**Interboro School District Athletic Health and Safety Plan 2021-2022**

As we prepare for the 2021-22 school year, we would like to share health guidelines and expectations for student athletes to protect against the spread of COVID-19. Our top priority is ensuring that students remain safe and healthy while participating in athletics in the Interboro School District.

As a district, we want to take every precaution to minimize the risk of transmission for student athletes. We recognize that because our athletes practice and compete in close proximity with one another while breathing heavily, the risk of transmission for unvaccinated athletes is heightened. In addition, research has shown that COVID-19 frequently causes severe inflammation of the lungs and rarely of the heart, which can both have long-term effects. These long-term effects would be especially dangerous for student athletes.

COVID-19 vaccines have proven to be a safe and effective way to prevent severe illness and reduce the risk of people spreading the virus. Vaccines have been approved for everyone 12 years or older and we encourage you and your students to get vaccinated, even if they have had COVID in the past. In order to keep our student athletes as safe as possible, we will follow the health guidelines below for the 2021-22 school year.

**Please note that COVID-19 health guidelines may frequently change. We will provide further details for any future changes to our health protocols as quickly as possible.**

* The coaching staff will be trained on health and safety protocols.
* Student athletes and coaching staff are required to do a self-screen for COVID symptoms before attending any practices or games.
* Anyone who is sick is required to stay home and follow the UPDATED Covid-19 Return to Play Protocol.
* A plan has been developed for if students or staff get sick while at athletic events. Please see the UPDATED Return to Play Protocol link on the Interboro Athletics website
* Regular communication and monitoring developments with state authorities, CDC, staff, and families regarding cases, exposures, and updates to policies and procedures are in place.

**Prior to Arriving**

Prior to arriving for athletic events, athletes and staff should self-screen for COVID-19 symptoms before coming onto campus. Any individual (staff or student) who experiences any symptom listed below will not be allowed to take part in athletic events and must contact his or her primary care provider or other appropriate health-care professional for further testing and follow the UPDATED COVID-19 Return to Play Protocol.

Any athlete, coach, or staff member living with someone who experiences any of the symptoms of COVID-19, whether they have a positive COVID-19 test or not, should self-isolate for two weeks then follow the UPDATED COVID-19 Return to Play Protocol. Student athletes and coaching staff who are vaccinated are not required to self-isolate unless they present symptoms.

**Self-screen Symptoms:**

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| --- | --- | --- |
| Cough | Chills/ Repeated shaking with chills | Muscle pain  |
| Shortness of breath or difficulty breathing  | Congestion or runny nose | Headache |
| Sore throat  | Loss of taste or smell  | Diarrhea |
| Feeling feverish or a measured temperature greater than or equal to 100.3 degrees Fahrenheit | Known close contact with a person confirmed positive | Nausea or Vomiting |

Furthermore, underlying medical conditions may increase the risk of severe illness from COVID-19 for individuals of any age. If any individual has an underlying medical condition listed below, they should not attend workouts.

* People 65 years and older
* People who live in a nursing home or long-term care facility
* People of all ages with underlying medical conditions, particularly if not well controlled,

including those with chronic lung disease or moderate to severe asthma, serious heart conditions, and those who are immunocompromised.

* Conditions that can cause people to be immunocompromised include cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications, severe obesity (body mass index [BMI] of 40 or higher), diabetes, chronic kidney disease undergoing dialysis, and liver disease

**Once on Campus**

* Athletes must always wear appropriate and adequate clothing to reduce sweat transfer and skin contact.
* All athletes must bring their own water bottle. Water bottles will not be shared.
* Hydration coolers with non-touch spouts will be available for each team use.
* Student athletes and coaches should practice social distancing whenever possible during practices and games.
* Hand sanitizer will be available at practice and game locations. Athletes and coaches are encouraged to practice good hygiene and proper handwashing. Individuals must wash their hands for a minimum of 20 seconds with warm water and soap before touching surfaces.
* Coaches will be responsible for sanitizing equipment on a daily basis. Student athletes should avoid sharing any equipment as much as possible.
* Any person with positive symptoms reported will not be allowed to take part in athletic events and must contact his or her primary care provider or other appropriate health-care professional for further testing and follow the UPDATED COVID-19 Return to Play Protocol.
* Any person who has had a fever or cold symptoms in the previous 24 hours will not be allowed to take part in athletic events and must contact his or her primary care provider or other appropriate health- care professional for further testing and follow the UPDATED COVID-19 Return to Play Protocol.
* Athletes should arrive prepared for the activity and avoid congregating prior to or after the activity.
* Face coverings are not required to be worn while athletes are physically exerting themselves. Student athletes who are vaccinated are not required to wear a mask but are encouraged to do so when not actively involved in their sport. Unvaccinated athletes are encouraged to wear a face covering at any time they are not actively participating.

**Post Workout Procedures**

* Students are encouraged to shower and wash their workout clothing immediately upon returning to home.
* Facilities will be cleaned daily.
* Athletes are required to leave immediately following the end of activity.

**Transportation**

* All Athletes and Coaching staff are required to wear a mask on transportation – both vaccinated and unvaccinated individuals.

