

The following guidance related to UIL activities, based on the public health situation as we understand it today, applies to the 2021-2022 school year. This guidance is effective August 1, 2021. Changes to the public health situation may necessitate changes to this guidance.

# McAllen ISD COVID-19 RISK MITIGATION GUIDELINES 2021- 2022

*\*Please note that this is a working document and may be revised according to updated local, state and federal guidelines.*

Department Of Athletics – January 25, 2021



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## 2021-2022 MISD COVID-19 RISK MITIGATION GUIDELINES

These guidelines are in addition to guidance issued by *McAllen ISD*, the *University Interscholastic League (UIL)*, and the Texas Education Agency (TEA) and intended to be implemented along with [TEA guidance](#). The information below includes the requirement for schools to develop a plan for mitigating risk of COVID-19 spread during UIL activities.

### GENERAL OPERATIONAL GUIDELINES

#### REQUIRED OF ALL SCHOOLS:

TEA requires all school systems to develop a plan for mitigating COVID-19 spread in schools. UIL guidelines require schools to include UIL activities for the 2021-2022 school year as part of this plan and carefully plan for mitigating risk of spread as students and staff participate in them. MISD will be posting these plans on the MISD Athletic Department Website. These plans do not require UIL or TEA approval.

*Refer to MISD Health Services Return to School Staff and Student Protocols COVID-19*

#### REQUIRED SCREENING BEFORE ATTENDING OR PARTICIPATING IN ACTIVITIES:

Student-Athletes will be required to complete a self-screening questionnaire on skyward before arriving to campus.

[Refer to MISD Return to Traditional School 2021-2022 on the McAllen ISD website.](#)

### IDENTIFYING CONFIRMED AND POSSIBLE COVID-19 CASES ON CAMPUS

- An athlete must immediately report a lab confirmed positive test to their Coach or Athletic Trainer.
- A coach or staff member must immediately report a lab confirmed positive test to their Campus Athletic Coordinator, Campus Principal and Campus Nurse.
- Schools must immediately separate any student who shows COVID-19 symptoms while at school until the student can be picked up by a parent or guardian.
- Schools will clean the areas used by the individual (student, coach, or staff) who shows COVID- 19 symptoms while at school as soon as possible.

All individuals within close contact of a person with symptoms or a positive case will be notified by the nurse and follow the district protocol from the link below.

[Refer to MISD Return to Traditional School 2021-2022 on the McAllen ISD website.](#)



#### Athletic Department

##### COVID Return to Play Requirements

Student-Athlete must complete the following before being released to practice or compete following a positive Covid-19 test or presumed covid-19 symptoms.

1. Student-Athlete must complete an isolation period set forth by campus nurses.
2. Student-Athlete must submit a medical clearance from a doctor stating the student is **cleared to participate in UIL athletic activities.**
3. Student-Athlete must complete McAllen ISD COVID Return to Play Protocol as directed by campus Athletic Trainers.

*Note: None of the above steps may be omitted.*



#### Departamento Atlético

##### COVID Requisitos para volver a jugar

El estudiante atleta debe completar lo siguiente antes de ser liberado para practicar o competir después de una prueba positiva de Covid-19 o presuntos síntomas de covid-19.

1. El estudiante atleta debe completar un período de aislamiento establecido por las enfermeras del campus.
2. El estudiante atleta debe presentar una autorización médica de un médico que indique que el estudiante está **autorizado para participar en las actividades deportivas de la UIL.**
3. El estudiante atleta debe completar el Protocolo de regreso al juego COVID de McAllen ISD según lo indiquen los entrenadores atléticos del campus.

*Nota: No se puede omitir ninguno de los pasos anteriores.*



## COVID – 19 RETURN TO PLAY PROTOCOL (RTPP)

Students must complete the following phases and cleared by Athletic Trainers before they are allowed to return to competition.

