

March 2021

RETURN TO LEARN: SCHOOL REOPENING PLAN

Guidance for Restarting Athletics



Office of Curriculum & Instructional Design
Hawai'i State Department of Education

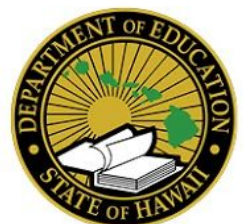


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Links for Summary

- [Summary for Administrators](#)
- [Summary for Coaches](#)
- [Summary for Athletic Health Care Trainers](#)
- [Summary for Student Athletes and their Parents/Guardians](#)

Introduction

The COVID-19 pandemic presents high school athletics with a myriad of challenges. Decreasing potential exposure to respiratory droplets is the guiding principle behind social distancing and the use of face coverings. It is also the basis of the stratification of risk by sport presented later in this document. The Hawai'i State Department of Education (HIDOE) offers this document as guidance on how schools can consider approaching the many components of “restarting” high school athletics in Hawai'i.

Superintendent Christina Kishimoto (Superintendent) believes it is essential to the physical and mental well-being of high school students across the state to return to physical activity and athletic participation. The Superintendent recognizes that it is possible that all students will not be able to return to – and sustain – athletic activity at the same time at all schools. There may also be variations in what sports are allowed to be played and held. The Superintendent endorses the idea of returning students to education-based athletics where it can be done safely.

The HIDOE consulted with the Hawai'i State Department of Health (DOH) to develop this guidance regarding coordinated approaches for return to play for high school sports. We will continue to refer to guidance from the DOH for updates.

The recommendations presented are intended to serve as guidelines to restart HIDOE athletics that will be in accordance with the state of Hawai'i, the four counties and HIDOE allowances. The Superintendent shall have the final decision making when restarting athletic activities.

***Please note that the phases of “opening up” outlined below are based upon the Superintendent’s final approval to proceed, DOH school opening guidance, and Governor David Ige’s Four-Phase Beyond Recovery: Reopening Hawai'i.**

Objective/Goal

1. Daily Wellness Checks at Home
2. Staying Home When Appropriate
3. Screening for Potential Illness
4. Athletic Facilities and Common Areas
5. Strategies for Staff Training, Education and Awareness
6. Strategies for Athletic Facilities
7. Strategies for Athletic Health Care Trainer
8. Strategies for Other COVID-19 Considerations Specific to the Athletic Communities
9. Return to Physical Activity
10. Practice Considerations
11. Phases of Reopening Athletics
12. Cases of COVID-19
13. Response Procedures for Positive Cases and Possible Exposure at a School

14. Response Procedures for Possible Exposure and Close Contact
15. Communications Procedure for Positive Cases and Possible Exposure
16. DOH Guidance: COVID-19 Interim Return to Work/School Guidance
17. Cleaning of Facilities for COVID-19 Confirmed Case
18. When to Report Illness

Assumptions

1. COVID-19 will not be totally eliminated, there will always be cases in our community.
2. Every COVID-19 case cannot be prevented; however, there is a need to manage the spread of the disease.
3. Distribution of a vaccine would greatly reduce disease incidence.
4. Expanding knowledge of the characteristics of COVID-19 transmission could all result in significant changes to the recommendations below. The HIDEOE shall disseminate this information as it becomes available.

Points of Emphasis

1. Specific guidelines regarding mass gatherings and response to a student or team member testing positive for COVID-19 (including contact tracing) are currently under review, and guidance will come from the Centers for Disease Control and Prevention (CDC) and DOH.
2. Due to the possibility of recurrent outbreaks, schools must be prepared for periodic school closures and the possibility of some teams having to isolate/quarantine for weeks while in-season.
3. With the uncertainty of which phase will be attained at the beginning of a sports season or maintained during a season, scheduling practices that require less travel when possible should be considered; such scheduling will reduce time spent in buses or vans. It will also potentially decrease the need for rescheduling practices as “restarting” may occur locally.
4. Until a cure, vaccine or very effective treatment is readily available, social distancing and other preventive measures such as face coverings will be “new normal” operational requirements.

Daily Wellness Check at Home

(from HIDOE Return to Learn School Reopening Plan - Health and Safety Handbook, Daily wellness check at home)

1. Overview of Daily Wellness Check at Home

- a. All HIDOE staff, contracted service providers, visitors and students must complete a wellness check each morning before going to school. **Please report any illness or COVID-19 exposure to the school and/or practice.**

- b. Steps to complete daily wellness check at home:

i. **STEP 1: CHECK FOR SYMPTOMS OF ILLNESS**

Do you or your child have any of these symptoms? If yes, **do not go to school.**

- Fever (a temperature of 100°F or hot to the touch)
- Chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue (tiredness, weakness)
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting (stomach ache)
- Diarrhea

ii. **STEP 2: CHECK FOR RECENT COVID-19 EXPOSURE**

Do any of the following apply to you or your child? If yes, **do not go to school.**

- Recently tested positive for COVID-19
- Waiting for COVID-19 test results
- Self-quarantining due to possible COVID-19 exposure (e.g. travel quarantine)
- Living with someone with COVID-19
- Been in close contact with someone with COVID-19 (within 6 feet for at least 15 minutes or more over a 24 hour period)

*A [printable Wellness Check visual](#) has been created for awareness to help keep our schools safe.

Staying Home When Appropriate

1. Staying Home When Appropriate

- a. Educate students, families, and staff when they should stay home to protect others and prevent the spread of illness in school.
 - i. Are feeling sick or tested positive for COVID-19, [CDC: COVID-19 symptoms](#).
 - ii. Have had recent close contact (within 6 feet for 15 minutes or more over a 24 hour period) with a person with COVID-19. [CDC definition of a close contact is](#) (Quarantine vs Isolation video).
- b. To stop the spread of illness, student athletes and staff should stay home and monitor their health if they are feeling sick, have tested positive for COVID-19, or have recently had a close contact with a person with COVID-19.
- c. For additional resources on when to stay home see CDC links:
 - i. [If they have been sick with COVID 19](#).
 - ii. [If they have recently had a close contact with a person with COVID 19](#).

Screening for Potential Illness

(from HIDOE Return to Learn School Reopening Plan - Health and Safety Handbook, screening for potential illness at school)

1. Overview of the Process to Screen for Potential Illness

- a. Universal symptom screening is no longer required upon arrival at the school.
 - i. Research has shown that symptom screening is not effective for the identification of asymptomatic, pre-symptomatic, and some mildly symptomatic cases of COVID-19.
 - ii. Screening will likely identify individuals who have symptoms that are unrelated to COVID-19 and, at times, unrelated to any infectious illness.
 - iii. Screening may cause students to be excluded from school activities repeatedly even though they do not have COVID-19 or any contagious illness. This may worsen disparities in students who already miss school activities frequently because of chronic medical conditions.

2. How to Complete a Screen for Potential Illness

- a. Symptoms screening shall be conducted for anyone who is showing signs of illness. Screening is not specifically for COVID-19 and must be performed in a safe and respectful manner. Designated school staff can perform the screenings.
- b. In a well-ventilated area, interview and observe the individual from at least 6 ft away or behind a physical barrier, using the following symptom checklist.
 - Fever (a temperature of 100°F or hot to the touch)
 - Chills

- Cough
 - Shortness of breath or difficulty breathing
 - Fatigue (tiredness, weakness)
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting (stomach ache)
 - Diarrhea
- c. If any of these symptoms are present, the person (staff member or student athlete) should be sent home immediately. If it is a student athlete, their parent/legal guardian will be contacted to pick up the student or the student will be sent home if he/she drove to school. If someone who is ill needs to wait for pick-up, he/she will be isolated in a supervised area away from those who are well.
- d. Be sure the school has updated contact information in the event that your student athlete needs to be sent home.

Athletic Facilities and Common Areas

(from HIDOE Return to Learn School Reopening Plan - Health and Safety Handbook)

1. Drop off and Arrival Times

- Schools must consider social distancing requirements when scheduling practices. Clear policies for student entry and dismissal from practice that ensure physical distance between individuals must be established.
 - i. Consider staggering drop-off and arrival times for students, so that large groups of people are not arriving and leaving at the same time to minimize overcrowding and human contact in confined areas.
 - ii. Remind student athletes that there is no socializing in groups before and after practice.
 - iii. Encourage students that drive to practice to safely wait in their car until just before the beginning of practice instead of forming a group before practice starts.
- Parents/legal guardians or those who are dropping off student athletes, should remain in their car when dropping off or picking up student athlete. If they must disembark their vehicle, they shall wear a mask.
 - i. Older people, like our kupuna, especially those with underlying medical conditions, should be discouraged from dropping off or picking up student athletes to limit their exposure.
- Staff, athletes, and non-program participants (including parents/guardians) shall always wear face coverings when spectating, arriving and leaving.
- Limit the use of carpools or vanpools. When riding in an automobile, encourage student-athletes to ride with persons living in their same household.
- Access to practice will be strictly limited, please see phases of sports for further information.
- Individuals from outside the school athletic programs should have limited interactions with staff and participants.

