

## School COVID-19 Extracurricular Activities Protocols for Pre-K through 12<sup>th</sup> Grade, Childcare, Camps, Clubs and Sports 2021-2022

The Pueblo Department of Public Health and Environment (PDPHE) has reviewed current data (cases and vaccination rates), the Centers for Disease Control and Prevention (CDC) Operational Strategies for Child Care and K-12 School’s guidance, the Colorado Department of Public Health and Environment (CDPHE) school guidance, and Colorado Department of Education (CDE) guidance, as well as other resources from the American Academy of Pediatrics, to develop the following protocols. The primary goal of these protocols is to help students, staff, volunteers, and families safely participate in and conduct clubs, sports, and extracurricular activities for the 2021-2022 school year.

This guidance is founded on a layered mitigation strategy that when followed by schools, students, staff, volunteers, and families, will result in success in meeting our collaborative goal to return to in-person learning and maintain participation in school clubs, sports, camps, and extracurricular activities after an exposure to COVID-19. Childcare facilities need to reach out to the public health point of contact.

### Layered Mitigation Strategies

CDC, CDPHE, and CDE guidance all emphasize the importance of layered mitigation strategies as essential to prevent the transmission of COVID-19 in school, child-care, and camp settings. PDPHE will continue to monitor the trends in community transmission, vaccination coverage, screening, testing, and occurrence of outbreaks as recommended by CDC and will update this guidance as needed.

Vaccines are a part of the layered mitigation strategy and are the best defense against COVID-19 and other diseases. COVID-19 vaccines are safe and effective at preventing severe illness, hospitalizations, and death. Working together and implementing a layered approach is our best shot at getting back to normal activities.

### Required and Recommended Layering Mitigation Strategies

<b>Required</b>	<ul style="list-style-type: none"> <li>Exclusion of ill individuals and enforcement of quarantine and isolation</li> <li>Reporting all cases and outbreaks to PDPHE</li> <li>Cooperation in case investigations and contact tracing</li> <li>Cooperation in the notification of Public Health Notices for quarantine and isolation of students, staff, volunteers, and visitors</li> <li>Face coverings indoors in all schools, childcare, camps, and extracurricular activities</li> <li>Keeping attendance records, stable cohorts, and seating charts when age-appropriate</li> <li>Social distancing as much as possible</li> <li>Comprehensive symptom screening</li> <li>Following CDPHE’s “Return to Learn” guidance <a href="https://drive.google.com/file/d/1nhgGIbakyAJY3XJ2TW44sw7btXXqISBR/view">drive.google.com/file/d/1nhgGIbakyAJY3XJ2TW44sw7btXXqISBR/view</a></li> <li>Improving ventilation where possible</li> <li>Promotion of hand hygiene and respiratory etiquette</li> <li>Routine cleaning, sanitizing, and disinfecting</li> </ul>
<b>Recommended</b>	<ul style="list-style-type: none"> <li>Promotion of vaccinations when available and age-appropriate</li> <li>Routine screening testing in a coordinated testing program</li> <li>Molecular (PCR or Antigen) testing for post-exposure</li> </ul>

## **Face Covering Guidance for Specific Sports (including CHSAA Sports) Soccer, Volleyball, Football, Bowling, Golf, Track and Field, Baseball, Lacrosse, Basketball and Field Hockey**

Indoor participants of the above-listed sports must wear a face covering at all times. If playing the sports listed above outdoors, a face covering is not required but is highly recommended when closer than 6 feet to other individuals if it can be worn safely and does not cause difficulty with breathing.

### **Gymnastics**

Indoors, gymnasts must wear an approved, well-fitted face covering at all times and should obtain a face-covering suitable for gymnastics movements. However, during a competition or an exhibition, a gymnast may remove their face covering as long as the gymnast is at least 12 feet away from any other individual. Coaches and spotters must wear a face-covering approved for personal services, i.e., a surgical mask, a surgical mask with a cloth mask over it, or a KN95 mask. It is highly recommended that coaches and spotters wear eye protection such as a face shield or sealed safety goggles.

### **Spirit (i.e., Cheer and Dance)**

Participants must wear an approved well-fitted face covering at all times while practicing and performing indoors. Indoors, a competitor may remove their face covering as long as they are at least 12 feet away from all other individuals (including teammates, coaches, and spectators) at all times. Outdoors, a face covering is not required but is highly recommended when closer than 6 feet to other individuals.

### **Wrestling**

All individuals must wear an approved well-fitted face covering while wrestling, whether during competition or practice while indoors. During a match, if both individuals are fully vaccinated or unvaccinated/partially vaccinated with a negative PCR test within 72 hours or proctored antigen test conducted the day of the match, they may remove their masks to compete. Masks must be worn at all other times, including practice. This is more protective than the CDPHE guidelines.

