

PLEASE NOTE THAT ALL GUIDELINES AND RESTRICTIONS ARE SUBJECT TO CHANGE  
**UPDATED ON 10/23/2020**

## **Newton Athletics - Return to Winter Sports Season COVID-19 GUIDELINES & RESTRICTIONS**

### **STUDENT-ATHLETES & PARENTS – PLEASE READ**

#### Some important overlying concepts:

- #1 - Maintain social distancing when athletes are not participating on the court/field (athletes, coaches, parents)
- #2 - Coaches, players, parents/guardians must do a self-check for symptoms prior to attending the athletic function.
- #3 - Coaches, players, parents/guardians are required to wear masks when entering and during their time in the athletic facility when they are unable to maintain proper social distancing. Exception is when players are participating in the game action and/or the person(s) have a medical reason.
- #4 - Coaches, players, parents/guardians are required to bring their own water bottles. It is recommended for the athletes to bring a water bottle that will last the entire practice/game because drinking fountains will be closed.
- #5 - During transportation to and from events on school bus/van all student-athletes, coaches, and other personnel will be required to wear a mask when they are unable to social distance unless they have a medical reason.

#### Signs of Illness:

Any student-athlete, coach, or other personnel that has the following symptoms should stay at home and see their primary care provider to be assessed for COVID-19:

- Cough, shortness of breath, difficulty breathing  
OR
- Fever, chills, headache, loss of taste or smell, GI issues (nausea/vomiting/diarrhea)  
OR
- Any of the symptoms above AND a known exposure to COVID-19

#### Returning to Athletics After Illness:

If a student is diagnosed as having COVID-19, they must meet the following criteria to return to athletics.

- 7 days with no fever, all symptoms improve, AND 14 days since symptoms first appeared.  
ANYONE TESTING POSITIVE FOR COVID-19 WILL NEED A DOCTOR'S AUTHORIZATION TO RETURN.
- Students that only have a fever and no other symptoms with no contact with an individual that has COVID-19 may return to athletics after they are fever free for 24 hours without using fever reducing medications.
- Any other illnesses should be handled in the routine manner according to past practices.

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**Instructions for Student-Athletes and Parents:**

\*Please note: if you are feeling sick we always recommend seeing a healthcare professional.

#1 - **SICK = STAY AT HOME** - If you are feeling sick, then you should contact the coach and stay at home. Please let them know if they are Covid-19 symptoms and if you plan on getting tested.

#2 - **NOT COVID-19 SYMPTOMS** - If you believe they are not Covid-19 symptoms then you should remain at home until you're without a fever for 24 hours without fever reducing medications and you are feeling better. We do recommend contacting your family doctor for consultation.

#3 - **COVID-19 SYMPTOMS** - If you believe they are Covid-19 symptoms then we recommend contacting your doctor.

- Testing Option (NEGATIVE) - if you are tested and it is NEGATIVE please bring that paperwork and submit to the coach.
- Testing Option (POSITIVE) - if you are tested and it is POSITIVE you will need to follow the recommendations of your doctor and return no sooner than 14 days after the first symptoms along with a doctor's note from your primary care physician stating you are cleared, including cardiac clearance, to return to play.
- Non- Testing Option - you are required to meet the following criteria: 7 days with no fever, all symptoms improve, AND 14 days since symptoms first appeared. Doctor's note from your primary care physician stating you are cleared, including cardiac clearance, to return to play.

**#4 - Return to Play After COVID-19 –**

**\*\*MUST HAVE PRIMARY CARE PHYSICIAN NOTE CONFIRMING CARDIAC CLEARANCE\*\***

**Day 1: Walk 500 meters.**

**Day 2: Up to 15 minutes of light activity (walking, jogging, or stationary cycling).**

**Day 3: Up to 30 minutes of simple-movement activities (running drills, plyometric).**

**Day 4: Up to 45 minutes of sport-specific drills.**

**Day 5-6: Up to 60 minutes of normal practice activities.**

**Day 7: Resume normal training.**

**\*\*We all have the same goal: to have a FULL successful season for Winter sports! We have a better chance of having this happen if all of our student-athletes, parents, and coaches follow the procedures above while involved in athletics at Newton! \*\***