

Salem High School 2020-2021 Guidelines for Sports Return to Participation



The modifications outlined in this guide are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel, and allowing for appropriate protective equipment.

Teams conducting out-of-season workouts will continue to abide by Phase 3 Guidelines as established by the VHSL and the Virginia Department of Health, regardless of established adjustments allowed for in-season teams to conduct regular season and postseason events.

General Guidelines

Per Centers for Disease Control and Prevention (CDC), the following link is recommended:
<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

Virginia Department of Health (VDH) Pandemic Metrics

The Virginia Department of Health recommends that Salem City Schools use the following links to tools and guidance to consider the extent of COVID19 community transmission:

<https://www.vdh.virginia.gov/coronavirus/keymeasures/pandemicmetrics/>

Regional Return to Play Criteria for Indoor and Close Contact Sports

Where Physical Distancing is Not Possible

It is recommended that coaches/sponsors follow phase II guidance for extracurricular activities when the region is experiencing high burden levels based on the [7-day regional metric](#), or the locality is experiencing highest risk values on any core measure using the [CDC School Metrics Dashboard](#). However, coaches are encouraged to work with administrators, trainers, and healthcare professionals to develop additional guidelines that will allow for more normal practice procedures provided that all athletes and coaches are wearing face coverings and full contact activities are limited by the number of participants and the amount of time they are in close contact.

Coaches/sponsors will use phase III guidance for extracurricular activities when the region is experiencing moderate burden levels on the [7-day regional metric](#) and high/moderate transmission levels on the [CDC School Metric](#) as long as athletes and coaches wear face coverings. Face coverings are not required when the region is experiencing low, or minimal burden and transmission levels ([7-day regional metric](#)) and the locality is experiencing low, or lowest risk ([CDC School Metric](#)).

The following guidelines will be used to make decisions about scheduled activities.

1. If the region of any participating school is experiencing **high burden levels** ([7 day regional metric](#)) and/or either core indicator for the localities of the event participants or the location of the event indicate the **highest level** of risk ([CDC School Metric](#)), events will be cancelled/postponed. (See Chart below)
 1. Exception-If guidance from the local health department indicates that there are extenuating circumstances in the region or the localities that minimize the impact on the activity, the activity can continue as outlined below.
2. If the region of the participating schools is experiencing **moderate burden levels** ([7 day regional metric](#)) and/or the core indicators for the localities of the event participants or the location of the event indicate a **high risk** or **moderate risk** ([CDC School Metrics](#)), the participating schools can decide to play but all participants, coaches, officials, and administrative personnel will be required to wear masks at all times and fans will not be permitted to attend the game. (See Chart below)
3. If the region of the participating schools is experiencing **low** or **minimal burden levels** ([7 day regional metric](#)) and/or the core indicators for the localities of the event participants or the location of the event indicate **low** or **lowest risk** ([CDC School Metric](#)), events should proceed as scheduled. All players, coaches, and staff will be required to wear masks except when they are in the game. Fans may be allowed based on state guidelines and will be required to wear face coverings at all times and must observe social distancing requirements. (See Chart

below)

4. Any participating school experiencing an outbreak will communicate directly with their local health district contact person and a representative from participating schools to make a decision about scheduled activities.

CDC School Metric by Locality			7 Day Regional Metric	
Highest		Cancel/Postpone	High	
Higher		Play With Face Coverings & No Fans	Moderate	
Moderate		Play With Face Coverings & No Fans		
Lower		Play without face coverings, limit fans, and use established mitigation strategies	Low	
Lowest			Minimal	

These metrics will be evaluated on Friday of the preceding week and event decisions will be communicated to the appropriate personnel.

Participants

There are a number of actions Salem City Schools can take to help lower the risk of COVID19 exposure and reduce the spread during competition and practice. The more people a child or coach interacts with, the closer the physical interaction, the more sharing of equipment there is by multiple players, and the longer that interaction, the higher the risk of COVID19 spread. Therefore, the risk of COVID19 spread can be different, depending on the type of activity. The risk of COVID19 spread increases in youth sports settings as follows:

- ❖ **Lowest Risk:** Performing skillbuilding drills or conditioning at home, alone or with family members.
- ❖ **Increasing Risk:** Team-based practice.
- ❖ **More Risk:** Within team competition.
- ❖ **Even More Risk:** Full competition between teams from the same local geographic area.
- ❖ **Highest Risk:** Full competition between teams from different geographic areas.

If we are not able to keep in place, safety measures during competition (for example, maintaining social distancing by keeping children six feet apart at all times), we may consider dropping down a level and limiting participation to within team competition only (for example, scrimmages between members of the same team) or team based practices only.

Consider watching sports at home rather than attending in-person sporting events

People who attend a sporting event can take action to help lower the risk of COVID19 exposure and reduce the spread while attending sporting events. However, indoor events pose a greater risk than outdoor events.

The greater the number of sporting events someone attends, the greater the risk of COVID19 spread. The risk of COVID19 can be different, depending on the type of sporting event someone attends or the way they participate in the sporting event, as well as the number of COVID19 cases both where they live and where the sporting event is taking place.

