

# **DCPS ATHLETICS COVID-19**

## **Health and Safety**

### **Return to Play Plan**

Updated June 14, 2021 – Subject to Change



## **TABLE OF CONTENTS**

**EXECUTIVE SUMMARY.....p. 3**

**RETURN TO PLAY GUIDANCE WITH APPENDICES.....p. 4-14**

***APPENDIX 1 – ATHLETIC TRAINING FACILITIES GUIDANCE(CLEANING, SOCIAL DISTANCING, SIGNAGE POLICIES, CLEANING AND DISINFECTING).....p. 15-17***

***APPENDIX 2 - RETURN TO PLAY GUIDANCE VIDEO/DAILY ROUTINE.....p. 18***

***APPENDIX 3 – TELEHEALTH GUIDANCE WITH DCPS ATHLETIC TRAINERS.....p. 19***

***APPENDIX 4 – Signage - 6 Feet Apart Signage.....p. 20***

***APPENDIX 5 – Signage – Social Distance Signage.....p. 21***

***APPENDIX 6 – Signage – Slow the Spread Signage.....p. 22***

***APPENDIX 7 – Positive Case - Return to Play Criteria.....p. 23-25***

***APPENDIX 8 – Daily Screening Questions – Paper Form.....p. 26-32***

## **EXECUTIVE SUMMARY**

District of Columbia Public School Athletics will continue to work in collaboration with the District of Columbia State Athletic Association(DCSAA) and follow guidelines and recommendations as set forth by the DC Department of Health(DOH), Executive Orders issued by the Mayor of the District of Columbia, the Office of the State Superintendent of Education(OSSE), the Centers of Disease Control and Preventions(CDC), and National Federation of State High School Associations(NFHS) in order to keep our student-athletes safe. All outlined guidance must be adhered to while participating in the voluntary phased in approach to conditioning, skill development, practice and competition strength sessions. DCPS Athletics will focus on the health and safety of all staff, student-athletes and families and have developed guidance built specifically for education-based athletic programs.

The guidance and other recommendations established here outlines protocols for the DCPS Athletics Health and Safety Return to Play Plan (the “Plan”), which includes in-person student-athlete workouts at school sites under the direction of school Athletic Directors, DCPS-certified coaches and DCPS-certified athletic trainers. This plan focuses on established return to play guidance for indoor and outdoor spaces to included facilities cleaning, social distancing, pre-workout screenings and participation protocols. The guidance in this document applies to all stakeholders, including school athletic directors, coaches, student-athletes and their families and athletic trainers as pre-season conditioning activities are conducted to transition student-athletes appropriately.

Everyone involved must follow the RTP Plan guidelines described here for interscholastic athletic programs for a safe return to play. The goal of the RTP guidance is the acclimatization of sport to increased physical activity and practice while being mindful of the health and safety of student-athletes, staff and families.

### **RTP PLAN START DATE:**

**March 22, 2021**

### **Preparation Timeline: March 11 - 19**

- **Athletic Director, Coach, Student-Athlete RTP Training**
- **Athletic Director QuickBase Training**
- **New Athletic Director Orientation**
- **Mandatory Coach Rules Meetings**
- **Site preparation**
- **Thermometer Pick up - Beginning Monday, March 22<sup>nd</sup> – 10am – 5pm – 3535 V St NE**

## **Participants and Stakeholders**

To begin, participation in in-person activities is optional for all participants and stakeholders, including coaches. All students who have completed the participation process and are eligible per DCPS eligibility guidelines will be permitted to participate. **Additionally, beginning the fall 2021 sports season only in-person instruction students are eligible to participate in in-person athletic activities.** \*Updated 6/14/21

## **Multisport Participation**

During the Spring 2021 athletics and re-engagement season, student-athletes are limited to competing on one roster OR participating in one pod. To limit exposure, student-athletes will not be permitted to compete on multiple rosters or compete on a roster and engage in conditioning in a pod simultaneously. Reducing the potential for COVID-19 cases related to athletics increases the chances that we will be able to complete competitions and minimizes the number of pods that will need to quarantine in the event of a positive case.

### **Additionally, the following considerations apply:**

Student-athletes and staff at high risk for experiencing severe illness due to COVID-19 consult with their medical provider before participating in any conditioning, skill development, practice or competition. This includes people with:

- Cancer
- Chronic Kidney Disease
- COPD
- Immunocompromised state from solid organ transplant
- Obesity & Severe Obesity
- Sickle Cell Disease
- Smoking
- Type II Diabetes Mellitus

Any child or staff member who has a medical condition not on this list but is still concerned about their safety.

## **Signs and Symptoms of COVID-19**

Individuals with COVID-19 have experienced a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2–14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

- As stated on the CDC website, this list does not include all possible symptoms; the CDC will continue to update this list as needed.

### **DCPS Certified Athletic Trainers**

In order to assist with the implementation of the DCPS Athletics RTP Plan, certified Athletic Trainers (ATCs) will return to high schools. ATCs will assist with the check-in and participation of student-athletes and assist Athletics Directors, coaches, and staff members with the implementation and supervision of the return to in-person operations.

### **Required Participation Forms**

All students participating in in-person activities, as part of the DCPS Athletics program, must submit all required documentation. Participation forms can be done electronically through using the links below and/or <https://www.thedciaa.com/participation-forms>.

Students and parents/guardians who have difficulty with registration should contact the school Athletic Director.

#### **Participation Forms**

All students must complete a participation packet every school year. Additionally, the medical forms must be completed within the prior 365 days. We encourage you to have your healthcare provider complete these forms before the school year and attach them to your participation packet.

1. [HS Participation Packet](#)
2. [MS/ES Participation Packet](#)
3. [Universal Health Certificate \(UHC\)](#). Students with certain medical conditions may also need to complete an [Asthma Action Plan](#) or an [Anaphylaxis Action Plan](#)

### **Operating Procedures**

The following operating procedures provide additional guidance that will maximize operations to allow for the greatest level of student-athlete engagement.

The following operating procedures apply:

1. **Participation** – all students must complete participation forms for in-person athletic activities in advance and be deemed eligible prior to engagement.

3. **Designated Check-in Location(s) and Procedures** – schools will identify and clearly communicate check-in location(s) and procedures for student-athletes, coaches, and other appropriate stakeholders.

4. **Attendance Tracking Sheet & QR Code** – the *DCPS Athletics Student-Athlete Screening Form* must be completed for all athletic activities conducted as part of the DCPS interscholastic athletics program.

- All coaches, athletes, and staff should be screened daily for signs / symptoms of COVID-19 prior to participating in any workout , including a temperature check. Anyone with a temperature of greater than 100.4°F should not participate and be sent home.
- Anyone with any of the following symptoms should not be allowed to participate: Chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of

taste or smell, sore throat, congestion, nausea or vomiting, diarrhea, or otherwise feeling unwell.

