



## **SAISD Athletics Department Return to Play Playbook**

This is a supplement to the [SAISD Safe School Start](#) that outlines districtwide safety and instructional guidelines. This Athletics Return to Play Playbook is intended to provide you with more details about our shared commitments and protocols specific to SAISD Athletics and Athletic Facilities.

Our [SAISD Safe School Start 2020-2021](https://www.saisd.net/page/SafeSchoolStart)

<https://www.saisd.net/page/SafeSchoolStart> is the district reopening plan for school operations that has been developed around five major areas:

**Accurate and Timely Communication**

*Reopening information for staff and families*

**Health and Safety**

*Required practices to prevent the virus from entering district and athletic campus facilities.  
Required practices to respond to a lab-confirmed case in district and athletic campus facilities*

**Continuity, Mental Health and Well Being**

*Prioritizing continuity and the social, emotional and mental health of our families and staff.*

**High Quality Instruction**

*SAISD will ensure high quality academics in both in -person and remote-learning models.*

**Educational Equity**

*SAISD respects the cultural and linguistic heritages of our students, families and staff, and will ensure that human and financial resources are distributed in ways that meet their diverse and unique needs.*

The SAISD Athletic Return to Play Playbook will focus on additional campus specific information and central site information around communication, prevention, and mitigation for Athletics.

The following policies and procedures related to SAISD Athletics are based on the UIL COVID-19 Risk Mitigation Guidelines. The return to campuses by staff and athletes does carry risk of coronavirus spread. Implementing an action plan that follows TEA, UIL, State, County and local leadership directives can help contain coronavirus spread.

## Accurate and Timely Communication

*Reopening information for staff and families*

### Public Health Protective Measure Recommendations

#### Communication to Parents:

- Campuses will implement a communication plan for a pre sport meeting with parents via Zoom, Sports You, Canvas, etc. for all rules and guidelines pertaining to practice and games/matches, the District goals for Return to Play, and Mitigation guidelines.
  - Protocols and procedure for daily health screening of students
  - Protocols and procedures for practice and game day drop-off/pick up times and locations
  - Protocols for positive COVID tests or COVID symptoms.
- Protocols and procedures for game day meal delivery, if applicable
- Share enhanced health and safety protocols, procedures and guidelines issued by SAISD, UIL, TEA and Governor Abbot's Executive Order GA-29.
- Distribute materials for educating students and staff on good hygiene practices
- All parent and booster club meetings will be virtual until further notice.

#### Communication to Athletes and Staff:

- All students, coaches, athletic trainers and anyone else at practice or games shall have a mask on unless on the field/court actively participating in the game/match
- Implement a communication plan for returning staff and students to communicate this message to parents.
- Implement policies and procedures regarding high traffic areas on individual campuses.
- Implement policies and procedures to accommodate staff and students returning to duty/school/practice and daily health screenings
- Distribute cleaning protocols and guidelines for coaching staff (see powerpoint [COVID 19 Training for Cleaning and Disinfecting](#))
- Recognize and install signage necessary for new traffic flow, for COVID safety guidelines, for exit and entrance areas, etc.
- Implement laundry washing/drying protocols
- Ensure office workspaces and other areas allow for social distancing.
- Identify areas restricted for use – water fountains, locker rooms, restrooms, etc.

[COVID-19 Information — University Interscholastic League \(UIL\)](https://www.uiltexas.org/policy/covid-19)  
<https://www.uiltexas.org/policy/covid-19>

## **Sport Information (Tentative)**

### **Football**

Oct. 5 Strength & Conditioning/Sport Specific Instruction ONLY  
Oct 12 Begin FB acclimatization period  
Oct 22 Scrimmages begin  
Oct 29 Week 1 football games

### **Cross Country**

Oct 5 Start Interschool Competition

### **Team Tennis**

Oct 5 Start Interschool Competition

### **Volleyball**

Oct 5 Strength & Conditioning/Sport Specific Instruction ONLY  
Oct 15 Scrimmages begin  
Oct 16 District volleyball begins

