

## Summary of General Guidance for Athletics (July 2022)

**Students or staff who have been exposed to a person with COVID-19** regardless of vaccination status

(day 1 is the first full day after symptoms develop or test specimen was collected)

- Can immediately return to athletics if they do not have symptoms.
- Wearing a mask indoors is strongly recommended for 10 days following exposure.
- Getting tested is strongly recommended, at least 5 days after potential exposure even if asymptomatic.
- If symptoms develop immediately self isolate and get tested.

**POSITIVE for COVID-19** regardless of vaccination status

- Stay home until **all** following conditions are met
  - Must remain out of athletics until 10 days have passed since symptom onset or test collection if no symptoms.
  - 24 hours with no fever
  - Asymptomatic or improved symptoms
  - M.D. clearance needed to start return to play protocol for COVID-19, may start return to play protocol on day 6 if cleared by physician and under the supervision of their athletic health care trainer.

**Gradual Return to Play COVID-19**

- Athletes must complete an individualized gradual progression back to sports without development of symptoms.
- For those with mild or asymptomatic COVID-19 a minimum 3 day return to sport progression is recommended. (Each day is separated by a minimum of 24 hours and can continue as long as symptoms do not develop or increase.)
- For mild /asymptomatic cases this progression may start no sooner than **DAY 6** from the start of symptoms or from a positive test if the athlete was asymptomatic.
- Athletes must wear a mask during this progression.