2. Frequent Hand-washing and or Sanitizing

- a. Hand-washing or sanitizing stations must be available at the entrances of athletic facilities.
 - i. All students and staff should wash or sanitize their hands frequently, including upon arrival, before and after meals, after bathroom use, after coughing or sneezing, in between classes, and before dismissal.
 - ii. Hands should be washed with soap and water for at least 20 seconds and hand sanitizer must contain at least 60% alcohol.
[CDC handwashing: Clean hands save lives. When and how to wash your hands.](#)

- iii. Restrooms, sinks, and sanitizing stations must be regularly maintained with adequate supplies (i.e., soap, sanitizer, and paper towels).

3. Promoting and Practicing Personal Hygiene

- a. Do not touch your eyes, nose, or mouth, and cloth face coverings with unwashed hands.
- b. Discourage spitting and yelling.
- c. Spit, sneeze or cough into a tissue and throw it away.
 - i. Throw used tissue in the trash and wash hands immediately with soap and water for at least 20 seconds.
 - ii. If no tissue is available, reduce the spread of germs by coughing or sneezing into your elbow. (DOH guidance for schools)

4. Social Distancing/Physical Distancing

- a. Overall
 - i. All meeting places, including classrooms, where student athletes, staff and or other individuals gather will be configured to allow a physical distance of at least six (6) feet of separation.
 - 1. Install physical barriers (e.g., shower curtain or flexible partitions) in areas where it is difficult for individuals to remain at least six (6) feet apart.
 - 2. Establish clear policies for student athletes entry and dismissal from campus that ensure 6 feet of physical distance between individuals.
 - ii. Configuration at a distance of between three (3) and six (6) feet may be allowed with approved contract exceptions and additional precautions such as mandatory face coverings. (Schools shall submit a report, using the [COVID-19 Response Exceptions Request Form](#), detailing the extent to which they are configuring meeting spaces at less than six (6) feet of physical distancing).
 - iii. Ensure adequate supplies to minimize sharing of high touch materials to the extent possible or limit use of supplies and equipment by one group of student athletes at a time and clean and disinfect between use.
 - 1. Keep personal belongings separated.
 - 2. Avoid sharing electronic devices and other equipment whenever possible.
 - 3. Discourage the sharing of items that are difficult to clean or disinfect.
 - 4. Have a cleaning schedule for any equipment, materials and assistive devices that must be shared.
 - iv. If food is offered at any practice, it shall be served in pre-packaged boxes or bags for each attendee instead of a buffet or family-style meal. Avoid sharing foods and utensils.
- b. Social Distancing During Practices
 - i. Space players at least six (6) feet apart on the field while participating in the sport
(i.e., during warm ups, skill building activities, simulation drills, when

- explaining drills or rules, etc.).
- ii. Discourage unnecessary physical contact such as high fives, handshakes, fist bumps or hugs, etc.
- iii. Prioritize outdoor as opposed to indoor practice and play as much as possible.
- iv. If practice facilities must be shared, consider increasing the amount of time between practices to allow for one group to leave before another group enters the facility. If possible, allow time for cleaning or disinfecting.
- v. Sidelines/benches
 - Appropriate social distancing will need to be maintained on sidelines/benches during athletic activities. Consider using tape or paint as a guide for students and coaches.
- vi. Who should be allowed at activities?
 - Group people into tiers from essential to non-essential and decide which tiers will be allowed at an activity:
 - Tier 1 (Essential): Athletes, coaches, staff, medical staff, security
 - Tier 2 (Non-essential): Spectators

5. 'Ohana Bubbles or Cohorting

- a. 'Ohana bubbles or cohorting is a strategy to limit contact between students and staff as part of the effort to limit transmission of COVID-19. This does NOT eliminate the risk of COVID-19 but helps to reduce the spread. Ideally, the student and staff within a cohort will only have physical proximity with others in the same cohort, which may help prevent the spread of COVID-19 by limiting cross-over of students, teachers, and coaches to:
 - i. Decrease opportunities for COVID-19 exposure or transmission.
 - ii. Reduce contact with shared surfaces.
 - iii. Facilitate more efficient contact tracing in the event of a positive case.
 - iv. Allow for targeted quarantine/isolation of a single cohort instead of school-wide measures in the event of a positive case or cluster of cases.
- b. Keep players together in small groups ('Ohana Bubble or Cohorts) with dedicated coaches or staff, and make sure that each group of players and coach avoid mixing with other groups as much as possible. Teams might consider having the same group of players stay with the same coach or having the same group of players rotate among coaches.
- c. Limit and control interaction with other 'Ohana Bubbles(s) or Cohorts.
- d. If meals are provided to an 'Ohana Bubble or Cohorts, meals shall be individually pre packaged or bagged. Meals are to be consumed in classrooms, at designated outdoor locations, or in the dining hall/cafeteria with social distancing precautions.
- e. From the DOH, please see the [middle and high school 'ohana bubble](#) for more information and good practice.

6. Cleaning, Disinfecting, and Sanitizing

- a. All employees responsible for the cleaning and sanitation of facilities will be trained on proper procedures, supplies, and frequency of cleaning. Once the school or office has hired an employee, the supervisor will notify HIDOE's Office of Facilities and Operations (OFO). Training will be offered through a variety of methods: online video, webinar, and/or in-person, to ensure timely and consistent quality in services performed.
- b. Periodic quality assurance reviews of facilities will be required by the administration to ensure the safety of the students and staff. Procedures will be posted on the DOE intranet for administrators, head custodians, and cafeteria managers to access as needed.
- c. OFO will communicate with bus companies to ensure their employees responsible for cleaning buses are properly trained in sanitation procedures. All employees hired as bus drivers have their Commercial Driver's License (CDL) and are properly trained and outfitted with supplies to follow the protocols for health, sanitization, and as appropriate, social distancing, when using bus services.
- d. The use of the indoor school facilities will be limited to the operations of school programming and after school services for the students enrolled at the school, and for outdoor campus requests to essential services (e.g., community food distribution), until the Governor has declared the impact level of "New Normal."
- e. Daily cleaning procedures expectations for Custodial Service Workers - [OSHA Link](#).

7. Daily Cleaning of Facilities Protocol

- a. Cleaning and disinfecting are part of a broad approach to prevent infectious diseases including COVID-19 in schools.
 - i. Cleaning: physically removes germs, dirt and impurities from surfaces or objects by using soap and water. This process does not necessarily kill germs, but by removing them, it lowers their numbers and the risk of spreading infection.
 - ii. Disinfecting: kills germs on surfaces or objects. Disinfecting works by using chemicals to kill germs on surfaces or objects. This process does not necessarily clean dirty surfaces or remove germs, but by killing germs on a surface after cleaning, it can further lower the risk of spreading infection.
- b. The cleaning schedule for school facilities should adhere to guidance from the CDC and the state Department of Health as available. School facilities should be cleaned daily and high-touch areas, such as door knobs, light switches, counters, desks and chairs, railings, and water fountains, should be disinfected frequently throughout the day. Proper personal protective equipment (PPE), such as masks and disposable gloves, should be worn at all times during the preparation, cleaning, and disinfection of school facilities.