### **Golf**

Oct 5 Start Interschool Competition

### **Basketball**

#### Girls

Oct. 21 First day for practice  
Oct. 31 First day for scrimmages  
Nov. 6 Start Interschool Competition

#### Boys

Oct. 28 First day for practice  
Nov. 7 First day for scrimmages  
Nov. 13 Start Interschool Competition

### **Soccer**

Nov. 30 First day for practice  
Dec. 10 First day for scrimmages  
Jan. 2 Start Interschool Competition

### **Baseball**

Jan. 29 First day for practice  
Feb. 6 First day for scrimmages  
Feb. 22 Start Interschool Competition

### **Softball**

- Jan. 22 First day for practice
- Jan. 30 First day for scrimmages
- Feb. 15 Start Interschool Competition

### **Track & Field**

- Jan. 8 First day for practice

### **Swimming & Diving**

- Sept. 8 Start Interschool Competition

## **Prevention**

*Required practices to prevent the virus from entering the district athletic and campus facilities*

### **Before I Come to Any District Athletic and Campus Facilities, I Will...**

- Check my temperature and assess my symptoms; if I have a fever of 100.0° or higher, or any symptoms for COVID-19, or if I have been in direct contact with someone who has COVID-19, I will stay home and contact my medical provider.
- Wear a face covering if not actively involved in a competition or practice.
- Sign in daily to complete questionnaire in Rank One.

### **Safety at District & Campus Athletic Facilities**

- Each staff, student, and patron will be required to be screened (QR code) for COVID-19 symptoms before entering a district or campus athletic facility. If you have any of the following symptoms you will not be allowed in the facility.
  - Symptoms are as follows: cough, chills, muscle pain, sore throat, diarrhea, shortness of breath/difficulty breathing, headache, loss of taste or smell, temperature greater than or equal to 100.0°, known close contact with a person who is lab-confirmed to have COVID-19, and/or travel outside the USA within the last 14 days.
- Face coverings required for everyone 1<sup>st</sup> grade and up upon entry to an area UIL activities are being conducted.
- Spectators will be limited based on the seating capacity of the venue.
- Once permitted, attendance for spectators will be limited to 50% of venue capacity with appropriate social distancing and facial coverings.
- Hand sanitation stations will be provided around each facility.

**Virtual Learner Services**

- Student-athletes participating in virtual learning may participate in UIL and other extracurricular activities if they met all other UIL eligibility requirements. Students must be enrolled in the school the student will represent.
- Implementation of Canvas, SportsYou, Zoom apps to help communicate with student-athletes.
- Utilize and implement a virtual character development program.

**Transportation**

- School buses, activity buses, and charters will be used to transport student-athletes to athletic events and follow district protocols.
- There will be hand sanitizer and disinfectant wipes available.
- Student athletes will start seating from the back of the bus and come forward.
- Student athletes will have assigned seating and sit in the same seats to and from their away event.
- Overnight trips for all sports will be limited to playoffs only
- Campus Bus drivers will clean the bus of trash and then use the Disinfectant that will be located behind the driver seat or at the back of the bus to clean/sanitize the seats and front area of the bus at the end of every trip.
- If students are virtual learners, parents may not take them to the competition directly. Athletes are required to ride the bus with the team. Campus will provide guidelines and documentation for transportation options.

**Ticket Information**

- Campuses will, if possible, video subvarsity competitions and stream via facebook live, or an alternative platform.
- Tickets for all of our Varsity events will be available for purchase on the [SAISD Website](#). All tickets will be sold online – no ticket sales at the gate and no cash transactions.
- Campus tickets will be offered at a limited quantity based on seating availability.

## Mitigation

*Recommended and required practices to reduce the likely spread inside the district and athletic campus facilities.*

### **Athletes, Coaches and Athletic Trainers Health and Safety**

This is a supplement to the [SAISD Safe School Start](#) that outlines district wide safety and instructional guidelines. This Return to Play Playbook is intended to provide you with more details about our shared commitments and protocols specific to district athletic & campus facilities. All previous protocol for COVID 19 safety, including the [SAISD Summer Strength & Conditioning Safety Protocols](#), and [COVID 19 Training for Cleaning and Disinfecting](#) will be followed. The focus of the Athletic Department is to allow our athletes the opportunity to participate in their sports this fall in a safe, yet modified format.

