

A COVID Protocol — August 2021

HANDOUT TO EXPLAIN “COLOR DESIGNATION” PROTOCOL
COVID SPORTS MED HELP

COVID 19 Back to Sport Protocol

Version 7, 8/6/21



Every athlete (and coach/staff) will fit a color designation on any given day.

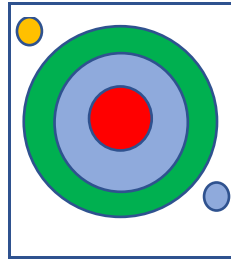
Follow instructions on how to proceed.

* 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- always check with health care provider to get treatment recommendations and a plan for a safe return**



Symptoms of COVID 19

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

Green:

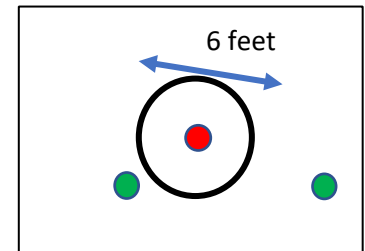
NO SYMPTOMS of COVID 19 or fever (100.4)

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

Viral Symptoms of any kind

REMOVE FROM ACTIVITY AND QUARANTINE

Option #1: Get tested (Optional/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: Doesn't get tested



Can return after

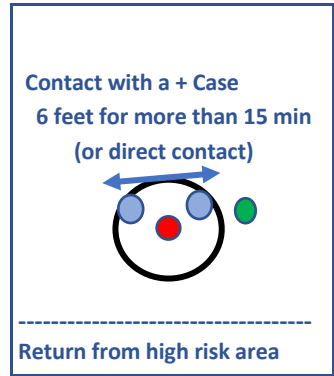
10 day quarantine AND at least 1 day of no fever AND symptoms improving



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: REMOVE FROM ACTIVITY AND QUARANTINE

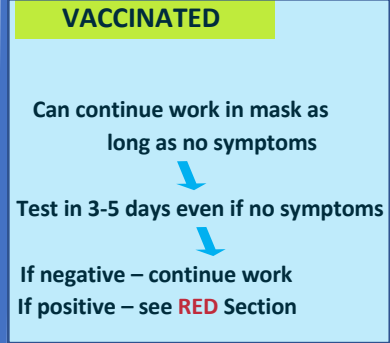
Option #1: Get tested after day 5 (Optional/Preferred)

Option #2: Don't get tested

-If Positive then see RED Section

-After a 7 day quarantine – if negative test AND no symptoms, then return to sport/school

Quarantine for 14 days, if no symptoms then return to sport or school

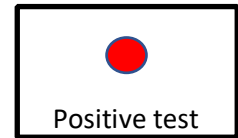


RED: A POSITIVE COVID 19 Case

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 10 days after first symptoms AND AND improving symptoms AND

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

Documentation from physician allowing return

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.