



**Bristol Athletics**

**Health/Safety (COVID-19)  
Information, Guidelines, and Protocols**

**2021-2022 Academic Year**

**Winter Sports Version 2.0 – Nov 16, 2021**

### **Mission Statement:**

The goal of the Bristol Athletic Department is to ensure safety and appropriate structure to participate in interscholastic competition deemed manageable by the OHSAA and state guidelines. The goal of these health/safety guidelines and protocols is to keep the health and safety of the student-athletes, coaches, parents, and community members as a top priority; to stay flexible and have the ability to change as information from state government, OHSAA, health departments, and board policies may change throughout the academic year.

### **Statement from the Athletic Director:**

Athletics have the opportunity to be a character building experience for student-athletes. The positive elements of interscholastic competition are endless: teamwork, discipline, determination, goal-setting, confidence, etc. I believe creating an environment to foster these positive aspects for student-athletes is a worthy endeavor. As an athletic department, we will do everything in our power to ensure safety and appropriate guidelines/protocols for interscholastic competition.

### **Table of Contents**

“Mask to Stay/Test to Play” .....	3
Winter Sports Protocols based on “Mask to Stay/Test to Play” .....	5
Fall Sports Guidelines .....	10
Bus Transportation and Fan Attendance .....	11

## **“Mask to Stay/Test to Play”**

Quarantining students at home who have been exposed to COVID-19 in a school environment has the unintended consequence of reducing in-school learning and can be an added strain on parents, schools, and local health departments (LHDs). While vaccination and mask usage are critical components to ensuring a safe school environment, we offer an in-school alternative to quarantining students and school staff at home who have been exposed to COVID-19 in a school environment to support in-school learning and reduce the strain.

This recommendation is informed by a growing body of national experience, a pilot in Warren County, and experience shared by other LHDs that points toward a low number of individuals with direct contact to a COVID-19 positive individual within a school setting who convert to positive cases. Based on this information and the success of the Warren County pilot, we recommend the following for K-12 students and staff exposed to COVID-19 in a school setting.

***Please note: Eligibility to participate in mask to stay/test to play is contingent on the exposure being in the school setting or school-related activities. This does not apply to household exposures or exposures outside of the school setting or school-related activities.***

### **Mask to Stay**

Direct contacts, regardless of vaccination or masking status, may remain in the classroom environment if they do the following:

- Wear a mask for 14 days after their last date of exposure.
- Self-monitor, or parent-monitor, for symptoms of COVID-19.
- Isolate and get tested if they start to experience symptoms associated with COVID-19 (regardless of level of severity).
- Consistent with guidance for others quarantining in lower-risk environments, students and staff may discontinue these quarantine procedures after seven days — if they don't develop symptoms and test negative between days 5-7.

*Direct contacts for COVID-19 are those individuals who are identified as being directly exposed to COVID-19 by the positive case. Remember, COVID-19 is a respiratory virus and does not require physical contact to spread. It is spread through sneezing, coughing, talking, and breathing. These factors should be considered when determining level of exposure and direct contacts. Best practice for distancing is 3 ft with everyone masked, 6 ft if the individual is not masked.*

*Parents and students are responsible for symptom monitoring; however, if nurses/school staff see a child exhibiting symptoms they should act accordingly.*

**Test to Play**

Asymptomatic contacts may continue to participate in extracurricular activities if they do the following:

- Wear a mask when able. (This includes: transportation; locker rooms; sitting/standing on the sidelines; and anytime the mask will not interfere with breathing, the activity, or create a safety hazard.)
- Test on initial notification of exposure to COVID-19.
- Test again on days 5-7. If they are negative at this time, they will test out of quarantine.

***Please Note: The tests referenced above are SARS-CoV-2 viral (PCR or antigen) tests. They should be proctored/observed by someone and cannot be an over the counter, at-home test that was self-administered without a proctor.***

Districts should consider same day testing for athletic competitions where there is the potential of school-to-school exposure. If students involved in competitions become positive for COVID19, contact tracing with other team does not need to occur; instead, send a general letter to notify the other team of the potential exposure.

These proposed changes incorporate mask wearing and testing to reduce the chance of spread of COVID-19 within structured school settings and provides a safe alternative to quarantine.

***Link to Official Report:***

<https://coronavirus.ohio.gov/static/responsible/schools/k-12-schools-quarantine-alternative.pdf>

## **COVID-19 Information and Protocols**

The following information and protocols below derived from “Mask to Stay/Test to Play” mandate from the Ohio Department of Health

### **COVID 19 Symptoms**

People with COVID-19 have had a wide range of symptoms, ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- (New) Loss of taste or smell
- Fever
- Chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

## **Daily and Game Day Screening Protocols**

Before entering the locker-room, weight room, and/or outdoor athletic facility the student-athlete has their symptoms checked and confirms to a coach he/she is not experiencing more than 1 of the above listed COVID 19 symptoms.