- i. Clean and disinfect all frequently touched surfaces on the field, court or playing surface at least daily or between uses as much as possible.
- c. Use of shared objects and equipment should be limited or cleaned between use by each individual if possible.
- d. Use [EPA-registered products](#) or [diluted bleach](#) against the virus that causes COVID-19.
 - i. Always read the labels and safety data sheet of any chemicals used in daily work before using the product.
 - ii. Follow the manufacturer’s instructions for safe, effective use.
 - iii. Disinfectants are most effective when surfaces are pre-cleaned prior to disinfection.
 - iv. Be aware of the “contact” time for your disinfectant to be effective.
 - v. Ensure safe and correct use and storage of disinfectants.
 - vi. Ensure adequate ventilation when using products to prevent anyone from inhaling toxic fumes.
- e. Provide touch free waste-disposal containers.
- f. Ensure that facilities are regularly cleaned, sanitized, and disinfected, and that hazardous materials are disposed of properly.
- g. Wear disposable gloves for all tasks in the cleaning process, including handling trash.
 - i. Additional PPE may be required based on the cleaning/disinfectant products being used and whether there is a risk of splash.
 - ii. Gloves should be removed carefully to avoid contamination of the wearer and the surrounding area.
- h. Always wash hands immediately for at least 20 seconds with soap and water after removing gloves and after contact with a person who is sick.
- i. Develop a schedule for routine cleaning and disinfection. (**Appendix VII**)
- j. Assess supply and equipment needs in response to communicable infections.
 - i. Take current inventory of personal protective equipment, cleaning and sanitization supplies, gloves and masks.
- k. Sample list of cleaning/disinfectants that current HIDEOE AHCT are using: all supplies approved by EPA to disinfect against COVID-19. (**Appendix V**)

8. Wear a Face Covering or Mask

- a. Cloth face coverings should be worn safely **at all times** by players, coaches, officials, spectators and volunteers, including when:
 - Arriving to or departing from an athletic facility
 - On the sidelines, in the dugout, etc.
 - Engaging in physical activities, competition

* Exception for **individual** water activities only
- b. Teach and reinforce the [correct use of cloth face coverings](#) by students and staff.
- c. How to select, wear, and clean your mask

- i. Wear a mask correctly and consistently for the best protection.
 - 1. Be sure to wash your hands before putting on a mask.
 - 2. Do NOT touch the mask when wearing it.
- ii. Do wear a mask that
 - 1. Covers your nose and mouth and secure it under your chin.
 - 2. Fits snugly against the sides of your face.
- iii. Masks should be washed regularly. Always remove masks correctly and wash your hands after handling or touching a used mask.
 - 1. Include your mask with your regular laundry.
 - 2. Use regular laundry detergent and the warmest appropriate water setting for the cloth used to make the mask.
 - 3. Use the highest heat setting and leave in the dryer until completely dry.
- d. Students and staff should be frequently reminded NOT to touch the face covering or mask and to wash their hands or use hand sanitizer frequently.
- e. Face shields should NOT be used as a substitute for cloth face coverings because of a lack of evidence of their effectiveness for source control. A face shield is primarily used for eye protection for the person wearing it.
 - i. Wearing a face shield is not necessary for an adult unless working in a special setting where they are receiving students who are sick or interacting with students who have special needs or disabilities, where there is a higher risk of coming into contact with body fluids or respiratory droplets. A face shield may be worn with a face mask for maximum protection.
 - ii. Plastic shields covering the entire face (or attached to a helmet) shall not be allowed during practices. Their use during practices increases the risk of unintended injury to the person wearing the shield or teammates. As research continues in this field, updates may be added.
 - 1. The following two face shields for football will be permissible for competition and is compliant with current 2020 NFHS Football Rule 1-5-3c(4) as long as it is clear and has no tint. (The NFHS SMAC is not endorsing or mandating either of these products.
 - a. Schutt Sports -Flexible 2-piece "SplashShield" (Clear)
 - b. Actuated Medical, Inc -Polycarbonate 2-piece face shield (Clear)
 - iii. Coaches, officials and other practice personnel shall wear cloth face coverings at all times during Phases 2 through 4.
(Artificial noisemakers such as an air horn or a timer system with an alarm may be used to signal in place of a traditional whistle.)
- f. Refer to the CDC's "Additional Considerations for the Use of Cloth Face Coverings Among K12 Students" [here](#) for more information.

9. Resources to Promote Wellness, Safety and Good Hygiene

- a. Signage and Health Promotion

- i. Provide physical guides, such as tape on floors and sidewalks, and signs on walls, to ensure that staff and students remain at least six (6) feet apart in lines and at other times (e.g., guides for creating 'one way routes' in hallways).
- ii. Post signs in highly visible locations, such as the athletic training room, restrooms, hallways, classrooms, gymnasiums, and offices to promote everyday protective measures to prevent the spreading of germs and illnesses. Consider using the following resources:
 - 1. [Stop the Spread of Germs at School and Offices](#)
 - 2. [CDC Safely Wearing and Taking Off a Cloth Face Covering](#)
 - 3. [CDC Wash Your Hands!](#)
 - 4. [CDC Stop the Spread of Germs](#)
 - 5. [CDC Stop the Spread of Germs that Can Make You and Others Sick!](#)
 - 6. [COVID-19 Protective Handwashing](#)
- iii. Additional resources to print, post, and/or distribute on campus to reinforce good personal hygiene:
 - 1. [DOH COVID-19 Home Care Guide](#)
 - 2. [DOH COVID-19 Interim Return to Work/School Guidance](#)
 - 3. [DOH COVID-19 What You Need to Know](#)
 - 4. [CDC Take 3 Actions to Fight Flu](#)
 - 5. [CDC A Healthy Future Is In Your Hands!](#)
 - 6. [CDC Germs Are Everywhere](#)
 - 7. [CDC How to Protect Yourself](#)
 - 8. [CDC 10 Things You Can Do To Manage Your Health At Home](#)
 - 9. [CDC How to Protect Yourself and Others](#)
 - 10. [A Parent's Guide: Helping Your Child Wear a Face Mask](#)
 - 11. [Help your Child Feel Good about Using and Seeing Others Wearing Face Masks](#)
 - 12. [I Can Stay Healthy by Wearing a Face Mask \(PPT\)](#)

Strategies for Staff Training/Education/Awareness

1. Understand What is COVID-19

- a. What is COVID-19 (signs and symptoms)?
(CDC link to its video [symptoms of COVID-19](#))
- b. Symptoms of COVID-19 may appear 2-14 days after exposure to the virus.
- c. People with these symptoms may have COVID-19.
 - Fever (a temperature of 100°F or hot to the touch)
 - Chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue (tiredness, weakness)
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting (stomach ache)
 - Diarrhea
- d. Methods of Transmission: The virus that causes COVID-19 is thought to spread mainly from person to person, mainly through respiratory droplets produced when an infected person coughs, sneezes, or talks. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. Spread is more likely when people are in close contact with one another (within about six (6) feet).
(CDC link to its video [COVID-19 transmission](#))
- e. Letter Template for sports administrators and coaches to parents regarding steps taken to protect players and what parents need to know about COVID 19 (from CDC). (**Appendix VI**)
- f. Video link to CDC sports recommendations. [CDC youth sports recommendation, tips to decrease spread of COVID 19.](#)

2. Understand Risk of Vulnerable Population

- a. “Vulnerable individuals” are defined by CDC as people age 65 years and older and others of all ages with serious underlying health conditions including cancer, chronic kidney disease, COPD, Immunocompromised state from solid organ transplants, obesity, serious heart conditions including: heart failure, coronary artery disease, cardiomyopathies, sickle cell, and type II diabetes. (CDC July 17, 2020 update).
- b. Who is vulnerable [CDC video defining who is defined as vulnerable and at high risk for severe illness.](#)

- c. Parents should assess the level of risk for student athletes who have underlying conditions that put them at increased risk for severe illness from COVID-19. These conditions include asthma, diabetes and or other health problems.
- d. Considerations for Vulnerable individuals (Coaches, Other Personnel, Student athletes)
 - i. Vulnerable individuals (coaches, admin, staff and student athletes in this category) shall be cleared to participate in any practices and conditioning activities during Phases 1, 2 and 3 of these guidelines.
- e. [Are you at high risk for severe illness CDC video](#)

3. How is Training Changing During this Time

- a. The Athletic Department including the School Athletic Director (AD) and AHCT, Coaches (paid & voluntary) and staff will need to be trained specifically on the protocols outlined in this document and the practices adopted by their associated school.
- b. Meetings and training should be held virtually. If an in-person meeting or training is required safety protocols should be followed and including but not limited to wearing masks, physical distancing of 6 feet between individuals, and proper hand hygiene. (See meeting and event guidelines in the HIDEOE Health and Safety Handbook for additional information.)
- c. Staff Training/Mandatory Education
 - i. Examples of Training During this Time include: COVID-19, Heat Illness and Concussion education
 - [NFHS COVID-19 Course for Coaches and Administrators](#)
 - [NFHS Heat Illness Course for Coaches](#)
 - Concussion Education Courses:
 - [Student Athlete](#)
 - [Parent](#)
 - [Coach](#)
 - ii. Parent Meetings and the Parent/Student-Athlete Handbook:
 - This information is reviewed in person each season, but due to the social gathering guidance on “in-person” training, these meetings shall be conducted online when social distancing is not possible to conduct the meeting in person.
 - HIDEOE risk video
 - [HIDEOE Parent Handbook link](#)

4. Communication Plans that Need to be in Place

- a. Develop a communication plan for information and updates:
 - i. School Principal/School AD, AHCT, coaches, student athletes, parents, public health officials

- ii. Scenarios regarding: COVID-19 positive, cancellation of practices, changes in phases, what is allowed at practices, etc.
 - iii. Create notification process for all practice athletes, coaches, practice staff, and spectators if the organizers/medical personnel learn of suspected or confirmed cases of COVID-19 at practice.
- b. Follow associated school protocols on reporting communicable disease and illness.

