

Athletic COVID-19 Policy

Every athlete, coach, and staff member must self-screen **daily** in order to be present for and/or participate in any Norfolk Public School sponsored athletic activity. This includes but is not limited to: conditioning, training, practices, try-outs, team meetings, team meals, athletic contests, and all other events.

Athletes and staff members will be instructed to ‘stay home if you are sick’. Any individual experiencing or exhibiting signs/symptoms of COVID-19 will be required to consult with the Athletic Trainer to determine status for athletics. Individuals exhibited signs/symptoms of COVID-19 may not be cleared for NPS activities/athletics that day

Attendance – Attendance for each practice/game must be kept and sent to the Athletic Trainer and/or Athletic Director on a daily basis for contact potential tracing purposes

Protocol for Exposed or Positive Individuals

NPS will follow the updated CDC guidelines as they become available.

August 12, 2022-

- **Close Contacts**
 - **Regardless of Vaccination Status**
 - **No quarantine recommended**
 - **Continue athletic participation**
 - **Monitor signs/symptoms**
 - **If signs or COVID-19 symptoms develop**
 - **Begin quarantine**
 - **Get tested day 5 or later**
 - **If negative at 5 days, return after 24hrs asymptomatic**
 - **If positive after 5 days, continue isolation**
 - **PCR Testing recommended on day 5 or later from last contact**
 - **Mask wearing recommended for 10 days from exposure in crowded, not well-ventilated areas**
- **Positive COVID-19 Diagnosis**
 - **5 day Academic Isolation followed by 5 days of continuous mask wearing IF fever and symptom free**
 - **10-day Athletic Isolation**
 - **Moderate/Severe case must have physician clearance**
 - **See attached document outlining infection severity**
 - **Complete COVID RTP protocol**
 - **Mild Infection**
 - **Complete *one full practice* supervised by AT. Monitor for challenges/new symptoms detected during supervised activity**
 - **Moderate/Severe Infection – See attached GRTTP**

Any individual who has been evaluated or treated by a healthcare provider must submit written documentation for clearance prior to return to training/activity, regardless of if they have received a Covid-19 test

COVID-19 Severity Scale

	Asymptomatic	Mild illness	Moderated illness Or Cardiopulmonary Symptoms	Severe illness
	No symptoms	Common cold-like symptoms [without fever], GI symptoms, or loss of taste/smell	(≥ 2 days of fever, chills, or flu-like symptoms; or chest pain, SOB, or palpitations)	Required hospitalizations



COVID Graduated Return to Play Protocol (Moderate/Severe Infections)

	Day 1-2	Day 3	Day 4	Day 5	Day 6
Activity Description	Light Activity	Frequency of Training Increases	Duration of Training Increases	Intensity of Training Increases	Resume Normal Training Progression
Exercise Allowance	Walking, Light Jogging, Stationary Bicycling	Simple Movements Activities (e.g. Running Drills)	Progression To More Complex Training Activities	Normal Training Activities	Resume Normal Training
% Heart Rate Max	<70%	<80%	<80%	<80%	Resume Normal Training
Duration	<15 min	< 30 min	< 45 min	<60 min	Resume Normal Training
Objective	Increase Heart Rate	Increase load gradually, Manage Any Post Viral Fatigue Symptoms	Exercise, Coordination, And Skills/Tactics	Restore Confidence, And Assess Functional Skills	Resume Normal Training
Monitoring	Subjective Symptoms, Resting Heart Rate, RPE	Subjective symptoms, resting heart rate, RPE	Subjective symptoms, resting heart rate, RPE	Subjective symptoms, resting heart rate, RPE	Subjective symptoms, resting heart rate, RPE

Acronyms: RPE (rated perceived exertion scale)



**If at any point during GRTPP or after completion of GRTPP and during participating in full unrestricted athletics activities the athletes develop new cardiac or respiratory symptoms. They are to stop all activities and get further workup by specialists