### **COVID Testing**

- The State of Texas has provided the San Antonio ISD the opportunity to conduct weekly testing of athletes who are currently in season. The tests will either be in the Rapid Test format or a PCR test conducted by a third party entity.
- As per SAISD, any athlete, manager or coach who will participate in a contest will be tested. An athlete, manager or coach who refuses to test will not be permitted to participate in the event.
- A student who has a positive test result will be required to go home and follow the protocol for a positive COVID case.

### **Athletic Training Services**

- The district Athletic Trainers (ATs) are in position to play a vital role as sports returns following the pandemic.
- As health-care professionals, they will take lead roles in developing and implementing infection control policy throughout the school.
- It is necessary to tightly control the number of athletes, staff, and students in this facility. Athletic Trainers at the High Schools will determine the square footage of locker rooms and the training rooms to determine the number of students allowed in and out and to also determine the entrance and exit strategies per campus. The Campus Coordinators at the Middle Schools and Academies will do this on their campuses.
- Athletes are not permitted to come and go the Athletic Training Room (ATR) without purpose or an appointment. The ATR must be treated as a health care facility and any visits not directly related to athlete's health and safety should be eliminated.
- Athletic Trainers will sanitize their hands as well as the table, tools and equipment with an acceptable disinfectant before and after treatment.

- Faculty and campus staff visits to the ATR is discouraged. Videoconference or phone communication will be substituted for in person meetings.
- Meetings with vendors will be done outside of the ATR or by virtual conference.
- All entrants to the training room will be documented either electronically or on paper along with their temperature and results of symptom checks (before & after school).
- This document should include: name, date, time in, time out, and reason for visit.
- Infection control in and around the athletic training room is a shared responsibility among the Athletic Trainer, the student trainers, and the campus custodian.
- Signs will be posted reminding athletes of social distancing guidelines and markers/stickers will be placed on the floor to indicate where athletes will stand while waiting for services.
- All equipment, treatment tables, and taping tables must be cleaned between use.
- No ice baths will be allowed.
- One cold whirlpool will be available for emergency heat related issues.
- Ice bags use will be for take-out only, flex wrap use determined by area being wrapped.
- Stim unit electrode pads should be assigned to athletes for personal use.
- Treatments will be scheduled on a google document. 15-minute time slots with 10-minute treatments and 5 minutes for cleaning. If a parent needs to pick up an injured athlete, an athletic trainer will bring the athlete outside to your car.
- ATs will monitor the COVID Return to Play Protocol.

### **Hydration (Games/Practice)**

- Football – Water will be provided on the field, however, students will not be allowed to share water bottles.
  - Hydration during games will be done by student trainers wearing masks, face shields and gloves.
  - Athletes will bring their own water bottles to be used during time outs and will be asked to bring larger one gallon jugs of water.
  - Student trainers will monitor the water units to wipe after each athlete refills his/her water bottle
  - The district will purchase touchless water spigots for water coolers.
  - Student trainers will have trash bags to collect any used disposable water bottles.
  - Water breaks need to be by position to eliminate grouping during designated break times.
  - During practice on campus, water will be supplied according to the water access they have on campus/near football fields.
- All High School and Middle School Sports
  - Athletes are expected to bring their own water bottle and will be asked to bring a larger one gallon jug for water.
  - The district will purchase touchless water spigots for water coolers.



- Water will be supplied according to the access they have at campus and district athletic facilities.

### **Weight Rooms/Campus Facilities**

- Weight rooms and mat rooms will be utilized with appropriate social distancing guidelines. The Summer Strength and Conditioning Safety Procedures will be followed.
- Middle School Weight rooms will not be used until further notice. Campuses will utilize a body weight program with bands outside until they are permitted to return to the weight room.
- Locker Rooms will have restrictions for use and athletes will be spaced apart for social distancing. The campus Coordinators and Athletic Trainers will create a plan for locker room usage.
- All athletes must be dressed in their uniforms when traveling to their games/matches. Dressing rooms will only be used for player bathrooms within social distancing guidelines for visitors.

