

## Guidelines for the Return to 2022 Fall Sport Seasons (8/30/22)

With the return to fall sports, normalization is being recommended with the following caveats:

- Full vaccination is strongly encouraged
- Masks are encouraged for individuals not fully vaccinated or high risk individuals.
- Schools follow local health department guidelines.

The comprehensive prevention measures remain critical to reducing the risk and burden of COVID. These measures should be continued:

- Continue with appropriate hygiene –do not share water or food with others, avoid spitting, and use hand sanitizer before, after, and potentially during participation.
  - Continue with established, regular cleaning and disinfecting of equipment, especially things that athletes will touch with their hands.
- Anyone that is ill should avoid practice and competition.
- Follow local health authority guidelines for spectator limits.

Based on the Centers for Disease Control and Prevention (CDC) guidelines, fully vaccinated individuals may resume activities that they did prior to the pandemic. Individuals may wear a mask if they desire. Individuals with high-risk contacts at home, or that have high-risk conditions themselves, should consider wearing a mask.

Fully vaccinated is: 1) have been boosted; 2) received primary series of Moderna or Pfizer in last 6 months; 3) received primary series of J&J in last 2 months.

Exposure, quarantine and isolation guidelines for fully vaccinated individuals:

- Fully vaccinated people that develop COVID symptoms should isolate themselves and test. If positive:
  - Contact their primary care provider to discuss evaluation and management.
  - These individuals will need medical clearance with negative testing in order to return to activity, or they will need to follow established CDC quarantine protocol.
    - Quarantine / stay home for 5 days
    - If no symptoms at 5 days (and not taking medicine to reduce symptoms), then they can leave their homes, but should wear a mask & avoid crowds for another 5 days
    - Other COVID-19 symptoms are improving (loss of taste and smell may persist for weeks or months and should not delay end of quarantine).
- Fully vaccinated people with no COVID-like symptoms following an exposure to someone with suspected or confirmed COVID do not need to quarantine or test.
- They should mask and monitor themselves for symptoms for 10 days after exposure, and if symptoms begin, they should isolate and contact their primary care provider.

Exposure, quarantine and isolation guidelines for individuals that are not fully vaccinated:

- Non-fully vaccinated people that develop COVID symptoms should isolate themselves and test. If positive:
  - Contact their primary care provider to discuss evaluation and management
  - These individuals will need medical clearance in order to return to activity, or they will need to follow established CDC quarantine protocol.
    - Quarantine / stay home for 5 days
    - If no symptoms at 5 days (and not taking medicine to reduce symptoms), then they can leave their homes, but should wear a mask & avoid crowds for another 5 days.
    - Other COVID-19 symptoms are improving (loss of taste and smell may persist for weeks or months and should not delay end of quarantine).
- Non-fully vaccinated persons with close contact to an individual with COVID should immediately begin quarantine at home for 5 days from last contact with the infected individual.
  - Local health authorities will make final decision on length of quarantine.
  - Take precautions Days 6-10; wear mask and avoid crowds.

**During WIAA tournaments,** schools shall continue to follow the above guidelines, which are based on CDC and local health department quarantine guidelines. WIAA staff, in consultation with its Sports Medical Advisory Committee, will continue to follow emerging research and will make changes as indicated.

The CDC has provided guidelines for returning to school:

- Vaccination is currently the leading public health prevention strategy to end the COVID-19 pandemic. Promoting vaccination can help schools safely return to in-person learning as well as extracurricular activities and sports.
- Masks should be worn indoors by high-risk people and people with high-risk personal contacts.
- COVID-19 prevention strategies remain critical to protect people, including students, teachers, and staff, who are not fully vaccinated, especially in areas of moderate-to-high community transmission levels.

**Transportation:** The CDC no longer has an order requiring masks on public transportation. This should be a local determination.

**School Testing:** The Department of Health Services (DHS) is offering [convenient school-based testing for teachers, staff, students, and their families for the 2022-2023 school year](#). This testing program is intended to help K-12 public, private, and independent charter schools provide safe and healthy learning environments by connecting them with appropriate program vendors to meet their testing needs.

Regular COVID-19 testing can help support schools in making decisions about their efforts to protect the health and well-being of those in their buildings, such as universal and correct use of masks, maintaining adequate physical distance, isolation and quarantine, ventilation improvements, and thorough handwashing.

Further reading (accessed July 16, 2021):

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html>

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html>

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html>

<https://www.cdc.gov/coronavirus/2019-ncov/science/science-briefs/fully-vaccinated-people.html>

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/k-12-guidance.html>

<https://www.cdc.gov/mmwr/volumes/70/wr/mm7021e2.htm>

<https://www.dhs.wisconsin.gov/covid-19/index.htm>

<https://www.dhs.wisconsin.gov/covid-19/schools.htm>

<https://www.dhs.wisconsin.gov/covid-19/testing-schools.htm>