



July 7, 2020

Vandebilt Catholic Athletic Family,

I hope that you and your family have been safe throughout the COVID-19 pandemic. While cases of COVID-19 seem to have increased recently in the younger population, most positive cases in the younger population have been treated successfully with self-quarantining for 14 days. Terrebonne General Medical Center and Vandebilt Catholic have been working hand-in-hand to make sure that your child stays as safe as possible while returning to athletic activities. Information has been gathered from the Center for Disease Control, Louisiana High School Athletic Association, and National Federation of High Schools to provide detailed recommendations that are being implemented at Vandebilt Catholic to keep your child safe. Please review the attached document and follow the guidelines with your child. Each athlete will be treated in accordance with the recommendations based upon their signs and symptoms, test results (if applicable), and recommendations from their medical provider. Ochsner Health has announced a no out-of-pocket cost drive-thru community COVID-19 testing. It will be at Living Word Church in Schriever on Wednesday, July 8 and Thursday, July 9 from 9 a.m. to 4 p.m. (or until all test kits have been utilized). Testing is available to those age 10 and older who wish to know their COVID-19 status. Please bring your ID and insurance card if you utilize this service. Please remember that you must stay quarantined (away from campus) until test results are received.

While the recommendations are current as of July 7, 2020, any future updates from state or local governing bodies will be implemented immediately.

I look forward to another successful athletic season in the near future.

Respectfully,

Lance Ledet
Enclosure

Recommendations for Returning to Athletic Activities: COVID-19



TABLE OF CONTENTS

SCREENING PROCEDURES	3
POSITIVE SYMPTOM AND/OR TEMPERATURE SCREENING RESULTS	3
EXPOSURE TO POSITIVE COVID-19 PATIENTS OR WAITING ON TEST RESULTS	4
REPORTING A POSITIVE COVID-19 CASE TO ATHLETICS	4
REPORTING SELF-QUARANTINING TO ATHLETICS	4
ACTIVITIES ON CAMPUS	5
ATHLETIC TRAINER TREATMENT PROTOCOL	7
HYDRATION	7
SPECIAL CONSIDERATION FOR THE RETURN OF ATHLETICS	7
RISK OF INFECTION BY SPORT	7
ATHLETICS CHECK-IN SHEET	9

1. Screening Procedures

- a. Communicate to parents the importance of keeping children home when they are sick to ensure the health and safety of their child and others.
 - i. This allows a sick individual to prevent the possible spread of the virus prior to their arrival on campus.
- b. If an athlete/coach is tested for COVID-19 for any reason, he/she must be quarantined from other individuals until results are received. (positive test results - refer to section 4)
- c. While masks/face coverings are recommended on campus when in close proximity of other individuals, it is not mandated.
- d. Parents that drop off their child should wait for athlete to be screened before leaving campus.
- e. A designated coach should be responsible for screening each athlete/coach on campus before they can participate in any activities.
 - i. The screening should include the following symptom checklist from the prior 14 days:
 1. Fever
 2. Cough
 3. Shortness of breath
 4. Sore throat
 5. Temperature check with a forehead thermometer(over 100.4 degrees Fahrenheit is considered a fever)
 6. Have you come into contact with anyone that has tested positive for COVID-19 or anyone awaiting test results?
 - a. The CDC defines close contact as an individual who has had been within six feet of a positive COVID-19 case for 15 minutes or longer.
 - ii. After the athlete/coach is screened, they should receive a bright colored wristband (or something similar...like a sticker) from the designated coach to signify that the athlete has been screened prior to starting activities on campus.
 1. Color should change daily and include date and initials
 - iii. A sign-in sheet with screening questions and temperature should be recorded daily and saved.
 1. Sign-in sheets will be made for each sport (with names of all athletes) once pods are submitted to the athletic trainer.

2. Positive Symptom and/or Temperature Screening Results

- a. If an athlete/coach answers yes to a positive symptom screening questions or has a temperature of 100.4 or above, the athlete/coach should be sent home immediately.
 - i. Parent of athlete will be notified immediately.
 - ii. If multiple athletes ride together to campus and one has a temperature greater than or equal to 100.4 or answers yes to a screening question, all athletes riding in that vehicle cannot participate that day.
 - iii. If an athlete starts to feel bad in the middle of practice and has to wait on a parent to come pick him/her up, the athlete should be quarantined from other athletes and coaches until the parent arrives. The area that the athlete has come into contact with must be cleaned immediately.
- b. Athletes/coaches answering yes to a symptom screening questions or have a temperature greater than or equal to 100.4 must follow-up with a medical provider and provide one of the following forms of documentation:

- i. Documentation of a negative COVID-19 test
 - ii. Documentation stating that the athlete did not need a test
 - iii. Documentation that the athlete has fully recovered
- c. If an athlete/coach is tested for COVID-19, he/she must be quarantined from other individuals until results are received. (positive test results - refer to section 4)

3. Exposure to Positive COVID-19 Patients or Someone Waiting on Test Results

- a. The CDC defines close contact as an individual who has had been within six feet of a positive COVID-19 case for 15 minutes or longer.
 - i. If an athlete/coach had come in contact with a COVID-19 positive patient or someone waiting on test results and the athlete **DOES NOT** have any signs or symptoms of COVID-19, the athlete is allowed to resume normal activity.
 - ii. If an athlete/coach had come in contact with a COVID-19 positive patient or someone waiting on test results and the athlete **DOES** have signs or symptoms of COVID-19, the parent will be informed and the athlete will be sent home immediately.
 - 1. Athlete needs provide proper documentation from a medical provider before being allowed back on campus. (Refer to section 2.b.)