- Symptoms Self-Assessment by coach and student-athletes
  - o Coaches and Student-Athletes will verbally authenticate that they are not showing more than 1 of the symptoms listed above in “COVID 19 Symptoms”. The reason that it is more than one is student-athletes may feel some of those symptoms just by participating in athletics (example: fatigue, muscle/body aches).

Specifically for game days, these items will be checked at minimum 45 minutes before Bristol student-athletes/coaches host a home contest, or before Bristol student-athletes/coaches get on the bus for an away contest.

Students that are supposed to be wearing masks due to exposure must to do so when coming to practice, in the locker room, not actively participating in the physical activity, and when leaving to go home.

### **“Failed” Screening Protocol**

A “failed” screening consists of one and/or two of the Daily or Game Day Screening Protocols:

- Having **more than 1 symptom of the COVID 19 Symptoms** is a “Fail”

If a student displays a fever and/or more than 1 symptom, the student will not participate in the specified practice/workout/interscholastic competition. They will have to complete the following procedures if displaying a fever and/or showing more than 1 symptom of COVID-19:

- 1) Self-quarantine immediately away from other student-athletes and coaches and be picked up by a family member to be taken home or to a medical facility. Student-Athletes will not be able to leave on their own if displaying a fever and/or showing more than 1 symptom of COVID-19 unless given permission by parent/guardian to coach/administrator.
- 2) The student will be able to participate again in practice/workout/interscholastic competition when one of the following have occurred:
  - a. A negative COVID-19 test result from an official testing center provided to Bristol and written consent to participate in sports from a medical professional

## **Protocol for when Student-Athlete and/or Coach Test Positive for COVID-19**

This protocol is for when a student-athlete and/or coach test positive for COVID-19. The student-athlete and/or coach have the responsibility to inform the school, an administrator, or the athletic director immediately once the information is known.

The following protocol for the respective student athlete and/or coach will begin once the information is known to the school, administrator, coach, and/or athletic director:

- 1) A **TEN** day mandatory postponement of practices/workouts/interscholastic competitions begin immediately for the specific individual that has the COVID-19. The timeline begins when from individual's **POSITIVE TEST DATE**.
- 2) After the ten days of postponement, the student can return to workouts/practice/interscholastic competition on the 11<sup>th</sup> day.

### ***Example:***

- A student-athlete tests positive on November 3. They can return 10 days after the positive test, which would be November 13, the 11<sup>th</sup> day after the positive test.
  - *Note: the positive test day is day #1 in the count*

***\*\*Note: This protocol is formed with assistance from the Trumbull County Health Department. Any additional protocol given by the local health department will override this protocol if they determine a different course of action is necessary\*\****

### **Student-Athlete and/or Coach come in “Direct Contact” with someone who tested positive for COVID-19 Protocol (Non Home Exposure)**

“Direct Contact” with an infected person is when a student-athlete and/or coach have been in close proximity with someone who has tested positive for COVID-19.

*Note: If a person(s) come into close contact, but infected person had a mask on, a course of action will be determined based on the surrounding circumstances and context*

“Direct Contact” is defined as one of the following:

- a. Person to Person contact with an infected individual
- b. Interacting with an infected individual within 6 feet without a mask
- c. Shared object with infected individual (food, drink, etc.)

The following protocol for the **INDIVIDUAL** who was in “Direct Contact” with an infected person will begin once the information is known to the school, administrator, coach, and/or athletic director:

- 1) The individual that was in direct contact would have to get a negative test before being able to participate in workouts/practice/interscholastic competition.
  - a. If that individual tests **positive**, they would follow the **“Positive Test” guidelines**.
  - b. If that individual tests **negative**, they would move to Step 2.
- 2) If the individual tests negative after being exposed, they are able to participate in workouts/practice/interscholastic competition during a 5-7 day window where the following guidelines would be in place:
  - a. Individual is self-monitoring symptoms and not showing/feeling any COVID19 symptoms.
  - b. Individual must wear a mask at all times unless actively participating in the sport. (Example: Masks must be worn on the bench, locker rooms, and going to and from workouts/practice/interscholastic competition)
  - c. The individual must receive a negative test between Day 5 and Day 7 (from the positive test start date timeline) to be “out of quarantine”.
    - i. If the individual does not get a test before Day 7, they cannot return to workouts/practice/interscholastic competition until a negative test result is received or can return on the 11th day since the day of the exposure.

