

Willington Public Schools
Winter Sports COVID Protocols
Updated: December 21, 2021

COVID-19 Vaccination

Vaccination is currently the most important and effective strategy for preventing COVID-19 infections and transmission during athletic activities. Athletic organizations should strongly encourage all eligible participants to get fully vaccinated against COVID-19 (i.e., 2 weeks after the 2nd dose of Pfizer or Moderna mRNA vaccines or the single dose of Johnson & Johnson vaccine) to protect themselves, their families, and their communities. Vaccination can help athletes, coaches, and officials avoid interruptions and/or cancellations of athletic activities because, unlike unvaccinated or partially vaccinated individuals, fully vaccinated athletes, coaches, officials, and other participants:

- no longer need to quarantine after exposure to a known COVID-19 case if they remain asymptomatic
- do not need to be included in regular screening testing programs for COVID-19

Mask Wearing (UPDATED 12/21/21)

An appropriate mask is one that completely covers the nose and mouth, is worn directly on the face (i.e., not attached to a helmet or other equipment), and fits closely without significant gaps or openings. DPH currently advises individuals that the wearing of masks by all individuals, regardless of vaccination status, when interacting with other individuals in any indoor setting is the best way to prevent COVID-19 transmission in these settings.

As a result of the increased number of positive COVID cases, the Willington Public Schools will be requiring all athletes, coaches, and officials to wear a mask at all times while in the school building, regardless of their vaccination status, until further notice as supported by Eastern Highlands Health District.

All spectators must wear a mask at all times while in the Willington Public Schools. Anyone not wearing a mask will be asked to leave the facility.

Quarantine and Other Actions after Exposure

- If **fully vaccinated** (i.e., 14 days after their final vaccine dose), or fully recovered from COVID-19 in the prior 90 days, and **remain free from symptoms** of COVID-19:
 - **do not need to quarantine** away from athletics or other activities
 - **get tested** 5-7 days after last contact (*note: testing is not recommended for individuals who have recovered from COVID-19 within the prior 90 days, as a positive test result may be residual and not reflective of current infection*)
- If **fully vaccinated** (i.e., 14 days after their final vaccine dose), or fully recovered from COVID-19 in the prior 90 days, and **experiencing symptoms** of COVID-19:
 - **get evaluated by a healthcare provider** as soon as possible
 - **quarantine** away from athletics and other activities **for a full 14 days**, or 10 days (i.e., return on day 11) with a negative test on day 8 or later, **unless a healthcare provider rules out COVID-19** as the source of symptoms (which will usually include a negative test result)
- If **not fully vaccinated**, or have not had COVID-19 in the prior 90 days:
 - **quarantine** away from athletic activities for a **full 14 days**; or at least 10 days (i.e., return on day 11) with a negative test at day 8 or later

Return-to-Play after COVID-19 Infection

DPH recommends that all youth athletes receive health screening and clearance from a healthcare provider prior to resuming athletic activities after recovering from COVID-19. Post-COVID athletic health screening and a phased approach to a return to athletic activities should incorporate the [American Academy of Pediatrics \(AAP\) guidance for Return to Sports and Physical Activity](#).

Vaccination Submission

All players will need to share their proof of vaccination with the school nurse. Anyone who does not submit proof of vaccination will need to follow the guidelines for unvaccinated individuals.

Symptoms of COVID-19

Key symptoms of COVID-19?

- fever (temp 100.4 F and above)
- chills
- uncontrolled new cough
- shortness of breath
- difficulty breathing
- loss of taste or smell

Assess other nonspecific signs and symptoms:

muscle or body aches, sore throat, nausea, vomiting, diarrhea, headache, fatigue, congestion, runny nose