Carver Middle High School COVID-19 Return to Physical Education/Athletics Protocol

Introduction:

Carver Middle High School is committed to the safety of all our students. The purpose of this policy is to educate our parent(s)/guardian(s), students, coaches, marching band directors, administrators, school personnel, and volunteers on the seriousness of the need for appropriate physical screening for cardiovascular impairments upon the return to physical activity after COVID-19 infection. These policies and procedures have been developed in the best interest of our students to manage the risk associated with returning to physical activity after a COVID-19 infection. Currently, it is difficult to identify the risk to a school age population when resuming physical activity after COVID-19 infection. With the absence of large amounts of formal data in this population it is important to perform a thorough medical screening, specifically cardiopulmonary, to determine if a student has any complications affecting the cardiovascular and pulmonary systems as a result of having COVID-19. This screening is current best practice for all persons returning to physical activity following a COVID-19.

This policy provides standardized procedures for all persons involved in the training, prevention, recognition, management, and return to physical activity after COVOD-19 infection.

Section 1: Implementation

Carver Middle High School’s administration designated Karen Showan, School Nurse, and Phil Madore, Athletic Trainer, as being responsible for overseeing the development, implementation and revision of all policies, procedures and protocols regarding the school systems management of returning to physical activity after COVID-19 infection. The school nurses, principal, physical education teachers, athletic director, licensed athletic trainer, coaches, marching band directors, and volunteers whether employed directly by the school or through contracted means shall be responsible for all duties and responsibilities outlined in this policy and appendices.

Section 2: Annual Training

1. Annual Training for COVID-19 is required and must be completed by all coaches, licensed athletic trainers, volunteers, school physician, school nurses, athletic director, parent(s)/guardian(s) of students and students participating in extracurricular athletic activities. Training will provide information regarding proper social distancing policies, local mask policy, MIAA guidelines, recognition of symptoms and proper procedure for a suspected case of COVID-19. Annual training resources are detailed in appendix A.
2. Coaches, licensed athletic trainers, volunteers, school physician, school nurses, athletic director, parents of students and students who have not demonstrated proof of completion of training will be contacted by email and telephone by athletic department personnel and not allowed to perform their duties until the requirement is met.
3. Students shall not be allowed to participate in extracurricular activities unless both the student AND a parent/guardian have completed the COVID-19 training.
4. The Director of Athletics will be responsible for verifying completion of all training required and maintain accurate and up to date records.

Section 3: Physical examination of school children requirements and Pre-Participation Athletic Requirements

1. Pre-Participation Physical Exam
   1. Documentation of a physical examination prior to a student’s participation in any extracurricular athletic activity must be completed annually, consistent with 105 CMR 200.100 (B)(3), Physical Examination of School Children, and will be placed in the student’s health record file as kept by the school nurse.
   2. Every student must be separately and carefully examined by a duly licensed physician, nurse practitioner or physician assistant, **prior to a student’s participation in extracurricular athletic activity, on an annual basis** consistent with 105 CMR 200.100(B)(3). The completed and signed copy of the medical clearance form should be mailed, faxed or hand-delivered to either the school nurse or athletic office.
   3. In compliance with Massachusetts Interscholastic Athletic Association (MIAA) policy, Carver Middle High School accepts in person physical examinations completed within 13 months, to the date, to allow for insurance coverage.
   4. No student athlete will be allowed to participate in physical education or athletic activities until all forms, including annual physical examinations, are signed and submitted.
2. Pre-Participation COVID-19 Infection Reporting
   1. Prior to each school year and the start of each sports season, every person participating in physical education, intermural sports, or extracurricular athletic activity must complete the health question (located on FamilyID registration, or the school health form) to report their COVID-19 infection history.
      1. This form will be used to evaluate those students who have had a confirmed case of COVID-19 or who have been required to quarantine as a result of suspected COVID-19.
   2. The health history form is to be completed by all students who participate in physical education and/or extracurricular activities.
   3. The health history form is located in Appendix B.
3. Post COVID-19 Clearance Form
   1. If a student has had a confirmed COVID-19 infection or has been required to quarantine per school policy, it is required they submit the Return to Play Following COVID-19 Form completed by their primary care physician. This form is in appendix B.

Section 4: Medical Documentation Review Process

1. Information on pre-participation forms and documentation will be maintained by the school and reviewed by the school nurse, school physician, licensed athletic trainer and team physician as appropriate. Pertinent information regarding recent COVID-19 infection or suspected infection will initiate the need for further screening for cardiopulmonary complications that could be associated with a COVID-19 infection. Clearance to participate in physical education and extracurricular activities will be made by the physician who has completed the students’ pre-participation physical. Based upon this review, and after consultation with the student’s physician, school nursing staff and if applicable, licensed athletic trainer and team physician and the parent(s)/guardian(s), the school may use a student’s recent history of COVID-19 infection as a factor to determine whether to allow the student to participate in physical education, an extracurricular athletic activity or marching band activity, and whether to allow such participation under specific conditions or modifications.

