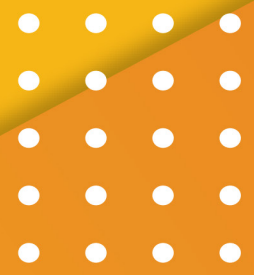


NEW HAVEN  
PUBLIC SCHOOLS



*PHYSICAL EDUCATION,  
HEALTH AND ATHLETICS  
DEPARTMENT*



COVID-19 Guidance

# 2021 FALL SPORTS PLAN



*This plan was designed in accordance with the recommendations from the local DPH, [CIAC Fall Sports Plan](#), [CDC Guidance](#), [State Department of Public Health](#).*

This plan applies to the following:

- **CHEERLEADING,**
- **CROSS COUNTRY (BOYS AND GIRLS),**
- **FOOTBALL, SOCCER (BOYS AND GIRLS),**
- **SWIMMING (GIRLS), &**
- **VOLLEYBALL.**

## ELIGIBILITY

In order to be eligible to participate student-athletes and parents must have submitted all necessary forms. This includes:

- **VALID SPORTS PHYSICAL (EXAM DATE WITHIN 13 MONTHS)**
- **REGISTERED IN FORM RELEAF**

## RETURN TO PLAY PROTOCOL (for student-athletes who have tested positive for COVID-19)

COVID-19 can affect the heart and lungs of the person infected. One uncommon but serious complication of COVID 19 is a heart condition called myocarditis.

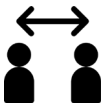
Any student-athlete who has tested positive at any time for COVID-19 is required to submit written documentation by a licensed medical provider to the school nurse that they are cleared to participate in a sport. Guidance on return to play after COVID-19 infection and information on myocarditis can be located [here](#).

In addition to clearance by a licensed medical provider, any student-athlete who tests positive during the fall season will be required to follow the seven day return to play protocol outlined at the bottom of the above link to the COVID-19 Return to Play Protocol.



## MASKS

- **Indoor Activity:** Everyone needs to wear masks at all times during inside activity, including and not limited to practices and competition. Exception: swimmers/divers should not wear masks while in the pool.
- **Outdoor Activity:** Masks are not required during outdoor activity. However, a mask may be worn if one so chooses.
- In an environment in which masks are required, bandanas, neck gaiters, and masks with exhalation valves or vents are not allowable face coverings and should NOT be worn.



## SOCIAL DISTANCING

During the fall season, social distance (6 feet) should be practiced whenever possible, including before, during and after sessions. When possible, conditioning, individual skill work, and any non-contact activity should be designed so that all participants have the ability to maintain social distance.

COVID-19 spreads mainly among people who are in close contact (within about 6 feet) for a prolonged period greater than 15 minutes within 24 hours. Spread happens when an infected person coughs, sneezes, or talks, and droplets from their mouth or nose are launched into the air and land in the mouths or noses of people nearby. The droplets can also be inhaled into the lungs. Recent studies indicate that people who are infected but do not have symptoms likely also play a role in the spread of COVID-19. Since people can spread the virus before they know they are sick, it is important to stay at least 6 feet away from others when possible, even if you—or they—do not have any symptoms. Social distancing is especially important for people who are at higher risk for severe illness from COVID-19.



## STUDENT-ATHLETE EXPECTATIONS

### Student-athletes will:

- Arrive to sessions fully dressed and equipped to participate.
- Arrive and depart close to the start and end times of practice sessions.
- Bring their own water bottle/cooler with a sufficient amount of water for the duration of the session (practice and games). Student-athletes will be provided sufficient water breaks during their session, while maintaining social distance.
- Follow the mask protocol listed above at all times.
- Demonstrate social distancing practices listed above.
- Wash worn clothes, equipment and self immediately upon return home after session.