- Prior to participation, athletes should complete the COVID-19 screening in consultation with parents/guardians.
- A record will be kept of attendance.
- Responses to screening questions for each person will be recorded and stored.
- The head coach or athletic trainer is responsible for collection of the data from each day's screening. Ideally this would be the same individual each day for consistency.
- Students or coaches who have a positive pre-workout screening must not be allowed back until they have a note from their healthcare provider indicating that they do

**5. Outdoor and Indoor Activities** – Full team athletic activities(conditioning, skill development, workouts) may occur on high school campuses, both indoors and outside. **\*Updated 6/14/21**

**6. Outdoor Gatherings – \*Updated 6/14/21**

- Conditioning Workouts and Skill Development sessions are VOLUNTARY.
- Equipment and workout spaces must be cleaned and disinfected regularly.
- Full team engagement is allowed in outdoor spaces. Teams are no longer relegated to workout pods.
- Masks must be worn at all times unless the student-athlete is engaged in physical activity.
- Coaches, athletic trainers, officials, spectators, and athletic personnel must wear masks at all times outdoors
- A minimum of 6 feet should be kept between all participants and coaches, to the extent possible

**7. Indoor Gatherings - \*Updated 6/14/21**

- Conditioning Workouts and Skill Development sessions are VOLUNTARY.
- **Gathering size for indoor athletic activity is limited to 50 individuals**
- Equipment and workout spaces must be cleaned and disinfected regularly.
- Full team engagement is allowed in indoor spaces.
- For indoor sports, masks shall be worn at all times, even while engaged in athletic activity, except as noted below:
  - Cheerleading – when actively engaged in stunting/tumbling
- Coaches, athletic trainers, officials, spectators and athletic personnel must wear masks at all times indoors
- A minimum of 6 feet should be kept between all participants and coaches, to the extent possible

**Weight rooms – gathering limits for weight rooms are limited to 20 individuals.** Face coverings/mask must be worn at all times and equipment must be cleaned between each use.

**8. Entrance/Exit Strategies** – each school must designate and implement appropriate entrance and exit strategies to facilitate social distancing. Included in these strategies are the following principles:

- Parents/guardians shall remain in vehicles during pick-up and drop-off (lines are recommended to avoid unnecessary exposure)
- Carpooling should not be allowed unless participants are members of the immediate family
- Athletic Directors and Coaches will communicate plans to parents/guardians and students, with the expectation of pick-up and drop-off being timely – get in and get out
- Per the DCPS Athletics Handbook coaches must supervise student-athletes at all times, including during the activity and until all students have left school property
- Schools are encouraged to create and distribute a campus map, which communicates the entrance/exit strategies for all activity locations
- Outdoor locations will be established and communicated at each school

**9. Face Masks/Coverings** – individuals shall correctly wear a face mask/covering, especially when social distancing is not feasible.

- Masks must be worn at all times – indoors and outdoors
- Face coverings with exhalation valves or vents must NOT be worn.
- This type of face covering does not prevent the wearer from transmitting COVID-9 to others.
- Students may remove themselves from practice and/or competition, if needed, to remove masks and rest. Breaks will be scheduled during athletic activity to provide rest. Coaches should schedule breaks during athletic activity to allow for student-athletes to rest, hydrate, and remove masks while social distancing.
- Face masks/coverings are required for coaches and students not actively participating in activities (arriving to and leaving activities, etc.) at all times.
- Cloth face coverings are acceptable.
- Face coverings must not be shared.
- Plastic shields covering the entire face will not be allowed during participation due to the risk of unintended injury to the person wearing the shield or others.
- Artificial noisemakers such as an air horn or a timer system with an alarm can be used as a signal in place of a traditional whistle.

**10. Social Distancing Protocols** – the following will be implemented to promote social distancing:

- A minimum of 6 feet should be kept between all participants, to the extent possible

- When feasible, increase distancing to at least 10-12 feet if shouting, yelling or heavy breathing, as forceful exhalation can increase aerosol volume and distance
- Use of larger, well-ventilated facilities for activities
- No direct person-to-person contact (touching) when spotting for weight training – use safety spotter arms or straps where feasible and safe
- No handshakes or fist bumps
- No team huddles
- No spitting or sunflower seeds, tobacco, phlegm

**11. Hygiene** – hand hygiene is essential. In addition to handwashing, participants must wash hands with soap and water or use hand sanitizer, especially after touching frequently used items of surfaces.

- Sneeze or cough into a tissue, or the inside of your elbow. Avoid touching your face.
- Disinfect frequently used items and surfaces as much as possible.
- The use of face coverings while in public is required

**12. Hydration/Food** – all participants must bring their own water bottle that includes their name clearly labeled. Students are encouraged to bring a gallon of water to each session or contest. Sharing of water bottles is strictly prohibited. Food should not be shared. Hydration stations/water coolers will not be provided, so it is imperative that students bring their own water bottles for use during activities. **No water = No workout.**

**13. Gradual Return to Activity** – students have had a prolonged break from organized sports and conditioning. Although some students may have continued independent strength and conditioning and cardiovascular training, some athletes may return deconditioned. Coaches need to assess the physical conditioning status of all athletes on their return and plan for a graduated return in duration, frequency, and intensity of athletics. To provide equity and equal access, it is suggested that coaches be mindful of students' physical conditioning during the team selection process, given that many individuals may not have had access to safe, appropriate conditioning opportunities during the pandemic.

**14. Facilities/Cleaning(Appendix 1)** – bathrooms and facilities will be cleaned per DCPS protocol and procedures by building services staff. Social distancing protocols shall be implemented at all times, including entrance and exit strategies. Cleaning schedules will be created and implemented for all athletic facilities.

- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility will be disinfected(weight room equipment, bathrooms, athletic training room tables, etc.) before and after each workout session.
- Individuals will be directed to wash their hands for a minimum of 20 seconds with soap and water before touching any surfaces or participating in workouts.



- Hand sanitizing stations will be available to individuals as they transition locations.
- Once usage is allowed, DCPS staff will thoroughly disinfect the weight equipment before and after an individual's use of equipment.
- Appropriate clothing/shoes will be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam will be covered or disqualified for use by DCPS staff.
- After participation, students should return home and immediately shower and wash their workout clothing. Locker room showers will not be available until further notice.

**15. Locker Rooms** – locker rooms will not be available until further notice. Students will leave belongings in a designated place during the activity. Social distancing protocols shall be implemented within the designated space, including entrance and exit strategies.

**16. Equipment** – All shared equipment must be disinfected before and after use per DCPS cleaning protocols with DCPS-approved products. Use wipes on all equipment/bars/benches before and after use. **\*Updated 6/14/21**

- No handshakes, fist-bumps, high fives, hugs, etc.
- Students should take frequent breaks for handwashing or hand sanitizer use.
- Any equipment that may be used by multiple individuals (i.e. balls, shot put, discus, etc.) should be cleaned before and after use .
- Athletic equipment will be cleaned at the conclusion of each session by staff and/or custodial personnel and individual clothing or equipment (team issued or personal) must be cleaned at the conclusion of each session by the participant.

### **17. Student-Athlete Preparation**

In order to participate in in-person athletic activities, students need to be prepared. As part of preparation for activities, students must have the following (all clearly marked with the student's name):

- Mask
- Hand Sanitizer
- Water Bottle
- Towel

**18. Summer Conditioning/Skill Development/Workouts - \*Updated 6/14/21**

During the summer months, sport-specific skill training is allowed. All conditioning and sport specific activities must comply with the following:

- All coaches must have all certifications before engaging with student-athletes
- All student-athletes must be deemed eligible on the off-season workout roster for their sport
- Athletic activities are open to all students.
- DCPS Athletics approved athletic activities must occur on campus.