### **Swimming and Diving**

All individuals must wear an approved well-fitted face covering while on an indoor swimming deck. A face covering may be removed while an individual is in a swimming pool and actively engaged in pool activity in which their face covering may become wet, including while on the diving platform to perform a dive. Outdoors, a face covering is not required but is highly recommended when not in the water and the individual is within 6 feet of others.

### **Hockey**

All individuals must wear an approved well-fitted face covering while practicing or competing in hockey indoors. If playing outdoors, a face covering is not required but is highly recommended. Individuals participating in hockey should wear a face covering that will not interfere with mouth guards or other helmet safety components. This is more protective than the CDPHE guidelines.

### **Indoor Fitness Classes (Yoga, Mindful Meditation, Rhythms, Weightlifting, Physical Education, etc.)**

Individuals participating in fitness classes indoors must wear an approved well-fitted face covering at all times. If participating in a fitness class outdoors, a face covering is not required but is highly recommended if the individual is within 6 feet of others.

### **Indoor High-Intensity Activities (Choir, Band, Music, Physical Education, etc.)**

Individuals participating in indoor high-intensity activities must wear an approved well-fitted face covering at all times. Cohorting and social distancing should be used as much as possible.

## Category Strategies

Individuals participating in the indoor or outdoor school-related activities listed below who experience a COVID-19 exposure and are identified as a close contact (direct contact or are within 6 feet for a total of 15 minutes or more within a 24-hour period of time).

	Isolation/ Quarantine	Get Tested	Indoor/ Outdoor	Distance	Unvaccinated or Partially Vaccinated	Fully Vaccinated > 5 months mRNA or 2 months Johnson & Johnson without Booster*	Recently Fully Vaccinated < 5 months mRNA or 2 months Johnson & Johnson Received Booster**
<b>Positive for COVID-19</b>	Isolation	N/A	Indoor	N/A	<b>Immediately exclude the individual.</b> The individual should stay separated from people in their home who are healthy until they have had no fever for at least 24 hours (without the use of fever-reducing medicines), AND symptoms have improved, AND it has been at least 5 days since symptoms began or test date if asymptomatic. On days 6-10, they must properly wear an approved well-fitted face mask*** around others and continue to monitor their symptoms. If symptoms have not improved, they must continue to self-isolate at home until symptoms improve. Individuals with severe illness or who are immunocompromised will require a longer period of isolation up to 20 days.		
			Outdoor				
<b>Symptomatic, no known COVID-19 exposures</b>	Isolation	Yes	Indoor	N/A	<b>Immediately exclude the individual.</b> Refer for testing (PCR or antigen). If positive, continue isolating at home for 5 days and symptoms have improved. If negative, stay at home until your symptoms have resolved or the quarantine period is completed, whichever is longer, or an alternate diagnosis by a licensed medical professional (primary care provider) has been received.	<b>Immediately exclude the individual.</b> Refer for testing (PCR or antigen). If positive, continue isolating at home for 5 days and symptoms have improved. If negative, stay at home until your symptoms have resolved or the quarantine period is completed, whichever is longer, or an alternate diagnosis by a licensed medical professional (primary care provider) has been received.	<b>Immediately exclude the individual.</b> Refer for testing (PCR or antigen). If positive, continue isolating at home for 5 days and symptoms have improved. If negative, stay at home until symptoms resolve or an alternate diagnosis by a licensed medical professional (primary care provider) has been received. Consider testing again if symptoms persist. Contact public health for additional guidance.
			Outdoor				
<b>Symptomatic, known COVID-19 exposure</b>	Isolation	Yes	Indoor	N/A	<b>Immediately exclude the individual.</b> If positive, isolate at home for 5 days. If negative, remain at home while symptomatic and check with your school or workplace on return-to-school/work policy and guidance. Individuals with comprehensive symptoms who are awaiting test results must self-isolate at home away from others and may not discontinue isolation early without an alternate diagnosis from a licensed healthcare provider (primary care provider) or a negative PCR test.		
			Outdoor				
<b>Asymptomatic, known COVID-19 exposure and masked</b>	Quarantine	Yes	Indoor	Within 6 feet	<b>A 5 days at-home quarantine is required.</b> If you remain asymptomatic for the entire 5 days, test on day 5 and receive a negative result, you may return to work/school on day 6, while wearing a mask through day 10. Continue to monitor for symptoms daily through day 14. If symptoms begin at any time, self-isolate away from others in the household for 5 days and get tested.	<b>A 5 days at-home quarantine may be required, see quarantine options.</b> If you remain asymptomatic for the entire 5 days, test on day 5 and receive a negative result, you may return to work/school on day 6, while wearing a mask through day 10. Continue to monitor for symptoms daily through day 14. If symptoms begin at any time, self-isolate away from others in the household for 5 days and get tested. Recommended to receive a booster.	<b>A 5 days at-home quarantine is not required.</b> Properly wear an approved, well-fitted face mask for 14-days after your last known exposure. Monitor your health daily for symptoms and get tested 5 days after your exposure or at any time during the 14 days if you become symptomatic. If you have not received a booster it is recommended to quarantine at home for 5 days after the last known exposure.
			Outdoor	Direct Contact			

