



## Smart Restart: Returning to Competition

### Harrisburg High School/Middle School Athletics

**Preface**

A recent study by the University of Wisconsin School of Medicine and Public Health (McGuine et al., 2020) examined the impact of school closures and sport cancellations on the health of adolescent athletes in Wisconsin. In the adolescents studied, 65% reported anxiety symptoms in May of 2020, 25% of which were in the moderate and severe category. Additionally, 68% reported symptoms of depression, compared to a historical baseline of 31%. Further, the study found a 50% decrease in physical activity in the athletes. As an overall trend the study found that the school closures and sport cancellations had a statistically significant negative impact on the physical health, psychosocial health, and overall health of the adolescents in the study.

***Athletes, participants, coaches, and officials who are in a vulnerable population should take extra precaution and visit with their physician about participation, particularly in sports/activities that do not allow for consistent social distancing.***

|               | Green                                 | Yellow  | Orange  | Red  |
|---------------|---------------------------------------|---|---|--|
| <b>Status</b> | No Confirmed Cases at Building Level  | Confirmed Positive Case(s) at Building Level    | Confirmed Community Spread within a Class, Pod or Building    | Significant Community Spread               |
|               | School Open with Precautions in Place | School Open with Increased Level of Precautions | School Open with Significantly Increased Level of Precautions | Building Closed Distance Learning in Place |

| Status                    | Green   | Yellow  | Orange  | Red           |
|---------------------------|---|---|---|---------------|
| <b>Temperature Checks</b> | <ul style="list-style-type: none"> <li>Athlete and Staff temperatures taken by</li> </ul> | <ul style="list-style-type: none"> <li>Athlete and Staff temperatures taken by</li> </ul> | <ul style="list-style-type: none"> <li>Athlete and Staff temperatures taken by</li> </ul> | No Activities |

|   |   |   |   |               |
|---|---|---|---|---------------|
|   | Trainers, Activities Director or Coaching Staff before practices, contests and departure for away contests.   | Trainers, Activities Director or Coaching Staff before practices, contests and departure for away contests.   | Trainers, Activities Director or Coaching Staff before practices, contests and departure for away contests.   |               |
| <b>Symptom Screening</b>  | <ul style="list-style-type: none"> <li>Athletes and Staff screening done by Athletic Trainers, Activities Director or Coaching Staff before practice, contests and departure for away contests.</li> </ul>  | <ul style="list-style-type: none"> <li>Athletes and Staff screening done by Athletic Trainers, Activities Director or Coaching Staff before practice, contests and departure for away contests.</li> </ul>  | <ul style="list-style-type: none"> <li>Athletes and Staff screening done by Athletic Trainers, Activities Director or Coaching Staff before practice, contests and departure for away contests.</li> </ul>  | No Activities |
| <b>Locker Rooms &amp; Team Facilities</b>                       | <ul style="list-style-type: none"> <li>Physical distancing should be practiced.</li> <li>Athletes may be asked to come ready for practice.</li> <li>After practice, athletes will have limited time to access the locker room.</li> <li>No showers will be used.</li> </ul>   | <ul style="list-style-type: none"> <li>Physical distancing should be practiced.</li> <li>Athletes may be asked to come ready for practice.</li> <li>After practice, athletes will have limited time to access the locker room.</li> <li>No showers will be used.</li> </ul>   | <ul style="list-style-type: none"> <li>Locker Rooms will be closed.</li> <li>Athletes will be asked to come ready for practice.</li> </ul>  | No Activities |
| <b>Transportation /Travel</b>                                   | <ul style="list-style-type: none"> <li>High School rosters reduced for travel where possible.</li> <li>Students/staff will wear masks/facial coverings while using school transportation.</li> <li>Assigned seating will be used on the busses.</li> <li>Busses will load back to front and dismiss front to back.</li> <li>Parent provided transportation is permissible.</li> </ul> | <ul style="list-style-type: none"> <li>High School rosters reduced for travel where possible.</li> <li>Students/staff will wear masks/facial coverings while using school transportation.</li> <li>Assigned seating will be used on the busses.</li> <li>Busses will load back to front and dismiss front to back.</li> <li>Parent provided transportation is permissible.</li> </ul> | <ul style="list-style-type: none"> <li>High School rosters reduced for travel where possible.</li> <li>Students/staff will wear masks/facial coverings while using school transportation.</li> <li>Assigned seating will be used on the busses.</li> <li>Busses will load back to front and dismiss front to back.</li> <li>Parent provided transportation is permissible.</li> </ul> | No Activities |
| <b>Attendance (High School Football, Volleyball and Soccer)</b> | <ul style="list-style-type: none"> <li>All High School student body welcome.</li> <li>Six spectator passes for each player household.</li> <li>All children below High School age must sit with parents.</li> </ul>   | <ul style="list-style-type: none"> <li>Reduced High School student body.</li> <li>Four spectator passes for each player household.</li> <li>All children below High School age must sit with parents.</li> </ul>  | <ul style="list-style-type: none"> <li>Spectator attendance further reduced or eliminated..</li> </ul>  | No Activities |
| <b>Attendance (All other High School Sports and</b>             | <ul style="list-style-type: none"> <li>Middle School students only welcome at Middle School contests..</li> <li>Immediate family only.</li> </ul>   | <ul style="list-style-type: none"> <li>Middle School students welcome.</li> <li>Immediate family only.</li> </ul>   | <ul style="list-style-type: none"> <li>Spectator attendance further reduced or eliminated..</li> </ul>  | No Activities |

