

2021-2022 Smith-Cotton Athletic/Activity Covid Guidelines

Revised August 18, 2021

Expectations for Participants and Parents/Guardians

1. Student-athletes must have a current Pre-Participation Physical Exam (PPE) on file in the Smith-Cotton Athletic Office before being allowed to participate in any MSHSAA sponsored sport. The doctor's portion of the PPE is now good for two calendar years. If you need to check the status of your student's PPE, please contact your head coach or the athletic office.
2. In addition to the PPE, there is a yearly requirement for Pre-Participation Documentation (PPD) which must also be on file in the athletic office prior to any student-athlete being allowed to participate in any MSHSAA sponsored sport. This form must be resubmitted prior to each new school year. The PPD includes sections related to insurance and informed consent. By signing the informed consent section of the PPD both the student-athlete and parent/guardian accept the risks associated with participation including serious bodily injury and transmission of infectious disease.
3. **Participants and their parents understand that participants are required to wear a mask of face covering when indoors and not directly involved in strenuous activity.**
4. Participants and their parents understand that federal guidelines mandate that masks must be worn on buses at all times.
5. Parents/Guardians agree to monitor their participant for symptoms of Covid-19 and agree to keep them home and contact their head coach/sponsor if any of these symptoms develop. The possible symptoms for Covid-19 are:
 - a. Fever (temperature higher than 100.0)
 - b. Cough
 - c. Shortness of breath/difficulty breathing
 - d. Sore throat
 - e. Fatigue
 - f. Muscle or body aches
 - g. Congestion or runny nose
 - h. Headache
 - i. Newly emerged loss of taste or smell
 - j. Nausea or vomiting
 - k. Diarrhea
6. Parents/Guardians agree to contact the head coach/sponsor immediately if their student-athlete or anyone else in their household tests positive for Covid-19.
7. Participants and their parents/guardians understand that pre-existing conditions and other risk factors can make the student-athlete more susceptible to catching Covid-19 and these risk factors can worsen the symptoms of Covid-19. These risk factors are:
 - a. Obesity and a body mass index greater than 30
 - b. Chronic lung disease - including moderate to severe asthma
 - c. Type 2 diabetes
 - d. Sickle Cell disease
 - e. Heart conditions

- f. Immunocompromised patients - transplant recipients or others needing immunosuppressant medications (e.g. steroids, biologics, etc.)
 - g. Specific ethnic groups
 - h. Risk increases steadily with age. This should be a consideration for the household of the student-athlete.
8. Participants agree to practice good hygiene habits which include:
 - a. Washing hands frequently
 - b. Avoid touching the face
 - c. Sneezing and coughing into a tissue or the inside of their elbow
 - d. Washing workout clothes and uniforms immediately after each use
 - e. Not sharing clothing, towels, or shoes with teammates
 - f. Showering immediately after returning home from practices, workouts, or games
 9. All Smith-Cotton High School and Junior High practices are “closed.” Therefore, only essential team personnel are allowed inside practice facilities or in the immediate vicinity of practices. Parents/Guardians are asked to stay in the parking lot when picking up or dropping off.
 10. Participants and their parents/guardians agree to adhere to all other guidelines established throughout this document in order to help minimize the spread of Covid-19.

Positive Test Results

1. All participants, coaches, staff members and all other team personnel are required to inform the head coach/sponsor immediately upon learning they have tested positive for Covid-19.
2. The head coach/sponsor will contact the activities director who will contact the Central Office designate, who will contact the Pettis County Health Department. Together, this group will work together to ensure timely and efficient contact tracing which is necessary to stop the spread of the disease.
3. If a participant or coach/sponsor is confirmed to have COVID-19, the following should occur:
 - a. The individual who tested positive may not participate in any team activities or exercise for 10 days. After 10 days, the individual must have a MSHSAA Return to Play Form Completed by a physician (MD, DO, PAC, or ARNP). A MSHSAA Return to Play form must be documented for each positive case.
 - b. All participants who had close contact, direct contact with this individual, or a direct exposure to secretions should be excluded from practice and play for 10 days (14 days for an exposure from a household member).
 - c. A close contact is defined by the CDC as a person who has had close contact (less than 3 feet for students, 6 feet for adults) for greater than 15 minutes (sustained or cumulative) with an individual with confirmed or suspected COVID-19 infection during the 48 hours before the individual became symptomatic or was diagnosed.
 - d. Local health departments will determine if any close contacts may be released from quarantine earlier than the 10 day period. **Mask wearers and/or vaccinated individuals may not have to be quarantined.**
 - e. A coach/sponsor or participant in quarantine should stay home, stay separated from others, follow state or local health department guidance, should NOT

participate in practices/rehearsals, and, if appropriate, may participate in individual conditioning activities with remote virtual instruction with guidance from a healthcare professional.

