



2021-2022 BFHS ATHLETICS COVID-19

RETURN TO ACTIVITY GUIDELINES & PROTOCOLS

- ❖ This information is intended to be a guide and to assist athletic staff and student-athletes to train and practice safely while limiting any potential exposure or spread of the CV-19. Because of the increase in contact among individuals, it remains important to be aware of the possibility of new infections, and the important role that contact tracing will play in those scenarios.

General Protocols for All Athletic Activities

- ❖ Perform daily screening for signs or symptoms at home. Stay home if feeling ill. No signs or symptoms of COVID-19 in the past 14 days. Symptoms include fever over 99.3° F, fatigue, muscle aches, cough, chest tightness, other flu-like symptoms, loss of taste or smell, nausea, and diarrhea.
- ❖ If you have a pre-existing condition that is susceptible to COVID-19 (e.g., moderate to severe asthma, obesity, heart conditions, diabetes, obesity, or chronic immune deficiencies) please consider staying home.
- ❖ If any signs or symptoms of COVID-19 become present while at school, will immediately be sent home and instructed to contact healthcare provider.
- ❖ Try to maintain social distancing of six feet (no handshakes, hugging, high fives, or other physical contact).
- ❖ Wash hands often with soap and water; use hand sanitizing station if soap and water is not available.
- ❖ Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- ❖ Follow safety precaution signage.
- ❖ Strongly recommend athletes travel to facility alone or with member of immediate household.

Facility and Practice Recommended Protocols

- ❖ Athletes should bring their own pre-filled water jug or water bottle to practice (clean daily).
- ❖ Coolers will be provided at practice or games for refill of bottles.
- ❖ No sharing of food or drinks or equipment (water bottles, towels, personal hygiene products,) between athletes.
- ❖ No admittance to the training room unless given permission by athletic trainer.
- ❖ Limit any congregating before and after practice while in the parking lot, locker rooms or inside the building.

Weight Room Recommendations

- ❖ Try to maintain social distancing when possible (6 feet).
- ❖ Continue to clean as requested by Explosion trainers.

Quarantine Protocols

- ❖ Attendance at practice will provide contact tracing and be recorded by coach or assigned administration.
- ❖ All athletes/coaches will be assumed to be unvaccinated and must quarantine if they have been in close contact (within 6 feet of someone for a total of 15 minutes or more) with someone who has COVID-19. If an athlete/coach does not want to quarantine, they are free to provide proof of the vaccine to the school. Those who are fully vaccinated do NOT need to quarantine after contact with someone who had COVID-19 unless they have symptoms.
- ❖ A 10-day quarantine will be required of any athlete/coach that tests positive with COVID-19 and anyone who is determined to have direct exposure of COVID-19 through living situations and direct contact, regardless of test result. May return after day 7 after receiving a negative test result (test must occur on day 5 or later).
- ❖ If positive test of COVID-19, please contact the school nurse, Sue Ebling sebling@fenwickfalcons.org and Amy Anders, AT, aanders@fenwickfalcons.org as soon as possible.
- ❖ A doctor's note and proper return to play is needed for clearance to coach/train when returning from a documented positive COVID-19 case.

If you have any questions, please contact Amy Anders, MS, AT, ATC, CSCS at aanders@fenwickfalcons.org or 513-423-0723 x8330