1. In the event a student screens positive for symptoms of COVID-19 and has been referred to a primary care provider for further evaluation, the nurse, school physician, licensed athletic trainer, and team physician as appropriate, will review the report of positive COVID-19 screening form as well as the COVID-19 return to play form. Based on the information provided, the healthcare professionals will determine the best course of action for the student.

Section 5: Procedure for Identifying an Infection

1. Any student who, in the judgment of the school nurse, screens positive for signs and symptoms consistent with COVID-19 infection (Appendix C), shall be placed in isolation precautions according to the guidelines set forth by Carver Middle High School and mandated by the Department of Elementary and Secondary Education ([Carver Middle High School Response Protocol](https://carver.org/wp-content/uploads/2020/07/Protocols-for-responding-to-COVID-19-scenarios-7.17.2020-vF.pdf))
2. The most up-to-date medical information and recommendations shall be used to determine the screening process.  If the school nurse is not available, a teacher or administrator may initiate the process of isolation precautions.
3. During after school athletics and if the nurse is not available, the athletic trainer will initiate the process of isolation precautions. In the event the athletic trainer is not available this will be initiated by a coach or administrator.
4. Any student who is screened positive for COVID-19 signs and symptoms and placed in isolation precautions begins to develop worsening symptoms of infection may be transported to the hospital immediately in accordance with the EAP.
5. Any student who is placed into COVID-19 isolation will follow the Response Protocol to COVID-19 document(Appendix D).

Section 6: Procedure for Reporting COVID-19 Infection

1. In the event a student reports symptoms of COVID-19 to a staff member, the staff member must notify the school nurse immediately and the response protocol will be initiated. (Appendix D).
   1. If the symptoms are reported during after-school hours, the licensed athletic trainer will be the point of contact for evaluation and initiating the Response Protocol. The licensed athletic trainer will notify the school nurse and athletic director of the incident.
2. The school will follow all State and Local policies for reporting suspected and confirmed COVID-19 cases.

Section 7: Return to Play Protocol and Medical Clearance

1. Each student who has previously had COVID-19 and recovered, is removed from practice or competition and subsequently diagnosed with COVID-19, or required to quarantine, shall have a thorough evaluation by their physician prior to beginning the return to play protocol. The protocol was developed using the most current information and research to ensure a safe return to activity following COVID-19. The program will be implemented in consultation with the physician who is managing the student’s recovery and who will be responsible for clearing the student to return to extracurricular athletic activities and/or physical education class. This protocol does not affect students who have an alternative diagnosis and are allowed to return to school without quarantining.
2. The licensed athletic trainer in cooperation with the school nurse and all other designated individuals will oversee the return to play protocol and medical clearance of all student athletes.
3. The school nurse will oversee all return to activity and medical clearance for all physical education students.

1. The student must be completely symptom free at rest for 7 days and at minimum 10 days post onset of symptoms to begin graduated return to physical education or extracurricular athletic activities.
2. The student must have a Return to Play following COVID-19 Form completed by their physician clearing the student to begin the Return to Play Protocol. The Return to Play Following COVID-19 Form is in Appendix B.

1. The Return to Play Protocol (RTPCOVID) is a graduated progression back to activity with each step occurring on its own day. To progress to the next step, the student must remain symptom free during and after the activity. The protocol is detailed in Appendix E.

Section 8: Roles and Responsibilities of Personnel

All persons (administration, athletic director, school nurse, licensed athletic trainer, coaches, marching band director, volunteers, parent(s)/guardian(s) and students) involved in extracurricular athletics or the management of suspected COVID-19 will adhere to the roles and responsibilities as per their assigned role. The roles and responsibilities for each position are detailed in Appendix F.

Section 9: Parent(s)/Guardian(s) Information

Parent(s)/Guardian(s) of students participating in extracurricular activity and/or physical educationcan obtain all necessary and required paperwork and documentation from the appendices, through the athletic office, or nurses office. Parent(s)/Guardian(s) will be notified by a member of the school athletic department or health care team in the event their child screens positive for COVID-19. Communication will be done in person or by phone following the removal from activity. Parent(s)/Guardian(s) roles and responsibilities are detailed in Appendix G.  In the event there is a language barrier all efforts will be made to communicate necessary information to the parent(s)/guardian(s) using either an interpreter or translation software/application.