<b>Asymptomatic, known COVID-19 high-risk exposure and unmasked</b>	Quarantine	Yes	Indoor	Within 12 feet	<b>A 5 days at-home quarantine is required.</b> If you remain asymptomatic for the entire 5 days, test on day 5 and receive a negative result, you may return to work/school on day 6, while wearing a mask through day 10. Continue to monitor for symptoms daily through day 14. If symptoms begin at any time, self-isolate away from others in the household for 5 days and get tested.	<b>A 5 days at-home quarantine may be required, see quarantine options.</b> If you remain asymptomatic for the entire 5 days, test on day 5 and receive a negative result, you may return to work/school on day 6, while wearing a mask through day 10. Continue to monitor for symptoms daily through day 14. If symptoms begin at any time, self-isolate away from others in the household for 5 days and get tested. Recommended to receive a booster.	<b>A 5 days at-home quarantine is not required.</b> Properly wear an approved, well-fitted face mask for 14-days after your last known exposure. Monitor your health daily for symptoms and get tested 5 days after your exposure or at any time during the 14-days if you become symptomatic. If you have not received a booster it is recommended to quarantine at home for 5 days after the last known exposure.
			Outdoor	Within 6 feet			

Quarantine Options:	Days Since Last Known COVID-19 Exposure															
	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	
<b>Quarantine at home for 5 days, then symptom monitoring for 9 days</b> Unvaccinated or Partially Vaccinated	Quarantine at home 5-days					TEST	Negative test result, wear an approved mask, Monitor for symptoms									
<b>Quarantine at home for 5 days, then symptom monitoring for 9 days (Individuals aged 18 and over)</b> Fully Vaccinated > 5 months mRNA or 2 months Johnson & Johnson without Booster	Quarantine at home 5-days					TEST	Negative test result, wear an approved mask, Monitor for symptoms									
<b>Modified Quarantine: Symptom monitoring</b> Routine classroom exposure with both the positive and exposed individual properly wearing an approved face mask	Continue to attend school, monitor for symptoms, wear an approved mask					TEST	Negative test result, wear an approved mask, Monitor for symptoms									
<b>Symptom Monitor for 14 days (Individuals aged 5-17)</b> Fully Vaccinated > 5 months mRNA or 2 months Johnson & Johnson without Booster or documented infection in the last 90 days	Monitor for symptoms, wear an approved mask					TEST	Negative test result, wear an approved mask, Monitor for symptoms									
<b>Symptom Monitor for 14 days**** (Individuals aged 18 and over)</b> Recently fully vaccinated < 5 months mRNA or 2 months Johnson & Johnson or Received Booster or documented infection in the last 90 days	Monitor for symptoms, wear an approved mask					TEST	Negative test result, wear an approved mask, Monitor for symptoms									

\* Completed primary series of mRNA vaccine over 5-months ago and are not boosted or completed the primary series of Johnson & Johnson over 2 -months ago and are not boosted or are unvaccinated/partially vaccinated. An individual is considered fully vaccinated at the time of an exposure if it has been 2 weeks since the second dose in a 2-dose series or 2 weeks after a single dose in a 1-dose series.

\*\* Completed primary series of mRNA vaccine within the last 5-months or completed the primary series of Johnson & Johnson within the last 2-months or have been boosted.

\*\*\* An approved mask must be well-fitted snugly over your nose, mouth, and chin and have multiple layers. [www.cdc.gov/coronavirus/2019-ncov/your-health/effective-masks.html](http://www.cdc.gov/coronavirus/2019-ncov/your-health/effective-masks.html)

\*\*\*\* When an individual is not conducting an at-home quarantine, the individual must continue to monitor their health for symptoms through day 14, while properly wearing an approved, well-fitted face mask for the entire 14-day period while around others. Immediately self-isolate and seek testing if symptoms develop at any time during the 14 days after an exposure occurs.

Healthcare worker guidance: [www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assessment-hcp.html](http://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assessment-hcp.html)