Strategies for Athletic Facilities

(from HIDOE Return to Learn School Reopening Plan - Health and Safety Handbook)

1. Water Systems

- a. If a building has remained dormant for an extended period, we recommend you review CDC guidance on maintaining water system safety when buildings are dormant ([CDC reopening buildings after shut down link](#)). This is to minimize risk of diseases associated with water; ex. Legionnaires' disease. ***Considerations should be given to water lines in regard to ice machines, water sources and handwashing.**
- b. Drinking fountains should be cleaned and disinfected when use is allowed. Until then, encourage staff and players to bring their own water to minimize touching water fountains.

2. Ventilation

- a. Ensure ventilation systems operate properly and increase the supply of fresh outdoor air when possible. For more details, please refer to current [HIDOE AC Operation Guideline](#) during COVID-19. Do not open windows and doors if doing so poses a safety or health risk (i.e. risk of falling, triggering asthma symptoms) to students using the facility.
- b. DOH also recommends:
 - i. Increase outdoor air ventilation using caution in highly polluted areas.
 - ii. When weather conditions allow, increase fresh outdoor air by opening windows and doors. Do not open windows and doors if doing so poses a safety or health risk to students using the facility.
 - iii. Use fans to increase the effectiveness of open windows. Position fans securely and carefully in or near windows so as not to induce potentially contaminated airflow directly from one person over another (strategic window fan placement in exhaust mode can help draw fresh air into room via other open windows and doors without generating strong room air currents).
 - iv. Decrease occupancy in areas where outdoor ventilation cannot be increased.
 - v. Ensure ventilation systems operate properly and provide acceptable indoor air quality for the current occupancy level for each space.
 - vi. Increase total airflow supply to occupied spaces.
 - vii. Ensure restroom exhaust fans are functioning properly when the school is occupied.
 - viii. Inspect and maintain local exhaust ventilation in areas such as restrooms, kitchens, cooking areas, etc.
 - ix. Use portable high-efficiency particulate air (HEPA) fan/filtration systems to help enhance air cleaning (especially in higher risk areas such as the health room, special education classrooms, and athletic training rooms).

3. Building Preparation

- a. Hand-washing or sanitizing stations must be available at the entrance of school, near or inside of athletic facilities, and in all meeting areas (e.g., gym, weight room, offices).
- b. Set up hand hygiene or sanitizing stations at the entrance of school and/or meeting areas.
- c. Restrooms, sinks, and sanitizing stations must be regularly maintained with adequate supplies (i.e., soap, sanitizer, and paper towels).
- d. Shower prior to leaving facilities as long as social distancing rules are in place and locker rooms are open (Phase 3) (goal is to prevent other issues like MRSA, impetigo, etc.).
- e. Install physical barriers, such as sneeze guards and partitions, particularly in areas where it is difficult for individuals to remain six (6) feet apart.
- f. Provide physical guides, such as tape on floors or sidewalks and signs on walls, to ensure that staff and student athletes remain at least six (6) feet apart.

Strategies for Athletic Health Care Trainer (AHCT)

AHCTs in high schools are positioned to play a vital role as sports return following this pandemic. As health-care professionals, they can take lead roles in developing and implementing infection control policy throughout the school. Their importance in high schools and their role in injury evaluation, treatment and risk minimization, as well as being a vital component of any reopening athletics plan should be noted.

1. AHCTs Perform These Essential Functions

- a. Serve as point of contact for student athlete health matters.
- b. Perform emergency first aid.
- c. Perform appropriate athletic training duties.
- d. Work with administration and coaches to report unusual absenteeism so they can report to the DOH.
- e. Work with AD, coaches, and student athlete families to ensure there is communication between everyone.
- f. Oversee the school athletic training room.
- g. Help screen student athletes for illness.

2. Practices to Prevent COVID-19 in the Athletic Training Room (ATR)

- a. Develop a route to the athletic training room that minimizes interactions.
- b. Avoid and prevent close contact (six (6) or more feet) whenever possible.
- c. AHCT will wear appropriate PPE depending on the situation examples: face mask, eye protection and/or gloves.
- d. Wash hands (AHCT and student athlete) before and after each encounter.

- e. Help screen and send home any student athletes who are ill.
- f. Help Isolate those who are ill from others.
- g. Clean and disinfect surfaces after each use.
- h. Promote good airflow while maintaining privacy.
- i. Keep supplies in stock.

3. Items for use in the Athletic Training Room During COVID-19

- a. Disposable and/or cloth face masks and appropriate PPE (personal protective equipment).
- b. Eye protection (e.g. face shield or goggles).
- c. Disposable nitrile (non-latex) gloves.
- d. Disinfection wipes/cleaning supplies.
- e. Hand sanitizer (60%+ alcohol).
- f. Non-contact infrared thermometer.

4. Caring for a Student Athlete Who is Sick

- a. Show empathy.
- b. Avoid close contact when possible.
- c. Wash hands before and after contact (AHCT and student athlete).
- d. Wear face covering when appropriate (AHCT and student athlete).
- e. Screen the student athlete for symptoms.
- f. Inform Athletic Director/Designee to contact the parent/legal guardian for pick up.
- g. Isolate the sick student athlete in a supervised area away from others.
- h. Advise parent to contact their health care provider.
- i. Clean and disinfect.
- j. Notify school administration.
- k. Document illness.

5. General Cleaning and Disinfecting Information and Guidance for the Athletic Training Room

- a. Prepare Athletic Training Room/Athletic Facilities.
- b. Use [Board Of Certification \(BOC\) facility principles](#) document as a guide for ATR.
- c. Enforce social distancing policies per state guidelines.
- d. Review and update cleaning and sanitizing guidelines .
 - 1. Athletic Training Room
 - 2. Locker rooms/Weight rooms/Shared facilities
 - 3. Hydration stations
 - 4. Laundry, towels, balls, and other shared athletic equipment

Strategies for Other COVID-19 Considerations Specific to the Athletic Community

1. Visitors

- a. Restrict all nonessential visitors or volunteers, and activities involving different groups at the same time.
- b. Have a clear understanding of and consider cancelling all possible gatherings involving anyone outside students and staff. Give special consideration to practices that might put students, staff, or their families in close proximity to others from communities that may have identified cases of COVID-19.

2. Travel (HIDOE Return to Learn: School Reopening Plan Principal Handbook)

Student travel (e.g., field trips) off-site during the school day and to off-island destinations will not be allowed until further notice.

3. Pre-participation Physical Evaluation

At this time, the HIDOE with guidance from the DOH, Hawai'i Chapter of American Pediatrics Chapter, Military doctors and other physicians will not grant an exception to the annual requirement of preparticipation physical examinations.

4. Transportation with Social Distancing in Mind to Practices

(For additional information, please see the HIDOE Return to Learn: School Reopening Plan Principal Handbook)

5. Equipment Reconditioning

The National Athletic Equipment Reconditioners Association (NAERA) has advised the National Federation of High School Associations (NFHS), governing body of high school athletics, that significant equipment reconditioning capacity is currently operational. If schools have not sent out equipment for reconditioning, they should be directed to do so immediately. If schools currently have equipment being reconditioned, a school official should contact the reconditioning company to make specific delivery arrangements if their school is currently closed.

Return to Physical Activity

Current pre-season conditioning and acclimatization models assume that student athletes have deconditioned over the summer months. The current pandemic may result in student athletes being deconditioned for four to five months. It is recommended that coordination occurs between the athletic director, coach, AHCT and student athlete. To ensure training is developmentally appropriate and not excessive, please consult the following resource: <http://www.nasca.com>, for further information. Furthermore, NFHS developed consensus guidelines for [sports practices](#).

1. Prepare Athletes for Return to Physical Activity

- a. Identify and prepare for detraining concerns.
- b. Allow an initial retraining period.
- c. Engage sport specific activities **after** a period of retraining.
- d. Ensure adequate progression/training.
- e. Ensure progression of sport specific activities once practice is initiated.

