

Prevention Measures to Keep our students healthy

January 31, 2022

Guidelines for Sports and Extracurricular Activities

Before practice and events

- Check every athlete, participant, coach or other staff for symptoms every day – before every practice, before every game/event and before traveling to any game/event.
 - Fever or chills
 - Cough
 - Fatigue
 - Muscle or body aches
 - Sore throat
 - Headache
 - New loss of taste or smell that started in the last 10 days. (Food may taste bad or funny.)
 - Shortness of breath or difficulty breathing
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea
- If anyone has any of these symptoms, follow [WCHD Guidelines](#) and defer their participation if they should be evaluated for COVID or are contagious. Follow school policies for notifying their parent or guardian about the illness.
- Follow ODH's [Test to Play](#) strategy for students exposed to COVID. This can help to limit the spread of COVID within your groups and teams.

During extracurricular activities

- Per federal order, all people must wear a mask when traveling on a bus.
- Wear a mask to set a good example for students and to encourage those students whose parents or guardians want them to wear one.
- Use all available [layers of prevention](#) that are feasible for the activities – hand washing, maximizing distancing between participants on the bench, sanitizing commonly touched surfaces, and wearing masks whenever able, like during film sessions or on benches, etc.
- If possible, have participants practice in small groups or “pods” to reduce the risk of exposure.
- When participating in multi-team events and tournaments:
 - Avoid overnight stays as much as possible to minimize social activities. Consider hosting events at a central location that does not require teams to stay overnight.
 - Staying at hotels or dining together at restaurants create mask-less environments where teammates socialize, which increases the risk of transmission, especially when case levels are high.

After extracurricular activities

- Notify other teams if you determine there could have been COVID exposure during play.

Before tournaments or big events

- Social activities and gatherings outside of practices and games are sources of transmission among teammates. Advise your participants to limit social interactions when case levels are high in your community so they will be available for events and competitions.