**19. Student-Athlete Summer Workout Eligibility - \*Updated 6/14/21**

Student-athletes must submit all required participation documentation and be deemed eligible to participate before engaging in athletic activity. Athletic Directors and coaches must create an off-season workout roster in the [DCPS Athletics QuickBase System link found here.](#)

**20. Emergency Plan** - for all activities, schools shall implement an emergency plan, in the event of inclement weather or other emergency, that provides a large and appropriate space for students and participants to safely relocate with appropriate physical distancing (such as a gymnasium or cafeteria). Schools must also ensure access to AED units.

Additionally, please be reminded of the DCIAA Thunder & Lightning Policy included below in the event of inclement weather.

**8.11.4 Thunder & Lightning Policy.** The DCIAA rule is – “SEE IT or HEAR IT, CLEAR IT immediately!” If lightning is seen or thunder is heard, the activity shall be stopped, the outside venue shall be cleared immediately, and athletes shall be safely sheltered. The athletic department shall be contacted once all individuals are safely sheltered.

**8.11.5.1 Evacuation Sites.** SAFE Evacuation Sites include fully enclosed metal vehicles/buses with windows closed or substantial buildings. UNSAFE Lightning Shelter Areas include all outdoor metal objects like flag poles, fences, and gates, high mast light poles, metal bleachers, golf carts, machinery, etc. AVOID trees, water, open fields and high ground. **\*Updated 6/14/21**

**21. Note Regarding School Club Athletic Teams** - While DCPS does not administer club athletic teams, coaches and student-athletes must comply with all regulations and standards listed in the DCPS Return to Play guide and follow the appropriate outlined phased-in approach.

**22. Transportation** – For in-season eligible sports, transportation for contests will be conducted with the following protocols

- Transportation on busses will be at 50% capacity. – 22 team member limit
- Teams will sit using a staggered/zig-zag seating arrangement with one person on a seat
- Team limit sizes larger than 22 must request a second bus to ensure the bus transportation limit is not exceeded
- Masks must be worn at all times by coaches and student-athletes while being transported to and from contests

23. **Future Updates** - While conditions are ever-changing in regard to COVID-19, updates regarding DCPS athletics activities will be provided as available and posted on the DCIAA webpage, under the COVID-19 tab. The DCIAA will continue to meet during the implementation of in-person activities to receive feedback from stakeholders and incorporate the latest information and guidance into program operations. The ongoing evaluation of the Return to Play Guide will occur throughout the pandemic.

## **POSITIVE CASE OF COVID-19 RESPONSE** (Updated 4/30/21)

### **Possibility of Positive COVID-19**

Anyone who has been in close contact with a person who is positive for COVID-19 must **not** enter the facility until they have completed their quarantine period without becoming symptomatic or being diagnosed with COVID-19. These individuals are strongly advised to stay at home. Anyone awaiting a COVID-19 test result must **not** enter the facility until their result comes back negative. Anyone who has tested positive must complete a 14-day quarantine regardless of subsequent negative test. Anyone deemed a close contact must also complete a 14-day quarantine, regardless of a negative test.

Individuals who report they are not experiencing symptoms but report close contact with a confirmed COVID-19 case should stay at home and should not be allowed at school through the 14-day quarantine period.

Anyone who indicates symptoms on the Daily Health Screen or is identified as having a fever of 100.4 degrees Fahrenheit or greater should be assumed to be positive until cleared by an appropriate medical provider.

Individuals who meet any of the following may not participate or be present:

- Exhibiting symptoms of COVID-19 within the past 24 hours.
- Awaiting COVID-19 test results
- Confirmed COVID-19 positive (with or without symptoms)
- Close contact within the past 14 days with an individual with confirmed COVID-19
- Close contact within the past 14 days with an individual awaiting COVID-19 test results

These individuals must stay home and consult with their healthcare provider. They will not be allowed to re-engage in athletics until the following criteria have been met:

- At least fourteen (14) days have passed since symptoms first appeared.
- At least 24 hours have passed since resolution of fever without the use of fever-reducing medications.
- The individual has improvement in symptoms (e.g., cough, shortness of breath).
- Medical clearance is required for any individual that has a positive COVID-19 diagnosis or is quarantined for possible COVID-19.

### **Travel Guidelines**

Anyone associated with team activities who returns to the District after traveling to a place other than Maryland, Virginia or a low risk state or country must either:

- Limit daily activities for 10 days upon returning OR
- Limit daily activities and get tested for COVID-19 within 3-5 days after returning to DC. If you are experiencing symptoms, isolate at home until test results return.
- The recommendation to quarantine while test results are pending still applies.

Travel- related testing and quarantine requirements may be waived if an individual:

- Has tested positive for COVID-19 within the last 90 days AND does not have any symptoms consistent with COVID-19 OR
- Is fully vaccinated against COVID-19 AND is within 90 days of the last dose in the COVID-19 vaccine series AND does not have any symptoms consistent with COVID-19.

- A person is considered fully vaccinated 14 days after completion of a COVID-19 vaccination series (after the second dose of a 2-dose series, or after one dose of a singledose vaccine).

Refer to:

[Travel Guidance DCHealth COVID-19 2021-5-17-2021.pdf](#)

### **Confirmed Positive COVID-19 Test**

Schools must notify DC Health when:

- A staff member notifies the school they tested positive for COVID-19
- If a student-athlete or parent of a student-athlete notifies the school a student-athlete tested positive for COVID-19.
- Notify DC Health by submitting an online form on our website: [dchealth.dc.gov/page/covid-19-reporting-requirements](https://dchealth.dc.gov/page/covid-19-reporting-requirements) under the section “**Non-Healthcare Facility Establishment Reporting.**”
- Select “**Non-healthcare facility establishment seeking guidance about an employee, patron, or visitor that reported testing positive for COVID-19 (epidemiology consult/guidance).**”
- An investigator from DC Health will follow-up in 24-48 hours to all appropriately submitted notifications.
- DC Health will instruct schools on dismissals and other safety precautions in the event a known positive COVID-19 individual came in close contact with others at school.

### **Suspected Exposure to COVID-19 via Team Member/Staff**

Anyone exposed (i.e. the entire pod) to someone suspected of having COVID-19 or who tests positive for COVID-19 will be sent home immediately to quarantine until told otherwise.

If the original person tests negative the pod may return.

If the original person tests positive members of the pod may return if they remain asymptomatic for the duration of their quarantine period.

### **Locate Testing Sites**

- Anyone in need of a test should locate a testing site and stay home until you obtain your test results and follow the instructions of the primary care provider or DC Health.

- Locate a testing site here: <https://coronavirus.dc.gov/testing>.

### **Student-athletes Return to Participation Protocol (RTPP)**

Please understand for your child's safety, he/she will remain out of participation until they have been cleared by an appropriate medical provider (MD, DO, NP) and completes the RTPP. Returning a student-athlete before this happens may predispose them to another type of injury.

To begin the Return to Play Protocol (RTPP) it may be recommended that the patient have a normal ECG.

Medical clearance is required for any individual that has a positive COVID-19 diagnosis or is quarantined for possible COVID-19. That person must be 14 days symptom free.

