

VIRGINIA

BACK TO SPORTS

UPDATED 10/17/20



PREPARED BY
The School Reopening Task
Force of the VA-AAP

Virginia Chapter

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN®



If we use metrics and mitigation, we can safely get student athletes back to play.

Goal: In recognition of the mental health and physical benefits athletics offer to students, the goal is to return student athletes to play as much as possible while mitigating health risks to students, coaches, faculty, staff and families.



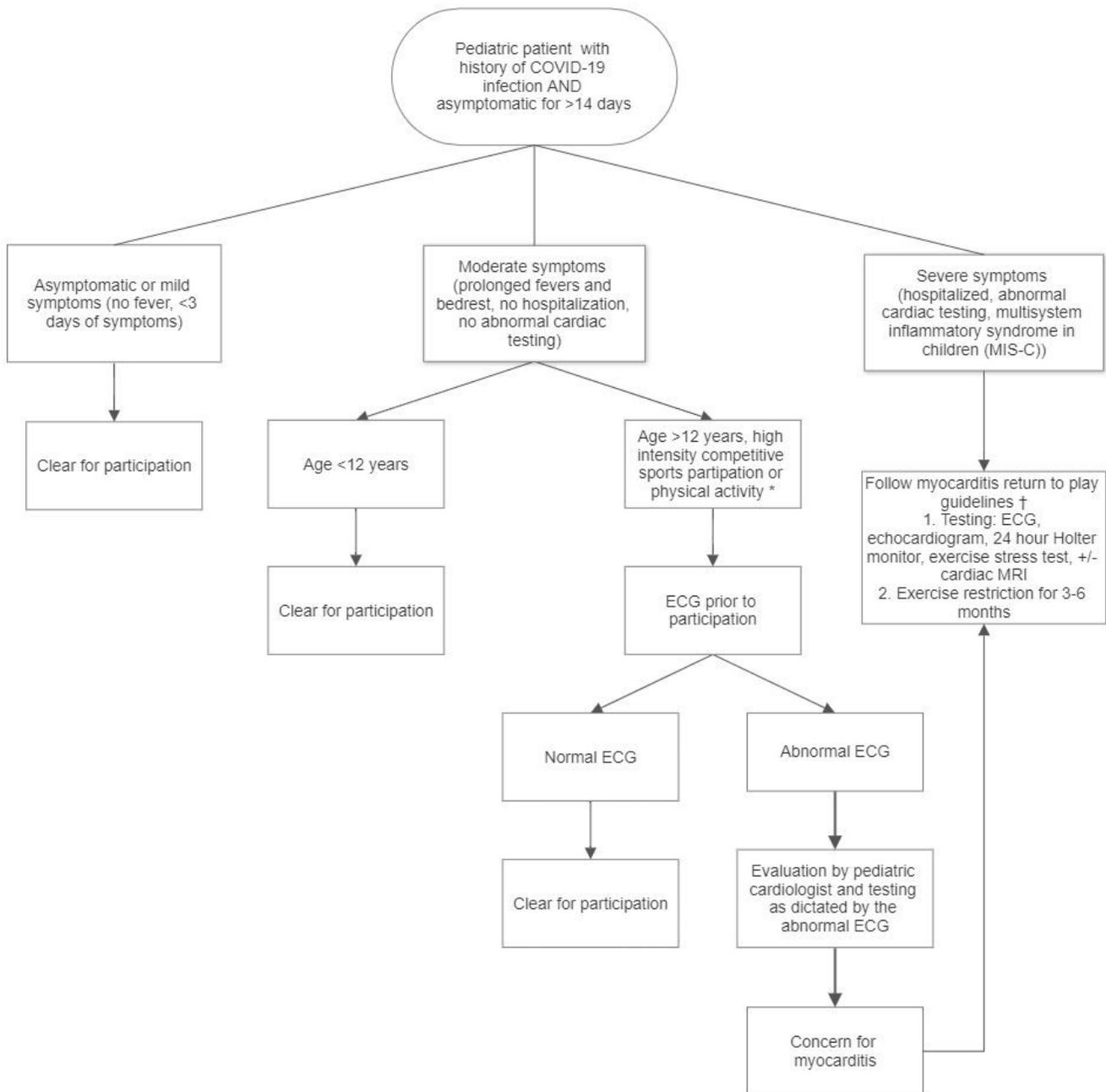
Obtaining this goal will require:

