

*This document is the policy and procedures of Spring Creek Athletics, otherwise known as (SCA), updated on the date listed below.*

## **Individuals with a Confirmed Exposure or Close Contact to COVID-19**

The definition of close contact with an individual who is test-confirmed to have COVID-19 is evolving with our understanding of the virus, and individual scenarios should be determined by an appropriate public health agency. In general, close contact is defined as:

- (a) being directly exposed to infectious secretions (e.g., being coughed on); or
- (b) being within 6 feet for a total of approximately 15 minutes throughout the course of a day; however, additional factors like case/contact masking (i.e., both the infectious individual and the potential close contact have been consistently and properly masked), ventilation, presence of dividers, and case symptomology may affect this determination.

Either (a) or (b) defines close contact if it occurred during the infectious period of the case, defined as two days prior to symptom onset to 10 days after symptom onset. In the case of asymptomatic individuals who are test-confirmed with COVID-19, the infectious period is defined as two days prior to the confirming lab test and continuing for 10 days following the confirming lab test.

Based on current CDC guidelines, the stay-at-home period for an individual that was exposed or in close contact can end, if experiencing no symptoms:

- On Day 10 after close contact exposure without testing, so long as they continue to monitor themselves daily for symptoms and take appropriate precautions through day 14
- On Day 7 after close contact exposure and after receiving a negative test result. Note: The test must be administered at least 5 days after the last close contact. The athlete and their parent/guardian must continue to monitor themselves daily for symptoms and take appropriate precautions through day 14

## **Individuals Confirmed or Suspected with COVID-19**

- In the case of an individual that is asymptomatic but has received a positive COVID-19 test result, the individual may not return to SCA until ten days have passed since a positive test.
- Any individuals who themselves either: (a) are test-confirmed to have COVID-19; or (b) experience the symptoms of COVID-19 (listed below) must stay at home throughout the infection period, and cannot return to SCA until ALL of the following conditions for re-entry have been met:
  - None of the symptoms listed below for at least 48 hours (without the use of fever-reducing medications)
  - A minimum of ten days has passed since symptoms first appeared
  - Once diagnosed with COVID-19, the individual must receive clearance from a physician prior to returning to SCA

**Note 1:** If the individual has symptoms that could be COVID-19 and wants to return to SCA before completing the above stay at home period, the individual must either (a) obtain a medical professional's note clearing the individual for return based on an alternative diagnosis, though for health privacy reasons the note does not need to indicate what the alternative diagnosis is, or (b) obtain an acute infection test (at a physician's office, approved testing location, or other site) that comes back negative for COVID-19.

**Note 2:** If the individual has tested positive for COVID-19 and believes the test was a false positive, and wants to return to SCA before completing the above stay at home period, the individual must either (a) obtain a medical professional's note clearing the individual for return based on an alternative diagnosis, though for health privacy reasons the note does not need to indicate what the alternative diagnosis is, or (b) obtain two PCR acute infection tests (at a physician's office, approved testing location, or other site) at least 24 hours apart that come back negative for COVID-19.

### **COVID-19 Symptoms**

In evaluating whether an individual has symptoms consistent with COVID-19, consider the following question:

Have they recently begun experiencing any of the following in a way that is not normal for them?

- Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit
- Loss of taste or smell
- Cough
- Difficulty breathing
- Shortness of breath
- Fatigue
- Headache
- Chills
- Sore throat
- Congestion or runny nose
- Shaking or exaggerated shivering
- Significant muscle pain or ache
- Diarrhea
- Nausea or vomiting

**Updated:** January 1, 2021

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