### **Return to Participation Protocol**

- A graduated stepwise return to participation protocol will be implemented. The detailed return to participation protocol can be found in the Appendix.

| <b>Return to Participation Protocol Following a COVID-19 Diagnosis and/or Quarantine</b> | <b><u>RTP Phase</u></b> | <b><u>Description</u></b>   |
|--|-------------------------|---|
|  | 1                       | <ul style="list-style-type: none"> <li>• Student-athlete has been symptom free for 14 days</li> <li>• <ul style="list-style-type: none"> <li>• Student-athlete has been symptom free for 14 days</li> <li>• ECG Performed (if prescribed by the doctor or preferred by parent)</li> </ul> </li> <li>• Cleared by physician</li> <li>• Activities of daily living</li> <li>• Student-athlete completes above criteria without excessive fatigue or breathlessness</li> </ul> |
|  | 2                       | <ul style="list-style-type: none"> <li>• Student-athlete is symptom free</li> <li>• 15 minutes of aerobic exercise (walking, light jogging, stationary cycle, no resistance training) at &lt;70% of MHR</li> <li>• Student-athlete completes above criteria without excessive fatigue or breathlessness</li> </ul>  |
|  | 3                       | <ul style="list-style-type: none"> <li>• Student-athlete is symptom free</li> <li>• 30-45 minutes of moderate activity (e.g. simple movement activities such as running drills) at &lt;80% of MHR</li> <li>• Student-athlete completes above criteria without excessive fatigue or breathlessness</li> </ul>  |
|  | 4                       | <ul style="list-style-type: none"> <li>• Student-athlete is symptom free</li> <li>• 45-60 minutes of sports specific aerobic activity (including warm up) at &lt;80% of MHR</li> <li>• Student-athlete completes above criteria without excessive fatigue or breathlessness</li> </ul>  |
|  | 5                       | <ul style="list-style-type: none"> <li>• Student-athlete is symptom free</li> </ul>   |

|  |  |  |  |  |
|--|--|--|--|--|
|  |  |  | <ul style="list-style-type: none"> <li>• Return to play with no restrictions</li> <li>• Student-athlete completes above criteria without excessive fatigue or breathlessness</li> <li>• Return to play with no restrictions</li> </ul> |  |
|--|--|--|--|--|



## **APPENDIX 1**

### **Athletic Training Facilities Guidelines (Cleaning, Social Distancing, Signage Policies)**

#### **CLEANING AND DISINFECTING**

##### **A. Athletic Training Room**

1. All Athletic Trainers will perform routine cleaning and disinfect surfaces and objects that are frequently touched. This includes but is not limited to doorknobs, light switches, sink handles, tables, etc.
2. Athletic training room treatment tables, taping tables, equipment, etc. will be disinfected after each student athlete is treated.
3. Disinfecting and cleaning will follow CDC and DC Health guidelines. (Products will be applied and left on surfaces according to their recommendations.) Only products meeting EPA and CDC guidelines will be used.
4. Athletic Trainers will properly wash their hands after treating each athlete. Student-athletes will also be required to wash their hands per CDC recommendations.
5. Hand Sanitizer will be readily available.
6. All areas of the AT Room will be cleaned and disinfected daily.

##### **B. Weight Room**

1. Weight benches and equipment will be cleaned by the coach after each student-athlete use and between uses.
2. Student-athletes are to wear their masks during athletic activity in weight room.
3. The gathering limits for weight rooms are limited to 20 individuals.
4. Shirts, Shorts, and appropriate closed toe shoes should be worn, or students may not participate. (No uncovered girdles, spandex, sports bras, or bare skin.)
5. The weight room should be thoroughly disinfected by the coach before after use.
6. Any equipment, pads, etc. with holes must be properly covered prior to use or it should be disqualified for use.
7. Student-athletes must wash/sanitize their hands frequently.
8. When student-athletes are permitted to lift with spotters, the spotters will spot on the ends and will wear face masks. (Spotting is not permitted in phase 1).
9. The weight room will be cleaned daily by the school custodial engineers.

#### **SOCIAL DISTANCING/ PPE**

1. DC Health mandates that masks must remain on while on school property.
2. Masks and other PPE equipment will be worn by the Athletic Trainers at all times.
3. Masks will be required to be worn by each student-athlete and must remain in place throughout their entire treatment. (The only exception is if there is an injury to the covered area).



4. Coaches must wear face masks at all times. Artificial noise makers/alternative signals are encouraged to be utilized in place of traditional whistles.
5. Social Distancing of 6 feet will be required in the Athletic Training Room as well as in the designated waiting area, such as the hallway. Signage reminders will be posted.
6. Athletic Trainers will place an "X" on the floor every six feet outside of their Athletic Training Room with tape (duct, athletic, masking, etc.) to indicate where waiting student-athletes should stand.
7. Each Athletic Trainer will determine how many student-athletes can be treated at once in their room based on social distance guidelines of 6 feet. This will vary from school to school as well as various treatment areas and may require furniture/equipment rearrangement. Those tables/stations not in use should be clearly marked with signage stating that use is prohibited.
8. Student-athletes may not congregate in the Athletic Training Room/waiting areas/hallways.
9. Student-athletes are strongly encouraged to maintain social distancing to and from workouts.
10. Designated entrances and exits will be in place to limit traffic.

#### **ATHLETIC TRAINING ROOM and FACILITIES GUIDELINES/PROCEDURES/POLICIES**

1. Athletes will be seen by appointment only. Except for emergencies. Social distancing will remain in effect in an emergency.
2. Physical contact such as high-fives, fist bumps, and hugs are not permitted.
3. Whenever possible we will utilize telehealth to limit the number of exposures. (See telehealth guidelines for directives).
4. If student-athletes are waiting outside for their scheduled appointment, they must stand on an "X" to ensure appropriate social distancing.
5. Signage will be displayed in multiple locations, regarding social distancing, hand washing, and mask wearing.
6. Student-athletes, coaches and staff must have their own filled water bottle and personal water supply. No sharing allowed. No filled water bottle = No workout!
7. Coaches must wear face masks at all times and are discouraged from using traditional whistles inside or outside. Artificial noise makers/clock buzzers/alternative signals may be utilized instead.
8. Proper hygiene is to be practiced by the student-athletes. Post-participation, student-athletes should immediately return home to shower. Student-athletes should wear clean workout clothes each day. Student-athletes should not share equipment or articles of clothing.
9. The following are prohibited: eating, spitting, chewing gum, and sharing equipment.

#### **SIGNAGE**

1. Signage (from the CDC) with regards to hand washing, wearing masks, social distancing will be posted.
2. A telehealth infographic and the contact information of the Athletic Trainer will also be posted.



