NKC Schools Winter Activities Protocols and Guidelines

Beginning on October 26th (Middle Schools) and November 2nd (High Schools), NKC Schools will begin providing Winter Sports and Activities. As we enter the winter season of athletics and activities, we felt it was important to update our protocols and guidelines based on the latest information from our local health department and Greater Kansas City Suburban Conference Recommendations. We plan to continue to provide athletics and activities to the fullest extent possible while adhering to health department guidelines and prioritizing student and staff safety. NKC Schools continues to believe that our students and staff can be community leaders as they effectively model best practices in mitigating the spread of Covid-19. To effectively lead in the mitigation of Covid-19 in our community, our students, staff, and patrons should continue to practice the following basic strategies both ON and OFF our campuses:

1. Socially distance when possible.
2. Wear a mask indoors and when social distancing is not possible.
3. Wash hands and do not touch face.

The primary means of Covid-19 transmission is through respiratory droplets and aerosols. The risk mitigation strategies implemented by NKC Schools are aimed at reducing the likelihood of a person’s respiratory droplets coming into contact with another person. Certain mitigation strategies may be feasible in some activities and not in others.

Adhering to guidance from MSHSAA (Missouri State High School Activities Association), CCPHC (Clay County Public Health Center), and the CDC (Center for Disease Control and Prevention), NKC Schools will implement the following protocols. It is also important to note that all activities and athletics are voluntary, and families should consider the potential risks involved with participation.

**Student Participants**

**Pre-participation Physical Evaluations (Physicals):**
MSHSAA has determined that it is still essential that all students have a valid physical on file prior to participation. All students are required to have a pre-participation physical evaluation completed prior to participation in athletic tryouts.

**Daily Screenings:**
1. Prior to practice all students will be screened.
2. Students will wear masks to the screening location (determined by the coaches/sponsors and on-site athletic trainer).
3. Students will stay socially distant while waiting to be screened by a coach or sponsor.
4. Screening will include the daily questionnaire and temperature check.*
   - If a student has above a 100.4 temperature, he/she will be taken to an indoor environment for five minutes prior to temperature being retaken.
   - If a student is below 100.4, he/she will be released to attend practice.
   - If student is above 100.4 on the 2nd temperature reading, he/she is held out of practice. Trainer will do follow up questions to determine if other symptoms exist. See “Positive Screen” for additional steps.
If student is below 100.4 on the 2nd temperature reading, trainer will have student answer follow up questions. Student may be released to practice if no other symptoms exist and trainer allows.

5. Symptoms Include:
   - Fever (temperature greater than 100.4)
   - Cough (new or worsening)
   - Shortness of breath or trouble breathing
   - Sore throat (different from seasonal allergies)
   - New loss of smell or taste
   - Vomiting or diarrhea

6. Students will wear masks when leaving the screening area.

*The Athletic Trainers are the on-site medical professionals. All decisions made by our athletic trainers are based on guidance from MSHSAA, local health department recommendations, and in conjunction with advisement of our sports medicine provider, Liberty Hospital. The decision of the athletic trainer on participation in practice or competitions is final.

Positive Screen:
A positive screen is when a student has exhibited one or more of the symptoms of Covid-19 OR has answered the questionnaire that indicates they were in contact with someone that tested positive for Covid-19.

In the event of a positive screen, the Athletic Trainer will contact the parent or guardian and advise on next steps (See Appendix A). If a participant, coach/director, or official/adjudicator has a positive finding on their COVID-19 screen, he/she will be sent home immediately. If the participant’s parents are not present, we will escort the participant to a designated isolation room or an area away from others until that person can be picked up. He/she must wear a mask or face covering. The participant/coach/director will be referred to a health care provider or a local COVID screening hotline.

How to return to participation following a positive screen:
1. Written clearance by a healthcare provider OR
2. After a 14-day no-contact period and no symptoms for 24 hours (no-contact period starts from first positive screen).

However, if the positive screen is due to a student being in close contact with a person that has tested positive for Covid-19, that student cannot be on campus for 14 days per NKC Schools protocols.

Close contact is defined by the CDC as a person who has had close contact (less than 6 feet) for greater than 15 minutes with an individual with confirmed Covid-19. Close contact includes being in contact with that individual for up to 2 days prior to the infected individual experiencing symptoms. Additional definitions of close contact would include providing care at home to someone who is sick with COVID-19, direct physical contact with the person, sharing eating or drinking utensils, sneezing, coughing, or somehow getting respiratory droplets on the person.