|                            |  |  |  |               |
|----------------------------|--|--|--|---------------|
| all Middle School Sports)  |  |  |  |               |
| Media                      | <ul style="list-style-type: none"> <li>Media will be restricted to prescribed areas of the facilities.</li> <li>Press Boxes will be made available as requested.</li> </ul>  | <ul style="list-style-type: none"> <li>Media will be restricted to prescribed areas of the facilities.</li> <li>Press Boxes will be made available as requested.</li> </ul>  | <ul style="list-style-type: none"> <li>Media will be restricted to prescribed areas of the facilities.</li> <li>Press Boxes will be closed.</li> </ul>   | No Activities |
| Mask Use/Social Distancing | <ul style="list-style-type: none"> <li><b>Staff/Coaches:</b> Masks not required at contests or practices.</li> <li><b>Athletes:</b> Masks not required.</li> <li><b>Spectators:</b> Masks strongly recommended and required in Restrooms.</li> <li>Social distancing between individuals and nonfamily groups will be practiced.</li> </ul>  | <ul style="list-style-type: none"> <li><b>Staff/Coaches:</b> Masks not required at contests or practices.</li> <li><b>Athletes:</b> Masks not required.</li> <li><b>Spectators:</b> Masks required while in the venue.</li> <li>Social distancing between individuals and nonfamily groups will be practiced.</li> </ul>   | <ul style="list-style-type: none"> <li><b>Staff/Coaches:</b> Masks not required at contests or practices.</li> <li><b>Athletes:</b> Masks not required.</li> <li><b>Spectators:</b> Masks required while in the venue.</li> <li>Social distancing between individuals and nonfamily groups will be practiced.</li> </ul>   | No Activities |
| Concessions                | <ul style="list-style-type: none"> <li><b>Cashiers:</b> Screened upon arrival, masks required, gloves optional. (Cashiers do not handle food.)</li> <li><b>Food Handlers:</b> Screened upon arrival, masks required, gloves required.</li> <li><b>Product:</b> All product will be prepackaged or packaged prior to sale.</li> <li><b>Facilities:</b> Plexiglass between patrons and staff. Hand Sanitizer for workers and patrons.</li> </ul> | <ul style="list-style-type: none"> <li><b>Cashiers:</b> Screened upon arrival, masks required, gloves optional. (Cashiers do not handle food.)</li> <li><b>Food Handlers:</b> Screened upon arrival, masks required, gloves required.</li> <li><b>Product:</b> All product will be prepackaged or packaged prior to sale.</li> <li><b>Facilities:</b> Plexiglass between patrons and staff. Hand Sanitizer for workers and patrons.</li> </ul> | <ul style="list-style-type: none"> <li><b>Cashiers:</b> Screened upon arrival, masks required, gloves optional. (Cashiers do not handle food.)</li> <li><b>Food Handlers:</b> Screened upon arrival, masks required, gloves required.</li> <li><b>Product:</b> All product will be prepackaged.</li> <li><b>Facilities:</b> Plexiglass between patrons and staff. Hand Sanitizer for workers and patrons.</li> </ul> | No Activities |
| Equipment                  | <ul style="list-style-type: none"> <li>Equipment will be sanitized after each practice and each contest.</li> </ul>  | <ul style="list-style-type: none"> <li>Equipment will be sanitized after each practice and each contest.</li> </ul>  | <ul style="list-style-type: none"> <li>Equipment will be sanitized after each practice and each contest.</li> </ul>  | No Activities |

## Daily Symptom Screening Checklist

Athletes and Coaches will be screened on practice and event days using the following questions:

- chills or a fever of 100 or greater?