## Return to Play Guidance Training Video/Daily Routine - APPENDIX 2

### TRAINING VIDEO

[https://drive.google.com/file/d/1kMTAuK-fwPvt\\_ILhnBD-d8DpND1hWzJ\\_/view?ts=6047d0be](https://drive.google.com/file/d/1kMTAuK-fwPvt_ILhnBD-d8DpND1hWzJ_/view?ts=6047d0be)

**Arrive ready to Workout/Practice**

- ⇒ **Dressed** – have appropriate clothes and shoes on
- ⇒ **Hydrated** – have at least 32 ounces of water with you, no sharing
- ⇒ **Masked** – See guidance for indoor and outdoor spaces

#### Report to AD/Designated Personnel

- Maintain Social Distancing
- Stand on marker and remain 6' away from all other persons

#### Complete Symptom Survey

- Scan code to take survey
- \*IF any alerts come up on survey Athletic Trainer will remove SA from participation

#### Temperature

- Coach takes temperature with no touch thermometer
- Temperature is recorded on attendance form AND put in the electronic survey

#### Practice

- Go to next marker assigned by coach
- Once practice is over exit according to the schools exit plan

### COVID-19 JOB ASSIGNMENTS

| Title             | Assignment   | Contact Information |
|-------------------|--|---------------------|
| Athletic Director | Check in SA, ensure social distancing is maintained                                |                     |
| Athletic Trainer  | Reviews symptom surveys, removes SA if necessary.<br>Treats any injuries/illnesses |                     |
| Coach             | Scans and records temperatures   |                     |

CHECK



COMPLETE



RECORD



PRACTICE



## APPENDIX 3

### TELEHEALTH VISIT GUIDANCE WITH DCPS ATHLETIC TRAINERS

**DCIAA Sports Medicine**  
*Need to Schedule a Visit with an Athletic Trainer?*

**If you are experiencing a MEDICAL EMERGENCY, Call 911**

**You can now do this through Telehealth!**

Visits can be scheduled for:

- ✓ New acute injury
- ✓ Re-injury
- ✓ Conditioning
- ✓ Nutrition
- ✓ Mental Health
- ✓ Physician referral

Just download the Microsoft Teams App now to schedule an appointment!  
[www.microsoft.com/teams](http://www.microsoft.com/teams)

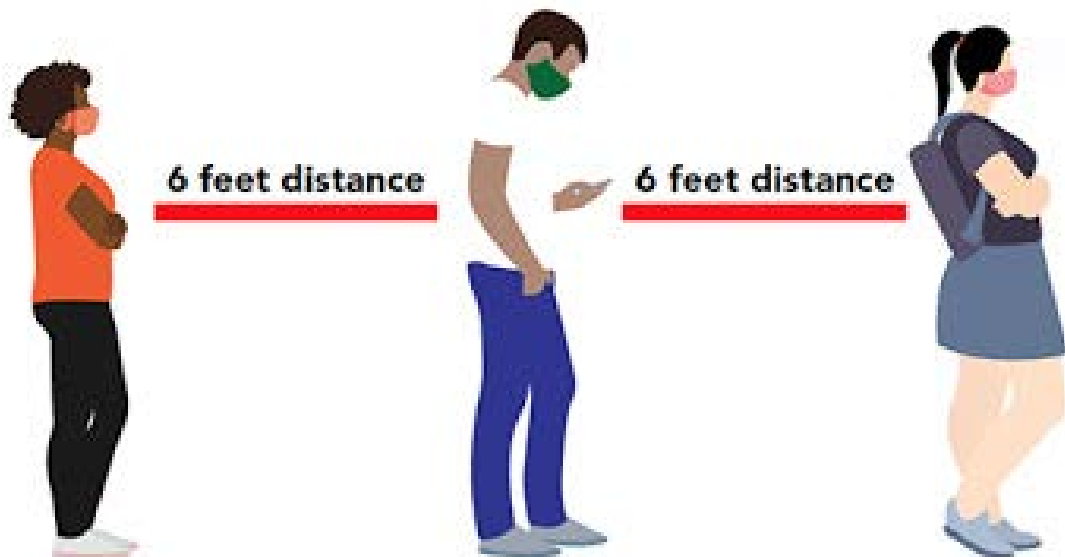
[www.thedciaa.com](http://www.thedciaa.com)

DOH telehealth guidelines require that there be an established relationship. Therefore, only DCIAA medically eligible student-athletes are eligible to participate in telehealth sessions.



## APPENDIX 4

**PLEASE STAY  
6-FEET AWAY**



**FROM OTHERS**



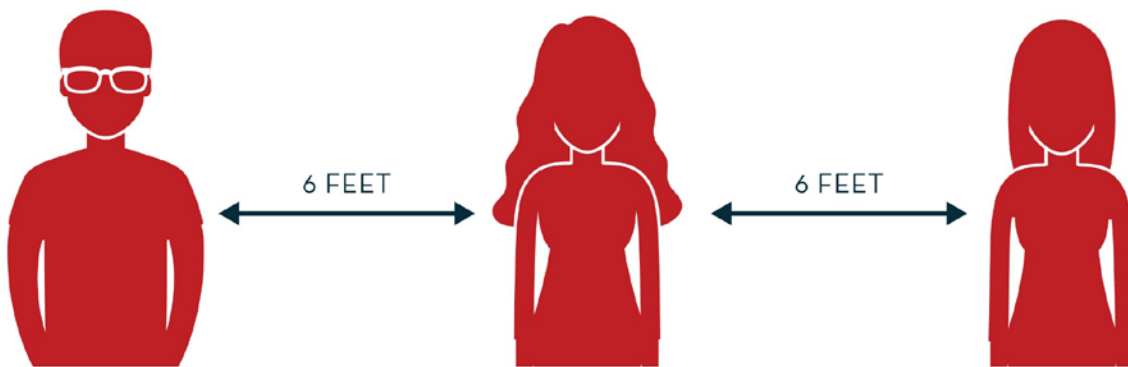
## APPENDIX 5

### SOCIAL DISTANCING

**HAVE TO GO OUT?** Keep 6 feet of distance between you and others whenever possible.

**WHY DOES IT MATTER?** It can help limit the spread of coronavirus (COVID-19).

**WHAT IS IT?** Remaining out of congregate settings, avoiding large crowds & gatherings.



[CORONAVIRUS.DC.GOV](https://coronavirus.dc.gov)



**DC | HEALTH**  
GOVERNMENT OF THE DISTRICT OF COLUMBIA

GOVERNMENT OF THE  
DISTRICT OF COLUMBIA  
**DC MURIEL BOWSER, MAYOR**





## APPENDIX 6





## APPENDIX 7

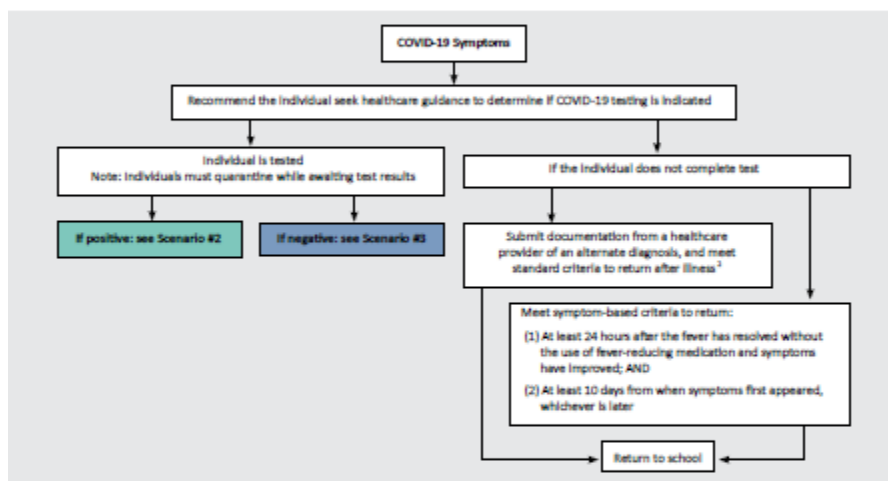


Office of the State Superintendent of Education

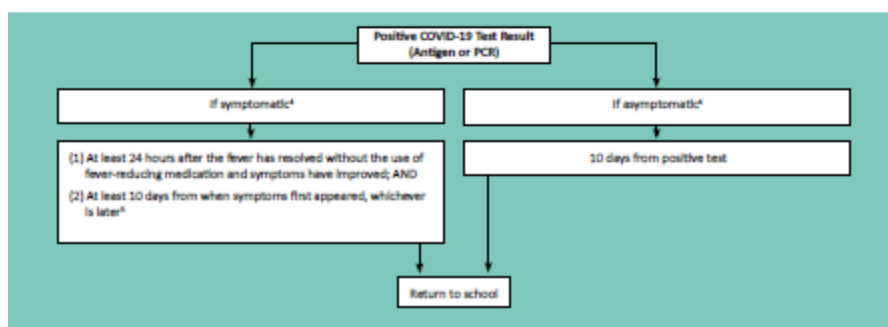
### RETURN TO SCHOOL CRITERIA

*Note: These scenarios include standard criteria to return to school for students and staff. Individual guidance from DC Health or a healthcare provider would always supersede these criteria.*

