



COVID-19 Return to Participation Guidelines

As of August 17, 2021

1. Students who test positive for COVID-19:

- A. Student should follow county health department/local school district quarantine/isolation guidelines.
- B. Once symptoms improve the student may resume normal activities of daily living while in isolation and walk for light exercise provided symptoms continue to improve.
- C. After the quarantine/isolation period is complete, obtain written clearance from a healthcare provider through an in-person health exam to begin a gradual return to physical activity. Students who tested positive but remained asymptomatic or only experienced mild cold-like symptoms with no fever may obtain clearance through a MD, DO, DC, PA-C or APRN. Any student who experienced more significant symptoms such as fever >100.4, chest pain, palpitations, severe cough and/or dyspnea (labored breathing) should be evaluated by a MD or DO before beginning a gradual return to physical activity.
- D. Once cleared by a healthcare provider through an in-person health exam, the student-athlete (including Spirit and Marching Band) may begin a gradual return to physical activity using the graduated progression indicated below*. This graduated return to play protocol is recommended by the American Academy of Pediatrics and endorsed by the KSHSAA Sports Medicine Advisory Committee.
 - Stage 1 (2 days minimum): Light activity (walking, jogging, stationary bike) for 15 minutes or less at an intensity no greater than 70% maximum heart rate. No resistance training.
 - Stage 2 (1 day minimum): Add simple movement activities (e.g., running drills) for 30 minutes or less at an 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 an intensity no greater than 80% maximum heart rate.
 - Stage 5: Return to full activity.

For less physically intense activities such as Bowling and Golf, healthcare providers may choose to modify the length and intensity of this protocol.

* *If symptoms recur during the graduated return to physical activity protocol, the student should return to the previous stage and progress again after a minimum of 24 hours rest without symptoms.*

2. Students who are asymptomatic and determined to be a close contact of a positive COVID-19 case:

- A. KSHSAA recommends quarantine with duration based on current county health department/school district guidelines. A student's vaccination status could determine whether or not they are required to quarantine after a close contact exposure.
- B. While in home quarantine, students should be aware of any emerging symptoms and contact their healthcare provider.
- C. During the first 2-3 days of home quarantine, students should refrain from intense physical activity. If the student remains symptom free and has no other underlying medical conditions, they may begin to resume physical activity on their own while in home quarantine to maintain a healthy level of physical conditioning.



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- D. Due to likely detraining during quarantine and to minimize risk upon return to sport, the student should participate in some full team practices prior to returning to formal competition in order for coaches to assess the student's overall physical conditioning status and the student's readiness for competition. Every situation and every student are unique. Coaches and athletic directors are responsible to ensure every student is both physically and emotionally prepared for a safe return to competition after a quarantine period ends.

Additional Information:

All preseason practice requirements must be fulfilled. If a sport is interrupted prior to the first competition or an athlete is forced to isolate or quarantine, the preseason practice schedule should resume at the point of interruption when the sport or athlete is permitted to return to activity.

References

"COVID-19 Interim Guidance: Return to Sports". *American Academy of Pediatrics*, <https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/covid-19-interim-guidance-return-to-sports/>. Accessed 8/15/2021.

Elliott, N., Martin, R., Heron, N., Elliott, J., Grimstead, D., & Biswas, A. (2020). Infographic. Graduated return to play guidance following COVID-19 infection. *British journal of sports medicine*, bjsports-2020-102637. Advance online publication. <https://doi.org/10.1136/bjsports-2020-102637>