Masks and Face Coverings

Participants

- ❖ The Virginia High School League released revised guidance regarding masks/face coverings. While it is still strongly encouraged, student-athletes are not currently “required” to wear face coverings while actively participating in practices and/or games. However, the statement acknowledges each school’s authority to exercise discretion regarding specific safety strategies within its athletic programs.
- ❖ The City of Salem School Division supports the use of face coverings when appropriate as an additional mitigation strategy during times of substantial Covid-19 transmission as opposed to canceling practices/seasons. Therefore, we will require our participants to use face coverings when participating in activities during times of substantial COVID-19 activity in the community.
- ❖ As always, our first concern is the safety of our athletes and coaches. Please keep in mind this situation is constantly changing. If you have a specific concern about the mitigation strategies being used by your child’s team, please contact the athletic director.
- ❖ Must wear face coverings when on the sideline, in the dugout, not actively involved in the competitions & especially anytime 6 feet of social distancing cannot be maintained.
- ❖ Must wear face coverings when traveling to and from events using school transportation.
- ❖ In cheer, participants must wear face coverings.

Administrative Staff, and Officials

- ❖ Must wear face coverings while actively engaged in the competition, however, should wear masks to the greatest extent possible. (Example – game officials, ticket takers, timers, and scorers).
- ❖ Must wear face coverings when on the field, in the dugout etc., and especially anytime 6 feet of social distancing cannot be maintained.
- ❖ Must wear facial coverings when at or interacting with, the table i.e. clock operators, scorers, announcers.
- ❖ Must wear face coverings when working as or interacting with, field personnel i.e. chain crew, ball boys, game supervision.

Fans, Working Event Staff, NonCompeting Participants, and Coaches:

- ❖ Must wear face coverings at all times.

The American Academy of Pediatrics

In some cases, cloth face coverings may cause safety concerns, and adaptations or alternatives should be considered. The World Health Organization does not recommend use of a cloth face covering during vigorous exercise, and the CDC cautions that some people who are engaged in high intensity activity may not be able to wear a cloth face covering. Cloth face coverings should not be worn in water activities (example, swimming, diving) or in activities where they could pose an injury risk as a result of catching on equipment or accidentally impairing vision during performance of sport (example, gymnastics, cheer). Special considerations may be appropriate when there is an increased risk of heat related illness. Individuals younger than 2 years old should not wear a cloth face covering. Cloth face coverings should be routinely washed daily in hot water and not reused until cleaned.

2020–21 Guidance for Return to Participation

Locker Room (When metrics allow for competitions to be played)

Salem will be responsible for providing a clean environment for all visiting teams to dress and have pregame meetings. When possible, the area should be large enough to maintain social distancing. If teams are unable to maintain proper social distance, then the Head coach will be responsible for determining the appropriate number of athletes allowed in the locker room at any given time.

General Guidelines for all Locker Room Situations

- ❖ Prior to an individual or groups of individuals entering the locker room, hard surfaces within that locker room should be wiped down and sanitized (chairs, training tables, furniture etc.).
- ❖ Any equipment kept in student lockers should be cleaned out nightly by the athlete to allow for proper cleaning and sanitization. i.e. Soft clothing items will be taken home daily. Items such as helmets and shoulder pads may remain.
- ❖ Staff, coaches and student athletes must wear face coverings while inside locker rooms, meeting rooms and training rooms.
- ❖ Every effort will be made to alternate smaller groups through the locker room to minimize exposure with other athletes. Coaches will devise plans based on the number of athletes and the space available. Entrances will be monitored by coaches.
- ❖ Student athletes are to dress as rapidly as possible to minimize time in the locker room.
- ❖ Social distancing measures will be in effect throughout all locker rooms.
- ❖ Athletes will not be required to wear a mask in the shower area.
- ❖ Hand sanitizing stations must be available.
- ❖ Athletes will leave the locker once cleaned and changed – no congregating.

School Transportation

Salem City Schools allows for 22 individuals per bus and teams cannot exceed this number. The drivers will be responsible for cleaning the bus after they have arrived at their destination. (Phase 2 and 3 School Bus Guidance from the VDOE)

- ❖ Passengers and drivers are required to wear masks at all times while traveling via school transportation.
- ❖ Team parties must follow school health and VDH guidelines with respect to seat occupancy distancing.
- ❖ All passengers will follow any identified entrance and exit plans.
- ❖ All individuals are responsible for keeping individual equipment with them at all times. Community storage of equipment on the bus should be avoided.
- ❖ At no point should passengers pass around or share food or drink items.