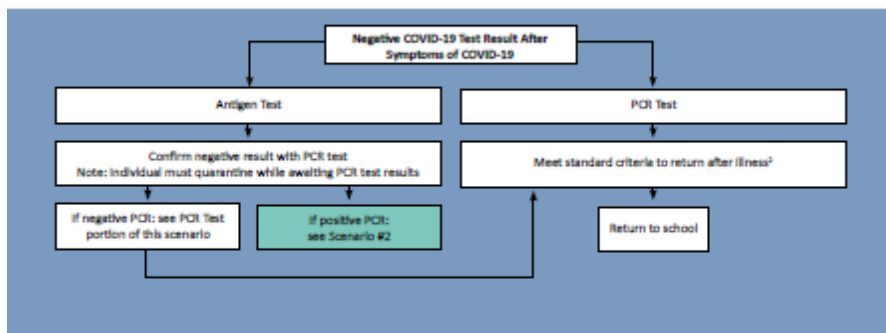
#### Scenario 1: Student or Staff Member with COVID-19 Symptoms<sup>1</sup>



#### Scenario 2: Student or Staff Member with a Positive COVID-19 Test Result<sup>3</sup>



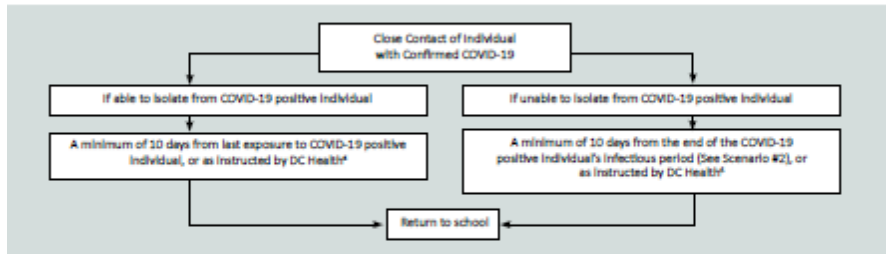
**Scenario 3: Student or Staff Member with a Negative COVID-19 Test Result After Symptoms of COVID-19**



**Scenario 4: Student or Staff Member with Documentation from Healthcare Provider of Alternate Diagnosis After Symptoms of COVID-19**

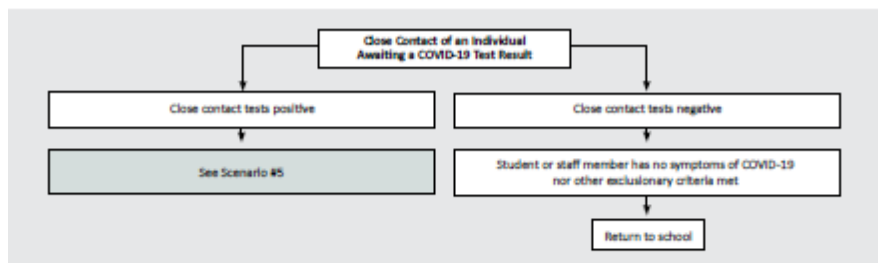


**Scenario 5: Student or Staff Member is a Close Contact of an Individual with Confirmed COVID-19<sup>7</sup>**

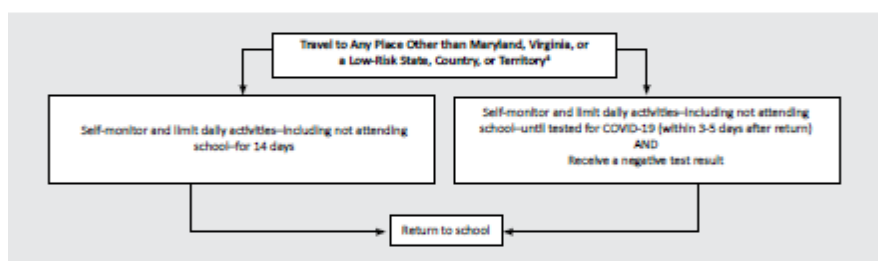




**Scenario 6: Student or Staff Member is a Close Contact of an Individual Awaiting a COVID-19 Test Result**



**Scenario 7: Student or Staff Member Traveled to Any Place Other than Maryland, Virginia, or a Low-Risk State, Country, or Territory**



**Endnotes**

1. Students or staff with pre-existing health conditions that present with specific COVID-19-like symptoms may not be excluded from entering the school building on the basis of those specific symptoms, if a healthcare provider has provided written or verbal documentation that those specific symptoms are not due to COVID-19.
2. Standard criteria to return after illness refers to the individual school's existing policies and protocols for a student or employee to return to school after illness.
3. See DC Health's Guidance for Persons Who Tested Positive for COVID-19 on [www.dchealth.dc.gov/files/default/covid19-guidance-for-persons-who-tested-positive.pdf](https://www.dchealth.dc.gov/files/default/covid19-guidance-for-persons-who-tested-positive.pdf) for more information.
4. Regardless of whether symptomatic or asymptomatic, close contacts (including all members of the household) must quarantine for at least 10 days.
5. Some individuals, including those with severe illness, may have longer quarantine periods per DC Health or their healthcare provider.
6. Per Scenario #5, a negative test result after close contact with an individual with confirmed COVID-19 does not shorten the duration of quarantine of at least 10 days.
7. DC Health strongly recommends that individuals who live or work with someone at higher-risk for COVID-19 quarantine for 14 days. See DC Health's Guidance for Quarantine after COVID-19 Exposure on [www.dchealth.dc.gov/files/default/covid19-guidance-for-quarantine-after-covid-19-exposure.pdf](https://www.dchealth.dc.gov/files/default/covid19-guidance-for-quarantine-after-covid-19-exposure.pdf) for more information.
8. For the list of low-risk states, see [www.dchealth.dc.gov/files/default/covid19-guidance-for-travelers-to-and-from-low-risk-states.pdf](https://www.dchealth.dc.gov/files/default/covid19-guidance-for-travelers-to-and-from-low-risk-states.pdf). For the list of countries and territories by risk level, see [www.dchealth.dc.gov/files/default/covid19-guidance-for-travelers-to-and-from-countries-and-territories-by-risk-level.pdf](https://www.dchealth.dc.gov/files/default/covid19-guidance-for-travelers-to-and-from-countries-and-territories-by-risk-level.pdf).