- Support from teachers/staff
- Support from coaches
- Agreement from families to mitigate exposure to Covid-19 while inside and outside of the school community
- The ability to recognize that the degree to which sports participation occurs may fluctuate based on risk of transmission of Covid-19 within a community
- Availability of protective equipment (masks, hand sanitizer, ability to distance when not in play, etc.)
- Recognition and enforcement of best practices to reduce transmission of Covid-19 in sports:
 - Distancing when not in play
 - Masking and distancing on sidelines
 - Limiting and masking spectators
 - Hand sanitizing
 - No shared food or drink
 - Minimal to no team gatherings/tents/etc
 - Immediate quarantine of anyone (and possibly whole teams) who meets exposure criteria or who tests positive for Covid-19
- Recognition that not all sports have equal risk of transmission of Covid-19 (For example, lower risk= outdoors, individual sports; higher risk=indoors, contact sports)
- Utilization of metrics, specifically consider the red/yellow/green model adopted by the CDC and the Virginia Department of Health for school re-opening and applied to athletics such that higher risk activities are limited during high transmissibility times.
- Adaptations specific to each school community should be considered with the metrics.

Return to Play After COVID-19 Infection in Children and Adolescents

Adopted from:

Returning To Play After Coronavirus Infection: Pediatric Cardiologists' Perspective, Jul 14, 2020
Peter N Dean, MD; Lanier Burns Jackson, MD; Stephen M. Paridon, MD, FACC



CDC indicators and thresholds for risk of introduction and transmission of COVID-19 in schools

INDICATORS	Lowest risk of transmission in schools	Lower risk of transmission in schools	Moderate risk of transmission in schools	Higher risk of transmission in schools	Highest risk of transmission in schools
CORE INDICATORS					
Number of new cases per 100,000 persons within the last 14 days*	<5	5 to <20	20 to <50	50 to ≤ 200	>200
Percentage of RT-PCR tests that are positive during the last 14 days**	<3%	3% to <5%	5% to <8%	8% to ≤ 10%	>10%
<p>Ability of the school to implement 5 key mitigation strategies:</p> <ul style="list-style-type: none"> • Consistent and correct use of masks • Social distancing to the largest extent possible • Hand hygiene and respiratory etiquette • Cleaning and disinfection • Contact tracing in collaboration with local health department <p>Schools should adopt the additional mitigation measures outlined below to the extent possible, practical and feasible.</p>	Implemented all 5 strategies correctly and consistently	Implemented all 5 strategies correctly but inconsistently	Implemented 3-4 strategies correctly and consistently	Implemented 1-2 strategies correctly and consistently	Implemented no strategies
SECONDARY INDICATORS					
Percent change in new cases per 100,000 population during the last 7 days compared with the previous 7 days (negative values indicate improving trends)	<-10%	-10% to <-5%	-5% to <0%	0% to ≤ 10%	>10%
Percentage of hospital inpatient beds in the community that are occupied***	<80%	<80%	80 to 90%	>90%	>90%

SCALING UP YOUTH SPORTS ACTIVITIES BASED ON LEVEL OF COVID-19 COMMUNITY TRANSMISSION

- ✓ Scale activities up and down based on the disease burden, or amount of circulating COVID-19 cases, in your community. The *pyramid to the right* shows an easy way to adjust activities during periods of high (red) and low (green) circulating infections in a community, as reported by local and state health departments.
- ✓ Follow local guidelines for types of permissible activities by level of community virus transmission, as determined by local and state public health departments.



Resources:

1. <https://www.chop.edu/return-youth-sports-after-covid-19-shutdown-reference-guides>
2. <https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/covid-19-interim-guidance-return-to-sports/>
3. <https://www.vdh.virginia.gov/coronavirus/key-measures/pandemic-metrics/school-metrics/>
4. <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/indicators.html#interpretation>

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