### **Participation Numbers**

- Participation numbers for the 2020-21 school year may be limited to reduce the number of athletes in locker rooms, on buses and in gyms.
- Middle School teams will have cuts to limit numbers to 10 athletes on each the A and B teams in volleyball and basketball.

### **Campus Athletic Operations**

Follow Covid-19/District guidelines in place.

- Locker rooms
  - Face masks required.
  - Self-screening.
  - Hand sanitizer stations in locker rooms.
  - Staff disinfects lockers rooms every day.
  - Shower plan.
  - Assigned supervision.
  - Assignment of lockers.
  - Lockers rooms will be closed before and after school to off season sports.
  - Lockers – SAISD Equipment only.
- Coaches' office
  - Face mask required.
  - Hand sanitizer will be available.
  - Social distance will be practiced
  - Offices will be disinfected daily.
- Equipment
  - Disinfected before, during, and after practice every day.

- Laundry
  - Campuses will develop a plan for mitigating risk of COVID-19 when laundering items such as towels, practice clothes, and uniforms. This plan should include protocols for redistributing these items to students.
- Competition Gym/Field Seating (once spectators are permitted)
  - Enhanced cleaning.
  - 50% seating capacity.
  - Skip every other row.
  - Hand sanitizer will be available around facilities.
  - Signage will be used to provide high visibility of sanitation stations.
  - Face mask required for spectators.
  - Concessions will follow district protocols and policies.

### **How Athletic Events May Look Different This School Year**

- **Cross Country**
  - No Team Camps
  - Varsity Girls and Boys will compete separately from JV Girls and Boys
  - There will not be a timing system, awards or awards ceremony at the San Antonio area meets until the District Meet
  - No post race hand shakes with coaches or teams; an alternate method of sportsmanship will be practiced.
  - No Spectators until further notice. We need to create a safe environment for our athletes.
- **Tennis**
  - No post match hand shakes with coaches or teams; an alternate method of sportsmanship will be practiced.
  - No Spectators until further notice
- **Football, Volleyball, Basketball and Soccer**
  - No post game/match hand shakes with coaches or teams; an alternate method of sportsmanship will be practiced.
  - Teams will not switch benches
  - No middle school/elementary school nights
  - Bands/pep/cheer will not mingle with visiting team/no spirit gift exchange
  - Bands/pep/cheer will stay in the stands or in a designated areas away from the teams
  - Sideline media passes will be limited
  - Homecoming Festivities will be limited to video recognitions
  - Senior night will be showcased in a virtual platform
  - Teams will not go to restaurants to eat if traveling to an away event/meals will be ordered to go and students will eat on the bus.
  - Teams are not permitted to walk to the bleachers to shake/slap hands with fans after the event when spectators are permitted

- Coaches will have the post match team talk on the field/bus after the event and head home. Locker rooms will not be available.
- **Track & Field**
  - Varsity Girls and Boys will compete separately from JV Girls and Boys
  - Meets will be limited to 8 teams
  - There may be limited timing and awards at meets
  - Teams will need to social distance at their team camps

### **Concessions**

- Required to wear a face mask.
- Avoid leaving condiments, napkins, etc. unoccupied on the counter. Offer when requested.
- Regularly disinfect concession counters/areas.
- Follow screening protocol for all volunteers in the concession.
- When spectators are permitted, concessions will serve only pre-package food

### **District Athletic Facilities Procedures**

- **Alamo Stadium/Sports Complex**
  - All team personnel must complete a self-screening prior to entering any athletic venue.
  - All coaches, players, and personnel shall be wearing face masks upon arrival and departure.
  - Locker rooms will be cleaned, sanitized, and disinfected prior to team arrival.
  - No personnel will be allowed back into the locker rooms after halftime unless there is an emergency dictated by the team trainer or doctor.
  - Face coverings must be worn at all times while in locker rooms.
  - After the event, trainers, staff, or custodian personnel will clean, sanitize and disinfect both home and visitor locker rooms.
- **Alamo Convocation Center**
  - All coaches, players, and personnel shall be wearing face masks upon arrival and departure.
  - When a team arrives, a coach will come to the player's entrance vomitorium and announce their arrival. The team will enter through the vomitorium of the gym and proceed to their locker room.
  - After the game teams will exit through the players' entrance doors and proceed to their bus to return to campus. Teams cannot stay and scout; only coaches can stay to scout.

