**INTERBORO ATHLETIC DEPARTMENT**

**COVID-19 RETURN TO PLAY PROTOCOL**

**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.**

**Self-Screen Symptoms:**

|  |  |  |
| --- | --- | --- |
| 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 |

**If the COVID-19 test comes back NEGATIVE in symptomatic athletes:**

1. Athlete needs to be symptom free for 24 hours.

2. Athlete may return to full participation with the required documentation.

**If the COVID-19 test comes back POSITIVE**:

1. The athlete will need to be quarantined for 5 days from the onset of symptoms or positive test date and wear a mask during all activity for 5 additional days.

2. If an Athlete had 3 days or more of moderate to severe symptoms (fever, cardiac, and respiratory) parents need to call a cardiologist and be cleared to return with documentation per American College of Cardiology. Any medical bills are the responsibility of the parents, not the Interboro School District. Athletes will participate in a 1wk gradual return to play protocol under Athletic Trainer’s supervision.

3. Athlete should be fever free for 72 hours and off medication and all other COVID symptoms should be resolved, except for anosmia and ageusia (smell & taste) which may linger.

4. If a student athlete is vaccinated and tests positive – they still need to quarantine for 5 days and wear a mask for 5 additional days.

**Exposure to COVID-19 (Close Contact)**

1. Student athletes **who are vaccinated** will not have to quarantine unless symptomatic. Students will need to produce a copy of their vaccine card for proof of vaccination to the Athletic Director before being able to return to practice.

2. Student athletes **who are not vaccinated** will have to quarantine for 5 days and monitor for symptoms.

* If a student is asymptomatic after 5 days, a student athlete may obtain a test at the High School from 10:00 – 12:00 PM if negative, they may return to sports and school on that day.
* If you choose to do a home test, it must be shared with school nurse before returning to school and sports. All test results must be submitted to the School Nurse & Athletic Trainer for documentation and record keeping.
* If a student does not want to follow these regulations, they may opt out of sports for 10 days.

3. If the student athlete has tested positive for COVID-19 within the last 90 calendar days, they are exempt from quarantine

as long as they remain asymptomatic. Please provide proof of positive case with school nurse.

***This document has been reviewed by the Certified Athletic Trainer and Sports Medicine Team from Crozer Sports Medicine – Update 1/19/2022.***