



**Diocese of Covington**  
**Department of Catholic Schools**  
**COVID-19 Return to Sports Requirements**

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## Quick Reference Guide

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Sports Activity	Diocesan Requirements	Diocesan Guidelines
<b>Athlete Acknowledgement Form</b>	<ul style="list-style-type: none"> <li>▪ Each student athlete and their parent/guardian must sign the “Student Athlete Acknowledgement” form.</li> <li>▪ The student athlete must complete a daily health assessment before attending any school-sponsored athletic activity.</li> <li>▪ The student agrees to follow all Diocese of Covington requirements in order to participate in the school-sponsored athletic activity.</li> </ul>	
<b>Employee Health Assessment</b>	<ul style="list-style-type: none"> <li>▪ Each employee must sign an “Employee Acknowledgement of Responsibility to Perform Daily Personal Health Assessment.”</li> <li>▪ Employee completes a daily personal health assessment before the employee leaves for the athletic activity.</li> </ul>	
<b>Essential Volunteer Health Assessment</b>	<ul style="list-style-type: none"> <li>▪ School volunteers who are deemed essential to school operations (including athletics) by the principal must sign an “Essential Volunteer Acknowledgement of Responsibility to Perform Daily Personal Health Assessment.”</li> <li>▪ Essential volunteer completes a personal health assessment before the volunteer leaves for the athletic activity they are scheduled to volunteer for.</li> </ul>	

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<b>Signs and Messages</b>	<ul style="list-style-type: none"> <li>▪ Post <a href="#">signs</a> in highly visible locations (e.g., entrances, restrooms) that <a href="#">promote everyday protective measures</a> and describe how to <a href="#">stop the spread</a> of germs (such as by <a href="#">properly washing hands</a> and <a href="#">properly wearing a cloth face covering</a>).</li> <li>▪ Regularly broadcast <a href="#">announcements</a> on the PA system on the ways to reduce the spread of COVID-19.</li> <li>▪ Post signs on front doors informing visitors of the screening requirements required before entering (temperatures/symptoms).</li> <li>▪ Facilities must be marked for six feet distance.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Include messages (for example, <a href="#">videos</a>) about behaviors that prevent the spread of COVID-19 when communicating with staff and families (such as on school websites, in emails, and on school <a href="#">social media accounts</a>).</li> <li>▪ Find free CDC print and digital resources on CDC’s <a href="#">communications resources</a> main page.</li> </ul>
<b>Practices</b>	<ul style="list-style-type: none"> <li>▪ Continue following the practice protocols established by KHSAA. This includes: <ul style="list-style-type: none"> <li>o Temperature checks/screening upon arrival</li> <li>o Masks</li> <li>o Hand sanitizer available</li> <li>o Personal water bottles only</li> <li>o Shared equipment is sanitized</li> <li>o Students bring and use their own equipment whenever possible</li> <li>o Team meetings take place outdoors and with spacing</li> <li>o Locker room restrictions</li> <li>o Practice drills and activities adheres to KHSAA protocols</li> </ul> </li> </ul>	

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<b>Pre-Event Communication</b>	<ul style="list-style-type: none"> <li>▪ Host schools are to communicate before an event best practices and/or local restrictions regarding mitigation of COVID-19 to the visiting team, officials, media, fans, etc.</li> <li>▪ Communications between member schools are to include, but is not limited to, information regarding parking, ticketing, spectator limits, concessions, locker rooms, payment methods, entrance/exit gates, bands, cheerleaders, etc.</li> </ul>	
<b>Determining Game Day Essential Personnel</b>	<ul style="list-style-type: none"> <li>▪ The KHSAA has created tiers to define game day attendance. The three tiers are as follows: <ul style="list-style-type: none"> <li>○ Tier 1 (Essential): Athletes, coaches, event staff, medical staff, security</li> <li>○ Tier 2 (Preferred): Media, Limited Squad of Cheerleaders, Limited Squad of Band Members</li> <li>○ Tier 3 (Non-essential): Spectators, vendors</li> </ul> </li> <li>▪ For the Diocese of Covington schools, Tier 1 and Tier 2 attendees are permitted as long as all other requirements pertaining to their role at the game is followed.</li> <li>▪ Tier 3 or non-essential visitors has been restricted to family of the athlete only. Each athlete will be able to purchase two tickets for family to attend.</li> </ul>	

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<p><b>Pre-Contest Guidance</b></p>	<ul style="list-style-type: none"> <li>▪ Limit the Officials/Scorers Table to essential personnel (Tier 1) while allowing for social distancing (also using mask/face coverings) and those not deemed Tier 1 be provided an alternate seating location.</li> <li>▪ Limit the team bench including the field/court to only Tier 1 participants.</li> <li>▪ Make sure facilities have been properly sanitized and have hand sanitizer and disposable mask/face coverings available. Clean and disinfect frequently touched surfaces and equipment.</li> <li>▪ No community water stations/coolers. Everyone (including officials) must have their own drink container.</li> <li>▪ Pre-game protocol must be developed in advance (anthem, introductions, etc.)</li> <li>▪ Pre-game, quarter, half-time and post-game meetings shall follow all social distancing requirements.</li> </ul>	
<p><b>Entrance/Exit Strategies</b></p>	<ul style="list-style-type: none"> <li>▪ The Game Manager* and/or security should prevent groups from congregating at the entrance and exit of the facilities.</li> <li>▪ To limit congregating, staggered entry and ground markings to indicate 6 feet spacing should be utilized.</li> <li>▪ Spectators should go directly to their vehicles at the conclusion of the game.</li> </ul> <p><i>*Game Manager details can be found on p. 12.</i></p>	