2020-21 Guidance for Return to Participation

All Participants:

- ❖ Individuals associated with any events should complete a daily personal health screen and should stay home if they are experiencing symptoms consistent with COVID19 or are in close contact with someone with COVID19.
- ❖ Individuals need to thoroughly wash their hands regularly with soap and water for at least 20 seconds and/or use at least a 60% alcohol based hand sanitizer before, during and after any activity.
- ❖ Salem City Schools will ensure that facilities have been properly sanitized and have hand sanitizer along with disposable masks available for practice and games. Salem City Schools will also disinfect frequently touched surfaces and practice/game equipment including balls.
- ❖ Social distancing of 6 feet should be maintained, when possible. There should be no hugging, high fives, handshakes or fist bumps. Additionally:
 - Pre and postgame handshakes will be eliminated.
 - Pregame meetings, if necessary and/or required should be limited to essential personnel with every attempt to maintain the social distancing guidelines observed. (See Sport Specific Guidelines)
 - Postgame award ceremonies should be eliminated.
 - Outdoor activities may require extending bench areas. (See Sport Specific Guidelines)
 - Indoor activities may require the use of bleachers or multiple levels of seating. (See Sport Specific Guidelines)
 - All fans stay at least 6 feet from people they do not live with.
 - Capacity limits will be enforced.
- ❖ Participants and coaches should bring and use their own water bottle. Salem City Schools will ensure visiting teams have safe access to water for their participants.
All students must bring their own water bottle.
Water bottles must not be shared. Food should not be shared.
Hydration stations may be used for refilling of personal bottles but must be cleaned after each practice or contest.
- ❖ If a positive COVID19 case is determined, Salem City Schools must follow their safety plan as well as adhere to Virginia and local Department of Health guidelines in determining a comprehensive plan of action.
- ❖ Where applicable score sheets/books should be handled only by the scorer.
- ❖ If writing implements are a necessary part of an event, they should be sanitized and not shared with anyone.
- ❖ Prior to and after games, individuals must refrain from congregating in groups.

All Student Participants/Coaches/Host Administrators:

- ❖ Each student should be responsible for their own equipment/supplies. There should be no sharing of clothing or community laundering of workout supplies. There should be daily cleaning of all workout clothing/towels.
- ❖ Salem City Schools will have Emergency Action Plans in place for every sport and venue prior to any event taking place.
- ❖ Salem City Schools will ensure that facilities have been properly sanitized and have hand sanitizer along with disposable masks available for practice and games. Salem City Schools will also disinfect frequently touched surfaces and practice/game equipment, including balls.
- ❖ Athletes **MUST** tell coaches immediately when they are not feeling well. Additionally, athletes should stay home if they are experiencing symptoms consistent with COVID19 or are in close contact with someone with COVID19.
- ❖ Parents/Guardians should inform coaches if the participant has been exposed to someone who is known to have COVID19.

- ❖ Student athletes should try to keep mouth guards in their mouth throughout the competition.
- ❖ Salem City Schools must communicate all guidelines in a clear manner to students and parents.
- ❖ Coaches must keep accurate records of those athletes and staff who attend each practice in case contact tracing is necessary.
- ❖ Coaches should make sure the team brings their own medical supplies.
- ❖ Coaches and school staff should be trained on Salem City School's specific procedures regarding how to prepare and respond if someone gets sick, as outlined by our school division's health plan.

General Guidelines for Cleaning and Disinfecting Athletic Equipment

Sports Equipment:

All sports specific equipment will be cleaned with approved disinfectant spray before and after each activity. This includes both protective equipment and sport specific equipment.

Weight Room: all Bars, weights, benches, and any other equipment used by an individual athlete will be cleaned before the next lifter participates. In addition, each station will be thoroughly cleaned at the completion of the lift for that day.

Practice Attire:

Each Individual will be responsible for properly cleaning their own water bottles, practice attire, equipment bags, and towels on a daily basis, unless otherwise notified by your coach or school.

Game Attire:

Each sports' coaching staff will be responsible for properly cleaning their own sports game attire, towels, and equipment after every competition.

Notes: Added to the Guidelines in the latest release from the VHSL (edition 2 on 11/24/20)

Teams conducting out of season workouts will continue to abide by Phase 3 Guidelines as established by the VHSL and the Virginia Department of Health, regardless of established adjustments allowed for in season teams to conduct regular season and postseason events.

During times of substantial COVID19 activity in a community, participating in recreational sports that involve close contact with others may increase risk of COVID19 transmission and is not advisable. This is especially true with large events. Consider the extent of community transmission in a region/locality when deciding whether to participate. During times of significantly increasing disease spread, organizers of such events should consider cancelling or postponing competition in favor of lesser risk activities such as low contact drills or practices.



River Ridge District

**All member schools will be expected to follow the minimum expectations of the VHSL for all events they host. The points of discussion below are specific to the River Ridge District and will be shared with Principals and central office staff accordingly for input/approval.*

Announcers / Official Scorers (Basketball / Wrestling)

- School Decision
- No starting lineups will be announced
- The home teams are responsible for providing official scorers at the scorer's table. Scorers from other schools will not be seated at the scorer's table unless separated by plexiglass or appropriately spaced, potentially at another table or desk

Radio / Media (Basketball / Wrestling)

- School Decision

Winter Sport Scrimmages

- No River Ridge District winter scrimmages

Fans

- (limited to 25 as of 11/18/20) – No fans to away games.
- Pulaski County will discuss with leadership about home events
- Roanoke City will discuss with leadership about home events
- An event is defined by as a JV & Varsity contest
- Several points were made regarding the presence of fans: Reporting of perceived violations to the VHSL, pictures posted and shared on social media by disgruntled parents “looking” for rule violations, site supervisors being scrutinized over protocol enforcement/lack thereof.

