

Good Afternoon,

As you know, our athletic programs have been following the protocols of the ODH, CCBOH and OHSAA. At all times we want to make sure that we are fully transparent when it comes to the safety and well being of our students.

**Athlete Misses Practice with Symptoms (Undetermined if Covid or not)**

1. Call/See Primary Physician
2. If a test is ordered, wait for results.
  - a. Positive Result - see guidelines below
  - b. Negative - can return with note
3. If a test is not ordered - must sit out/away from the team for 72 hours since the last symptom without the use of medicine.

**Travel Advisory**

1. Students traveling to and or from any state listed in the Travel Advisory Report (link below), must self quarantine for one week from date of return, symptom free, before returning.  
<https://coronavirus.ohio.gov/wps/portal/gov/covid-19/families-and-individuals/covid-19-travel-advisory/covid-19-travel-advisory>.
2. This quarantine recommendation was set forth by the Governor's office (modified by the CHS Athletic Department) on Wednesday, July 22, 2020. This recommendation was based on Covid-19 trends throughout the country. States may be added or removed from this list in the future depending on how the virus trends.

**Athlete tests Positive for Covid-19**

1. A positive test will result in a minimum 14-day quarantine regardless if the athlete has symptoms or not.
2. All positive tests are reported to the appropriate department of health.
3. The appropriate department of health will handle all contact tracing.
  - This information is HIPAA protected and therefore will be left to the department of health.

**Close Contact** - defined as any individual who was within 6 feet of an infected person for at least 15 minutes starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to positive specimen collection) until the time the patient is isolated.

1. Asymptomatic close contacts will not be tested.
2. Asymptomatic close contacts will be quarantined for 14 from their last contact with an infected individual.

3. Tests are currently unavailable for asymptomatic close contacts under the age of 18.
  - Even with a negative test, co-curricular activities are considered a non-essential business and the participant will still be quarantined for 14 days since their last contact with an infected individual.

Everyone involved with co-curricular activities at Cuyahoga Heights Schools wants to see co-curricular activities return, but we understand that safety is of the utmost importance. The above statements have been mandated at the state level and we must adhere to this guidance. Recommendations to keep limit the exposure of Covid-19 include:

1. Washing your hand frequently and throughout the day with soap and water or using an alcohol hand gel that contains at least 60% alcohol.
2. Taking your temperature before leaving the house - if higher than 100 F, stay home.
3. Bringing your own water bottle - you won't be able to practice or play without it.
4. Staying home when you are sick.
5. Avoiding crowds.
6. Avoiding close contact with people who are sick.
7. Covering your coughs and sneezing into your elbow or a tissue and then throwing the tissue away and washing your hands.
8. Avoiding frequently touched surfaces in public places, like elevator buttons, door handles and rails. Using a tissue or your sleeve to cover your hand or finger if you must touch a surface.

Again, the health and safety of all students continues to be of utmost importance. If you have any concerns or questions, please send an email to Athletic Director, Ryan Kelber at [rkelber@cuyhts.org](mailto:rkelber@cuyhts.org) and we will work to answer your concerns or get you in touch with the appropriate medical professional.

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