***\*\*Note: This protocol is formed with assistance from the Trumbull County Health Department. Any additional protocol given by the local health department will override this protocol if they determine a different course of action is necessary\*\****

***\*\*\*Note: Protocols and guidelines are formulated to handle situations that may arise, but each case will be examined and determined if the current protocol or guideline provided creates the safest environment for the student-athletes, parents, and community members. Adjustments may be made to current protocols/guidelines to ensure that opportunity.\*\*\****

**Student-Athlete and/or Coach come in “Direct Contact” with someone who tested positive for COVID-19 that is a “Home Exposure”**

A “Direct Contact” from a home exposure has a different protocol than a Non Home Exposure. The health department states that a person who lives with another person is highly likely to contract the virus due to the close proximity of the home situation. Therefore, they must be quarantined for at least seven days before possibly returning to workouts/practice/interscholastic competitions. “Home Exposure” is labeled as anything that is outside of a school structure.

*What is School Structure: school day, practices, interscholastic competitions, etc.*

If a “Direct Contact” with someone who tested positive for COVID-19 is from somebody that lives in the home with the individual, the following protocol is in place:

- 1) A **SEVEN** day mandatory postponement of practices/workouts/interscholastic competitions begin immediately for the specific individual that has been in direct contact with someone who has COVID-19. The timeline begins when from positive individual’s **POSITIVE TEST DATE**.
- 2) After the seven days of postponement, the student-athlete and/or coach can return to workouts/practice/interscholastic competition on the **SEVENTH** day if:
  - a. They test **negative** with their own individual test on the **SEVENTH** day since the positive test.
- 3) If the individual does not get a test before day seven, they cannot return to workouts/practice/interscholastic competition **until a negative test result is received** or can return on the **11th day since the day of the positive test**.

***Example:***

- A student-athlete *has someone in the home that tests positive on November 3.*
  - They can return seven days after the positive test, with their own individual negative test result on day seven (November 9).  
*OR*
  - Receive a negative test between days seven and eleven (November 10, 11, 12)  
*OR*
  - On the 11<sup>th</sup> day after the positive test, which would be November 13 (the 11<sup>th</sup> day after the positive test)
    - *Note: the positive test day is day #1 in the count*

***\*\*Note: This protocol is formed with assistance from the Trumbull County Health Department. Any additional protocol given by the local health department will override this protocol if they determine a different course of action is necessary\*\****

***\*\*\*Note: Protocols and guidelines are formulated to handle situations that may arise, but each case will be examined and determined if the current protocol or guideline provided creates the safest environment for the student-athletes, parents, and community members. Adjustments may be made to current protocols/guidelines to ensure that opportunity.\*\*\****

## **Winter Sport Guidelines**

### **Coaches:**

- Will communicate information that is given to them from the athletic director, administration, or school in prompt manner when it comes to health/safety information/guidelines/protocols
- Will keep track of attendance daily for record in case needed for information, this includes coaches and student-athletes
- Will not have “team” water bottles to avoid cross contamination

### **Student-Athletes:**

- Will not share beverages, clothes, towels, or any other equipment with other student-athletes or coaches to avoid cross contamination
- Will communicate to a coach immediately if not feeling well and may be experiencing COVID 19 symptoms
- Will give their best effort to practice social distancing when applicable

## **Bus Transportation**

When using bus transportation to travel to away scrimmages and interscholastic competition, Bristol Student-Athletes and Coaches will follow the Federal Mandate on Public Transportation.

An overview:

- Every student rider will wear a mask
- Every student rider will have an assigned seat

## **Fan Attendance**

As the Bristol Athletic Department, we will facilitate guidelines to promote health and safety for our spectators, student-athletes, and coaches at interscholastic competitions being played at Bristol Facilities.

The Athletic Department will communicate to student-athletes, coaches, parents, and the community on guidelines and regulations when going to away competitions, meets (golf matches, cross country), and the OHSAA tournament when the information is available.

Below are the following guidelines and regulations guided by OHSAA recommendations and state mandates/guidelines:

### **Winter Interscholastic Competitions or Events held at Bristol Facilities (Basketball):**

- Spectators are **STRONGLY ADVISED** for the health and safety of our student-athletes, coaches, parents, and community members to not attend sporting events if you have been one of the following:
  - Feeling ill and/or showing any symptoms of COVID-19
  - Have tested positive for COVID-19 in the past 14 days prior to the competition/event and do not have a negative COVID-19 test result from an appropriate testing center
- At this point, there has not been a limit on spectator attendance given by the state or local officials, so there is currently no limit to attendance at this point.

*If a spectator chooses not to follow any of these guidelines or regulations, they may be asked to leave the competition and Bristol Facilities without a refund of a purchased ticket.*