Concessions

- No member schools will sell concessions for multiple reasons.

Transportation

- When feasible by the traveling school, the JV teams will depart the facility at the conclusion of the contest. Shuttling teams is encouraged.

Participant Screening

- Student athletes will be screened at their home schools prior to boarding the bus for departure
- If a school division requires screening upon arrival, it is the responsibility of the host school to provide an isolated area for the traveling school to supervise any student-athletes that failed screening. It is the responsibility of the traveling school to supervise isolated athletes.

Locker Rooms

- It's the expectation of member schools to provide at least one locker room to the visiting teams. Teams are expected to come dressed and ready to compete upon arrival.

Sideline Cheer

- Cheerleaders will be included as spectators at home events but will not travel to member schools. Cheerleaders will cheer from the bleachers/sidelines while maintaining physical distance and wearing face-coverings as determined by the Return to Play Close Contact Sports COVID Criteria. Cheerleaders will not be permitted on the court at any time. This will be reevaluated as the COVID conditions in the community and region change and guidance related to spectators is updated.

Wrestling

- RRD member schools will only host dual matches amongst ourselves. However, district schools can participate in tri's and quads provided they don't involve other member schools.

Indoor Track

- Proposed schedule will be provided by Jon Hartness. Pulaski will not be considered a host school because of facility limitations. 1:00 pm start times with no more than four teams competing. No pole vault or high jump. All meets will be hand timed.

Scholastic Bowl

- All competitions will be virtual for the 2020-21 winter sports season.

Injuries

- In the event of an athlete injury, the host school's trainers will be expected to treat visiting student-athletes. Coaches need to ensure that all athletes are taped and "treated" prior to arrival to limit time spent in the host school's training room.

2020-2021 Recommendations

Return to Competition: The following guidelines will be used to make decisions about scheduled activities.

If Salem City Schools determine the region is experiencing **high burden levels** ([7 day regional metric](#)) and/or either core indicator for the localities of the event participants or the location of the event indicate the **highest level** of risk ([CDC School Metric](#)), events will be cancelled/postponed. (See Chart Above on pg.2)

1. Exception-If guidance from the local health department indicates that there are extenuating circumstances in the region or the localities that minimize the impact on the activity, the activity can continue as outlined below.

VHSL Phase II.a - Conditioning, individual skill drills, no contact or sharing of balls. A player may shoot with a ball(s), but a team should not practice/pass a ball among the team where multiple players touch the same ball.

Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual. Recommend disinfecting all equipment between each group usage.

The use of team shared equipment (ex.hand shields/dummies/cones/etc) should be limited when possible and should be sanitized after each use.

Any team shared equipment is to remain in the utilizing quadrant the entire session to avoid cross contamination.

Athletes are to refrain from any physical contact, including handshakes, high-fives, fist bumps, chest bumps or any other celebration/greeting.

Personal Player Equipment left on the sidelines should be spaced out 6 feet from other athletes. Athletes should bring their own water bottles to all team activities.

Parents will be required to wait in their cars in the parking lot, or leave the premises, during training sessions; only players and coaches will be allowed on the field and the adjacent viewing areas.

If Salem City Schools determine the region is experiencing **moderate burden levels** ([7 day regional metric](#)) and/or the core indicators for the localities of the event participants or the location of the event indicate a **high risk** or **moderate risk** ([CDC School Metrics](#)), Salem City schools can decide to play but all participants, coaches, officials, and administrative personnel will be required to wear masks at all times and fans will not be permitted to attend the game. (See Chart Above on pg.2)

VHSL Phase II.b - Practice sessions can include some close-contact live drills with offensive vs defensive situations. Student athletes and coaches are required to wear face coverings at all times and equipment should be sanitized frequently during and post workouts. The number of participants and the duration of the close contact activities should be limited. Close contact activities should be scheduled to prevent cross contamination with multiple individuals (PODS).

Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual. Recommend disinfecting all equipment between each group usage.

The use of team shared equipment (ex.hand shields/dummies/cones/etc) should be limited when possible and should be sanitized after each use.

Any team shared equipment is to remain in the utilizing quadrant the entire session to avoid cross contamination.

Athletes are to refrain from any physical contact, including handshakes, high-fives, fist bumps,

chest bumps or any other celebration/greeting.

Personal Player Equipment left on the sidelines should be spaced out 6 feet from other athletes. Athletes should bring their own water bottles to all team activities.

Parents will be required to wait in their cars in the parking lot, or leave the premises, during training sessions; only players and coaches will be allowed on the field and the adjacent viewing areas.

Coaches must have an approved plan for close contact activities. Teams can transition from phase I Ib to phase I Ic after successfully completing five days of practice following phase I Ib guidelines.

