



COVID-19 Spring Protocols

The following protocols are intended to assist schools and their athletic programs regarding COVID-19 prevention and exposure during the spring seasons of the 2020-21 school year. In addition to this document, schools must comply with all guidelines issued by the Governor's office, the CDC, NJDOH, and local health officials while participating in practices and NJSIAA interscholastic competition. These protocols are subject to change based on actions taken by the Governor's office, the CDC, and the NJ Department of Health. All decisions are local and should be made by school administrators in consultation with local public health departments.

Mitigating Risk with Daily Self-Health Checks:

Coaches should educate athletes about when they shouldn't play – if they tested positive for COVID-19, if they have COVID-19 compatible symptoms, if they had close contact with someone who has COVID-19, or if they recently traveled and need to quarantine. Every student-athlete and all athletics personnel should follow their school's policy for daily self-health evaluations before participating in any aspect of in-person athletics activities. Individuals with any of the following are encouraged to contact their coach or athletic trainer immediately and coaches/trainers should notify school administration: Fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea.

Contact Tracing:

Contact tracing is important in deciding who should be placed in quarantine or isolation because of close contact with a person infected with COVID-19. Local public health authorities oversee contact tracing and work closely with school nurses and administrators to identify close contacts in schools, including athletes. Athletic departments should follow all contact tracing protocols established by the school's Pandemic Response Team. Coaches must be available to assist school staff and local health departments to help identify all people who may have been in close contact with an infected student-athlete. NJSIAA does not have any additional contact tracing protocols that are above and beyond the protocols, a school establishes with its local health department.

Close Contact:

Close contact is defined by CDC and NJDOH as someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated. The ability of coaches, trainers, and athletes to ensure compliance with social distancing requirements will help to determine how many team members are considered close contacts. In some cases, if social distancing has not been enforced, an entire team may be considered exposed.

CDC Interim Recommendations for Fully Vaccinated People

This guidance will be updated and expanded based on the level of community spread of COVID-19, the proportion of the population that is fully vaccinated, and the rapidly evolving science on COVID-19 vaccines. For the purposes of this guidance, people are considered fully vaccinated for COVID-19 two weeks after they have received the second dose in a 2-dose series or two weeks after they have received a single-dose vaccine. The following recommendations apply to non-healthcare settings.

Fully vaccinated people can:

- Visit with other fully vaccinated people indoors without wearing masks or physical distancing.
- Visit with unvaccinated people from a single household who are at low risk for severe COVID-19 disease indoors without wearing masks or physical distancing.
- Refrain from quarantine and testing following a known exposure if asymptomatic.

Fully vaccinated people should continue to:

- Take precautions in public like wearing a well-fitted mask and physical distancing.
- Wear masks, practice physical distancing, and adhere to other prevention measures when visiting with unvaccinated people who are at [increased risk for severe COVID-19](#) disease or who have an unvaccinated household member who is at increased risk for severe COVID-19 disease.
- Wear masks, maintain physical distance, and practice other prevention measures when visiting with unvaccinated people from multiple households.
- Avoid medium- and large-sized in-person gatherings.
- Get tested if experiencing [COVID-19 symptoms](#)
- Follow guidance issued by individual employers.
- Follow CDC and health department travel requirements and recommendations.

QUARANTINE:

Quarantine keeps those who were in close contact with someone who has COVID-19 away from others. Local public health authorities determine and establish the quarantine procedures for their jurisdictions. If you had close contact with a person who has COVID-19, the CDC recommends:

- Stay home for 14 days after your last contact.
- Check your temperature twice a day and watch for symptoms of COVID-19.
- Stay away from people who are at higher risk of getting very sick from COVID-19.

Local health authorities make the final decisions about how long quarantine should last, based on local conditions and needs. Check your local health department's website for information about options in your area to possibly shorten this quarantine period.

Options local health authorities may consider include stopping quarantine:

- After day 10 without testing.
- After day 7 after receiving a negative test result (test must occur on day 5 or later).

After stopping quarantine, you should:

- Watch for symptoms until 14 days after exposure.
- If you have symptoms, immediately self-isolate and contact your local public health authority or healthcare provider.
- Wear a mask, stay at least 6 feet from others, wash your hands, and avoid crowds.

ISOLATION:

Isolation keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home. Infected persons should contact their doctor ASAP.

- 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 area and away from other people.
 - Use a separate bathroom, if available.

Reporting of Positive Tests to Opponents:

With respect to competition, athletic departments should consider how best to secure reasonable assurance that the same risks have been adequately evaluated and addressed by the other team. The NJSIAA and its Medical Advisory Task Force believe the contact tracing process can be helped, and outbreaks are limited if schools communicate with each other about positive tests. Therefore:

- If a student-athlete or coach tests positive, the school should report the positive test to any opponent the team played within two days of the symptoms/positive test, and the team's next opponent.
- The school's report must preserve the anonymity of the person who tested positive.
- The receiving school is encouraged to contact its Pandemic Response Team and local health department for direction as to what, if any, steps it should take as a result of this information. How this information is handled by the receiving school is a local issue.
- There will be no penalty if a school chooses to cancel a game after having been notified of an opponent's positive test.

Return to Play:

Athletic departments should follow all protocols established by the school's Pandemic Response Team and the local health department. Since COVID-19 has been associated with myocarditis, athletes seeking to return to play after having contracted COVID-19 may wish to consult with a doctor regarding overall medical fitness. NJSIAA does not require any documentation from the school or doctor's office to return to play after a positive test or from a quarantine due to close contact. Upon the completion of six total practices after the start of the season, it will be the school's decision, through consultation with the appropriate school personnel, to determine the date for students and/or teams to safely return to competition after a period of quarantine or isolation.

NJ Travel Advisory:

The provided link will take you to the most updated NJ travel advisory info.

<https://covid19.nj.gov/faqs/nj-information/travel-and-transportation/which-states-are-on-the-travel-advisory-list-are-there-travel-restrictions-to-or-from-new-jersey>

NJDOH Guidance for Sports Activities:

Please follow link below for the complete NJDOH "Guidance for Sports Activities"

https://nj.gov/health/cd/documents/topics/NCOV/COVID_GuidanceForSportsActivities.pdf

Information within this document was obtained from the following sources: Centers for Disease Control and Prevention, American Academy of Pediatrics, New Jersey Department of Health, National Federation of State High School Associations, National Collegiate Athletic Association.