



MHS STUDENT-ATHLETE HEALTH & SAFETY PROTOCOLS



Updated 3/30/2021

SCENARIO ①: Student reports NO symptoms (shows blue card) and has a temperature under 100.4.

STUDENT MAY PARTICIPATE

SCENARIO ②: Student reports NO symptoms and has a temperature under 100.4 BUT shares they were in close contact with someone who has tested positive for COVID-19 in the last 10 days or has traveled internationally in the last 10 days. Close contact means within 6 feet for 15 minutes or more.

STUDENT CANNOT PARTICIPATE—SEND HOME

Must stay home for 10 days from last date of exposure to COVID-19 positive person/return to US.

SCENARIO ③: Student reports having one or more of the following symptoms:

*Fever or chills *Cough (new onset) *Shortness of breath/difficulty breathing *Fatigue
*Body Aches *Headache *Loss of Taste/Smell *Sore Throat *Congestion *Diarrhea

STUDENT CANNOT PARTICIPATE—SEND HOME

Refer student to their medical provider for further evaluation/COVID test.

SCENARIO ④: Student reports they have tested positive for COVID-19 but have no symptoms:

STUDENT CANNOT PARTICIPATE—SEND HOME

Student must stay home for 10 days since testing positive for COVID-19. If symptoms start, must stay home for 10 days since symptoms start, including 24 hours of no fever without fever-reducing medication.

SCENARIO ②, ③, OR ④ - NOTIFY ATHLETICS DEPARTMENT IMMEDIATELY

ATHLETICS DEPARTMENT WILL THEN NOTIFY ADMINISTRATION & SCHOOL NURSE

WHEN MAY STUDENT PARTICIPATE?

- Student provides a note, on letterhead, from medical provider clearing them to participate.
- 10 days have passed since first symptoms/positive test **AND** no fever for 24 hours without use of fever-reducing medication **AND** 24 hours of feeling well **AND** provides a note from a medical provider clearing them to return to sports. Student-athlete may begin the Return to Play protocol.
- 10 days have passed since close contact with someone who tested positive for COVID-19, 20 days if close contact lives in household. 10 days have passed since return from international travel.

STUDENT-ATHLETE SYMPTOMS AT ACTIVITY PROTOCOL

ISOLATE THE STUDENT FROM OTHERS

Identify a designated quarantine space away from other persons where the student can be supervised from at least 6 feet away. If indoors, space should be a room with a closed door but open window. Coach should contact a Certified Athletic Trainer immediately (Taylor Meyer 563-564-1639, Connor Mongoven 847-660-0373). Student should remain in quarantined area until picked up by their parent or guardian.

SEND THE STUDENT HOME

Students who demonstrate symptoms of COVID-19 should be sent home if physically healthy enough to drive or picked up by a parent or guardian. Encourage the student to seek medical attention and get tested for COVID-19. A healthcare provider must evaluate the student to differentiate COVID-19 symptoms from other causes of illness.

CLOSE OFF THE AREA/DO NOT USE SAME EQUIPMENT

Do not allow other students to use the same equipment (ball, weights, workout station, etc.) that was used by the student who demonstrated COVID-19 symptoms. If indoors, open outside doors and windows to increase air circulation.

DO NOT CLEAN THE EQUIPMENT

The Centers for Disease Control and Prevention recommend 24 hours before cleaning.

CLEAN AND DISINFECT

If a student becomes ill during an activity, notify the Athletics Department immediately. They will contact the Director of Facilities and Maintenance to have the equipment, room, or area disinfected and sanitized. The Athletics Department will then notify you when the equipment or space is safe for use.

MAINTAIN ACCURATE RECORDS

If a student tests positive for COVID-19 the administration will need to notify the Lake County Department of Public Health. The LCDPH will then determine what contact tracing will be necessary and the school will need to produce records of what students and staff were in contact with the COVID-19 positive student. This may include type and details of exposure (seating chart, using the same equipment, etc.). The more detail you can provide regarding who, when, and where will be very helpful in determining who may or may not need to self-quarantine.