue to use own water bottle, towel, personal hygiene products (e.g., soap, deodorant, etc.)
 - f. Activities with direct (e.g., contact football) or indirect (e.g., high jump pit, basketball) can resume
 - g. Rigorous, frequent cleaning schedule/protocol of equipment with disinfectant before, during, and after training should continue, including wearing appropriate personal protective equipment (PPE) (e.g., gloves, face mask, etc.) to prevent



contact with contaminated surfaces and protect against toxicities associated with cleaning products

5. Per Executive Order of Virginia Governor Ralph Northam; and in accordance with VHSL mitigation guidelines; all game competition may resume for all sports *with* region and district approval.
6. END PHASE: A vaccine or cure for COVID-19 is developed
 - a. Incorporate COVID-19 vaccination into the standard vaccinations of athletes, coaches and staff
 - b. Continue to educate athletes, coaches and staff on the signs and symptoms of infection. If they develop signs and symptoms of infection, they should not attend practice, should notify their coaches and/or staff, and contact their healthcare provider
 - c. Continue standard infection prevention measures (e.g., frequent handwashing, avoid touching your face, cover your mouth when coughing, etc.)
 - d. Continue rigorous, frequent cleaning schedule/protocol of equipment with disinfectant before, during, and after training