



**INTERBORO ATHLETIC DEPARTMENT**  
**COVID-19 RETURN TO PLAY PROTOCOL**



**If an athlete has reported any COVID-19 symptoms at the pre-practice screening these are the steps that will then be followed:**

1. The athlete will be told to step aside from the screening area.
2. Parent/guardian will be notified to come pick up athlete from designated area asap.
3. Interboro School District nurses will be notified of athlete's symptoms immediately
4. The athlete may return to school once the medical team (Interboro Nurse, ATC, and team physician) has cleared the student to return to play.
5. COVID-19 testing may be recommended by the medical team.

**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 10 days.
2. After 10 days of quarantine,
3. If Athlete had a fever or flu like illness (Moderate Category), then the athlete needs to be evaluated by cardiology and complete the following:
  - a. EKG Test
  - b. ECHO Test
  - c. Blood work
  - d. 1wk gradual return to play protocol under Athletic Trainer's supervision.
4. Athlete should be fever free for 72 hours and off of medication and all other COVID symptoms should be resolved, except for anosmia and ageusia (smell & taste) which may linger.

All test results must be submitted to the School Nurse & Athletic Trainer for documentation and record keeping.

**PODS – Possible Exposure to COVID-19**

1. If an athlete of a workout pod exhibits symptoms, then ALL members of the workout pod will be sent home and parents notified.
2. These athletes will self-quarantine for 7 days to monitor for possible COVID-19 symptoms.
3. After 7 days, if all pod athletes are symptom free, they may all return after parent/guardian has spoken to Athletic Trainer.
4. If symptoms arise – the Athletic trainer must be notified, and the above protocol will be in effect.

**NOTE: ALL COVID-19 TESTING THAT GOES THROUGH INSURANCE IS FREE OF CHARGE**

***This document has been reviewed by the Certified Athletic Trainer and Sports Medicine Team from Crozer Sports Medicine – Update 11/23/2020.***