

# Contact Tracing Protocol for RIIL Member School Athletic Teams

## Winter Season 2021-2022

The following guidelines can be utilized to determine Close Contacts when a team member or opponent tests positive for COVID-19 while asymptomatic or symptomatic.

### Important Notes:

- All efforts will be made to follow this protocol; however, in an outbreak situation, a more conservative quarantine approach may be recommended by RIDOH.
- Any symptom must be treated as a Covid-positive case by the athlete, coach, and parents.
- Athletes should answer the daily screening questions at the beginning of each practice.
- Coaches should monitor athletes from the time they arrive at the facility until they leave to ensure that social distancing and face covering requirements are always being observed.
- During a competition, Coaches must organize the bench area with adequate distance between every individual to ensure proper social distancing (as defined by RIDOH).
- It is important to note that the RIDOH standard of 15 minutes of cumulative close contact does not apply during strenuous athletic participation as there is more likely to be respiratory droplet transmission when exercising. Therefore 15 minutes will not be used as a criteria in identifying close contacts.

### Contact Tracing Procedure:

- Officials are not considered close contacts in any sport.
- Start with Full Roster for Initial Quarantine List
- Eliminate from Quarantine:
  - Work with the Head Coach to determine which student-athletes do not have to quarantine due to being absent from any in-person team event during the infectious period identified by RIDOH.
  - Work with the school Nurse to determine which student-athletes do not have to quarantine due to a positive COVID-19 test within the past 90-days or vaccination history.
  - RIDOH K-12 Clinical staff are available to consult with coaches to assist in evaluating risk of exposure, assessing close contact, and recommending quarantine.
- Evaluate distinct Pods during practices or games.
  - The following can be used to eliminate entire Pods from needing to quarantine.
    - A Pod is defined as a consistent, stable group that always maintains separation of 7 feet from every other pod.
    - A Pod will not need to quarantine ONLY IF the coach conducts workouts and competitions with the same exact group of students consistently training together in practice.
    - Pods must not co-mingle at any time immediately before, during, or after the practice or competition (does not include during school hours).
    - *If there are times during a practice or game that Pods mix, then it is more likely that the entire team will be required to quarantine.*
  - Separating Pods during Practices

- Coaches who utilize distinct and consistent Pods that are always separated and never co-mingle, will only have to identify as close contacts those students who are in the same Pod as the Covid-positive athlete.
- Athletic teams that practice their JV and Varsity at separate times with distinct rosters will only have to identify as close contacts those students who are in the same Pod as the Covid-positive athlete.
- Separating Pods during Games:
  - Consideration for Away Games: Document a consistent seating chart for team travel on a bus that continually keeps Pods separate.
    - If a Covid-positive athlete rides the bus, refer to current RIDOH guidance to determine if there are any close contacts.
  - Pre-Competition warm-ups must be socially distant by design for the entire team to be exempt from being identified as close contacts.
  - Post-competition team meetings must be socially distant by design for the entire team to be exempt from being identified as close contacts.
  - Bench areas must be socially distanced by design for the team to be exempt from being identified as close contacts.
    - If the positive case is an athlete who does not participate in the competition, then only those athletes who were within 3 feet in the bench area would be considered a close contact and must quarantine. All others will not be identified as close contacts.
- Separating Pods during Games:
  - Basketball and Ice Hockey:
    - When there is a positive test on your team: All students who are present at a competition and participated in warmups, or gameplay, will be identified as close contacts. All others will not be identified as close contacts.
  - Cheerleading:
    - Cheerleaders must maintain a distance of 3 feet from each other when cheering for a varsity game in order to avoid being identified as a close contact.
    - Cheerleaders who engage in stunting while performing a sideline cheer routine would be considered close contacts if there was a positive case within the stunt pod.
  - Gymnastics and Indoor Track & Field:
    - When there is a positive test on your team: All students who perform warm-ups or cool-down sessions within a Pod together will be identified as close contacts. All others will not be identified as close contacts.
  - Swimming Meets
    - When there is a positive test on your team: All students who congregate on the deck within 3 feet or perform warm-ups or cool-down sessions in the pool within a lane will be identified as close contacts. All others will not be identified as close contacts.
  - Wrestling
    - Any athlete who competed in a pre-match practice in the same Pod as a Covid-positive teammate will be identified as close contacts.