VHSL Phase II.c - Practice sessions can include expanded close-contact team activities. The duration of close contact team activities should be limited. Student athletes and coaches are required to wear face coverings at all times and equipment should be sanitized frequently during and post workouts. The number of participants and the duration of the close contact activities should be limited. Close contact activities should be scheduled to prevent cross contamination with multiple individuals.

Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual. Recommend disinfecting all equipment between each group usage.

The use of team shared equipment (ex.hand shields/dummies/cones/etc) should be limited when possible and should be sanitized after each use.

Any team shared equipment is to remain in the utilizing quadrant the entire session to avoid cross contamination.

Athletes are to refrain from any physical contact, including handshakes, high-fives, fist bumps, chest bumps or any other celebration/greeting.

Personal Player Equipment left on the sidelines should be spaced out 6 feet from other athletes. Athletes should bring their own water bottles to all team activities.

Parents will be required to wait in their cars in the parking lot, or leave the premises, during training sessions; only players and coaches will be allowed on the field and the adjacent viewing areas.

Coaches must have an approved plan for close contact activities. Teams can transition from phase I Ib to phase I Ic after successfully completing five days of practice following phase I Ib guidelines.

Locker Rooms are still not permitted to be used while in these phases, as well as Coaches, athletes, and staff need to continue to follow all COVID Return to Play Guidelines that you have created and have been following.

If Salem City Schools determine that the region is experiencing **low** or **minimal burden levels** ([7 day regional metric](#)) and/or the core indicators for the localities of the event participants or the location of the event indicate **low** or **lowest risk** ([CDC School Metric](#)), events should proceed as scheduled. All players, coaches, and staff will be required to wear masks except when they are in the game. Fans may be allowed based on state guidelines and will be required to wear face coverings at all times and must observe social distancing requirements. (See Chart Above pg.2)

VHSL Phase III - Sports will be allowed to practice and condition as “normal”, while still adhering to all cleaning and disinfecting guidelines. All player and team equipment should be disinfected frequently before, during, and after each practice.

If locker rooms or meeting rooms are used, there must be a minimum distance of 6 feet between each individual at all times. Shower use should not be allowed at schools. Athletes are encouraged

to shower and change clothing immediately upon returning home. Athletic Training facilities may be utilized if adhering to the cleaning, occupancy limits, and physical distancing.

Locker Rooms are now permitted to be used while maintaining proper social distancing at all time in these phases, as well as Coaches, athletes, and staff need to follow all COVID Guidelines noted in this document. Athletes are to refrain from any physical contact, including handshakes, high-fives, fist bumps, chest bumps or any other celebration/greeting.

COVID-19 Return to Sports 2021 Following a COVID-19 Diagnosis

This policy and procedure document was built based on the guidelines set forth by the American Academy of Pediatrics, BJSJ, state, local, and federal recommendations, and was written and approved by the Salem City School System.

- **Fundamental Definitions (from the Virginia Department of Health and the CDC):**
 1. **Isolation**- separates sick people with a contagious disease from people who are not sick.
 2. **Quarantine**- separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.
 3. **Close Contact**- currently defined as being 6 feet of an infected individual for more than 15 minutes (time is cumulative in 24 hours)

- **Salem City School Athlete with a Positive Test**
 - Student-athletes cannot attend school, sports practices, or competitions. In the event where an athlete tests positive, He/she will not be allowed to continue team activities until released by their medical provider and completed a 7-day graduated return to play progression tracked by the athletic training staff.
 - Contact tracing completed by Salem City Schools in conjunction with the VDH will determine anyone who may have been exposed and should quarantine based on current guidelines.
 - Student-athletes who test positive for COVID-19 with or without symptoms should be isolated per public health guidelines. No exercise is recommended for at least 14 days from diagnosis and 7 days after all symptoms have resolved.
 - After symptom resolution and prior to sports participation, student-athletes must be evaluated by their medical provider to assess for residual symptoms and the need for additional testing. The athlete will need written medical clearance by their physician to begin and complete a 7-day graduated return to play protocol at the discretion of the athletic trainer (See Figure 1)
 - Once released to begin the return to play process, athletes are required to check in every day of that reporting day, to their designated athletic trainer for daily check-ins ([VDH COVID daily monitoring form](#)).
 - **If an athlete fails to report to their athletic trainer, the athlete will not be allowed to participate in team activities for 1 day. No exceptions.**
 - Upon completion of the progressive return to play, the athlete may be released for full activity at the discretion of the athletic trainer.

- **Individual Responsibilities (see VDH Guidelines for Quarantine and Isolation)**
 1. Comply with all VDH guidelines.
 2. Begin to notify close contacts that they may have been exposed to Covid-19.
 3. Maintain strict isolation for the prescribed period.
 4. Monitor symptoms and temperature daily.
 5. Avoid posting anything on social media regarding testing results, etc.

Prior Covid-19 illness

- **Confirmed diagnosis:**
 - Every student-athlete with a prior confirmed diagnosis (positive test) for COVID-19 should undergo an evaluation by one's medical provider prior to sports participation.

Ongoing symptoms related to COVID-19 should be explored, including the presence of chest pain or shortness of breath with exertion, palpitations (heart racing), excessive fatigue, or decreased exercise tolerance. Written medical clearance is recommended prior to participation in sports.