- Teams that follow the first game will execute game one procedures. Exception would be to enter and sit in designated areas in the bleachers until instructed to go to their locker room.
- **Lanier Alumni Center**
  - All coaches, players, and personnel shall be wearing face masks upon arrival and departure.
  - When a team arrives, a coach will come to the ticket booth and announce their arrival. The team will enter through the lower side doors of the gym located by bus parking. Teams will proceed to their locker rooms.
  - After the game teams will exit through the same doors and proceed to their bus to return to campus. Teams cannot stay and scout; only coaches can stay to scout.
  - Teams that follow the first the game will execute game one procedures. Exception would be to enter and sit in designated areas in the bleachers until instructed to go to their locker rooms.
- **Mission Concepcion Gym**
  - All coaches, players, and personnel shall be wearing face masks upon arrival and departure.
  - When a team arrives, they will enter the main lobby of the gym and proceed directly to their assigned court.
  - After the game teams will exit through the same doors and proceed to their bus to return to campus. Teams cannot stay and scout.
  - Teams that follow the first game will execute game one procedures.
- **Natatorium**
  - Follow Covid-19/District guidelines in place.
    - Face masks required when not in the pool or actively exercising.
    - Self-screening.
    - Hand sanitizers stations in locker rooms/coach's office.
    - Custodial staff disinfects lockers rooms every day.
    - Shower plan – the shower will be closed and athletes will shower on campus
  - Locker Rooms
    - Locker rooms will not be available until further notice
    - During practices, athletes/coaches will use designated restrooms. Restroom monitors will disinfect restroom after each use.
    - Lockers - to remain locked at all times (not assigned). Athletes will bring belongings out on deck to designated area during practice and take with them when they leave.
  - Equipment

- Personal swimming training equipment bags may be left overnight in the designated team area only.
- All personal swimming training equipment must be labeled with athlete's name and school/group.
- General use or facility equipment will be disinfected by coach/athletes after each use.
- Movement within facility
  - Coaches/athletes/patrons will follow designated pathways while transitioning locations within facilities.
  - Group movements will be staggered to minimize/eliminate contact between groups.
  - Arrival and departure times for teams/groups will be staggered to minimize contact and allow for adequate screening time.
  - Teams/groups will only practice within specified areas for that team/group.
- Competitions
  - Facility will be disinfected before competition.
  - Spectators will not be permitted until further notice.
  - When spectators are permitted, they will be limited to one spectator per competing athlete.
  - Hand sanitizer will be available.
  - Face masks for required for all spectators. Seating will be every other row with six (6) feet between spectators.
  - Teams will stagger arrival in order to minimize congregation and facilitate screening.
  - Locker rooms will not be available for meets.
  - Athletes/coaches/officials will use designated, monitored restrooms during meets. Restrooms will be disinfected after each use.
  - Spectators will use designated, monitored restrooms during competitions. Restrooms will be disinfected after each use.
- **Tennis Facilities (McFarlin and Fairchild)**
  - Follow Covid-19/District guidelines in place.
    - Face mask required when not on the tennis court or actively exercising.
    - Self-screening.
    - Hand sanitizers stations in pro shops and common areas.
    - Custodial staff disinfects pro shops and common areas every day.
    - Tennis facilities will be at 50% venue capacity
  - Restrooms

