

Guidelines for the Return to 2021-22 Winter Sport Seasons (1/10/2022)

With the return to winter sports, during the regular season and during the WIAA tournament series, normalization is being recommended with the following caveats:

- Full vaccination is strongly encouraged
- Masks are strongly encouraged for individuals not fully vaccinated.
- Schools follow local health department guidelines.
- WIAA Covid Symptom Checklist is required.

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.
- Encourage social distancing.
- Minimize crowds & 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. Fully vaccinated individuals should consider wearing a mask in areas of high likelihood of transmission. Persons are considered full vaccinated when:

- It is at least 2 weeks after the second dose of the Pfizer or Moderna vaccines.
- It is at least 2 weeks after receiving the single-dose Johnson & Johnson vaccine.

We recommend that individuals obtain the COVID booster vaccination. Timing of this immunization depends on the type of vaccine used initially - Pfizer-BioNTech (5 months after 2nd shot), Moderna (6 months after 2nd shot), and Johnson & Johnson (2 months after shot). <https://www.cdc.gov/media/releases/2022/s0104-Pfizer-Booster.html>

Exposure, quarantine and isolation guidelines:

If You Test Positive for COVID (Isolate)

Everyone, regardless of vaccination status.

- Stay home for 5 days.
- If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house.
- Continue to wear a mask around others for 5 additional days.

If you have a fever, continue to stay home until your fever resolves.

If You Were Exposed to Someone with COVID (Quarantine)

If you:

Have been boosted

OR

Completed the primary series of Pfizer or Moderna vaccine within the last 6 months

OR

Completed the primary series of J&J vaccine within the last 2 months

- Wear a mask around others for 10 days.
- Test on day 5, if possible.

If you develop symptoms, get a test and stay home. If +, then see above. If -, continue to take preventative precautions, such as masking and social distancing.

If you:

Completed the primary series of Pfizer or Moderna vaccine over 6 months ago and are not boosted

OR

Completed the primary series of J&J over 2 months ago and are not boosted

OR

are unvaccinated

- Stay home for 5 days. After that continue to wear a mask around others for 5 additional days.
- If you can't quarantine, you must wear a mask for 10 days.
- Test on day 5, if possible.

If you develop symptoms, get a test and stay home. If +, then see above. If -, continue to take preventative precautions, such as masking and social distancing.

WIAA staff in consultation with its Sports Medical Advisory Committee will continue to follow emerging research and will make changes if needed.

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 all individuals (age 2 and older) who are not fully vaccinated. Consistent and correct mask use by people who are not fully vaccinated is especially important indoors and in crowded settings, when physical distancing cannot be maintained. Please refer to CDC guidelines: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>
- **Make sure your mask fits snugly against your face.** Gaps can let air with respiratory droplets leak in and out around the edges of the mask
- **Pick a mask with layers to keep your respiratory droplets in and others' out.** A mask with layers will stop more respiratory droplets getting inside your mask or escaping from your mask if you are sick.
- 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 Note: The CDC's Order requiring masks for everyone on all public transportation does extend to school buses (public and private), so while masks may not be required at school or during competition, everyone (staff, coaches, athletes) should wear them on buses/vans used to transport team members, coaches, and staff. The information below is from CDC's updated [Guidance for COVID-19 Prevention in K-12 Schools](#):

- **During school transportation:** [CDC's Order](#) applies to all public transportation conveyances including school buses. Regardless of the mask policy at school, passengers and drivers must wear a mask on school buses, including on buses operated by public and private school systems, subject to the exclusions and exemptions in CDC's Order. Learn more [here](#). For example, if a student attends a school where mask use is not required due to vaccination status (e.g., a high school with a high rate of vaccination), the student is still required to wear a mask on the school bus.

- *Schools should provide masks to those students who need them (including on buses), such as students who forgot to bring their mask or whose families are unable to afford them. No disciplinary action should be taken against a student who does not have a mask as described in the U.S. Department of Education COVID-19 Handbook, Volume 1.*

School Testing: The Department of Health Services (DHS) is offering [convenient school-based testing for teachers, staff, students, and their families for the 2021-2022 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:

<https://www.today.com/health/health/masking-omicron-need-know-rcna10783>

<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>