○ **Mild to moderate illness:**

- Student-athletes who had mild to moderate symptoms from COVID-19 that were managed at home should be seen by their medical provider for a detailed history of persisting symptoms or changes in their health status that may necessitate further testing or evaluation by a specialist. An electrocardiogram (ECG) may be considered prior to sports participation dependent on clinical suspicion for myocarditis (heart infection) and cardiology resources and expertise for ECG interpretation in young athletes.

○ **Severe (hospitalized) illness:**

- Student-athletes who were hospitalized with severe illness from COVID-19, including multisystem inflammatory syndrome in children, have a higher risk for heart or lung complications such as arrhythmias, myocarditis, heart failure, sudden cardiac arrest (SCA), and pulmonary embolism (blood clots to the lungs). A comprehensive cardiac evaluation is recommended in consultation with a cardiology specialist, which may include any or all of the following (as clinically indicated): ECG, cardiac biomarkers such as high-sensitivity troponin, echocardiogram, cardiac magnetic resonance imaging, Holter monitor, or stress test. Follow-up pulmonary evaluation and testing may also be indicated, including chest radiograph, spirometry, functional testing to assess bronchospasm or oxygen desaturation with exercise, chest computed tomography scan, or additional pulmonology consultation.
- **Ongoing symptoms:** Student-athletes with ongoing symptoms from diagnosed COVID-19 illness require a comprehensive evaluation to exclude heart and lung disorders that carry a risk of arrhythmia, respiratory compromise, SCA, or sudden death. Specifically, myocarditis may present with ongoing symptoms of chest pain, palpitations, shortness of breath, or exercise intolerance. Ongoing symptoms from COVID-19 may also indicate pulmonary issues such as acquired or worsening asthma, pneumonia, or pulmonary embolism that may cause chest pain, shortness of breath, tachycardia (fast heart rate), or a low oxygen saturation. The diagnosis of myocarditis, pulmonary embolism, or any other cardiopulmonary disorder should be managed per current medical guidelines. The student-athlete should not return to sports and/or exercise until medically cleared by a physician.
- **Other considerations:** Evaluation by a medical provider should also be considered for the following circumstances:
 - Any “close contact” (ie, family or household member) with confirmed COVID-19 infection.
 - Student-athletes with underlying medical conditions that place them at higher risk of severe COVID-19 illness, such as uncontrolled or moderate to severe asthma, a serious heart condition, obesity, diabetes, chronic kidney or liver disease, or a weakened immune system.
 - Student-athletes with prior symptoms suggestive of (but not confirmed) COVID-19, especially if symptoms were severe or required hospitalization.

● Symptomatic Visiting Athletes

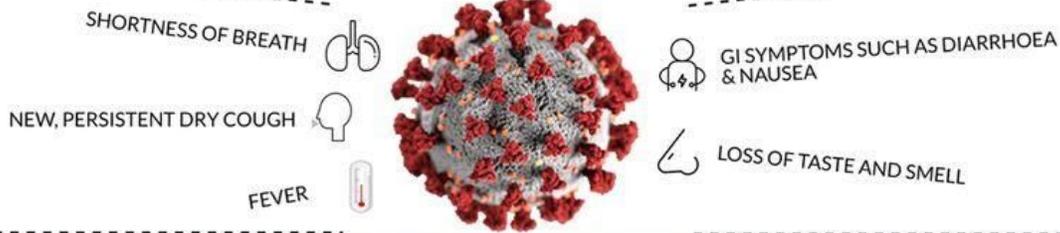
- In the event of a visiting school's athlete becoming ill during their time at Salem High School, the symptomatic athlete will be asked to wear a mask and be moved to the designated isolation area until a school COVID questionnaire is completed.
- If the competition has not started or is in the process of being played, game officials, both head coaches, host athletics director or designee (game manager), hosting athletic trainer, and visiting athletic trainer (if applicable) will meet and assess exposure risk. Team medical personnel, along with the athletics administration of both schools, will assess the situation and determine if competition can be completed safely.
- Transportation of the ill student-athlete will be determined by the visiting institution.
- Positive COVID Test or Symptomatic Individual Post Competition
 - If an institution has a positive test result or symptomatic individual, the Athletic Director will notify (via phone call) any institution's Athletic Director that the student-athlete has had contact with in the last three days.