- f. Exceptions may be considered if all activities were done practicing appropriate social distancing while wearing a mask and after consultation with our local health department.

Bus Protocols for Contests Out of Town

1. Coaches/Sponsors will have a set seating chart for all away contests. That seating chart will be turned in to the activities director at least 24 hours prior to the first away contest or event.
2. Federal regulations mandate that **masks must be worn at all times by all bus riders.**
3. Only essential team personnel will attend out of town contests. Injured participants or participants on levels not expected to play will not make out of town trips (e.g. freshman level players to a varsity contest).

Practice and Contest Protocols

1. Coaches/Sponsors must maintain a daily log of all attendees (including staff). Daily logs should be kept until further notice and be produced at any time at the request of the activities director.
2. **Masks are required for indoor practices. Masks may be taken off when directly involved with strenuous activity.**
3. Masks are recommended for outdoor practices.
4. Distancing of players and coaches is strongly recommended whenever possible.
5. All practices are “closed.” Therefore, only team essential personnel are allowed inside practice facilities or in the immediate vicinity of practices. Parents/Guardians are asked to stay in the parking lot when picking up or dropping off.
6. There should be no pre-game or post-games hand shakes/high fives/fist bumps with members of the opposing team.
7. Locker room usage should be limited and masks are required when social distancing cannot be maintained.

Weight Room Protocols

1. Maximum lifts in the weight room should be limited and our racks should be used as much as possible for spotting support. When actual spotters are needed, masks are required.
2. Weight equipment and benches should be cleaned after each individual use.
3. Face coverings are mandatory in the weight room unless properly distanced or while directly involved in a strenuous activity.
4. Hand sanitizer should be available for use during weight room sessions.

Contest Protocols and Considerations

1. Only essential team personnel should occupy the team bench. Injured players, JV players at Varsity games, etc. should not occupy the bench to better allow for social distancing.
2. At this time, cancellations of contests due to Covid-19 cases for S-C or its opponents will be treated as cancellations/postponements NOT forfeits. They will be treated similarly to inclement weather games as far as notifications and rescheduling.
3. Host schools may require temperature and symptom screening for visiting schools. When that is the case, the activities department will coordinate that with the head coach/sponsor before that contest.
4. Masks are required for everyone at indoor events. Masks are optional only for participants directly involved in a strenuous activity. Once on the sideline, masks must be worn.

Concession Stands

1. At this time concession stands are allowed with no restrictions concerning the menu.
2. Only adults should be allowed to work concession stands.
3. **Concession workers must wear a mask (indoors and outdoors).**
4. Students may not work in concession stands.

Spectators for Home Games

1. At this time there is no limit placed on the number of spectators allowed at competitions.
2. **Spectators at indoor events must wear a mask when entering, exiting, or moving around the facility. Once seated, masks are optional only when properly socially distanced from non-household members. If social distancing cannot be maintained, masks are required.**
3. **Masks are optional at outdoor events.**
4. **Social distancing is highly recommended at outdoor events.**

Eating and Food Stops

1. At this time, food stops are allowed when on an out of town trip.
2. Teams are encouraged to eat outside when possible. When eating indoors, masks must be worn when entering, exiting, and moving around the restaurant.
3. Students must socially distance themselves while eating. Food stops should only be made at establishments with room for proper distancing.
4. Eating is not permitted on the bus.
5. Banquets, Pasta Feeds, etc. are discouraged. If they are scheduled to take place at school and proper distancing can be maintained, permission can be obtained from the Activities Director or Principal on a case by case basis.

Overnight Stays

1. Requests for overnight stays for existing scheduled events will be reviewed on a case by case basis. Please see the Activities Director or Principal for permission and guidelines.
2. No new events that would require an overnight stay should be scheduled at this time.