4. Reporting a Positive COVID-19 Case to Athletics

- a. Positive Case From a COVID-19 Testing Center
 - i. The parent is asked to contact the athlete's head coach. If the athlete is in multiple sports, contact may be made with any head coach.
 - ii. The head coach will notify the athletic director, who will notify the athletic trainer and an administrator.
 - iii. The individual should not be allowed to return to campus until the following conditions are met:
 - 1. He/she provides a note from a medical provider clearing him/her to return.
 - 2. He/she has remained at home 14 days from the date he/she received his/her positive result.
 - 3. He/she was asymptomatic on days 12, 13, and 14 of his/her quarantine.
 - iv. It is recommended that the athlete consult with their primary care provider to discuss additional evaluation for cardiac assessment due to their increased risk of cardiac damage as a result of COVID-19.

5. Reporting Self-Quarantining to Athletics

- a. Self-Quarantining at Home Due to a Family Member that Tested Positive Per Parents Decision
 - i. The parent is asked to contact the athlete's head coach. If the athlete is in multiple sports, contact may be made with any head coach.
 - ii. The head coach will notify the athletic director, who will notify the athletic trainer and an administrator.
 - iii. The individual should not be allowed to return to campus until the following conditions are met:
 - 1. He/she has quarantined for 14 days.
 - 2. The parent provides a note attesting to his/her child being asymptomatic throughout the quarantine.

6. Activities on Campus

a. Phase II

- i. LHSAA start date of June 8th
 1. Moving to phase II is contingent upon there being no spike of cases in the region your school resides in and no outbreak of cases at your high school.
- ii. A maximum of 25 people (coaches included) are allowed per group
 1. It is recommended that the same group of athletes work out/practice together when on campus.
- iii. Limited and non-contact sports allowed
 1. Baseball
 2. Cheerleading
 3. Gymnastics
 4. Softball
 5. Volleyball
 6. Bowling
 7. Golf
 8. Cross Country
 9. Powerlifting
 10. Swimming
 11. Tennis
 12. Weights and Conditioning for LHSAA Contact Sports (Non-Contact Skills and Drills)
 - a. Football
 - b. Basketball
 - c. Soccer
 - d. Wrestling
- iv. Team workouts and practices are recommended to continue on campus. However, no two teams should be in the same location at one time. If the same field or gym will be used back to back, allow ample time between sessions to clean area between teams. Be sure that there is no interaction between teams.
 1. Ex. Workout group #1 starts at 8:00 and ends at 9:30 in the weight room...a minimum of 15 minutes would be needed to clean the area before workout group #2 could start using that same weight room.
 2. Temperature screening can be conducted during the same time as cleaning if staffing is sufficient.
- v. All items used during workout and/or practice should be sanitized between individual uses and pods.
- vi. Social distancing should apply as much as possible during these team workouts and practices.
- vii. Proper hand sanitization is a must prior to, during, and after activities.
 1. Encourage athletes to cough or sneeze into their elbow to reduce likelihood of passing germs.
- viii. No locker rooms should be used during this time.
- ix. Athletes MUST be screened prior to starting activity.

- x. Screening times should be spaced out so there is not overlap of athletes coming and going.
 - 1. No loitering should occur before or after the conclusion of the workout/practice.
- xi. No unnecessary individuals should be present (managers, extra coaches, non-participating athletes, parents, etc.)
- xii. Any jerseys used during these workouts should be washed daily and not switched to different players during workouts or practice.
- xiii. No competitions with outside schools are recommended during this phase.