Positive Test:
A positive test is when a student has been confirmed to have Covid-19 by a health care professional.

In the event of a positive test, the school will do the following:

1. Notify the school local public health authority.
2. School district personnel in a combined effort with the family will provide a list of all close contacts and their contact information to our school district COVID Contact Tracer and the local health department. This will ensure timely and efficient contact tracing which is necessary to stop the spread of disease.
3. The school will assist in proper contact tracing of individuals. If there was doubt of who the individual came into contact with then the entire team/group that practiced/rehearsed or competed with the individual may be restricted from participation for 14 days. It is possible that all participants who had close contact, direct contact with this individual, or a direct exposure to secretions up to 48 hours before the individual showed symptoms may be excluded from practice and play for 14 days.

4. Teams/Groups will keep documentation of names and contact information of opposing teams/groups, coaches/directors, and officials/adjudicators for contact tracing purposes.

5. Exceptions may be considered if all activities were done practicing appropriate social distancing and after consultation with your local health department.

6. A participant under no-contact guidance should stay home, stay separated from others, follow state or local health department guidance, should NOT participate in practices/rehearsals, and, if appropriate, may participate in individual conditioning activities with remote virtual instruction with guidance from a health care professional.

Close contact is defined by the CDC as a person who has had close contact (less than 6 feet) for greater than 15 minutes with an individual with confirmed Covid-19. Close contact includes being in contact with that individual for up to 2 days prior to the infected individual experiencing symptoms. Additional definitions of close contact would include providing care at home to someone who is sick with COVID-19, direct physical contact with the person, sharing eating or drinking utensils, sneezing, coughing, or somehow getting respiratory droplets on the person.

**Return to Play/Activity:**
MSHSAA has provided a COVID-19 Return To Play Flow Chart (See Appendix B) which includes the steps to determine when a student can return to competition following a positive test. Following the 14 day non-contact period students must complete the 5-step return to play protocol (6 days). The potential heart related issues are the reason for the additional 5-step Return to Play protocol. All participants will be required to complete the Return to Play Progression (See Appendix C) with the assistance of the Athletic Trainer prior to participation.

**Washing/Sanitizing Hands:**
Individuals will be advised to wash hands for a minimum of 20 seconds with water and soap or sanitize hands before touching any surfaces or participating in workouts or rehearsals. Participants will be encouraged to shower and wash their workout clothing immediately upon returning home.

**Physical Activity and Athletic/Activities Equipment:**
1. There will not be any shared athletic towels, clothing or shoes between participants.
2. Participants should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
3. Athletic equipment such as bats, batting helmets and catchers gear will be cleaned between each practice or game.
4. Other equipment, such as football helmets/other pads, baseball helmets/gloves/bats, softball helmets/gloves/bats, will be worn by only one individual and not shared.
5. Masks or face coverings are REQUIRED for participants, coaches/directors and officials/adjudicators any time they are not doing strenuous physical activity.

**Hydration:**
All participants are be required to bring and fill their own water containers/bottles. Water containers/bottles must not be shared. Participants are encouraged to bring larger than normal water containers to limit the need for refilling. Programs may provide alternative methods for keeping students hydrated by providing bottled water or a coach/sponsor filling water bottles. Monitoring social distance and maintaining a safe environment will be a priority while keeping our students hydrated.
Transportation to Events:
Schools will consider social distancing requirements when scheduling contests and events for the winter sports/activities season. Social distancing, as required by local health department, will be maintained on buses/vans to the extent possible. Participants and Coaches/Sponsors will be required to wear masks during all trips to school sponsored events. NKC Schools will schedule local/regional competition and avoid any competition that would require an overnight stay.

Sidelines/benches/performance and participant areas:
Social distancing guidelines established by MSHSAA and the NFHS (National Federation of High Schools) will be maintained on sidelines/benches/performance and participant areas during contests and events.

Notifications:
With guidance from CCPHC, schools will assist in proper contact tracing of individuals. NKC Schools will contact students, families, and staff that may have been in contact with a person that tested positive for Covid-19. NKC Schools will provide guidance on participation in activities, athletics and school, including a return date. NKC Schools will notify all families and staff of a particular school for a positive test.

Mass Gatherings and Spectators

Mass Gatherings:
NKC Schools will continue to follow CCPHC guidelines on mass gatherings and group restrictions. The current mass gathering size for all indoor events is 250 individuals, including spectators and participants.

