



A COVID Protocol – January 2022

HANDOUT TO EXPLAIN “COLOR DESIGNATION” PROTOCOL

wellbodyKC, COVID SPORTS MED HELP

COVID 19 Back to Sport Protocol

Version 9, January 2022



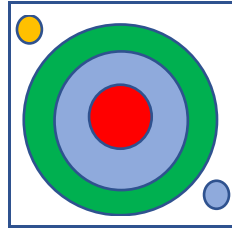
Every athlete (and coach/staff) will fit a color designation.
Follow instructions on how to proceed.

* STRONGLY CONSIDER GETTING VACCINATED!

*Hand washing, masks, social distancing, and **staying home if ill (or fever)** remains important to reduce transmission of COVID19 and other infections at your facility.

*Following local and state mandates and recommendations by the CDC (which may change and will require regular updates to this handout.)

*Realizing that this protocol will reduce (but not eliminate) transmission of COVID19 with the goal to safely as possible remain in school/sport activities. ***If ill or fever be sure to remove yourself from others and quarantine as soon as possible- GET TESTED-** always check with health care provider to get treatment recommendations and a plan for a safe return



Symptoms of COVID 19

And Variants

Fever (100.4)

Cough

Shortness of breath

New onset fatigue/muscle aches

New onset loss of taste or smell

Nausea/Vomiting/Diarrhea

Headache / Nasal Congestion

Sore throat

“Allergy” or “cold” symptoms could actually be COVID

Green:

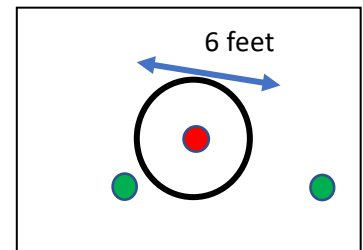
NO SYMPTOMS of COVID 19 or fever (100.4)

AND

has NOT been within 6 feet of a POSITIVE COVID 19 CASE



No restrictions- No quarantine required



Yellow:

SYMPTOMS of COVID 19 or Fever above 100.4 degrees

REMOVE FROM ACTIVITY AND QUARANTINE

Viral Symptoms of any kind

Option #1: **Quarantine!** **Get tested** (Preferred!)

-If Positive test for COVID 19 then Go to **RED** Section

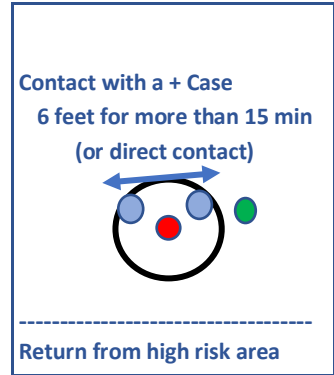
-If Negative test for COVID 19 then can return after

Symptoms improving **AND** at least one day of No fever (and no fever reducing meds)

Option #2: **Quarantine!** Doesn't get tested

Can return after

5 day quarantine **AND** at least 1 day of no fever **AND** symptoms improving **AND** Doctor's note **AND** wear a mask



Blue:

Has NO SYMPTOMS OR FEVER but has been in close contact with a POSITIVE COVID 19 Case or suspected positive case

Close contact = direct contact with a Positive COVID case, cough/sneezed on, lives with/car pool with

UNVACCINATED

Unvaccinated

- or (2) Pfizer or Moderna more than 6 months ago
- or J&J more than 2 months ago

Quarantine at home for 5 days

Get tested at day 5, test sooner if you get symptoms



-If Positive then see **RED** Section

-If Negative, and **NO** symptoms can return to work wearing a mask next 5 days

VACCINATED

- (2) Pfizer or Moderna vaccines within last 6 months
- or J&J within last 2 months
- or Primary vaccine(s) plus a booster

Can continue work in mask as long as no symptoms (10 days)

Test on day 5, test sooner if you get symptoms (quarantine if sx)



If negative – continue work

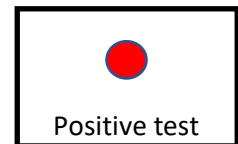
If positive – see **RED** Section

RED: A POSITIVE COVID 19 Case

WITH Symptoms And tested Positive

WITHOUT SYMPTOMS BUT TESTED POSITIVE

REMOVE FROM ACTIVITY AND QUARANTINE



Can return after

At least 1 day without a fever (no meds) AND
5 days after first symptoms AND
AND improving symptoms AND

5 days after the positive test AND
Continued no symptoms or fever AND

Documentation from physician allowing return

Wear a mask

Consult with your Legal Counsel or Team Sports Medicine Partner to ensure this protocol is appropriate for your facility. Follow Local/State mandates and laws which could require you to alter this protocol. Changes to this protocol may occur if the CDC or other health care agency changes recommendations. Check for updates regularly.