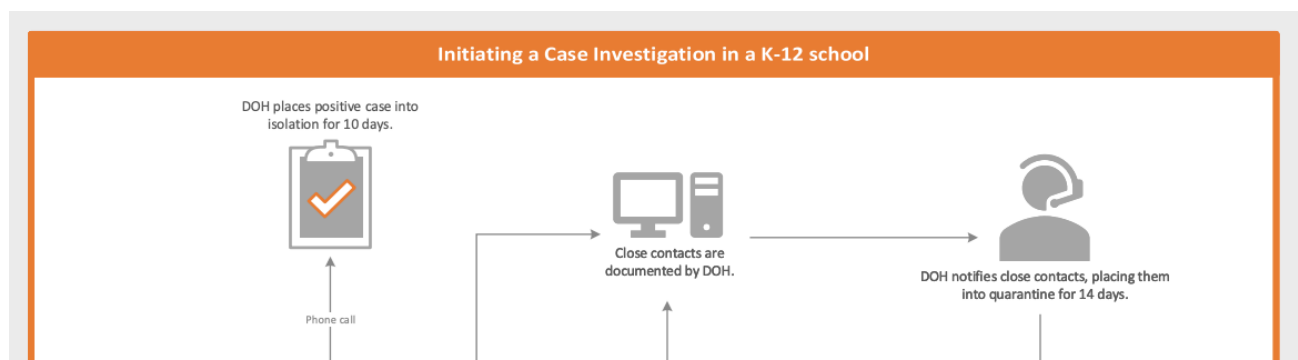
- a new or worsening cough?
- shortness of breath or difficulty breathing?
- fatigue?
- unexplained muscle or body aches? a headache (not related to a known health condition i.e. migraines)?
- a new loss of taste or smell?
- a sore throat?
- nausea or vomiting?
- diarrhea?
- In the past 14 days, have you or your child had close contact (within 6 feet for at least 15 minutes) with a confirmed case of COVID-19?

If **YES** is the response to **ANY** of the questions, **YOU WILL BE SENT HOME FROM YOUR PRACTICE OR CONTEST**. Please seek guidance from your medical provider. Contact the Activities Office at 605-743-9026 to inform them of you/your child's symptoms. You may also contact the South Dakota Department of Health (DOH) at 1-800-592-1861 with questions.

If **NO** is the response to **ALL** questions, participate in your activity..

## Positive Cases and Confirmed Close Contact

- **ALL indications of positive cases and confirmed close contact (within 6 feet for at least 15 minutes of time starting two days prior to symptom onset) must come through the South Dakota Department of Health.**
- Any Department of Health verified close contact (student/coach/official/judge/team personnel) must follow SDDOH guidelines. Currently, those guidelines require a 14-day quarantine from the date of contact away from school and daily screening of symptoms.
- Any Department of Health verified positive case (student/coach/official/judge/team personnel) must follow SDDOH guidelines. Currently, those guidelines require the individual to self-isolate for 10 days from the first onset of symptoms and must be fever free for 72 hours without the use of fever-reducing medications. Any individual (student/coach/official/judge/team personnel) with a verified positive case must have a physician complete the SDHSAA COVID Return to Play form prior to returning to competition/coaching/officiating/judging/team membership. For students, if the physician indicates the need for the return to play protocol due to hospitalization, cardiopulmonary concerns, or otherwise, the school must verify that the return to play protocol is followed. **Form on next page.**
- Schools must notify the SDHSAA of any verified close contact or positive cases of rostered individuals via the SDHSAA School Zone. No personally identifiable information will be contained in the notification to the SDHSAA. All information will be treated in compliance with HIPAA and FERPA from the member school and the SDHSAA. Dr. Swartos from the SDHSAA will be part of the SDDOE/SDDOH School Response Team.



(SDHSAA Return to Play form attached here.)