When initiating practices/rehearsals, groups may have to practice/rehearse together in smaller numbers to avoid the potential of large numbers of participants or coaches/directors having to restrict to if anyone tests positive for COVID-19. Additionally, groups may break into small groups for rest breaks and water breaks during practice and avoid congregating. When not directly participating in practices, rehearsals or contests, care will be taken to maintain current social distancing between each individual.

Spectators at Events:
NKC Schools will adhere to Suburban Conference Recommendations when considering spectators at events. At this time, TWO spectators will be allowed per participant at all NKC School events to remain within the CCHPC guidelines for indoor event mass gathering restrictions. Attendance by spectators may be further limited based on the size of the space being used for the event and the ability to ensure proper social distancing at the event. There may be some events that spectators will not be able to attend due to the inability to keep both spectators and participants socially distanced. Participants include:

- All students participating in the event
- Coaches or Sponsors participating in the event

All facilities and restrooms at home events will be disinfected and cleaned prior to the event. Concessions may not be provided at all NKC School events.

Spectators should not come to events if they are experiencing symptoms of Covid-19 or have been in contact with someone that has tested positive for Covid-19 in the previous 14 days.

Masks:
NKC Schools is requiring that all athletic and activity participants wear masks when on campus and not engaged in strenuous physical activity. Athletes will NOT be required to wear masks during practice and competitions.

Coaches and directors are required to wear masks at all times during practices and competitions/events.
Spectators are required to wear masks at all times during events on NKC Schools district property.

**Social Distancing at Events:**
NKC Schools will continue to offer live streaming of games/contests/performances when possible to reduce attendance at events so that current gathering size requirements and social distancing can be met.

**Spectators at Practices:**
Parents/Guardians are asked to stay in vehicles when students are practicing limiting unnecessary exposure to students and staff. If parents have questions for coaches/sponsors, they should contact them via email and set up an appointment.

**Spectator Positive Test:**
If a spectator is confirmed to have Covid-19, NKC Schools will support the contact tracing efforts of the CCPHC or host school county. It may be necessary to limit or restrict spectators at future events.

**Non-School Groups**

**Non-School Group Rentals:**
In an effort to prioritize the safety of our students and staff, non-school groups have been unable to rent our facilities to start the school year. We understand the importance of the service we provide to youth organizations, churches, Community Ed, and other community groups by allowing them to use our facilities. As we have become accustomed to the new protocols and processes for maintaining a safe environment, we are now able to begin allowing non-school groups the opportunity to rent our facilities. Facility rentals will still be required to gain approval through our Community Education program. Rental requests will also require approval by the school’s facility manager and administration. All non-school groups will be required to follow district protocols including mass gathering size limitations, requirement of masks, social distancing, and limited access to classroom areas of the building. We will continue to prioritize a safe environment for our students.

**Cleaning:**
Cleaning schedules will be implemented for all athletic facilities and music classrooms to mitigate any communicable diseases.

1. Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility will be wiped down and disinfected (door handles, chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, storage rooms, instrumental equipment, etc.).
2. Weight equipment and musical equipment will be wiped down thoroughly before and after an individual’s use of equipment.
3. Locker room usage will only be used when necessary. Staff will limit group size in locker rooms. Locker rooms will be disinfected daily.

**Appendix A:** MSHSAA Return to Play Form
**Appendix B:** MSHSAA Return to Play Flowchart
**Appendix C:** Positive Screen student form
The North Kansas City School District is actively screening students and staff involved in extra-curricular activities to prevent the spread of Covid-19 virus. If a participant has a fever over 100.4 degrees after 2 attempts, reports having any symptoms of Covid-19 within past 14 days or discloses to having contact with someone that has tested Positive for Covid-19, that student or coach/sponsor will not be allowed to participate.

To return to activity after having a positive screen the participant must have ONE of the following:

1. Written clearance by a healthcare provider
2. No contact with NKC Schools (or events associated with NKC Schools) for a 14 day period and symptom-free for 24 hours (no contact date starts from first positive screen) shall be required prior to return to participation.
3. If the positive screen is due to a student being in close contact with a person that has tested positive for Covid-19, that student cannot be on campus for 14 days.*

*Close contact is defined by the CDC as a person who has had close contact (less than 6 feet) for greater than 15 minutes with an individual with confirmed Covid-19. Close contact includes being in contact with that individual for up to 2 days prior to the infected individual experiencing symptoms.

