



4200 Alabama Highway 79 South – P.O. Box 129
Guntersville, Alabama 35976

COVID-19 Guidance for Athletics

OBJECTIVE: To offer GCS student-athletes and coaches best practices in order to commence the 2020-21 school year athletic seasons as scheduled and have complete seasons through championship play; to educate our coaches and student-athletes how to safely live with the COVID-19 virus by following the Centers for Disease Control (CDC), Alabama Department of Public Health (ADPH), and Alabama State Department of Education (ALSDE) guidelines while fostering an educational athletic environment; to develop our student-athletes as physically and safely as possible; to provide best practices for students, coaches, officials, and fans while participating and attending athletic events. The following best practices are suggested for all AHSAA athletic activities for the 2020-21 school year.

- Before beginning any athletic activities, the local school (system) should review the most recent guidelines provided by the CDC, ADPH, ALSDE, and local county/city health agencies and decide how best to implement those guidelines.
- Local school administration should communicate to coaches, student-athletes, and parents CDC, ADPH, ALSDE, and AHSAA guidelines and best practices regarding COVID-19 and discuss all safety and cleanliness expectations.
- The AHSAA encourages administrators and coaches to be versed in the ALSDE “Roadmap to Reopening Schools”, particularly pages 4-24 and to complete the new NFHS Learn elective course “Covid-19 for Coaches and Administrators” that may be found at www.nfhslearn.com.
- ADPH Effective Strategies to Mitigate COVID-19 Spread (www.adph.gov)
 - It is suggested that students avoid close contact with others and maintain a physical distance of six feet or greater.
- Close contact is considered being within 6 feet for 15 minutes (with or without a facial covering)
 - When physical distancing cannot be maintained, facial coverings should be worn. Each person shall wear a mask or other facial covering that covers his or her nostrils and mouth at all times when within six feet of a person from another household... (Based on the July 29, 2020 Current Order of the State Health Officer).
 - Daily self-health evaluations should be performed. (Suggested form may be found at www.ahsaa.com)

- Encourage individual hygiene such as hand washing, coughing/sneezing etiquette, avoid touching face, etc.
- Athletes and coaches should be closely monitored for any symptoms.
- Those who have been exposed to COVID-19 (regardless of where the exposure occurred) should follow protocols set forth by the CDC, ADPH, and local health department.

In accordance with Alabama Act 2015-89, SB 72, AHSAA bylaws allow nontraditional students (virtual or homeschool) to participate in athletics if they have met all other AHSAA eligibility requirements.

- However, local school system(s) may have more restrictive guidelines. If a school or school system prohibits virtual school students from athletic participation, it is a local school decision.
- Whether a school campus is open or closed regardless of the instruction model [traditional, blended, virtual, remote learning], in the event any contest is not played during the regular season the game will be a forfeited game by the team whose school is not participating, and the other team will be awarded a “win”. In this case, no fines or forfeitures will be assessed.
- If a school is not able to participate in a contest, the local superintendent must notify the AHSAA Executive Director in writing.

Indoor venues shall limit facility occupancy to 50 percent of the normal occupancy load as determined by the fire marshal. Outdoor venues or those not assigned a normal occupancy load by the fire marshal shall limit occupancy as required to comply with the social distancing requirements [Spectators shall wear a mask or other facial covering that covers his or her nostrils and mouth at all times when within 6 feet of a person from another household.] (Based on the July 29, 2020, Current Order of the State Health Officer).

- It is an expectation member schools will comply with CDC, ADPH and local health agencies related to best practices for facilities. When physical distancing cannot be maintained, facial coverings are suggested.
- Host schools should communicate all guidelines, including local restrictions, to visiting schools and officials prior to an event.
- Host schools may consider posting visible signage encouraging physical distancing, facial coverings, and hand washing, etc. and urging anyone with COVID-19 symptoms not to enter an athletic event. (Examples of signage may be found at www.cdc.gov.)

Isolation and Quarantine Timeframes for COVID-19 for Non-Healthcare Personnel

Key Terms	Isolation separates people with an infectious disease, like COVID-19, from people who are not sick.
	Quarantine separates people who were exposed to an infectious disease to see if they may become sick.
	Cases include anyone who has tested positive with a molecular or antigen diagnostic test, whether or not they have any symptoms. Cases also include close contacts who develop symptoms consistent with COVID-19, but may not have been tested.
	Close contact is generally defined as being within 6 feet for at least 15 minutes and includes household contacts, intimate partners, and in-home caregivers, starting 2 days before symptoms appeared or specimen collection date (whichever was earlier). Distance could be longer and time shorter, depending on the exposure level and setting.

11

<p>Cases (includes symptomatic Close Contacts)</p> <ul style="list-style-type: none"> ✓ Must be isolated for at least 10* days after symptoms first appeared and ✓ At least 24 hours have passed since last fever (without the use of fever-reducing medications and ✓ Symptoms have improved. <p><i>Symptoms may include any of the following: cough, shortness of breath, difficulty breathing, new olfactory disorder, new taste disorder, fever (measured or subjective), chills, rigors, myalgia, headache, sore throat, nausea/vomiting, diarrhea, fatigue, or congestion/runny nose.</i></p> <p>* Severely immunocompromised or persons with severe illness may be infectious beyond the 10 days and should isolate for at least 20 days. For these individuals, to end isolation early, 2 negative PCR test results, collected more than 24 hours apart may be used.</p> <ul style="list-style-type: none"> ➤ Cases who <u>never developed symptoms</u> may discontinue isolation 10 days after the collection date of their 1st positive PCR specimen. <p>Recent evidence does not support retesting patients within 3 months of their first positive result, if not symptomatic. https://www.cdc.gov/coronavirus/2019-ncov/hcp/duration-isolation.html</p>
<p>Close Contacts (without symptoms)</p> <p>Must be quarantined for 14 days after the last/most recent contact with the case when the case was infectious. Test results, whether negative viral test or positive antibody test, cannot shorten the 14 days. Contacts that share a room/living quarters (i.e., have ongoing contact with the case) should separate if possible, but otherwise will need to quarantine throughout the case's isolation plus an additional 14 days after case is released from isolation.</p>

Healthcare Personnel (HCP), please refer to this guidance: <https://alabamapublichealth.gov/covid19/assets/cov-timeframes-isolation-quarantine-hcp.pdf>

7.21.2020

CDC COVID-19 Guidance

QUARANTINE keeps someone who was in close contact with someone who has COVID-19 away from others.



If you had close contact with a person who has COVID-19



- Stay home until 14 days after your last contact.



- Check your temperature twice a day and watch for symptoms of COVID-19.



- If possible, stay away from people who are at higher-risk for getting very sick from COVID-19.



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ISOLATION keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home.



If you are sick and think or know you have COVID-19



- Stay home until after
 - At least 10 days since symptoms first appeared **and**
 - At least 24 hours with no fever without fever-reducing medication **and**
 - Symptoms have improved



If you tested positive for COVID-19 but do not have symptoms



- Stay home until after
 - 10 days have passed since your positive test



If you live with others, stay in a specific “sick room” or area and away from other people or animals, including pets. Use a separate bathroom, if available.

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)