

# Mayfield High School

## Fall Sports Protocols (athletes)

### General Guidelines For Athletes

- \* Stay home when sick
- \* Wear a mask or face covering to and from practice or a contest and when not involved in physical activity
- \* Adhere to physical distancing guidelines at all times, when possible
- \* Do not share water bottles, food, clothing, towels, or other personal items
- \* Wash hands or use hand sanitizer upon entering and exiting all athletic facilities and as often as possible

Perform a Self-Assessment before reporting to practices or contests:

Symptoms of Covid-19 are wide-ranging and may appear 2-14 days after exposure. People with these symptoms may have Covid-19

- \* fever or chills
- \* cough
- \* shortness of breath or difficulty breathing
- \* fatigue
- \* muscle or body aches
- \* headaches
- \* new loss of taste or smell
- \* congestion or runny nose
- \* nausea or vomiting
- \* diarrhea

This list does not include all possible symptoms. CDC will continue to update this list as more is learned about Covid-19. A “self-checker” application is available at

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

Temperature screening: must be below 100.4

### **COVID-19 Pre-Participation Screening (daily)**

All team members will be screened prior to all practices and games

- \* Any individual who fails a screening, either based on symptoms or temperature level, should wear a face covering and be sent immediately to a designated area for isolation.
- \* Parents will be notified and the individual will be sent home. Any individual exhibiting signs of Covid-19 will need to acquire and pass a test prior to returning to participation.
- \* The individual must meet CDC’s criteria for “When You Can Be Around Others After You Had or Likely Had Covid-19” and provide documentation from a physician clearing the student to return to activity.

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>

**If you had symptoms and think or know you had COVID-19:**

You should follow the CDC's guidance "Isolate If You Are Sick"

<https://www.cdc.gov/coronavirus/2019-ncov//if-you-are-sick/isolation.html>

You can be with others after:

- \* At least 10 days since symptoms first appeared **AND**
- \* At least 24 hours with no fever without fever-reducing medication **AND**
- \* Symptoms have improved

**If you tested positive for COVID-19, but had no symptoms:**

You should follow CDC's guidance: "Isolate if you are sick"

<https://www.cdc.gov/coronavirus/2019-ncov//if-you-are-sick/isolation.html>

If you continue to have no symptoms, you can be with others after:

- \* 10 days have passed since the test

Depending on your healthcare provider's advice and availability of testing, you might get tested to see if you still have COVID-19. If you will be tested, you can be around others after you receive two negative test results in a row, at least 24 hours apart.

Clearance from a medical provider will be needed prior to returning to athletics.

**If you had close contact with an infected person:**

Close contacts with an infected person must self-quarantine for 14 days after their last contact with the person and should follow CDC's guidance for staying home if you might have been exposed to COVID-19. <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

Seek medical care if you have COVID-19 symptoms and consider getting tested.

Individuals are permitted to return to play after the 14-day self-quarantine period has ended if they have not had any COVID-19 symptoms.

Close contacts should cooperate with their local health department who will likely remain in touch with them during the self-quarantine period.

The CDC defines a "close contact" as someone who was within 6 feet of an infected person for at least 15 minutes starting from 2 days before symptoms started (2 days prior to specimen collection for asymptomatic people) until the time the infected person was isolated.

**Face Masks/Coverings**

- \* Masks/face coverings are required when traveling to and from transportation vehicles and team facilities
- \* Masks/face coverings are required to be worn during transit
- \* Masks/face coverings are required to be worn when entering facilities, including the training room, and on the field of play during any warm-up or walkthrough which does not require increased demand on the cardiorespiratory system

- \* Masks/face coverings are required to be worn by student-athletes while on the sidelines/benches and not engaged in competition “field of play”
- \* Coaches and other personnel must always wear a mask/face covering

### **Sidelines & Benches**

- \* Each athlete needs their own water bottle. Touchless water filling stations will be provided. Water bottles cannot be shared. Athletes will not be permitted to practice or play without their own water
- \* Athletes and coaches should try to maintain 6 feet of physical distancing as much as possible on the sideline or bench areas

### **Locker Rooms**

- \* Locker rooms will be organized to maintain physical distancing between athletes
- \* No items (other than helmets and shoulder pads) may be stored overnight
- \* Locker room will be disinfected each night

***Based on OHSAA, CDC, and Cleveland Clinic guidance, subject to change***