

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 potential contact 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 GRTPP**

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 GRTTP or after completion of GRTTP 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