- All athletes/coaches/spectators will use designated restrooms. Custodial staff will be following SAISD custodial guidelines as they pertain to frequency of cleaning restroom facilities.
- Equipment
  - Personal tennis equipment will be assigned to a designated area during practice/competitions/programs.
  - All personal tennis equipment must be labeled with the athlete's name. Athletes must bring their own towel and water bottle/jug full of ice and water. Ice will not be available at tennis centers, but they may fill up their jugs with water at the bottle/jug refill stations.
  - General use or facility tennis equipment will be disinfected by staff after each use. All used equipment (balls, hoppers, carts, tubes, etc.) will be cleaned and disinfected after every practice/competition/program.
- Movement within tennis facilities
  - Coaches/athletes/spectators will follow designated entry and exit gates while transitioning to and from parking lots and tennis facilities. Avoid entering or exiting the facility in groups. Social distancing of 6 feet away should be maintained.
  - Team movements will be staggered to minimize/eliminate contact between individuals at the facility. Each team will be assigned a designated area at each facility. Arrival and departure times for teams/groups/programs will be staggered to minimize contact and allow for adequate screening time.
  - Teams/groups/programs will only compete on assigned courts.
  - Congregating under the awning and shaded area next to the pro shops at both tennis facilities will not be allowed.
  - Guests are encouraged to bring in their own chairs, but must maintain 6 feet of social distancing throughout the viewing area of the tennis facilities.
  - No groups of 10 or more are allowed to gather in an area. Cones, signage or other markers may be used to help communicate proper spacing of 6 feet apart.
- Competitions
  - Tennis facilities will be disinfected before and after competitions.
  - 50% venue capacity.
  - Spectators will not be permitted until further notice.
  - Once permitted, no more than 4 people to a group for spectators seated on the bleachers covered by small awnings at both tennis facilities. Skip every other row. Six (6) feet between groups in a row.
  - Hand sanitizer will be available throughout both tennis facilities.
  - Face masks are required for all spectators.

### **Individual Campus Facilities**

Each campus will have guidelines specifically for their facilities and sports. These will be posted on their campus Website as well as the SAISD Athletic Website.

### **Screening Process (Staff, workers, spectators)**

Once spectators are permitted to attend events, the following protocol will be followed. Each patron is required to be screened (QR code) for COVID-19 symptoms before entering a venue. If you have any of the following symptoms you will not be allowed in the venue.

- Symptoms are as follows:  
Cough, chills, muscle pain, sore throat, diarrhea, shortness of breath/difficulty breathing, headache, loss of taste or smell, temperature greater than or equal to 100.0°, known close contact with a person who is lab-confirmed to have COVID-19, travel outside the USA within the last 14 days.

Each athlete will submit a Health Screening Questionnaire in Rank One before they come to a competition or practice. Exact protocols will be guided by current health conditions at the time. Multiple scenarios have been developed for the health screening of students to include the daily or weekly completion of the SAISD Student Screening Questionnaire.

All patrons and athletes will be provided daily guidance on proper hand hygiene, respiratory etiquette, and social distancing.

Per UIL, all athletes must wear a face mask, unless actively involved in a competition or practice.

Patrons, when permitted, are required to wear a face mask.

All athletes and patrons are encouraged to wash their hands and use hand sanitizer.

### **Physical Barriers and Guides**

Staff and workers who will interact with patrons and athletes will wear district provided face shields and face masks.

Utilization of visual cues, signage, and barriers to direct traffic flow and demonstrate social distancing.

### **Arrival at District Athletic Facilities**

Spectators will be limited based on the seating capacity of the venue. Once allowed, per UIL, attendance will be limited to 50% of venue capacity with appropriate social distancing and facial coverings (subject to change).

All facilities will have socially distanced seating to adhere to local guidance.

## Response

*Required practices to respond to a lab confirmed case in district and athletic campus facilities.*

We will implement district guideline procedures stated in the [SAISD Safe School Start](#) when responding to a suspected, presumptive, or confirmed COVID-19 cases in any district or campus athletic facility.