2. Remember Heat Acclimatization

3. Consider Condensed or Expanded Preseason

- a. Preseason
- b. Practice duration and intensity
- c. Number of practices/equipment used
- d. Likelihood of increase in number of injuries

4. Conditioning and Practice Concerns

- a. COVID-19 pre-workout screening
- b. Limit size of gatherings
- c. Face coverings
- d. Enhanced facility cleaning
- e. Prepare hydration strategies
- f. No water bottles provided, student-athletes bring their own

5. Return to Play Guidelines for those with COVID-19

- a. See [Graduated Return to Play Guidance Following COVID-19 Infection](#), British Journal of Sports Medicine, Oct. 2020, Vol. 54, No. 19.
- b. [Cardiopulmonary Considerations for High School Athletes During COVID-19 Pandemic NFHS-ACSSM Guidance Statement](#), Sports Health Journal, July 9, 2020, Vol. 12 issue 5, pages 459-461.
- c. [Return to play medical referral form for COVID-19 DRAFT](#).: Form being reviewed by DOH 2/10/21

Practice Considerations

1. Conduct of Conditioning and Practice Sessions

- a. Phases are in accordance with guidelines published by the State of Hawai'i. Further resources are available by the White House and CDC available at <https://www.whitehouse.gov/openingamerica/>. Not all states are using the same criteria and what is allowable during specific phases will vary from state to state or even within a state. Use the following as a resource in designing a plan for Hawai'i. Please note that the “gating” criteria to establish Phase 1 and the further criteria must be met to advance from one phase to the next. These criteria will be determined by the state and/or local counties and must be strictly followed.
- b. Examples of training, conditioning, and practices during phases. (**Appendix II**)

2. Practices

Potential Infection Risk by Sport (modified from United States Olympic and Paralympic Committee – Sports Medicine recommendations):

Higher Risk: Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.

- *Examples: Wrestling, football, judo, competitive cheer*

Moderate Risk: 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.

- *Examples: Basketball, volleyball*, baseball*, softball*, soccer, water polo, tennis*, swimming relays, pole vault*, high jump*, long jump* canoe paddling*

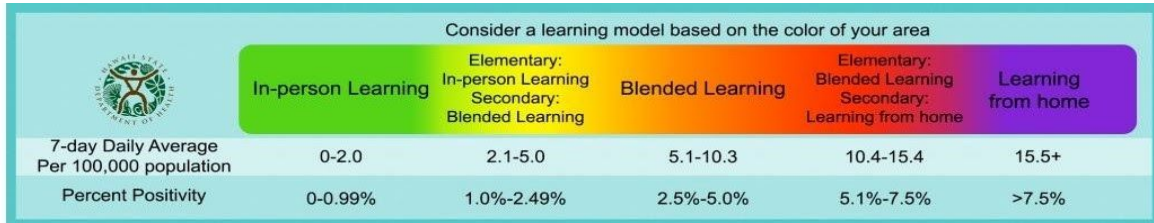
***Could potentially be considered “Lower Risk” with appropriate cleaning of equipment and use of masks by participants**

Lower Risk: Sports that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.

- *Examples: Individual running events, throwing events (shot put, discus), individual swimming, diving, cross country running (meets are higher risk until proper guidelines can be established), golf, air riflery, bowling*

Phases of Reopening Athletics

The phases of HDOE Guidance Return to Learn: School Reopening Plan Guidance for Restarting Athletics are aligned with the DOH Guidance for Schools COVID-19 Learning Model Parameters.



Source: <https://health.hawaii.gov/coronavirusdisease2019/school-guidance/>

Athletic Activity Alignment with DOH Learning Model Parameters

| In-person Learning | Secondary: Blended Learning | Blended Learning | Secondary: Learning from Home | Learning from Home |
|--|---|--|---|---|
| Moderate risk sport practices allowed; modified high risk sports practices allowed | Low risk practices; modified moderate risk sports practices allowed | Conditioning for low, moderate, high risk sports | No in person workouts/activities/ classes conducted | No in-person workouts/activities /classes conducted |

Phase 1 Learning from Home and Secondary Learning from Home

No Workouts

Phase 2 Blended Learning

- Conditioning can begin for all sports (low risk, moderate risk, and high risk)
- No contact allowed, no shared equipment allowed
- Gathering limitations shall be determined by state and county orders

Pre-workout Screening

- All coaches and students should be screened for signs/symptoms of respiratory illness prior to a workout. Screening may include a temperature check.
- Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student or staff member develops COVID-19 (see **Appendix I** for sample Monitoring Form). See previous section on screening for COVID-19.

- Any person with positive symptoms reported (including a temperature of 100.4 or higher) should not be allowed to take part in workouts and be directed to the COVID-19 designated area until parent/guardian are able to pick-up.
- Vulnerable individuals should not oversee or participate in any workouts during Phase 2.

Limitations on Gatherings

- Gathering limitations shall be determined by state and county orders.
- Locker rooms should not be utilized during Phase 2. Students should report to workouts in proper gear and immediately return home to shower at the end of the workout.
- Workouts should be conducted in “Pods/’Ohana Bubble or Cohorts” of students with the same students always working out together. Smaller pods can be utilized for weight training. This ensures more limited exposure if someone develops an infection.
- There must be a minimum distance of six (6) feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur.

Facilities Cleaning

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals should wash their hands for a minimum of 20 seconds with water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Weight equipment should be wiped down thoroughly before and after an individual’s use of equipment.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.
- Facilities should display proper notifications regarding COVID-19 policies and procedures.

Physical Activity and Athletic Equipment

- There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students.
- Students should wear their own appropriate workout clothing (do not share clothing). Individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned after each use and prior to the next workout.

- Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.
- Resistance training should be emphasized as body weight, sub-maximal lifts and use of resistance bands.
- Free weight exercises that require a spotter cannot be conducted while honoring social distancing norms. Safety measures in all forms must be strictly enforced in the weight room.

Examples of activities allowed in this phase (including, but not limited to)

- A basketball player can shoot with a ball(s), but a team should not practice/pass a single ball among the team where multiple players touch the same ball.
- A football player should not participate in team drills with a single ball that will be handed off or passed to other teammates. Contact with other players is not allowed, and there should be no sharing of tackling dummies/donuts/sleds.
- A volleyball player should not use a single ball that others touch or hit in any manner.
- Softball and baseball players should not share gloves, bats, or throw a single ball that will be tossed among the team. A single player may hit in cages, throw batting practice (with netting as backstop, no catcher). Prior to another athlete using the same balls, they should be collected and cleaned individually.
- Wrestlers may skill and drill without touching a teammate.
- Cheerleaders may not practice/perform partner stunts or building. (Chants, jumps, dances without contact are permissible.)
- Tennis players may do individual drills, wall volleys and serves.
- Runners should maintain the recommended six (6) feet of distancing between individuals.

Hydration

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.

Phase 3 Secondary Blended Learning

- **Lower risk sports practice allowed**
 - **Modified Moderate risk sports practices allowed**
 - **Moderate risk sports practices NOT allowed**
 - **High risk sports NOT allowed during this phase**
 - **Contact allowed, equipment allowed**
 - **Gathering limitations shall be determined by state and county orders**
-

Pre-workout/Practice Screening

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening may include a temperature check.
- Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student or staff member develops COVID-19 (see **Appendix I** for sample Monitoring Form).
- Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional. (This includes a temperature of 100.4 or higher.)
- Vulnerable individuals should not oversee or participate in any workouts during Phase 3.

Limitations on Gatherings

1. Gathering limitations shall be determined by state and county orders.
2. If locker rooms or meeting rooms are used, there must be a minimum distance of 6 feet between each individual at all times.
3. Workouts should be conducted in “pods/‘Ohana Bubble or Cohorts” of students with the same 5-10 students always working out together. Smaller pods/‘Ohana Bubble or Cohorts can be utilized for weight training. This ensures more limited exposure if someone develops an infection.
4. There must be a minimum distance of six (6) feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur. Appropriate social distancing will need to be maintained on sidelines and benches during practices. Consider using tape or paint as a guide for students and coaches.

Facilities Cleaning

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (i.e. chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Weight equipment should be wiped down thoroughly before and after an individual’s use of equipment.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.

- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.
- Facilities should display proper notifications regarding COVID-19 policies and procedures.

Physical Activity and Athletic Equipment

- Lower risk sports practices may resume.
- Modified practices may begin for Moderate risk sports.
 - a. Continue pre-practice screening as in Phase 2. Shower immediately after practices.
 - b. Reassess epidemiology data and experiences in other states and other levels of competition to determine when moderate risk sports practices may begin.
- There should be no shared athletic towels, clothing or shoes between students.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned intermittently during practices.
- Hand sanitizer should be plentiful at all practices.
- Athletic equipment such as bats, batting helmets and catchers gear should be cleaned between each use.
- Maximum lifts should be limited and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.

Hydration

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.

Phase 4 In Person Learning

- **Moderate risk practices allowed**
- **Modified high risk practices can begin**

(Pending local government guidance, normal high risk practices can resume)

Pre-workout/Practice Screening

- 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 or her primary care provider or other appropriate health-care professional. This includes a temperature of 100.4 or higher.
- A record should be kept of all individuals present.