### High School COVID-19 RTPP

	Description
Note:	A student who has been diagnosed with COVID-19 must receive clearance from a physician prior to returning to participation in UIL marching band or athletic activities.
Note:	ECG Performed (if prescribed by the doctor or preferred by parent at expense to parent) and cleared by physician
Phase 1	Athlete is symptom free  15 minutes of aerobic exercise (walking, light jogging, stationary cycle, no resistance training) at <70% of MHR Athlete completes above criteria without excessive fatigue or breathlessness
Phase 2	Athlete is symptom free  30-45 minutes of moderate activity (e.g. simple movement activities such as running drills) at <80% of MHR Athlete completes above criteria without excessive fatigue or breathlessness
Phase 3	Athlete is symptom free  45-60 minutes of sports specific aerobic activity (including warm up) at <80% of MHR Athlete completes above criteria without excessive fatigue or breathlessness
Phase 4	Athlete is symptom free  Return to play with no restrictions  Athlete completes above criteria without excessive fatigue or breathlessness
Note:	Protocol may be adjusted at Athletic Trainers' professional discretion.

## COMPETITION VENUES, LOCKER ROOMS, SHOWER AREAS, ATHLETIC TRAINING ROOMS, LAUNDRY ROOMS, AND OTHER CONGREGATE SETTINGS

1. MISD will make hand sanitizer, disinfecting wipes, soap and water, or similar disinfectant readily available in these areas.
2. All congregate areas will be regularly and frequently cleaned and disinfected including all frequently touched surfaces such as doorknobs, tables, chairs, lockers, and restrooms.
3. Any equipment that will be kept in student lockers and/or in these areas will be thoroughly cleaned and disinfected each day prior to students accessing these areas. Schools should develop a plan for managing the storage, cleaning and disinfecting, and redistribution of student equipment.
4. Schools will consider identifying staff to monitor locker rooms, showers and other areas where students may congregate to ensure effective use of school protocols. When possible, schools should open windows and/or doors or otherwise work to improve air flow by allowing outside air to circulate in these areas.
5. Schools will encourage staff and students to wear face coverings while inside locker rooms, meeting rooms, training rooms, band halls and other areas where students may congregate other than shower facilities.

## MCALLEN ISD ATHLETIC TRAINING ROOM PROCEDURES

1. If facilities allow, there should be one entrance and one exit. The Athletic Training facility will hold the capacity allowed for 3 feet of social distancing. This does not include offices, storage, or “wet room” areas.
2. Athletic Trainers will perform therapy and rehabilitative services on an appointment basis before school, lunch and after school. During school hours, athletic trainers will work with the athletes during the athletic period as necessary, prioritizing in-season athletes over those not in season. Athletic Trainers will also “triage” student/athletes.
3. Social distancing is being encouraged. Frequent hand washing and use of hand sanitizer will be advocated.
4. Athletic Trainers will disinfect treatment area and equipment after each use.
5. Additional guidelines may be established by each campus.

## PRACTICE ACTIVITIES

In addition to the above general guidelines and rules in the UIL Constitution and Contest Rules and UIL manuals and handbooks, **the following applies to practice activities** during the 2021-2022 school year.

- All surfaces in practice areas should be thoroughly disinfected throughout and at the end of each day.
- Any equipment should be regularly disinfected before, during, and after practice sessions.
- Schools may provide food, water or other drinks. If they provide these items, schools should do so in a manner that ensures students are not sharing these items. *Students are encouraged to eat at home before and after practices and competitions when possible.*

## HYDRATION PLAN

### **General Information:**

Every student brings their own water bottle daily. Each athlete is responsible for moving their bottle during practice. No sharing of water bottles will be allowed. Disinfect water bottle with rubbing alcohol (60% or higher) after each refill. If students forget their labelled water bottle they will use disposable bottle for the day. Water donations may come from boosters, activity funds, student donations and Athletic Department. Coaches must be vigilant at all times and reiterate the importance of NO SHARING!