### Protocol with suspected/confirmed COVID athletes:

- If an individual has symptoms of or comes in contact with a confirmed case of COVID-19, that individual should report the exposure to the athletic training staff as soon as possible. The Athletic Trainer will provide information of a student athlete to Gloria Davis, Director of Student Health Services [gdavis@saisd.net](mailto:gdavis@saisd.net). A Coach or Athletic Trainer will report to Lorena Rios, Director of Risk Management [lrios5@saisd.net](mailto:lrios5@saisd.net).
- In the case of an individual who was diagnosed with COVID-19, the individual may return to school when all of the following criteria are met:
  - at least one day (24 hours) have passed since recovery (resolution of fever without the use of fever-reducing medications);
  - the individual has improvement in symptoms (e.g., cough, shortness of breath);
  - at least ten days have passed since symptoms first appeared or test results confirmed positive.
  - As per UIL, an athlete must be cleared by a doctor prior to starting return to play.
- If the individual has symptoms that could be COVID-19 and who has not been evaluated by a medical professional or tested for COVID-19, such individual is assumed to have COVID-19, and the individual may not return to campus until all of the following criteria are met:
  - at least one day (24 hours) have passed since recovery (resolution of fever without the use of fever-reducing medications);
  - the individual has improvement in symptoms (e.g., cough, shortness of breath); and
  - at least ten days have passed since symptoms first appeared.



- Must be cleared by a doctor prior to starting return to play
- If the individual has symptoms that could be COVID-19 and wants to return to school before completing the above stay at home period, the individual must either
  - (a) obtain a medical professional's note clearing the individual for return based on an alternative diagnosis or
  - (b) receive two separate confirmations at least 24 hours apart that they are free of COVID-19
- Any student or staff member living with or comes in close contact (as defined in this document) with someone who experiences any of the symptoms of COVID-19, whether they have a positive COVID-19 test or not, should self-isolate for two weeks. If they do not experience any COVID-19 symptoms during that period, they can return to athletics. If they experience symptoms, they must self-isolate until the conditions outlined above have been met.
- Close Contact: Refers to an individual who is lab-confirmed to have COVID-19. The definition of close contact is evolving with out understanding of COVID-19, and individual scenarios should be determined by an appropriate public health agency. In general, close contact is defined as:
  - Being directly exposed to infectious secretions (e.g., being coughed on); or
  - Being within 6 feet for a cumulative duration of 15 minutes; however, additional factors like case/contact masking (i.e., both the infectious individual and the potential close contact have been consistently and properly masked), ventilation, presence of dividers, and case symptomatology may affect this determination.

### **Return to Physical Activity after Positive COVID case:**

Athletes must have a doctor's clearance prior to returning to athletics, as per UIL. The athlete will follow the SAISD COVID Graduated Return to Play Protocol to ensure that they will be acclimated for heat conditions as well as a gradual return to full physical exercise. This Graduated Return to Play Protocol will be posted on the SAISD Athletic Website.

There is concern of cardiovascular complications of some athletes affected by COVID 19. **It is strongly encouraged for athletes with symptomatic COVID positive infection with hospitalization to have cardiac screening (EKG) prior to return to play.**

**Due to the evolving nature of the novel Coronavirus, this document is subject to change to reflect the guidelines of the CDC, the San Antonio Metro Health Advisory Board and the San Antonio ISD District protocols.**

**SAMPLE DOCUMENT ONLY**



## COVID 19 Management Protocol Return to Play Form

*This form must be completed and submitted to the athletic trainer (not coach) who is responsible for compliance with the Return to Play protocol established by the school district COVID 19 Oversight Team, as determined by the superintendent or their designee.*

\_\_\_\_\_  
*Student Name (Please Print)*

\_\_\_\_\_  
*School Name (Please Print)*

### **Designated school district official verifies:**

*Please check*

The student has been evaluated by a treating physician selected by the student, their parent or other person with legal authority to make medical decisions for the student. The student has completed the Return to Play protocol established by the school district COVID 19 Oversight Team

The school has received a written statement from the treating physician indicating, that in the physician's professional judgement, it is safe for the student to return to play.

\_\_\_\_\_  
*School Individual Signature (Athletic Trainer)*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*School Individual Name (Please Print)*

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### **Parent, or other person with legal authority to make medical decisions for the student signs and certifies that he/she:**

*Please check*

Has been informed concerning and consents to the student participating in returning to play in accordance with the return to play protocol established by the COVID 19 Oversight Team

Understands the risks associated with the student returning to play and will comply with any ongoing requirements in the return to play protocol

Consents to the disclosure to appropriate persons, consistent with the Health Insurance Portability and Accountability Act of 1996 (Pub. L. No.104-191), of the treating physician's written statement under Subdivision (3) and, if any, the return to play recommendations of the treating physician.