- 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.

Limitations on Gatherings

- Gathering limitations shall be determined by state and county orders.
- When not directly participating in practices, care should be taken to maintain a minimum distance of 3 to 6 feet between each individual. Consider using tape or paint as a guide for students and coaches.

Facilities Cleaning

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.
- Facilities should display proper notifications regarding COVID-19 policies and procedures.

Physical Activity and Athletic Equipment

- Moderate risk sports practices may begin.
- There should be no shared athletic towels, clothing or shoes between students.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- Hand sanitizer should be plentiful at all practices.
- Athletic equipment such as bats, batting helmets and catchers gear should be cleaned between each use. Other equipment, such as wrestling ear guards, football helmets/other pads should be worn by only one individual and not shared.
- Maximum lifts should be limited and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.
- Modified* practices may begin for Higher risk sports:

- *Continue pre-practice screening as in Phases 2 and 3. Shower immediately after practices.
- Re-assess epidemiology data and experiences in other states and other levels of participation to determine when higher risk sports participation may resume.

Hydration

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) may be utilized but must be cleaned after every practice. If available, hand sanitizer stations should be set up next to hydration stations.

Cases of COVID-19

1. COVID-19 Point of Contact and Response Team for Athletics

- a. Designate a staff person (administrator) to be responsible for responding to COVID-19 concerns. All staff, student athletes and families should know who this person is and how to contact him/her.
- b. Create a COVID-19 Response Team to address concerns and questions. At the minimum, this team should include the principal, athletic director, athletic health care trainer, a coach, and the head custodian.
- c. Maintain distance of at least 6 feet from others.
- d. Have a plan for students/staff who become ill at school.

2. When a Student Athlete or Staff Member Becomes Sick

- a. When a student athlete becomes sick at practice, send the student to the Athletic Training Room, if the Athletic Health Care Trainer is present. The athletic director and principal shall also be contacted to initiate notification to the complex area superintendent and the HIDOE COVID response team.
- b. The Athletic Director will call the student athlete's parent/legal guardian to pick up the student athlete.
- c. While waiting to be picked up, isolate the sick student athlete from those who are well. If possible, in a supervised area outside the athletic training room.
- d. Do not have the student athlete wait in high traffic area(s).
- e. If a student has any COVID-like symptoms of illness, he/she may return to athletics:
 - i. 10 days after symptoms first appeared AND no fever for at least 24 hours without the use of fever-reducing medication AND symptoms improved.
 - ii. With a doctor's note AND no fever for at least 24 hours without the use of fever-reducing medication AND symptoms improved.
 - iii. With a negative COVID-19 test result AND no fever for at least 24 hours without the use of fever-reducing medication AND symptoms improved.
- f. If a student is sent home due to any illness symptom other than those that are COVID-like, respiratory illness or influenza, he/she may return to school when

symptoms are resolving and he/she may return to school when symptoms are resolving and he/she has no fever for at least 24 hours without the use of fever reducing medication.

- g. The Athletic Director will ensure a note is sent home with the student which conveys the recommendations above. See link [Medical Referral Form for Student Athlete](#).
- h. For further information, see [SHA Manual Section 2-10 General Principles for Temporary Exclusion from School](#).

3. Sibling of Students who Become Sick at Practice

- If the siblings of an ill student who is sent home are not ill, they may remain at practice unless the ill student is being tested for COVID-19. At that point, the siblings (and all household contacts) shall remain at home until the test results return.
- If the COVID-19 tests are **negative**:
 - The ill student may return to practice as long as symptoms are resolving and he/she has no fever for 24 hours without the use of fever-reducing medications.
 - Siblings (household contacts) may return if they are symptom free.
- If the COVID-19 tests are **positive**:
 - The ill student must remain at home until:
 - They obtain physician clearance to participate in their designated sport.
 - At least 10 days have passed since symptoms first appeared AND
 - At least 24 hours have passed since last fever without the use of fever-reducing medications AND
 - Symptoms have improved (cough, shortness of breath).
 - Siblings (household contacts) must remain at home for 10 days if they have no further contact with the person with COVID-19, or until 10 days after the person with COVID-19 is released from isolation if there is ongoing contact.
 - If the student's physician has determined that the child has an illness other than COVID-19, the student may return to school as long as symptoms are resolving and he/she has no fever for 24 hours without the use of fever-reducing medications.

Response Procedures for Positive Cases and Possible Exposure at a School

Refer to [HIDOE Return to Learn: School Reopening Plan Health and Safety Handbook Response Procedures for Positive Cases and Possible Exposure](#) and [DOH What to do if a person at school has COVID 19](#).

Response Procedures for Possible Exposure and Close Contact

Refer to [HIDOE Return to Learn: School Reopening Plan Health and Safety Handbook Response Procedures for Possible Exposure and Close Contact](#) and [DOH What to do if a person at school has COVID 19](#).

Communications Procedure for Positive Cases and Possible Exposure

Refer to [HIDOE Return to Learn: School Reopening Plan Health and Safety Handbook Communications Procedure for Positive Cases and Possible Exposure](#) and [DOH What to do if a person at school has COVID 19](#).

DOH Guidance: COVID-19 Interim Return to Work/School Guidance

[DOH Guidance: COVID-19 Interim Return to Work/School Guidance](#)

Return to School/Work Criteria Following Illness

| Return to School/Work Criteria for COVID-19-like Symptoms of Illness (Must meet ALL three criteria in one of these columns) | | |
|---|--|---|
| Negative COVID-19 Test | Doctor's Note | At Least 10 Days |
| <ul style="list-style-type: none"> <input type="checkbox"/> Proof of a negative COVID-19 test result. <input type="checkbox"/> At least 24 hours have passed since last fever without the use of fever-reducing medication. <input type="checkbox"/> Symptoms have improved. | <ul style="list-style-type: none"> <input type="checkbox"/> A signed note from a licensed healthcare provider. <input type="checkbox"/> At least 24 hours have passed since last fever without the use of fever-reducing medication. <input type="checkbox"/> Symptoms have improved. | <ul style="list-style-type: none"> <input type="checkbox"/> At least 10 days have passed since symptoms first appeared. <input type="checkbox"/> At least 24 hours have passed since last fever without the use of fever-reducing medication. <input type="checkbox"/> Symptoms have improved. |
| Return to School/Work Criteria for Someone Who Tests Positive for COVID-19 (Must meet all of the criteria below) | | |
| <ul style="list-style-type: none"> <input type="checkbox"/> At least 10 days have passed since symptoms first appeared or if there are no symptoms, at least 10 days have passed since the date when the positive test was conducted. <input type="checkbox"/> At least 24 hours have passed since last fever without the use of fever-reducing medication. <input type="checkbox"/> Symptoms have improved. | | |
| Return to School/Work Criteria for Symptoms of Illness Other Than Those That Are COVID-19-like (Must meet all of the criteria below) | | |
| <ul style="list-style-type: none"> <input type="checkbox"/> At least 24 hours have passed since last fever without the use of fever-reducing medication. <input type="checkbox"/> Symptoms have improved. <input type="checkbox"/> No known risk of recent exposure to COVID-19. | | |

Cleaning of Facilities for COVID-19 Confirmed case

1. When there is a confirmed case of COVID-19 on a school campus, protocols will intensify as decisions about closing school facilities, the duration of, and communication with stakeholders will be necessary.
2. OFO will begin working with the director/supervisor on the cleaning plan and schedule. The following steps should be taken to address potentially contaminated areas.
 - All areas accessed by the individual are identified.
 - Director/Supervisor and AS decide on what areas, rooms and buildings to close.
 - OFO will notify appropriate branches and staff, and will work with the school to determine next steps and a schedule for cleaning.

For more information or guidance on this process, contact OFO at (808) 784-500

When to Report Illness

1. If 10% of the entire school or 20% of one grade or classroom are sent home with common flu-like or gastrointestinal symptoms, call the Hawai'i State Department of Health Disease Investigation Branch or your local District Health Office.

DOH Contacts by Island (Direct contact for specific DOH personnel will be provided by COVID-19 Core Response Team to impacted school or office.)

| | | | |
|------------------|---------------------|------------------------------|----------------|
| O'ahu | 7:45 a.m.-4:30 p.m. | O'ahu Office | (808) 586-4586 |
| O'ahu | After hours | | (808) 600-3625 |
| Maui | 7:45 a.m.-4:30 p.m. | Maui Office | (808) 984-8213 |
| Kauai | 7:45 a.m.-4:30 p.m. | Kauai Office | (808) 241-3563 |
| Hilo | 7:45 a.m.-4:30 p.m. | DHO Hilo | (808) 933-0912 |
| Kona | 7:45 a.m.-4:30 p.m. | DHO Kona | (808) 322-4877 |
| Neighbor Islands | After hours | | (808) 360-2575 |

Hawai'i Keiki: Healthy and Ready to Learn Program

See HODOE Return to Learn: School Reopening Plan Health and Safety Handbook for further information.