Families should notify the school Athletic Trainer and Activities Director immediately of a positive test result. If a participant tests positive for Covid-19, we will follow local health department guidelines in reporting, contact tracing, as well as have proper documentation of clearance and follow approved return to play protocol from MSHSAA. Participants will have to see a medical provider and be cleared for activity. Requirements for return to sport include a 14-day no-contact period, symptoms resolved with no fever over 100.4 without medication, no hospitalization for Covid-19 symptoms, and a negative cardiac screen.

For further questions we will refer to NKC Schools Return to Play Protocols and the MSHSAA Guidelines-Recommendations for Opening Sports and Activities found on www.mshsaa.org.
1. COVID-19 Positive Athlete

14 days have passed since positive test without participation in sports or any exercise

**Return to Play***
Gradual reintroduction of physical activity with understanding athlete is likely deconditioned after 2 weeks off while monitoring for any signs of respiratory or cardiac symptoms that may develop with exercise

Never had symptoms

Had Symptoms

Medical Evaluation by a health care provider (MD/DO/PAC/ARNP)
Screening questions to assess for concerning symptoms of myocarditis or myocardia ischemia**

Worsening or ongoing concerning symptoms, (chest pain, chest tightness, palpitations, lightheadedness, pre-syncope or syncope) or -
Exercise related symptoms after 4-6 weeks after returning to play

Further work-up as indicated by primary care clinician (i.e. Chest X-ray, Spirometry, PFTs, Chest CT, Cardiology Consult)

**Adapted from the American Heart Association Pre-Screening of Competitive Athletes Recommendations**
- Chest pain with exercise
- Unexplained or excessive Dyspnea/Tachy with exertion
- New Palpitations
- Heart murmur or exam

Medical providers should take into consideration the intensity level of sport participation and exercise to guide their decision to pursue additional evaluation.


APPENDIX C:

MSHSA COVID-19 Return to Play Form

If an athlete has tested positive for COVID-19, he/she must be cleared for progression back to activity by an approved health care provider (MD/DO/PAC/ARNP)

Athlete’s Name: ___________________________ DOB: __________ Date of Positive Test: __________

_________________________________________________________________________________________

THIS RETURN TO PLAY IS BASED ON TODAY’S EVALUATION

Date of Evaluation: _______________________

Criteria to return (Please check below as applies)

☐ 14 days have passed since symptoms first appeared
☐ Symptoms have resolved (No fever ≥100.4°F) for 72 hours without fever reducing medication, improvement of symptoms (cough, shortness of breath)
☐ Athlete was not hospitalized due to COVID-19 infection.
☑ Cardiac screen negative for myocarditis/myocardial ischemia (All answers below must be no)

- Chest pain/lightness with exercise YES ☐ NO ☐
- Unexplained Syncope/near syncope YES ☐ NO ☐
- Unexplained/excessive dyspnea/fatigue w/exertion YES ☐ NO ☐
- New palpitations YES ☐ NO ☐
- Heart murmur on exam YES ☐ NO ☐

NOTE: If any cardiac screening question is positive or if athlete was hospitalized, consider further workup as indicated. May include CXR, Spirometry, PFTs, Chest CT, Cardiology Consult

☐ Athlete HAS satisfied the above criteria and IS cleared to start the return to activity progression.
☐ Athlete HAS NOT satisfied the above criteria and IS NOT cleared to return to activity

Medical Office Information (Please Print/Stamp):

Evaluator’s Name: ___________________________ Office Phone: _______________________
Evaluator’s Address: ___________________________________________________________________
Evaluator’s Signature: ____________________________________________________________________

Return to Play (RTP) Procedures After COVID-19 Infection

Athletes must complete the progression below without development of chest pain, chest tightness, palpitations, lightheadedness, pre-syncope or syncope. If these symptoms develop, patient should be referred back to the evaluating provider who signed the form.

☐ Stage 1: (2 Days Minimum) Light Activity (Walking, Jogging, Stationary Bike) for 15 minutes or less at intensity no greater than 70% of maximum heart rate. NO resistance training.
☐ Stage 2: (1 Day Minimum) Add simple movement activities (EG. running drills) for 30 minutes or less at intensity no greater than 80% of maximum heart rate
☐ Stage 3: (1 Day Minimum) Progress to more complex training for 45 minutes or less at intensity no greater than 80% maximum heart rate. May add light resistance training.
☐ Stage 4: (2 Days Minimum) Normal Training Activity for 60 minutes or less at intensity no greater than 80% maximum heart rate
☐ Stage 5: Return to full activity

Cleared for Full Participation by School Personnel (Minimum 7 days spent on RTP): __________________