

COVID-19 IHM Indoor Sports Protocol

- Participants may enter the gym five minutes before the beginning of their practice time. For example, if practice starts at 6:00 p.m. you will be allowed to enter through the south atrium door Door #5 at 5:55 p.m.
- Practice times will last 60-90 minutes. There will be a break between practice times for coaches to pick up any trash left in the gym and use sanitation wipes to wipe down any shared basketballs.
- The gym will be cleaned every evening at 9:00 p.m. The gym will remain closed from 9:00 p.m. onward each day. *NOTE: Only in season sports teams will have gym availability until further notice.*
- Participants/Coaches must wear a mask to enter and exit the building. Per CYO, masks are permitted to be taken off during vigorous activity.
- There is no drinking fountain available. Please bring your own water bottle and do not share water.
- Practice shirts must be worn at all times. "Shirts and skins" is not permitted until further notice.
- Coaches will be wearing masks at all times.

Pre-Practice & Pre-Game COVID-19 Screening Protocol

Prior to each practice and game, parents should check the following:

If the answer is YES to any of these questions, DO NOT send your student to practice or games. Instead, begin quarantine of your athlete and contact your healthcare provider.

COVID-19 Symptoms Checklist

The following are the COVID-19 symptoms parents and coaches should check each morning before attending practice or a game. Those who have these symptoms should stay home.

- Fever/Chills
- Cough
- Shortness of Breath
- Fatigue
- Muscle/Body Aches
- Headache
- Loss of Taste/Smell
- Sore Throat
- Sinus Congestion
- Nausea, vomiting, or diarrhea

Contract Tracing/Quarantine

- Individuals who test positive for COVID-19 must stay home for 10 days following the onset of symptoms or a positive test result and must be 24 hours fever free without fever reducing medications and symptoms improved before returning from isolation.

- Contact tracing and quarantine procedures will be followed for those who have been in close contact with anyone who tests positive for COVID-19.
- Close contact is defined as being within 3 feet of a person who tested positive for COVID-19 for 15 minutes or more.
- Regardless of vaccination status, if you have one or more symptoms above, please have a negative PCR/rapid test to return to sport/school.

Quarantine:

- Vaccinated close contacts do not have to quarantine but should monitor for symptoms, isolate and get tested if symptoms develop. We are not requiring students/coaches to report their vaccination status, however if vaccination status is not reported, they will be required to follow the “unvaccinated” protocol.
- Unvaccinated individuals who are identified as a close contact must quarantine for at least 7 days.
- Asymptomatic unvaccinated close contacts may return on day 8 (with specific negative testing done on day 5, 6, 7, or 8, which can be done in the school clinic starting 09/07/21), or day 15 (without testing or precautions).

Please do not participate in CYO activities if you are experiencing symptoms or have been deemed a close contact.