

November 13, 2020

Students, Parents, and Coaches,

I wanted to send you an update with information on activities for the upcoming season and our move to a temporary virtual learning environment. At this time, activities will continue as scheduled. This includes open gyms, awards banquets, practices, and games.

Moving forward, each activity will be individually taken into consideration as events arise. Decisions as to whether events will be held as scheduled will be made to best support the school, community, and students.

At this time, winter sports will continue as planned. There have been some changes to schedules and I anticipate we will continue to see additional changes. We are simply adjusting as quickly and effectively as possible. Changes will be reflected on the Dak XII Calendar and the school calendar as soon as possible. We appreciate your understanding and cooperation during this time.

All activities will continue with the guidelines provided by the SDHSAA, the SD Department of Health, and the CDC. Screenings and temperature checks will take place before practice and games to ensure we are taking every precaution to minimize exposure. Practice plans will be adjusted to allow for more social distancing, greatly decreasing the amount of time spent in direct contact with others.

Student-athletes who test positive for Covid-19 will be required to obtain a physician signed Return to Play form (attached) before they will be allowed to participate. While the isolation period of 10-days is suggested for the student to return to school, a return to play requires the full 14-day period. Therefore, the student will need to see a physician on or after day 14 to have the form completed. Please turn these forms in directly to me.

Any person involved in an activity that is deemed to be a close contact in an environment in which a mask is worn will be allowed to continue the activity as normal. However, the student must be diligent about wearing a mask at all times, including during practice and/or games. A close contact in an environment in which a mask was not worn should quarantine per CDC guidelines. Coaches may adjust practice plans to allow for additional social distancing that are to be used consistently for all participants.

Again, I thank you for your patience and understanding. We understand how important these activities are for the well-being of our students. We are doing everything possible to keep them safe and keep them active during this difficult time. Please feel free to reach out if you have questions regarding this plan.

Thank you,



Andrea Johnson  
Activities Director / Dean of Students  
West Central School District



# SDHSAA COVID-19 Return to Play Form

If a participant has tested positive for COVID-19, he/she must be cleared for progression back to activity by an approved health care provider (MD/DO/PAC/ARNP)

Individual's Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Date of Positive Test: \_\_\_\_\_

## THIS RETURN TO PLAY IS BASED ON TODAY'S EVALUATION

Date of Evaluation: \_\_\_\_\_

Criteria to return (Please check below as applicable)

- 14 days have passed since symptom onset, during which the individual has been asymptomatic for at least the last 7 days without use of fever-reducing medication
- Individual was not hospitalized due to COVID-19 infection.
- Cardiac screen negative for myocarditis/myocardial ischemia (All answers below must be no)
 

Chest pain/tightness with exercise	YES <input type="checkbox"/>	NO <input type="checkbox"/>
Unexplained Syncope/near syncope	YES <input type="checkbox"/>	NO <input type="checkbox"/>
Unexplained/excessive dyspnea/fatigue w/exertion	YES <input type="checkbox"/>	NO <input type="checkbox"/>
New palpitations	YES <input type="checkbox"/>	NO <input type="checkbox"/>
Heart murmur on exam	YES <input type="checkbox"/>	NO <input type="checkbox"/>

**NOTE:** If any cardiac screening question is positive or if participant was hospitalized, consider further workup as indicated. May include ECG, cardiac biomarkers, Echocardiogram, CXR, PFT's, Chest CT, or cardiology consult.

- Individual HAS satisfied the above criteria and IS cleared to return to activity.
  - OPTIONAL:** Due to moderate or severe symptoms with COVID-19, the participant should perform the stages of the Graduated Return to Play Progression prior to full clearance
- Individual HAS NOT satisfied the above criteria and IS NOT cleared to return to activity

### Medical Office Information (Please Print/Stamp):

Evaluator's Name: \_\_\_\_\_ Office Phone: \_\_\_\_\_

Evaluator's Address: \_\_\_\_\_  
\_\_\_\_\_

Evaluator's Signature: \_\_\_\_\_

### **Graduated Return to Play (RTP) Progression After COVID-19 Infection**

In participants who have had moderate or severe symptoms with COVID-19 or their provider had any concerns for rapid RTP, the athlete should complete the progression below without development of chest pain, chest tightness, palpitations, lightheadedness, pre-syncope, or syncope. If these symptoms develop, the participant should be referred back to the evaluating provider who signed the form.

- **Stage 1: (2 Days Minimum)** Light Activity (Walking, Jogging, Stationary Bike) for 15 minutes or less at intensity no greater than 70% of maximum heart rate. NO resistance training.
- **Stage 2: (1 Day Minimum)** Add simple movement activities (EG. running drills) for 30 minutes or less at intensity no greater than 80% of maximum heart rate
- **Stage 3: (1 Day Minimum)** Progress to more complex training for 45 minutes or less at intensity no greater than 80% maximum heart rate. May add light resistance training.
- **Stage 4: (2 Days Minimum)** Normal Training Activity for 60 minutes or less at intensity no greater than 80% maximum heart rate
- **Stage 5: Return to full activity**

If required by health care provider, the participant has completed the 5 stage RFP progression under the supervision of school personnel: \_\_\_\_\_