Our partners at Hawai'i Keiki are available to assist schools. Please [click here](#) for their Hawai'i Keiki School Readiness Assessment and Guidance checklist. Please reach out initially to the Complex Area RN or APRN, contact information can be found [here](#).

Letter templates for positive cases and potential exposure, [click here](#).

References

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2. COVID-19 Return to Sport Considerations for Secondary School Athletic Trainers. National Athletic Trainers Association: May 2020.
3. “Guidance for Opening Up High School Athletics and Activities.” *National Federation of High Schools*, <http://www.NFHS.org>.
4. Protection Concept for Exit from the Corona-Lockwood and Resumption of Sports Activities.” *Swiss Rugby Union*.
5. http://www.suisserugby.com/fileadmin/content/Medical/Coronavirus/Suisserugby_Protection_Concept_EN_20200508.pdf, Version 1.0.
6. “Recommendation Regarding the Use of Cloth Face Coverings, Especially in Areas of Significant Community-Based Transmission.” *Center for Disease Control and Prevention*.
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html>.
7. “Return to Training Considerations Post-COVID-19.” *United States Olympic & Paralympic Committee - Sports Medicine*, Version 0.12.
<https://www.teamusa.org/coronavirus>.
8. Teamusa.org
9. Return to Sports and Exercise during the COVID-19 Pandemic: Guidance for High School and Collegiate Athletic Programs
10. More information and resources are available at the Hawai‘i DOH [COVID-19 Webpage](#) and [DOH Youth Sports Guidance](#) .

Appendix I: Example Student-Athlete Attendance &

| | A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q | R | S | T | U | V |
|----|-----------|--------------------|--|-------------------------------|--|--|---|----------------------------------|--|------------------------------------|---|---|---------------------------------|---|---------------|--|--|---|--|---|---|-------------------------------|
| 1 | Timestamp | name (Last, First) | Health Questionnaire [Fever (a temp of 100 F or hot to the touch)] | Health Questionnaire [Cough] | Health Questionnaire [Shortness of Breath/Difficulty Breathing] | Health Questionnaire [Fatigue (tiredness or weakness)] | Health Questionnaire [Muscle/Body Aches] | Health Questionnaire [Headaches] | Health Questionnaire [New Loss of Taste or Smell] | Health Questionnaire [Sore Throat] | Health Questionnaire [Congestion/Runny Nose] | Health Questionnaire [Nausea/Vomiting (stomach ache)] | Health Questionnaire [Diarrhea] | Temperature if feeling feverish or warm | Email Address | Recent COVID-19 Exposure (Recently tested positive for COVID-19) | Recent COVID-19 Exposure (Waiting for COVID-19 test results) | Recent COVID-19 Exposure (Self-quarantining due to possible COVID-19 exposure (ie travel quarantine)) | Recent COVID-19 Exposure (Living with someone with COVID-19) | Recent COVID-19 Exposure (Been in close contact with someone with COVID-19 (within 6 ft for at least 15 minutes or more over a 24 hour period)) | Recent COVID-19 Exposure (Self-quarantining due to possible COVID-19 exposure) | Health Questionnaire [Chills] |
| 2 | | | yes | no | no | no | no | no | no | no | no | no | no | | | | | | | | | |
| 3 | | | no | no | no | no | no | no | no | no | no | no | no | | | | | | | | | |
| 4 | | | no | no | no | no | no | no | no | no | no | no | no | | | | | | | | | |
| 5 | | | | | | | | | | | | | | | | | | | | | | |
| 6 | | | | | | | | | | | | | | | | | | | | | | |
| 7 | | | | | | | | | | | | | | | | | | | | | | |
| 8 | | | | | | | | | | | | | | | | | | | | | | |
| 9 | | | | | | | | | | | | | | | | | | | | | | |
| 10 | | | | | | | | | | | | | | | | | | | | | | |
| 11 | | | | | | | | | | | | | | | | | | | | | | |
| 12 | | | | | | | | | | | | | | | | | | | | | | |
| 13 | | | | | | | | | | | | | | | | | | | | | | |
| 14 | | | | | | | | | | | | | | | | | | | | | | |
| 15 | | | | | | | | | | | | | | | | | | | | | | |
| 16 | | | | | | | | | | | | | | | | | | | | | | |
| 17 | | | | | | | | | | | | | | | | | | | | | | |

Health Monitoring Form

Link for full google sheet:

<https://docs.google.com/spreadsheets/d/1zSGSSck3QwI9SH5YTv45wDKiDJIDin0IlgQj6guQiUrc/edit?usp=sharing>

Sample google form

https://docs.google.com/forms/d/1zH0KBbF52ha3xeKckrqFXkHF5aNXgcA_-F7cdXBgdK0/edit (Sample of a google form to help teams complete attendance and health monitoring form.)

Sample of a QR code to enable a contactless way for athletes to access attendance and health monitoring form.



Appendix II: Suggested Resources for Equipment Cleaning/ Training Guidelines

| SPORT LINKS | CLEANING INFORMATION | TRAINING INFORMATION |
|--|---|---|
| Football | | |
| Volleyball | How to clean volleyballs | 5/13/2020 Return to Play guidelines |
| Air Riflery | | |
| Cross Country | Links to CDC list of cleaning disinfectants | Return to training phases Activities permitted thru NFHS phases |
| Cheer | | |
| Bowling | | |
| Tennis | Playing tennis safely facility and programming recommendations | Playing Tennis safely tips and recommendations |
| Baseball | | Baseball conditioning |
| Softball | How to clean and maintain facility and equipment | Condition and retraining program Information on health and safety while playing softball |
| Judo | How to maintain equipment | Conditioning program |
| Track and Field | | Return to training phases Activities permitted thru NFHS phases |
| Golf | How to maintain facilities and equipment and social distancing guidelines | |
| WaterPolo | | |
| Surf/Paddling | | |
| Basketball | | |
| Wrestling | | Return to mat guidelines following NFHS phases of return to play |
| Soccer | | |
| Swimming/Diving | Follows CDC guidelines on safety while swimming and diving | |
| Return to training during COVID-19 | | Training Information |

Appendix III: Should you consider starting sports, do you have all the benchmarks set forth by the CDC in place?

- Will reopening be consistent with applicable state and local orders?
- Is the school ready to protect children and employees at higher risk for severe illness? (i.e., at practices what is your plan for spectators? Indoor vs outdoor how many allowed around?)
- Are you able to screen students and employees upon arrival for symptoms and history of exposure? Are recommended health and safety actions in place?
- Promote healthy hygiene practices such as hand washing and employees wearing a cloth face covering, as feasible (do you have appropriate soap and hand sanitizer and signs?)
- Intensify cleaning, disinfection, and ventilation
- Encourage social distancing through increased spacing, small groups and limited mixing between groups, if feasible (do you have signs?)
- Train all employees on health and safety protocols.
(Is ongoing monitoring in place?)
- Develop and implement procedures to check for signs and symptoms of students and employees daily upon arrival, if feasible (What policy do you have in place?)
- Encourage anyone who is sick to stay home
- Plan for if students or employees get sick
- Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures
- Monitor student and employee absences and have flexible leave policies and practices
- Be ready to consult with the local health authorities if there are cases in the facility or an increase in cases in the local area (Who will this be communicated to?)