1. Football Games
  - a. Athlete responsible for bringing a labelled water bottle and moving their bottle.
  - b. Use commercially available water bottles and dispose after use
  - c. No sharing of water bottles
  - d. Use cups and racks for athletes on benches
  - e. Cups filled by student trainer (if available)
  - f. Disinfect nozzle after use with rubbing alcohol (60% or higher)
2. Football Practice
  - a. Athlete responsible for bringing a labelled water bottle and moving their bottle.
  - b. Filling station available at practice.
  - c. No sharing of water bottles
  - d. Student trainer will assist (if available)
  - e. Use water fountain station with foot pedal
  - f. Disinfect nozzle with rubbing alcohol (60% or higher) between refills
3. All other sports practices and games
  - a. Athlete responsible for bringing a labelled water bottle and moving their bottle.
  - b. No sharing of bottles
  - c. May refill at hydration station (if available) or disposable water bottles.
  - d. Boosters or campus may provide cases of commercially available water bottles for teams when they play home or away.

## GAME, CONTEST, AND EVENT MANAGEMENT

In addition to the above guidelines and rules in the UIL Constitution and Contest Rules and UIL manuals and handbooks, the following applies to games, scrimmages, and events:

### TEAMS AND PARTICIPANTS

1. If the school is planning to offer transportation for students, schools should follow [TEA guidance](#) related to such transportation.
2. Visiting team /group locker rooms should be cleaned and sanitized by the host site before the visiting team arrives. Visiting teams/groups are responsible for cleaning and disinfecting their own equipment once it is unloaded. Schools should limit access to these facilities to only students and staff essential for the game, contest, or event.
3. Fans and spectators will be encouraged to wear masks, social distance and use hand sanitizer.
4. As previously indicated, water or other drinks and/or food may be provided. Schools or host sites should consider doing so in a manner that ensures students are not sharing these items. Students are encouraged to eat at home before and after practices and competitions when possible.
5. Other areas used by participants, such as press box areas, should be cleaned and disinfected prior to and after use. Sites will develop plans for providing access to these areas that limit or remove potential contact between participants and non-participants.
6. Officials should be provided a dressing and meeting area, if applicable, that has been cleaned and disinfected prior to their arrival.

7. Pregame and post-game gestures of sportsmanship should be conducted between teams and sports and contest officials in ways planned to help reduce the risk of spread of COVID-19.

#### SPECTATORS, AUDIENCES, FANS AND MEDIA

Schools may allow spectators to attend games, contests, or events at full capacity provided that appropriate spacing between spectators is maintained according to the protocol, and according to the following:

1. Schools and/or host sites should post visible signs and/or messaging stating any individuals who are confirmed to have, suspected of having, are experiencing symptoms of, or have been in close contact with an individual who has been confirmed to have COVID-19 should not enter the facility.
2. Spectators, audiences, fans and media are encouraged to wear face coverings.
3. All varsity football ticket sales will be online.
4. Schools should provide hand sanitizing stations and/or hand washing stations at entrances and inside the facility.
5. Seating, handrails, and other common surfaces should be cleaned and disinfected prior to each game or contest.
6. Post-game interviews: Student-athletes are encouraged to wear face coverings and maintain distance between the interviewer and individual being interviewed.

#### CONCESSION STANDS AND FOOD SERVICE

For games, contests, and events that will include concession stands or other food service, the following guidelines apply:

1. Staff, contractors, and volunteers involved in food service are encouraged to wear face coverings.
2. Sites should avoid leaving condiments, silverware, flatware, glassware, or other traditional tabletop items on unoccupied tables or at the counter. Sites should only provide condiments or flatware upon request, and in single use, individually wrapped items.
3. Regularly clean and disinfect the food service counters and areas. Clean and disinfect dining areas (tables, etc.) after each patron departs.
4. Limit contact between the individuals involved in food service and patrons as much as possible. Have employees, contractors, and volunteers follow proper food-handling protocols.