b. Phase III

- i. Contingent upon Governor Edwards and local officials.
 - 1. Moving to Phase III is contingent upon there being no spike of cases in the region your school resides in and no outbreak of cases at your high school.
- ii. A maximum of 50 people (coaches included) are allowed per group.
- iii. Contact sports are allowed to resume (with all other previously cleared sports) during Phase III
- iv. **Phase III Screening:**
 - 1. Football, Competitive Cheer, Dance, and Wrestling:
 - a. Continue pre-practice screening as in Phases 1 and 2
 - 2. All other sports not listed in group #1 above:
 - a. A record should be kept of all individuals present.
 - b. Any person who has had a fever or cold symptoms in the previous 24 hours should not be allowed to take part in workouts and should contact his/her medical provider.
- v. Phase III can include scrimmaging, matches, and 7-on-7s only in an intra-squad setting.
- vi. Social distancing should apply as much as possible during these team workouts and practices.
 - 1. When not directly participating in practices or contests, care should be taken to maintain a minimum distance of three to six feet between each individual.
- vii. Team workouts and practices are recommended to resume on campus. However, no two teams should be in the same location at one time. If the same field or gym will be used back to back, allow ample time between sessions to clean area between teams. Be sure that there is no interaction between teams.
 - 1. Ex. Workout group #1 starts at 8:00 and ends at 9:30 in the weight room...a minimum of 15 minutes would be needed to clean the area before workout group #2 could start using that same weight room.
 - 2. Temperature screening can be conducted during the same time as cleaning if staffing is sufficient.
- viii. All items used during workouts and/or practices should be sanitized between periodically throughout activity and between pods.
- ix. Proper hand sanitization is a must prior to, during, and after activities.
 - 1. Encourage athletes to cough or sneeze into their elbow to reduce likelihood of passing germs.
- x. Screening times should be spaced out so there is not overlap of athletes coming and going.
 - 1. No loitering should occur before or after the conclusion of the workout/practice.

- xi. Vulnerable individuals can resume public interactions, but should practice physical distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed.
- xii. Any jerseys used during these workouts should be washed daily and not switched to different players during workouts or practice.

7. Athletic Trainer Treatment Protocol

- a. The following items are recommended:
 - i. Athletic trainer should wear a surgical mask and gloves while completing treatments.
 - ii. Proper hand sanitization between treating athletes should occur.
 - iii. Athletic Trainer should clean tables with cleaner provided by the school after each patient and wipe down the entire Athletic Training Room a minimum of twice daily.
 - iv. No more than 10 people in the Athletic Training Room at once, must be able to have six (6) feet of social distancing in the athletic training room at all times.

8. Hydration

- a. In order to prevent the spread of germs, hydration stations (water cows, water troughs, etc.) should not be utilized during Phase I and II.
 - i. Hydration stations can be used during Phase III, but must be properly cleaned daily.
- b. Athletes should bring a gallon jug of water (with their name on the jug) daily for workout/practice.

9. Special Consideration for the Return of Athletics

- a. Patients who should consider delaying their participation in sports and activities are those who are considered to be immunocompromised. This includes patients with (but not limited to):
 - i. Diabetes
 - ii. Asthma
 - iii. Severe obesity
 - iv. Chronic kidney disease
 - v. Heart condition
 - vi. Organ transplants
- b. If a parent thinks that their child is immunocompromised, it is recommended that the parent please check with the child's physician before returning to sports.

10. Risk of Infection by Sport

- a. **High Risk**
 - i. Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants
 - 1. Football
 - 2. Competitive Cheer
 - 3. Dance
 - 4. Wrestling

b. Moderate Risk

- i. Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants. (*=Could potentially be considered "Lower Risk" with appropriate cleaning of equipment and use of masks by participants)
 - 1. Basketball
 - 2. Volleyball*
 - 3. Baseball*
 - 4. Softball*
 - 5. Soccer
 - 6. Gymnastics
 - 7. Tennis*
 - 8. Swimming Relays
 - 9. Pole Vault*
 - 10. High Jump*
 - 11. Long Jump*
 - 12. 7 on 7 Football

c. Low Risk

- i. Sports that can be performed with social distancing
- ii. Sports that can be performed individually with no sharing of equipment or the ability to clean the equipment between uses by competitors.
 - 1. Individual Running Events
 - 2. Throwing Events (Javelin, Shot Put, Discus)
 - 3. Individual Swimming
 - 4. Golf
 - 5. Weightlifting
 - 6. Sideline Cheer
 - 7. Cross Country (with staggered starts)

***** INFORMATION LISTED ABOVE IS RECOMMENDATIONS BASED UPON THE INFORMATION KNOWN AS OF JULY 7, 2020. ANY FUTURE GUIDELINES FROM THE GOVERNMENT AND/OR LHSAA SHOULD BE IMPLEMENTED IMMEDIATELY*****

Name (Filled in with athlete's name once coach finalizes pod)	Time	Circle Yes/No Below								Temperature		
		Fever		Cough		Sore Throat		Shortness of Breath			Close contact, or cared for someone with COVID-19	
Doe, A.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
Doe, B.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
Doe, C.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
Doe, D.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
Doe, E.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
Doe, F.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
Doe, G.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
Doe, H.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
Doe, I.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
Doe, J.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
Doe, K.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
Doe, L.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
Doe, M.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
Doe, N.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
Doe, O.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
Doe, P.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
Doe, Q.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
Doe, R.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
Doe, S.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
Doe, T.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
Doe, U.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
Doe, V.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
Doe, W.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
Doe, X.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
Doe, Y.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	

Athlete or coach with an answer of yes or a temperature greater than or equal to 100.4 must leave campus and follow-up with medical provider