



CAPITAL HOMESCHOOL ATHLETIC PROGRAM



CHAP's COVID Safety Protocol:

1. Prior to each practice and game have the coach/athlete monitoring form filled out by each team's coach. (MHSAA version can be found here:
- <https://www.mhsaa.com/Portals/0/documents/AD%20Forms/covid%20coach%20monitor%20form.pdf>)
2. Athlete's temperatures taken and recorded on the form when entering facility.
3. CHAP is recommending masks be worn in any scenario where people are not able to be appropriately socially distant. This does not apply to athletes while they are competing.
4. We are recommending athletes wash and/or sanitize their hands at every water break.
5. Every athlete needs to supply their own water bottle and for the protection of the athletes the sharing of water bottles is not allowed

COVID Considerations from Dr. Peter Luea

Symptoms of COVID can be very similar to other colds/respiratory infections in youth – cough, congestion, sore throat, headache, muscle aches, fever/chills, making it more difficult to manage during these times. Screening questionnaires for these symptoms should be reviewed by families before every sports event. If an athlete has symptoms...

Normally I would recommend an athlete stay away from practice/play for 24 hours after their fever (100.4 F or 30C) has gone without medications AND their symptoms are improving. *In the "COVID" world*, I would recommend **also getting a COVID test done*** and *if* it is negative, an athlete could return to play 24 hours after their last fever, assuming their cold symptoms are improving.

IF a person tests **positive** for COVID, they should be excluded from participation for:

- At least 10 days since symptoms first appeared AND
- At least 24 hours since last fever AND
- Their symptoms have improved.

IF a person with a fever **is not tested** for COVID, they would be excluded from participation for:

- At least 10 days since symptoms first appeared AND
- At least 24 hours since last fever AND
- Their symptoms have improved.

Positive COVID testing is usually reported to the Health Department who will then perform contact tracing. They may have further recommendations at that time. If an athlete has a family member with similar symptoms who has tested **NEGATIVE**, this should count as a negative COVID test for all other affected family members.

*One can get a COVID test done without a script at Sparrow drive through in Frandor and at old St. Lawrence Hospital.