The following progression was adapted from Elliott N, et al, infographic, *British Journal of Sports Medicine*, 2020:

- **Stage 1: Day 1 and Day 2 - (2 Days Minimum) - 15 minutes or less:** Light activity (walking, jogging, stationary bike), intensity no greater than 70% of maximum heart rate. NO resistance training.
- **Stage 2: Day 3 - (1 Day Minimum) - 30 minutes or less:** Add simple movement activities (eg. running drills) - intensity no greater than 80% of maximum heart rate.
- **Stage 3: Day 4 - (1 Day Minimum) - 45 minutes or less-** Progress to more complex training - intensity no greater than 80% maximum heart rate. May add light resistance training.
- **Stage 4: Day 5 and Day 6 - (2 Days Minimum) - 60 minutes -**Normal training activity - intensity no greater than 80% maximum heart rate.
- **Stage 5: Day 7 - Return to full activity/participation (ie, - Contests/competitions).**

COVID-19 GRADUATED RETURN TO PLAY FOR PERFORMANCE ATHLETES: GUIDANCE FOR MEDICAL PROFESSIONALS

INDICATORS OF COVID-19 INFECTION



THIS GUIDANCE IS AIMED AT ATHLETES WITH MILD TO MODERATE SYMPTOMS OF COVID-19. ATHLETES SHOULD FOLLOW LOCAL GOVERNMENT GUIDELINES OF COUNTRY OF RESIDENCE FOR MANAGEMENT OF SYMPTOMS INCLUDING ISOLATION AND TESTING PROCESSES. ATHLETES WHO HAVE MORE COMPLICATED INFECTIONS, OR REQUIRED HOSPITAL SUPPORT SHOULD HAVE A MEDICAL ASSESSMENT BEFORE COMMENCING GRTP. ASSESSMENT MAY INCLUDE:

BLOOD TESTING FOR MARKERS OF INFLAMMATION (HS-TROP, BNP, CRP), CONSIDER RENAL & HAEMATOLOGY MONITORING

CARDIAC MONITORING (ECG, ECHO, ETT, CARDIAC MRI)

RESPIRATORY FUNCTION ASSESSMENT (SPIROMETRY)



GRADUATED RETURN TO PLAY PROTOCOL

UNDER MEDICAL SUPERVISION

	STAGE 1 10 DAYS MINIMUM	STAGE 2 2 DAYS MINIMUM	STAGE 3A 1 DAY MINIMUM	STAGE 3B 1 DAY MINIMUM	STAGE 4 2 DAYS MINIMUM	STAGE 5 EARLIEST DAY 17	STAGE 6
ACTIVITY DESCRIPTION	MINIMUM REST PERIOD	LIGHT ACTIVITY	FREQUENCY OF TRAINING INCREASES	DURATION OF TRAINING INCREASES	INTENSITY OF TRAINING INCREASES	RESUME NORMAL TRAINING PROGRESSIONS	RETURN TO COMPETITION IN SPORT SPECIFIC TIMELINES
EXERCISE ALLOWED	WALKING, ACTIVITIES OF DAILY LIVING	WALKING, LIGHT JOGGING, STATIONARY CYCLE, NO RESISTANCE TRAINING	SIMPLE MOVEMENT ACTIVITIES E.G. RUNNING DRILLS	PROGRESSION TO MORE COMPLEX TRAINING ACTIVITIES	NORMAL TRAINING ACTIVITIES	RESUME NORMAL TRAINING PROGRESSIONS	
% HEART RATE MAX		<70%	<80%	<80%	<80%	RESUME NORMAL TRAINING PROGRESSIONS	
DURATION	10 DAYS	<15 MINS	<30 MINS	<45 MINS	<60 MINS	RESUME NORMAL TRAINING PROGRESSIONS	
OBJECTIVE	ALLOW RECOVERY TIME, PROTECT CARDIO-RESPIRATORY SYSTEM	INCREASE HEART RATE	INCREASE LOAD GRADUALLY, MANAGE ANY POST VIRAL FATIGUE SYMPTOMS	EXERCISE, COORDINATION AND SKILLS/TACTICS	RESTORE CONFIDENCE AND ASSESS FUNCTIONAL SKILLS	RESUME NORMAL TRAINING PROGRESSIONS	
MONITORING	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS, RPE	

ACRONYMS: I-PRRS (INJURY - PSYCHOLOGICAL READINESS TO RETURN TO SPORT); RPE (RATED PERCEIVED EXERTION SCALE)

NOTE: THIS GUIDANCE IS SPECIFIC TO SPORTS WITH AN AEROBIC COMPONENT



INFOGRAPHIC CREATED BY UK HOME COUNTRIES INSTITUTES OF SPORT; ELLIOTT, N. ELLIOTT, J. BISWAS, A. MARTIN, R. HERON, N.

References:

1. Drezner, Jonathan MD, Heinz, William M., et. al “Cardiopulmonary Considerations for High School Student-Athletes During the COVID-19 Pandemic: NFHS-AMSSM Guidance Statement” *Sports Health*, vol 12, no 5, pgs. 459-461. Accessed 21 Jan. 2021.
2. Elliott N, et al, infographic, *British Journal of Sports Medicine*, 2020:

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Sport Ball cleaning recommendations follow CDC, state, and local guidelines for health and safety. The following link provides common definitions for Sterilization, Disinfection, and Cleaning in Healthcare Facilities, but may be useful for one attempting to clean a ball (including; basketball, softball, football, soccer ball, volleyball, and baseball) with cover material made of leather, composite, or PU leather:

<https://www.cdc.gov/infectioncontrol/guidelines/disinfection/introduction.html>

To ensure applicable health and safety protocols, the user is responsible for determining the best method based on ball covering material, playing environment, and cleaning intervals.