Understands the immunity provisions under Section 38.159 of the Texas Education Code.

\_\_\_\_\_  
*Parent/Responsible Decision Maker Signature*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Parent/Responsible Decision Maker Name (Please Print)*

**SAMPLE DOCUMENT ONLY**

## SAISD COVID-19 Management Protocol

### Return to Play Clearance Form

As per UIL Policy, if an athlete has tested positive for COVID-19, he/she must be cleared for progression back to activity by an approved health care provider (MD/DO/PAC/RNP)

Athlete's Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Date of Positive Test: \_\_\_\_\_  
Athlete's School: \_\_\_\_\_

#### THIS RETURN TO PLAY IS BASED ON TODAY'S EVALUATION

Date of Evaluation: \_\_\_\_\_

- Athlete IS cleared to start the return to activity progression.  
 Athlete IS NOT cleared to return to activity

#### Medical Office Information (Please Print/Stamp):

Evaluator's Name: \_\_\_\_\_ Office Phone: \_\_\_\_\_

Evaluator's Address: \_\_\_\_\_

Evaluator's Signature: \_\_\_\_\_

### Return to Play (RTP) Procedures after COVID-19 Infection

Athletes must complete the progression below without development of chest pain, chest tightness, palpitations, lightheadedness, pre-syncope or syncope. If these symptoms develop, patient should be referred back to the evaluating provider who signed the form.

- 10 days of self-quarantine have passed since positive test result (whether they are symptomatic or asymptomatic), along with improvement of symptoms (cough, shortness of breath, tightness in chest).
- No fever ( $\geq 100.0F$ ) for 24 hours without the use of fever reducing medication

- **Stage 1: (2 Days Minimum)** Light Activity (Walking, Jogging, Stationary Bike) for 15 minutes or less at intensity no greater than 70% of maximum heart rate. NO resistance training.
- **Stage 2: (1 Day Minimum)** Add simple movement activities (EG. running drills) for 30 minutes or less at intensity no greater than 80% of maximum heart rate
- **Stage 3: (1 Day Minimum)** Progress to more complex training for 45 minutes or less at intensity no greater than 80% maximum heart rate. May add light resistance training.
- **Stage 4: (2 Days Minimum)** Normal Training Activity for 60 minutes or less at intensity no greater than 80% maximum heart rate
- **Stage 5:** Return to full activity

Cleared for Full Participation by School Personnel (Minimum 7 days spent on RTP): \_\_\_\_\_  
*Athletic Trainer Name (Please Print)*

RTP Procedure adapted from Elliott N, et al. Infographic. British Journal of Sports Medicine, 2020.

**SAMPLE DOCUMENT ONLY****SAISD COVID-19 Management Protocol  
Return to Play Clearance Form**

**For Physician's use only – do not return to school.**

As per UIL Policy, if an athlete has tested positive for COVID-19, he/she must be cleared for progression back to activity by an approved health care provider (MD/DO/PAC/RNP)

Athlete's Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Date of Positive Test: \_\_\_\_\_

THIS RETURN TO PLAY IS BASED ON TODAY'S EVALUATION

Date of Evaluation: \_\_\_\_\_ Criteria to return (Please check below as applies)

10 days of self-quarantine have passed since positive test result (whether they are symptomatic or asymptomatic), along with improvement of symptoms (cough, shortness of breath, tightness in chest).

No fever ( $\geq 100.0F$ ) for 24 hours without the use of fever reducing medication

Athlete was not hospitalized due to COVID-19 infection.

Chest pain/tightness with exercise YES  NO

Unexplained Syncope/near syncope YES  NO

Unexplained/excessive dyspnea/fatigue w/exertion YES  NO

New palpitations YES  NO

Heart murmur on exam YES  NO

Cardiac screen negative for myocarditis/myocardial ischemia (Any yes ABOVE will require a Cardiac Follow up)

NOTE: If any cardiac screening question is positive or if athlete was hospitalized, consider further workup as indicated. May include CXR, Spirometry, PFTs, Chest CT, Cardiology Consult