[osse.dc.gov](https://osse.dc.gov)

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(202) 727-6436

GOVERNMENT OF THE  
DISTRICT OF COLUMBIA  
MURIEL BOWSER, MAYOR

# COVID-19 Daily Symptom Screening

*According to DC Gov document Coronavirus 2019 (COVID-19): Sample Health Screening Tool, for most establishments, it is recommended that all employees and staff complete a health screening questionnaire. Depending on your setting and offered services, patrons may be recommended to complete the screening as well.*

## **SYMPTOM SURVEY**

Athletics is not responsible for testing for COVID-19 but will screen for symptoms of COVID-19. A Covid-19 Symptom survey in Microsoft forms can be completed on computer, tablet or mobile device.

Forms QR code should be posted and displayed at the practice site to be scanned. It will take a person to the survey to complete. The symptom survey is also available via a link that can be texted or emailed. Each school will have their own form based on the same template.

Responses are reported in live time. Survey must be taken by all persons present at an athletics practice and game/event (in later phases).

These 16 questions will survey a person's exposure, symptoms, and mental health. If any of the questions are answered with a **"Yes"** response the person will not be permitted to enter the athletics event and must follow up according to what type of question was positively answered.

## **TEMPERATURE SCREENING**

Daily temperatures will also be recorded before any athlete, coach or staff can participate. Temperatures will be recorded in Fahrenheit degrees on question 15 of the daily symptom survey. Coaches will take the temperature of the student-athletes and coaches in their respective pods. All other temperatures will be taken by the designated staff person(s).

## **RESPONSES**

Please see below for what steps to take if there are any "Yes" answers to any of the questions. "Yes" answers to questions related to exposure (questions 2-6).

According to the DC Department of Health

- *If any student or staff member has been in close contact with a person who is positive for COVID-19, then the student or staff member must not enter the school until they have completed their quarantine period without becoming symptomatic or diagnosed with COVID-19.*
- *Any child or staff member who is awaiting a COVID-19 test result must not enter the school until their result comes back negative.* For Question 2 – The Mayor's travel order states travel to and from Maryland and Virginia is exempt from the Order and persons traveling through a "high-risk" area, such as through an airport or by car, are not subject to the quarantine requirement. In accordance with Mayor's Order 2020-054, dated March 30, 2020, High-risk states that require 14 days of self-quarantine:\*

- |            |              |            |             |
|------------|--------------|------------|-------------|
| • Alabama  | • California | • Hawaii   | • Iowa      |
| • Alaska   | • Delaware   | • Idaho    | • Kansas    |
| • Arizona  | • Florida    | • Illinois | • Kentucky  |
| • Arkansas | • Georgia    | • Indiana  | • Louisiana |

- Minnesota
- Mississippi
- Missouri
- Nebraska
- Nevada
- North Carolina
- North Dakota
- Oklahoma
- South Carolina
- South Dakota
- Tennessee
- Texas
- Utah
- Wisconsin

*\*This list will be updated as necessary*

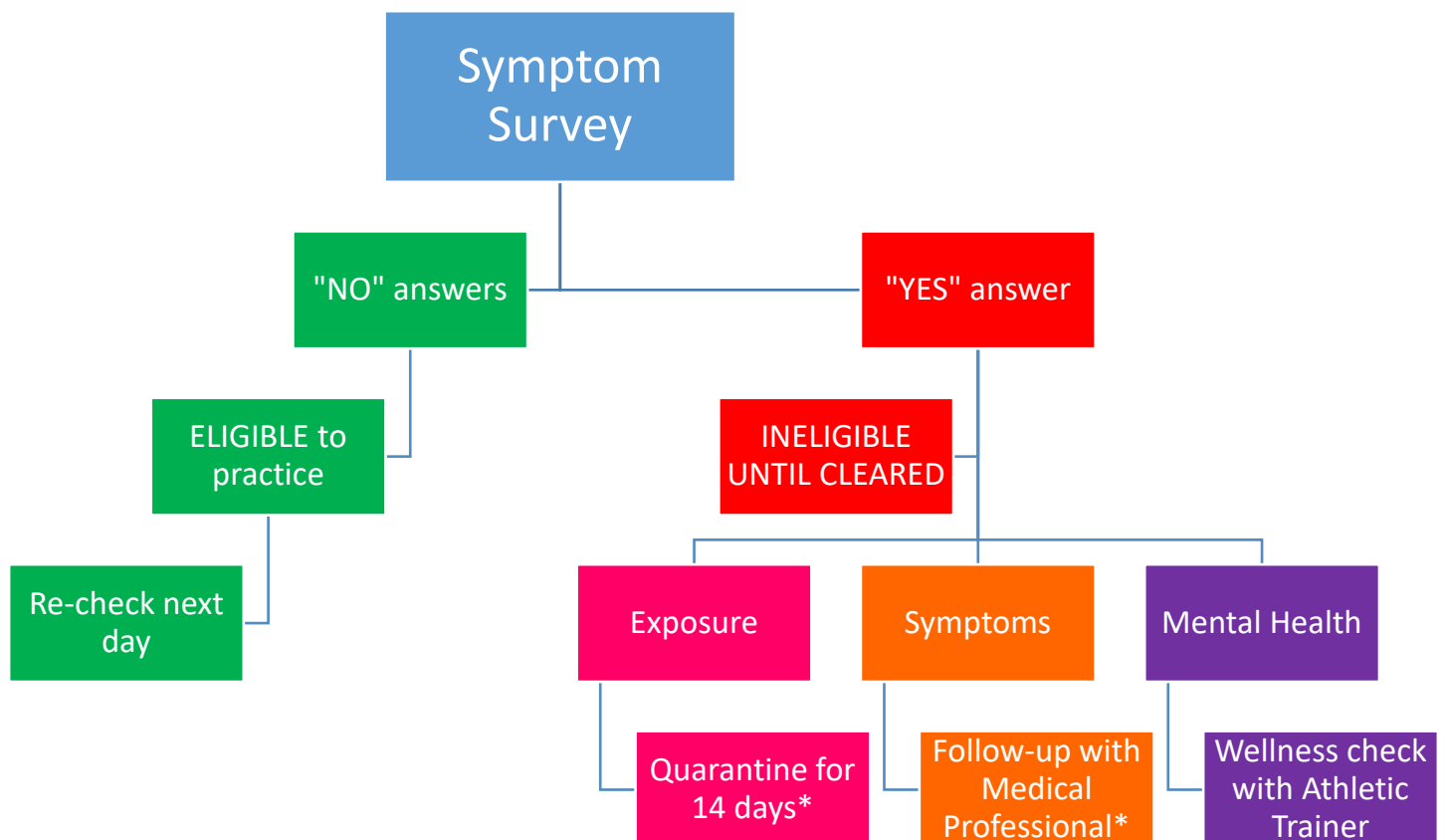
“Yes” answers to questions about symptoms: (question 7-13)

Any person with current symptoms must follow up with their healthcare professional to rule out or confirm COVID-19 infection. Medical clearance in writing from a healthcare professional must be provided for said person to return to athletics.

“Yes” answers to questions about mental health (question 15)

Any person who answers yes to this question will be further interviewed by the Athletic Trainer to determine if further care is needed. Mental Wellness survey may be consulted. If no further care is needed, person may be able to return to athletics. (See Mental Health Plan)

All questions must be answered in order to submit daily symptom survey. Answers can be seen in the response section of form. Answers can be converted to an Excel document to be saved for record (time and date stamped).