## SYMPTOM SELF-REPORT

Student-athletes are expected to self-report to their coach if experiencing any new onsets of illness. Some of these symptoms could include but are not limited to:

**Symptoms of COVID-19 include: feeling feverish, (measured temp 100.4 F or more), chills, uncontrolled new cough, shortness of breath, difficulty breathing, loss of taste or smell. [Check the CDC website](#) for additional symptoms. If student-athletes have symptoms of the virus, they should stay home, consult their doctor and inform the school nurse and athletic director.**

Screening. All staff and students are required to self-screen for any observable illness, including cough or respiratory distress, and to confirm temperature below 100 degrees Fahrenheit. The coach or activity supervisor must confirm self-screening by all activity participants upon arrival. Records of self-screening for each person should be recorded and stored (see Symptom Check Log above). Officials, medical staff, and media should self-screen prior to attending an event. Any person with COVID symptoms must notify school personnel, be removed from participation, self-isolate, and contact his/her primary care provider or other health-care professional.

If symptoms arise during a session that are non-related to the physical activity conducted, then the parent, athletic trainer, and athletic director should be contacted immediately and the school nurse should be notified. The student-athlete should be isolated outside until they are able to go home.



## ATHLETIC TRAINER PROTOCOL

### The Athletic Trainer:

The athletic trainer ensures that:

- Student-athletes wear a mask while receiving treatment (exception: respiratory condition).
- Student-athletes sanitize hands prior to receiving treatment.
- Student-athletes maintain social distancing while waiting for treatment.
- The trainer's involvement is warranted by the circumstances. If treatment can be provided with supplies from the first aid kit, the student-athlete should utilize the on-site supplies, if possible.
- One student-athlete is in the training room at a time.
- Treatment tables are sanitized after each student-athlete use.



## LOCKER ROOMS

- When necessary, locker rooms are permitted for individuals to change clothes/equipment as required to participate in athletic activity.
- Social distancing (6 ft) must be maintained at all times in locker rooms.
- Student-athletes must enter/exit in waves if the locker room does not allow for full team social distancing.
- Masks must be worn at all times.
- A coach must monitor all locker room activity.
- Teams are not allowed to use the locker rooms for meetings, including before, during, or after contests.



## PRACTICE PROCEDURES

- Full team practices are permitted.
- Drills that involve contact are permitted.
- During periods of non-contact, all members should maintain a social distance (6 ft) from all participants at all times, including during warm-up, water breaks, individual skill-work, and conditioning, when possible.
- Multiple teams may participate at the same time in designated areas (example: turf for 2 simultaneous soccer teams). Student-athletes, however, must remain with their team for the duration of the session.



## CONTEST/GAME PROCEDURES

Each sport will follow the [CIAC Fall Sports Plan](#) for games/contests. Additional sport-specific information can be found in each individual sports packet.

- [Cross-Country](#)
- [Football](#)
- [Boys and Girls Soccer](#)
- [Girls Swimming](#)
- [Volleyball](#)



## MANAGERS

Student-managers are permitted to participate with teams at the discretion of the head coach. Manager participation should be limited to essential needs for team operations.



## BUS/TRANSPORTATION FOR AWAY CONTESTS

### For district provided transportation to visiting contests:

- A student-athlete is permitted to opt out of the bus ride and ride to/from a contest with their parent/guardian with advanced written/emailed communication to the coach.
- Student-athletes are not permitted to drive themselves to contests.

### Bus Rules/Regulations:

- No food/drink (exception - water).
- At least one coach must be on the bus for all trips.
- Masks need to be worn at all times while waiting inside for a bus and while riding the bus.
- All members riding the bus will spread out as much as possible and if possible be limited to one person per seat (exception: family members who live in same house can share a seat).
- No one is permitted to sit in the two rows immediately behind the bus driver at any time.
- Individuals will ride in the same seat to and from the contest.
- A [bus seating chart](#) will be completed for every bus ride and will be used in the event of contact tracing.



Appendix II

COVID-19 Athletic Monitoring Form

COVID-19 Athletic Monitoring Form										
Circle Yes/No Below										
Date:	Player Name	Player Name	Player Name	Player Name	Player Name	Player Name	Player Name	Player Name	Player Name	Player Name
Fever or Chills	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Cough	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Nasal Congestion or Runny Nose	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Sore Throat	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Shortness of Breath or Difficulty Breathing	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Diarrhea	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Nausea or Vomiting	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Fatigue	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Headache	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Muscle or Body Aches	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
New Loss of Taste or Smell	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Temp (If Higher Than 100.3)	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No