Complete the [Local Factors to Consider for Determining Mitigation Strategies Checklist](#)

[Schools Decision Tool](#)

cdc.gov/coronavirus

Appendix V: List of cleaning/disinfectants that are currently being used by HIDEOE AHCT

| PRODUCT | EPA # | KILL TIME CLAIM | VENDOR | COST/GAL | SURFACES |
|--|---------------------|---|--|-------------|---|
| CLOROX BROAD SPECTRUM QUAT DISINFECTANT SPRAY | 67619-20 | 2 min for all bacteria and viruses, 3 min for adeno, polio, rhino, rota, canine parvo, feline picorna 5 min for M. bovis (TB) | HENRY SCHEIN (HS) | \$21.99 | Hard, non-porous |
| CLOROX PRO QUARTNARY | 1839-166 | | HS | \$43.29 | Hard, non-porous |
| CLOROX REGULAR BLEACH | 56392-7 | 5 min | | | Hard, non-porous |
| DISCIDE | 10492-5 | 1.5 min evaporation time | HS | \$31.59 | Hard, non-porous |
| MAXISPRAY (HENRY SCHEIN) | 46781-6 | 3 min | HS | \$22.59 | Hard, non-porous, noncritical instruments |
| SANIZIDE PLUS | 1839-83 | 2 min for coronavirus, various times for other stuff | HS | \$17.89 | Hard, non-porous |
| CITRUS II GERMICIDAL CLEANER | 1839-83 | 3 min | HS | \$25.89 | Hard, non-porous, noncritical instruments |
| WHIZZER | 6836-77 | 10 min | HS | \$49.99 | Hard, non-porous |
| HUSKY ARENA 891 | 1839-166 | 10 min | DURAWAX.COM | \$23.70 | Hard-non-porous |
| ENVIROCID | 46781-6 | 2-3 min | HS | \$29.39 | Non-porous |
| TRIPLE 2 DISINFECTANT (FLOKEM) | 1839-95-10 693 | 10 min | | | Hard-non-porous |
| CaviCide | 46781 | 2-3 min | HS | \$22.46/GAL | Non-porous, noncritical medical devices |
| Monk Disinfectant Wipes | 6836-313 | 15 secs /10 mins | Amazon | | Hard, non-porous |
| ODOBAN | 66243-2 | Sanitize: 1 min/Disinfect: 10 min | Home Depot | \$9.98/Gal | Hard, non-porous, deodorizer |
| DMQ (DAMP MOP NEUTRAL DISINFECTANT CLEANER) | 5741-20 | 10 min | | | Hard, non-porous |
| GRENADIER | 1769-259 | 10 min | | | Hard, non-porous |
| CLOROX DISINFECTING WIPES | 5813-79 | 4 min | | | Hard, non-porous |
| Simple Green d PRO 3 PLUS™ | 10324-154- 56782 | Treated surfaces must remain wet for 3-10 minutes. Wipe dry with a clean cloth or allow to air dry. | Home Depot, Lowe's | | Disinfecting, sanitizing, cleaning and deodorizing on hard, non-porous surfaces |

Appendix VI: Letter Template (updated with DOE information) for sports administrators and coaches to parents regarding steps taken to protect players and what parents need to know about COVID-19

Dear Parents,

First and foremost, we hope that you and your loved ones are safe and healthy. We have received questions from the community about if and how COVID-19 will change this year's athletic season. We know this outbreak has been stressful to many and recognize that exercising and participating in activities like sports can be a healthy way to cope with stress and connect with our community. After careful thought and planning, we are excited to let you know that we plan to resume high school sports while following CDC, state and county guidelines considerations to protect players, families, and our community.

The health and safety of our athletes, staff, and volunteers remain our highest priority. Below, you will find a summary of actions we are taking to help ensure we are lowering COVID-19 risk as much as possible while also allowing our athletes to play. We are:

Intensifying cleaning, disinfection, and ventilation within our facilities and premises by disinfecting as feasible, cleaning and disinfecting shared objects and equipment between use when possible, and ensuring safe and correct use and storage of disinfectants

Reducing physical closeness or contact between players when possible, keeping student athletes in small groups, and staggering arrival and drop off times, discouraging unnecessary physical contact, such as high-fives, handshakes, fist bumps, and hugs.

Promoting healthy hygiene practices, encouraging hand washing and providing hand sanitizer before and after practices and games, encouraging children to cover coughs and sneezes with a tissue or to use the inside of their elbow, and reminding them to not spit.

Coaches, staff, officials, parents, and spectators wear a cloth face covering during practices and games.

Anyone who is sick or has been in contact with someone who has COVID-19— including players, family members, coaches, staff and spectators — should not attend practices or games. Be on the lookout for symptoms of COVID-19, which include fever, cough, or shortness of breath. Call your doctor if you think you or a family member is sick.

Parents/guardians need to do a wellness check on your child each morning to determine if your child should attend practice. This wellness check should include the following observations:

- Feverish or unusually warm (has flushed cheeks). If you are able to, use a thermometer to take your child's temperature.
- Coughing/Sneezing
- Sore throat
- Shortness of breath/Difficulty breathing
- Headache/Stomach ache/Nausea
- Muscle pain/Unusual fatigue
- New loss of taste or smell

If any of these symptoms are present, student athletes should not attend practices. Also know that a general symptom check will be performed when your student athlete arrives at practice. If your child is suspected of being sick, you will be contacted, and you will be asked to pick up your student athlete, or your student athlete will be sent home if he/she drove to practice. Be sure the school has updated contact information in the event that your child needs to be sent home.

If someone does get sick during practice or at a game, we will contact you to pick up your student athlete. If you have a specific question about this plan or COVID-19, please contact your school's athletic director for more information. You can also find more information about COVID-19 at www.cdc.gov.

Thank you and stay healthy,

[Administrator name] [Link to downloadable letter to use on school letterhead](#)

Appendix VII: Sample schedule for routine cleaning and disinfection

| DONE | IN BETWEEN USE | NOTES |
|--|--|--------------|
| | EXERCISE EQUIPMENT | |
| | SURFACES (COUNTER TOPS, HANDLES, OFFICE) | |
| | WASH HANDS & SURFACES EVERY 30-45M | |
| CLEANER | Examples of cleaning solutions | |
| DONE | CLOSING CLEAN | NOTES |
| | FLOORS | |
| | SURFACES (COUNTER TOPS, HANDLES, OFFICE) | |
| | EQUIPMENT | |
| CLEANER | Huskey Cleaner; Bleach | |
| DONE | WEEKLY | NOTES |
| | DEEP CLOSING CLEAN | |
| | GOLF CART | |
| CLEANER | Huskey Cleaner; Bleach | |
| DONE | MONTHLY | NOTES |
| | AC FILTER | |
| | STORAGE | |
| | WALLS | |
| CLEANER | Huskey Cleaner; Bleach | |
| DONE | YEARLY | NOTES |
| | ICE MACHINE BINS | |
| | TOP WINDOWS | |
| CLEANER | Huskey Cleaner; Bleach | |
| CLEANING MATERIALS/SCHEDULE PROVIDED THROUGH CDC RECOMMENDATIONS | | |

Appendix VIII: Summary of Phases

Phase 2: While in Phase 2 Blended learning. Gathering limitations shall be determined by state and county orders. Social distancing and mask wearing guidelines followed at all times. (examples of what sports can do during this phase, including by limited to)

| | | |
|---------------------------|--|--|
| Basketball | Players can individually shoot a ball, no team practices | |
| Football | No team drills, no contact, no sharing of ANY equipment | |
| Volleyball | Player should not use a single ball that others touch or hit in any manner | |
| Softball /Baseball | No sharing of gloves, bats or throw a single ball that will be tossed among the team. A single player may hit in cages, throw batting practice with no catcher, Prior to another athlete using the same balls, the balls need to be collected and cleaned individually | |
| Wrestling | Skill and drill without touching teammates | |
| Cheerleading | No stunting or building. Chants, jumps, dances without contact are allowed. | |
| Tennis | Individual drills, wall volleys and serves allowed. | |
| Running | Running is allowed as long as athletes maintain 6 feet distance between individuals. | |

Phase 3 Secondary Blended learning

Low risk sports can start practices. Gathering limitations shall be determined by state and county orders. Social distancing and mask wearing guidelines followed at all times.

| | |
|--------------------------------|--|
| Individual Running | |
| Throwing (Shot Put and Discus) | |
| Individual Swimming | |
| Diving | |
| Golf | |
| Air Riflery | |
| Bowling | |

Moderate risk sports can start Modified Practice. Gathering limitations shall be determined by state and county orders. Social distancing and mask wearing guidelines followed at all times.

| | |
|--------------|--|
| Basketball | |
| Soccer | |
| Water Polo | |
| Swim Relays | |
| Paddling | |
| Volleyball * | |
| Baseball * | |
| Softball* | |
| Tennis * | |
| Pole Vault * | |
| High Jump * | |
| Long Jump * | |

* Could potentially be considered “Lower Risk” with appropriate cleaning of equipment and use of masks by participants

Phase 4 In person Learning

Moderate risk sports may begin. Gathering limitations shall be determined by state and county orders. Social distancing and mask wearing guidelines followed at all times.

| | |
|--------------|--|
| Basketball | |
| Soccer | |
| Water Polo | |
| Swim Relays | |
| Paddling | |
| Volleyball * | |
| Baseball * | |
| Softball* | |
| Tennis * | |
| Pole Vault * | |
| High Jump * | |
| Long Jump * | |

High Risk sports can start Modified practices, Gathering limitations shall be determined by state and county orders. Social distancing and mask wearing guidelines followed at all times.

| | |
|--------------|--|
| Cheerleading | |
| Wrestling | |
| Judo | |
| Football | |