## APPENDIX I - DCIAA Student Athlete COVID-19 Screening Form (Hard Copy)

### DCIAA COVID-19 Screening Form

All student-athletes, coaches and staff must complete this form prior to in-person participation in athletics on a daily basis. Failure to complete this form honestly and in its entirety may result in a delay in participation and/or disqualification from participation.

#### Section 1

1. First and Last Name

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2. Have you FAILED to maintain social distancing (i.e. staying 6' from others & avoiding large groups) and/or FAILED to wear a mask or facial covering in public? ☐ Yes ☐ No

3. In the past 14 days, have you traveled internationally or outside of DC, Maryland or Virginia? ☐ Yes ☐ No

4. If YES, please list the date(s) and locations of your travel

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5. In the past 14 days, have you been in close contact (within 6 feet for more than 15 minutes) with an INDIVIDUAL THAT HAS BEEN DIAGNOSED WITH COVID-19 OR A PERSON WHO IS WAITING ON COVID-19 TEST RESULTS?

☐ Yes ☐ No

6. In the past 14 days, have you been in close contact (within 6 feet for more than 15 minutes) with an INDIVIDUAL WHO HAD COVID-19 SYMPTOMS BUT WAS NOT TESTED?

☐ Yes ☐ No

7. Do you currently have and/or have you had within the past 24 hours any- FEVER, CHILLS, REPEATED SHAKING WITH CHILLS, OR NIGHT SWEATS?

☐ Yes ☐ No

8. Do you currently have and/or have you had within the past 24 hours any- COUGH, SHORTNESS OF BREATH, DIFFICULTY BREATHING, CHEST PAIN/TIGHTNESS, OR DIFFICULTY WITH EXERCISE?

☐ Yes ☐ No

9. Do you currently have and/or have you had within the past 24 hours any- SORE THROAT, NAUSEA, VOMITING, DIARRHEA, HEADACHE, MUSCLE PAINS, FATIGUE, OR NEW LOSS OF TASTE OR SMELL?

☐ Yes ☐ No

10. Do you currently have and/or have you had within the past 24 hours any- CHANGE IN VISION, EYE DISCHARGE, NASAL CONGESTION/RUNNY NOSE, POOR FEEDING OR POOR APPETITE, OR ANY OTHER SYMPTOMS OF NOT FEELING WELL?

☐ Yes ☐ No

11. Within the past 24 hours, have you experienced any CONCERNS FOR SAFETY, INCREASED ANXIETY, CHANGES IN MOOD, OR CHANGES IN SLEEPING OR EATING HABITS?

☐ Yes ☐ No

12.TODAY, have you taken any prescription or over the counter (OTC) medications such as but not limited to: Tylenol (acetaminophen), Advil (ibuprofen), Motrin (ibuprofen), Aspirin or Benadryl for any of the above-listed signs/symptoms?

☐ Yes ☐ No

13.Is your temperature 100.3F or higher?

☐ Yes ☐ No

14.What is your current temperate according to the thermometer?

\_\_\_\_\_ °F

15.Do you have you the following items necessary for practice today? please check all that apply

☐ personal water supply (enough water for the entire practice, at least 32oz or more)

☐ Mask

☐ Place to store mask when not wearing it

16.Who completed this form?

☐ Myself ☐ Parent/Guardian ☐ Myself with Parent/Guardian assist



DISTRICT OF COLUMBIA  
PUBLIC SCHOOLS

Department of Athletics

## APPENDIX II - DCIAA ES/EC/MS Student Athlete COVID-19 Screening Form

### Daily Screening Tracker: Student Athletes

1. Use this document to track and record your student athlete's health status daily
2. Please be sure your student brings this SIGNED DAILY tracker with them to school each day confirming they have gone through the **ASK, ASK, LOOK** steps at home.



Student Name: \_\_\_\_\_

| DATE | 1. <b>ASK:</b> Has the child experienced one or more of the following symptoms*: fever, chills, fatigue, headache, muscle or body aches, or any other symptoms of not feeling well? | 2. <b>ASK:</b> Has the child experienced one or more of the following symptoms*: cough, congestion, sore throat, shortness of breath, difficulty breathing? | 3. <b>ASK:</b> Has the child experienced one or more of the following symptoms*: diarrhea, nausea or vomiting, poor feeding or poor appetite, new loss of taste or smell? | 4. <b>ASK:</b> Has the child been in close contact with a person who has COVID-19 in the last 14 days? | 5. <b>LOOK:</b> Does the child have visible signs of illness such as flushed cheeks, rapid breathing or difficulty breathing (without recent physical activity), fatigue, or extreme fussiness? | Parent/Guardian signature |
|------|---|---|---|--|---|---------------------------|
|      |   |   |   |  |   |                           |
|      |   |   |   |  |   |                           |
|      |   |   |   |  |   |                           |
|      |   |   |   |  |   |                           |
|      |   |   |   |  |   |                           |
|      |   |   |   |  |   |                           |
|      |   |   |   |  |   |                           |

\*A child does not need to be excluded due to these symptoms if the symptoms the child is experiencing has been previously evaluated by a health care provider and the health care provider has provided written or verbal documentation articulating that a specific symptom(s) are not due to COVID-19.

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**APPENDIX III - COACHES ATTENDANCE/TEMP LOG**

**SCHOOL:** \_\_\_\_\_ **LOCATION:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

| <b>NAME</b> | <b>Daily Screening Tracker (paper or digital)</b> | <b>TEMPERATURE °F</b> |
|-------------|---|-----------------------|
| 1.          |   |                       |
| 2.          |   |                       |
| 3.          |   |                       |
| 4.          |   |                       |
| 5.          |   |                       |
| 6.          |   |                       |
| 7.          |   |                       |
| 8.          |   |                       |
| 9.          |   |                       |
| 10.         |   |                       |
| 11.         |   |                       |
| 12.         |   |                       |
| 13.         |   |                       |
| 14.         |   |                       |
| 15.         |   |                       |
| 16.         |   |                       |
| 17.         |   |                       |

This form was completed by (print name)\_\_\_\_\_. I certify that all temperatures on this form are transcribed directly from the provided thermometer. No temperatures have been altered or misrepresented here or on the symptom survey to the best of my knowledge.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

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Resources:

[UPDATED FINAL OSSE Health and Safety Guidance for Schools-COVID-19 Recovery Period 05.21.21.pdf \(dc.gov\)](https://coronavirus.dc.gov/page/mayor%27s-order-2020-081-requirement-self-quarantine-after-non-essential-travel-during-covid-19)

[https://coronavirus.dc.gov/page/mayor's-order-2020-081-requirement-self-quarantine-after-non-essential-travel-during-covid-19](https://coronavirus.dc.gov/page/mayor%27s-order-2020-081-requirement-self-quarantine-after-non-essential-travel-during-covid-19)

*From the DC department of health –*

*Schools must perform a daily health screen for all students and staff entering the building. An individual with any of the following symptoms must not enter the school, and instead they must isolate immediately and call their healthcare provider: Fever (subjective or 100.4 degrees Fahrenheit) or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion, nausea or vomiting, diarrhea, or otherwise feeling unwell. Symptoms can be evaluated before arrival (via phone or app), or upon arrival and can be based on report from caregivers. For Screening Tool Guidance, visit [coronavirus.dc.gov/health](https://coronavirus.dc.gov/health) guidance. If a student or staff member develops any of the symptoms above during the school day, the school must have a process in place that allows them to isolate until it is safe to go home and seek healthcare provider guidance.*