

WCHSA MEDICAL CLEARANCE FORM
For Sports Participation After Positive Test or Symptoms of Covid-19

Name of Student-Athlete _____ Sport _____

County of Student-Athlete Residence _____

Date of Initial Symptoms _____ Covid-19 Tested? Yes ___ No ___ Date _____

WHAT IF ATHLETE IS SICK (Vaccine status does not alter the guidelines for persons that are ill)

- Any student-athlete that has symptoms and/or fever should not participate in any activity (meetings, practice, competition) and begin self-quarantine immediately.
 - o Ensure that student-athletes with a **positive COVID test** (even if no symptoms) do not return to participation in training or competition until:
 - At least 10 days have passed since positive test; AND
 - No fever (fever is temp of 100.4°F or more) without the use of fever-reducing medicine for at least 24 hours; AND
 - COVID symptoms (for example, cough, shortness of breath, etc.) have improved;
 - Athletes may not return earlier if negative follow-up testing (cannot test out of isolation)
 - Vaccine status does not alter the above isolation guidelines for people that are ill.
 - o Ensure that student-athletes **with probable COVID (symptoms of COVID– refer to symptom chart– but not tested)**, not be allowed to participate in any training or event until:
 - At least 10 days have passed since onset of symptoms; AND
 - No fever (fever is temp of 100.4°F or more) without the use of fever-reducing medicine for at least 24 hours; AND
 - COVID symptoms (for example, cough, shortness of breath, etc.) have improved
 - Vaccine status does not alter the isolation guidelines for people that are ill.
 - If a student tests negative, along with no fever without the use of fever-reducing medicine for the past 24 hours, they are allowed to return with a hard copy of the negative test.

WHAT IF AN ATHLETE IS EXPOSED TO SOMEONE WHO HAS OR LIKELY HAS COVID (Vaccine status matters)

- Any student-athlete that has “close contact” (teammate, household, classroom, work, girlfriend/boyfriend, friend – someone with over 15 minutes of exposure within 6 feet) should begin self-quarantine immediately.
 - o If the student-athlete exposed is **fully vaccinated** and shows no symptoms of COVID, then there is no need to continue quarantine restrictions.
 - They are encouraged to wear a mask indoors for 14 days following their exposure to the ill contact.
 - They are encouraged to undergo a COVID test 3-5 days after exposure
 - o If the student-athlete that was exposed **previously had COVID in the last 3 months** (prove with a hard copy test) and that student has fully recovered without residual COVID symptoms, then there is no need to continue self-quarantine restrictions.
 - They are encouraged to wear a mask indoors for 14 days following their exposure to the ill contact.
 - o If the student-athlete that was exposed is **not vaccinated** or previously had **“presumed” COVID (illness but not tested)** in the last 3 months, then they must continue with self-quarantine restrictions described below.
 - o An **unvaccinated** student-athlete with “close contact” to an individual with a positive COVID test should not return until:
 - They have waited at least 10 days from last exposure to the infected person; AND
 - Have no fever without use of fever-reducing medications; AND
 - No COVID symptoms (for example, cough, shortness of breath, etc.) reported during daily monitoring.
 - Athletes may return after day 7 if:
 1. No symptoms were reported during daily monitoring; AND
 2. The person has a negative COVID test obtained on day 5 of quarantine (or later).
 - Daily symptom monitoring must continue for a full 14 days (post-quarantine transmission risk is estimated to be 1-10% after 10 days & 5-12% after 7 days with the above protocol).
 - The athlete should adhere to social distancing guidelines, wear a mask indoors and avoid large gatherings for a full 14 days after exposure.
 - o An **unvaccinated** student-athlete with “close exposure” to an individual with probably COVID (symptoms but not tested) athletes should not return until:
 - They have waited at least 10 days from last exposure to the infected person; AND
 - Have no fever without the use of fever-reducing medications; AND
 - No COVID symptoms (for example, cough, shortness of breath, etc.)
 - If the individual with probable COVID is tested during the course of the quarantine:
 1. The COVID test comes back negative, then all individuals quarantined based on that exposure are free to return to participation if no fever and no symptoms.
 2. The test comes back positive, then all individuals must follow the directions above (close contact).
 - Athletes may return after day 7 if:
 1. No symptoms were reported during daily monitoring; AND
 2. The person being quarantined has a negative test obtained on day 6 or 7 of quarantine.
- Athletes may decondition during their quarantine and may require additional time to get back to full speed.

I attest that I have reviewed the above guidelines and approve medical clearance for my student-athlete to return to participation in WCHSA activities.

Parent Name (Print) _____ Phone Number _____

Parent Signature _____ Date _____