**Soap and
Water
Method**

- Dirt and debris can be removed by using a damp cloth with soap and water, using moderate pressure.
- Be careful not to oversaturate the ball.
- Allow to air dry.

**Disinfecting
Wipe Method**

- Limited disinfecting may be achieved by using a disinfecting wipe and moderate pressure to wipe the entire surface of the ball.
- Be careful not to oversaturate the ball.
- Allow to air dry.

We do not recommend using bleach and alcohol-based cleaning products, or excessively frequent cleanings, as those may degrade ball covering material and ball markings, and impact overall ball performance.

We will continue to review all available information and will update our recommendations as new developments occur.



What chemicals can clean our game balls without altering performance?

Our primary recommendation is to follow CDC, state and local guidelines for health and safety. The following widely accepted definitions are relevant to composite leather, PU leather, and leather game ball care ([CDC reference](#)):

Definitions	Reduces # viruses	Eliminates 99% viruses	Eliminates 100% viruses	Notes
Antibacterial	X			bacteria ≠ virus
Antiviral	✓	not always		
Antimicrobial	✓			virus is a microbe
Clean	✓			removes visible dirt/prepares surface
Disinfect	✓	✓		
Sanitize	✓	not always		
Sterilize	✓	✓	✓	appropriate for hospital settings

There are several different methods for sanitizing and disinfecting composite leather, PU leather, and leather game product. Each customer should utilize the method that fits their health and safety protocols and the playing environment and timing needs.

Simple Game Ball Cleaning Method

To clean the ball, players may wish to use dish soap and water. While this practice may be likened to hand washing, note that all soap residue must be rinsed away and that drying time on each ball product may vary. An example cleaning regimen with soap and water includes:

1. Add 1 tablespoon of mild dish soap into a 1-gallon container.
2. Fill bucket with warm water, until a soapy mixture is formed.
3. Wet a first towel with the solution, wring out excess water, and gently wipe down entire product surface for at least 30 seconds.
4. Re-wet towel with plain warm water, wring out excess water, and wipe off excess soap from ball surface.
5. Rub a second, dry towel on the surface to wipe and dry off.
6. Let product air out overnight.

Quick Turn Leather Game Ball Cleaning Method

To clean the ball with faster turnaround times, we reference the following recommendations. The CDC released a [list](#) (referred to as 'List N') of effective disinfectants for disabling SARS-CoV-2 (i.e., the virus that causes Covid-19 disease) on hard, nonporous surfaces.

Since our game balls are neither hard nor nonporous, we cannot assume that 99% of virus particles will be eradicated, but we believe the CDC's list is a good starting point for greatly reducing virus particles.

It is critical to follow manufacturer and CDC recommendations for the correct application and contact time for each cleaning product to maximize efficacy against SARS-CoV-2. Please note that some products require a wetting time up to 10 minutes to be effective.



Further, we do not recommend using high concentrations of bleach or alcohol to disinfect our products because it can degrade the performance of the product. We also do not recommend using hand sanitizer, which can degrade product performance and is not on the CDC's list N.

Another consideration in cleaning our game ball products is maintaining performance (e.g., grip, pebble, color) over multiple applications. We tested several List N cleaners (up to 5 applications in a 24-hour period) and found they had minimal or no effect on performance:

Cover Material	Game Balls	CDC List N Disinfectants	EPA registration #
Composite Leather	Evo NXT Basketball Solution Basketball Evolution Basketball FIBA 3x3 Basketball OPTX Volleyball K1 Silver Volleyball	Lysol Clean & Fresh Multipurpose cleaner Lonza Disinfectant Wipes Plus BTC 2125 M 10% Solution Clorox Disinfecting Wipes	777-89 6836-336 1839-86 5813-79
Leather	NFL Duke Football K1 Gold Volleyball	BTC 2125 M 10% Solution	1839-86
PU Leather	Forte II Soccer ball Vanquish Soccer ball	Clorox Disinfecting Wipes BTC 2125 M 10% Solution	5813-79 1839-86

While most of the products above can be easily found online for purchase by end consumers, we have identified two possible sources for BTC 2125 M 10% solution (EPA # 1839-86):

- For Individual Orders:
 - Key Supply Company – Warsaw Xtra, [link for online purchase](#), promo code **Wilson** for discount
- For Larger orders:
 - UNX Industries – Ally cleaning solution, contact terry.hammond@unxinc.com

Please note that the solvent based cleaners above may leave a residue on the ball or logos depending on method of application and amount used. The cleaning regimen with soap and water specified above may be used intermittently to prevent or reduce buildup of cleaner residue over time.

Special Note on Leather Game Balls

For leather game balls, recommendations are limited. Many CDC list N disinfectants we trialed dried out the leather and decreased performance. We are working on alternative solutions for leather goods, but a potential interim solution may be to disinfect the ball and then apply leather conditioner as a secondary step.

Next Steps

As coronavirus is an ever-changing situation, we are working to deepen our understanding of various disinfectants and procedures for disinfecting our products without affecting performance. We will share relevant updates with our customers as they become available.