

Hampton City School Athletic Department

COVID Mitigation Information, Protocol and Screening

General Information

1. Weight room usage allowed. Masked when not participating, unmasked while lifting. The spotter needs to be masked. Number of athletes depends on the size of the weight room and spacing of equipment. Equipment must be sanitized after use.
2. Locker room usage allowed. Masked at all times in the locker room. Number of athletes depends on the size of the locker room. Please ensure a diligent cleaning process of locker rooms. Also, make sure that the HVAC system is operating adequately for ventilation needs.
3. Sports equipment needs to be sanitized. Schools should use the same procedures as last year with regards to getting supplies from the custodians.
4. OUTDOOR SPORTS - No mask required while participating. Masks should be worn when not participating and huddled without the ability to maintain social distancing.
5. INDOOR SPORTS/practices during inclement weather - No masks while participating. Masks when not participating regardless of social distancing abilities. Coaches must wear masks at all times while indoors.
6. Water - All athletes must bring their own water bottles. We will provide stations to refill water bottles. These will be sanitized regularly. Hand sanitizer needs to be on top of each jug/station to assure easy sanitization.
7. While athletes are traveling through your building, the CDC states that everyone is to be masked while indoors, regardless of vaccination status.
8. Covid screening follows the same structure as summer conditioning (See Below).
9. All Covid suspicions/concerns must be relayed to the school nurse
 - a. School nurse will determine required quarantine
 - i. Athletes will be allowed to return to athletics once the school nurse signs a form indicating they are cleared to do so.
 - ii. The athlete will require: note from nurse, note from LHCP, and return to play protocol.
10. Everyone is to be masked in the athletic training room while seeking treatment.

Athletes that have had COVID

1. For those who had a mild case of COVID (not hospitalized), players will be put through a condensed return to play, 2-3 days directed by the athletic trainer.
2. For those who had a mild case of COVID over the summer, players will not require return to play progression.
3. We will require written advice from the school nurse that a student is allowed to return to school. At that point, we will consider them to be allowed to begin a return to sport graduated play progression.
4. We will require written documentation (consistent with last year) from a healthcare provider that the athlete is allowed to return to the sport post-COVID diagnosis.
5. This plan is the same for all vaccinated and unvaccinated student athletes.

HAMPTON CITY SCHOOL - 2021-22 SCREENING PLAN

1. In order to allow participation in extracurricular activities, parents/guardians of student athletes must review an online screening questionnaire daily to determine if their child has COVID-like symptoms or around anyone who is ill. This can be accessed via the link on the athletics website. This is the same screening tool parents/guardians accomplish in order for their children to go to school. This is expected to be done each time the athlete comes to conditioning/practice. The parent/guardian does not need to send in the screening questionnaire; it is understood that they have accomplished the screening. If the student athlete comes to the school and is found to be ill they will be quarantined until school nurse/Health Services accomplishes contact tracing.
2. Athletes must meet and be screened by coaching staff before being granted access to practice. This includes:
 - a. Having their temperature taken (thermometers provided)
 - b. Student athletes must acknowledge that they are not experiencing any symptoms related to COVID-19 while looking at the COVID-19 screening poster utilized within Hampton City Schools (posters to be printed through Print Shop). Ensure you ask if anyone in their household is ill with COVID.
 - c. Coaches must keep daily attendance records with phone numbers, which will need to be provided to HCS nursing staff if contact tracing is required. This is important because the Health Department asks for this information soon after HCS contacts them.
 - d. To limit the number of students needing quarantine, please ensure all students keep their distance while waiting to be screened and have their mask on.
3. If a student athlete screens positive when being verbally asked all of the questions on the poster, Glory Gill, Director of Health Services, must be contacted immediately (office: 727-2363; cell: 344-3530) and the student athlete must be sent home. When contacting

Glory, coaches will need to provide: first and last name and phone number a parent/guardian can be reached. The student athlete will be considered quarantined until contact tracing is completed.

4. Coaches/Parents & Guardians/Student Athletes . . . Everyone must be aware that if there is a positive screening and contact tracing efforts are enacted, the team will need to be shut down until a thorough investigation can be performed. It is imperative that student athletes and their families are honest when completing their daily screening as this could negatively impact the entire team and all other teams participating on the school grounds. Also stress to parents to keep contact information up to date so contact can be made quickly.

Other things to note:

- A system is one of the most important components of a successful season. Coaches must commit to asking the questions out loud to each athlete each day. There is no getting around this.
- The temperature must be taken and read <100.4 degrees fahrenheit. Any temperature above 99.0 should be considered an issue but 100.4 is when students are sent home. If the student athlete is standing outside in the heat their temperature will be higher, allow time in shade before temperature.
- This system does away with the need to collect papers each day, but requires all participants to be dedicated to the daily screening measures. Without daily records a positive case will be more likely to require a prolonged period of investigation. There will be no athletic trainers nor school nurses present during the summer months.