

COVID-19 Information for Activities and Athletics  
2020-2021

- COVID-19 can be a serious illness for anyone who contracts it, including children.
- While statistics show that children under 18 more often have a milder illness than adults, complications, including cardiac damage, can and do occur at all age groups.
- Because COVID-19 is a highly contagious illness spread by respiratory droplets, mitigation measures must be followed to help prevent the spread to others.
- Six feet of social distancing, continuous mask wearing, and cohorting, are expected to be followed when possible during all activities and athletics.
- Mitigating measures are difficult to maintain in athletics due to close contact, difficulty cohorting, heavy exhalation of respiratory droplets, and the potential for sweaty/wet masks which decrease the effectiveness of the mask.
- Children under 18 are more likely to have milder symptoms or be asymptomatic but can still spread the virus, so they may be more likely to keep attending school or practice while being able to infect others.
- Shawnee Mission School District will follow JCDHE guidelines for isolations and quarantines for those participating in extracurricular activities who are exposed to a positive case or who have become positive for COVID-19. This will include confirmed positive cases as well as probable positive cases, and known exposures, per JCDHE guidance.
- These guidelines are updated regularly. We will use the guidance in place at the time of the exposure or positive case when isolating or quarantining students.

Each positive case of COVID-19 is contact traced on an individual basis. Due to patient privacy, details about the case cannot be given to others. JCDHE will be consulted to determine isolation and quarantine guidance.

Symptoms of COVID-19 may include the following:

<b>One of the Primary Symptoms:</b>	<b>Two or More Secondary Symptoms:</b>
Shortness of Breath	Sore Throat
Cough	Runny Nose
Loss of Smell/Taste	Headache
	Fatigue
	Muscle Aches
	Fever
	Congestion
	Nausea/Vomiting
	Diarrhea

Parents and/or students are required to report any of the above symptoms to the school nurse, sponsor or director as soon as they develop. QR code check in is expected to be accurate. If a student has been exposed to a positive case of COVID-19, parents/students must also report the exposure to the coach as soon as they are made aware. Coaches will report COVID information to the school nurse.

**Current Guidelines for Isolation and Quarantine per JCDHE for activities are:**

**Confirmed positive and probable positive cases** will isolate 10 days from symptom onset or date of test if asymptomatic and can return to in person learning and activities on day 11.

**Athletes only** must follow the Kansas Highschool Athletic Association (KSHSAA) Return to Play guidelines found here:

<https://www.kshsaa.org/Public/COVID/PDF/ReturnToParticipationGuidelines.pdf>

Return to Play guidelines include clearance for the student to begin the Return to Play protocol by an MD, DO or APRN. SMSD does not accept Return to Play clearance from a DC or PA-C.

**People exposed to a confirmed or probable positive case** must quarantine. The quarantine gold standard is to stay home for 14 days and return on Day 15. While in quarantine, do not go to work, school, practice, visit others, or receive visitors. CDC and JCDHE guidance allow for asymptomatic people to have early release with documentation of a negative PCR test on day 5 or later and return on day 8. Antigen test results are not approved for early release from quarantine. Alternatively, if an exposed person remains asymptomatic, they may return on day 11 without testing, but must continue to monitor for symptoms for 14 days from exposure. If an exposed person develops any symptoms during the 14 days of quarantine, they will be considered probably positive and will isolate for 10 days from symptom onset. These guidelines are subject to change per JCDHE guidance.

**Activities:** Per JCDHE exposure to COVID-19 occurs if anyone participating in an activity is closer than 6 feet, longer than 10 min, with either party unmasked (band and choir may have increased distance guidelines). Bus riding to an event will be traced and if anyone has been unmasked on the bus with a positive case, quarantines will result. This includes eating on the bus.

**Athletics:** Per JCDHE exposure to COVID-19 occurs if anyone on the team/cohort tests positive or is a probable positive case everyone on the court/field/area surrounding playing area within 15 feet has been exposed and will quarantine regardless of mask wearing. JCDHE sport specific protocols will be adhered to.

**For more information on COVID-19 and School Athletics:**

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

<https://www.aappublications.org/news/2020/09/18/covid19sportsguidance091820>

<https://www.kshsaa.org/Public/COVID/Main.cfm>

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<https://www.kshsaa.org/Public/COVID/Main.cfm>

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children/symptoms.html>