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<b>Masks/Face Coverings</b>	<ul style="list-style-type: none"> <li>▪ All individuals entering a venue before, during and after a contest must wear a mask/face covering.</li> <li>▪ All coaches and non-competitors will wear a mask/face covering.</li> <li>▪ A “gaiter” complies with this requirement provided it is properly worn covering the nose and mouth when the player is not participating.</li> <li>▪ Anyone who is not engaged in strenuous physical activity is to be wearing a mask/face covering.</li> </ul>	
<b>Spectators &amp; Attendance</b>	<ul style="list-style-type: none"> <li>▪ Spectators will be limited to two family members per athlete. This number could be reduced depending on the facility capacity.</li> <li>▪ Ticket purchases must be made in advance to eliminate cash exchanges at the entrance.</li> <li>▪ Spectators must be seated at least 6 feet apart or greater from other spectators who are not in the family unit.</li> <li>▪ Spectators should complete a temperature screening/health check prior to attending the game. An additional screening may be required to be admitted.</li> <li>▪ Spectators must avoid congregating at the entrance/exits and in the parking lots. If the attendee is waiting in line, 6 feet spacing must be between guests.</li> <li>▪ Student ticket sales are not permitted at this time.</li> <li>▪ There will be no student section at the games.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Schools are encouraged to find alternative ways to broadcast games for those unable to attend in-person.</li> </ul>

Sports Activity	Diocesan Requirements	Diocesan Guidelines
<b>Spectators &amp; Attendance</b> <i>Continued</i>	<ul style="list-style-type: none"> <li>▪ Spectators who fail to abide by the safety requirements may lose their privilege to attend games. This could also result in a change to no spectators at games.</li> <li>▪ No season passes or conference passes will be accepted.</li> <li>▪ No spectators are permitted on the field/court after games.</li> <li>▪ Tailgating is not permitted.</li> </ul>	
<b>Concessions</b>	<ul style="list-style-type: none"> <li>▪ Concessions will not be available at any sports games or facilities.</li> </ul>	
<b>Facility Cleaning</b>	<ul style="list-style-type: none"> <li>▪ Follow the school cleaning protocols. This includes: <ul style="list-style-type: none"> <li>○ Utilize Guidance on Safety Expectations and Best Practices for Kentucky Schools  <a href="https://education.ky.gov/comm/Documents/Safety%20Expectations_FINAL%20DOC.pdf">https://education.ky.gov/comm/Documents/Safety%20Expectations_FINAL%20DOC.pdf</a></li> <li>○ Utilize KDE Facilities and Logistics  <a href="https://education.ky.gov/comm/Documents/Phase%20I%20Reopening%20Considerations%20Facilities%20and%20Logistics%20FINAL.pdf">https://education.ky.gov/comm/Documents/Phase%20I%20Reopening%20Considerations%20Facilities%20and%20Logistics%20FINAL.pdf</a></li> </ul> </li> <li>▪ Facilities are to be marked to show the traffic direction and social distancing.</li> <li>▪ High touch areas must be wiped down and sanitized before the group enters and after leaving.</li> <li>▪ Hand sanitizer must be available.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Designate one-way traffic when possible or staying to the right side.</li> <li>▪ Designate certain doors/stairwells for entry and exit.</li> <li>▪ Identify and reduce areas of congregation.</li> </ul>



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<b>Locker Rooms</b>	<ul style="list-style-type: none"> <li>▪ Locker rooms should not be used if at all possible.</li> <li>▪ Student athletes should come dressed for games to avoid the need for locker rooms.</li> <li>▪ If locker space is used, space every other locker, stagger entry, and limit time in the space. The student athlete will use sanitizer to spray his/her locker and equipment. Students should not leave cloth items in lockers.</li> <li>▪ Masks are required at all times when inside locker room facilities.</li> <li>▪ If locker room restrooms are used, social distance and limit the number of students.</li> <li>▪ Locker room shower facilities will not be used.</li> <li>▪ Locker rooms will be cleaned and sanitized after use.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Outdoor canopies and areas that allow for spacing outdoors are an acceptable alternative to a locker room.</li> </ul>
<b>Social Distancing</b>	<ul style="list-style-type: none"> <li>▪ At least 6 feet should be maintained at all times, where feasible.</li> <li>▪ No hugging, high fives, shaking hands or fist bumps.</li> <li>▪ Behavior shall be modeled by adults, who must insist on compliance by students.</li> <li>▪ Social distancing should be maintained during the National Anthem and on sidelines.</li> <li>▪ Outdoor sports must expand bench areas to permit social distancing.</li> <li>▪ Indoor sports may need to use lower level bleachers or multiple levels of seating to ensure social distancing among team members before addressing attendees.</li> </ul>	

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<b>Athletes</b>	<ul style="list-style-type: none"> <li>▪ Teams are to make students responsible for their own equipment and supplies.</li> <li>▪ Hand sanitizer should be plentiful at all contests.</li> <li>▪ Athletes must tell coaches immediately when they are not feeling well.</li> <li>▪ Mouth Guards:               <ul style="list-style-type: none"> <li>○ Should be kept in mouths throughout the competition</li> <li>○ Hands should also be washed or disinfected before putting guards back into the mouth.</li> </ul> </li> </ul>	
<b>Water/Hydration</b>	<ul style="list-style-type: none"> <li>▪ All students must bring their own water bottle.</li> <li>▪ Water bottles must not be shared.</li> <li>▪ Food must not be shared.</li> <li>▪ Time outs are to be extended to ensure that athletes have time to be given a personal water bottle.</li> </ul>	
<b>Non-Uniformed Team Members</b>	<ul style="list-style-type: none"> <li>▪ Team areas and benches are restricted to the uniformed players, coaches and essential individuals having an active role in game conduct or management.</li> </ul>	

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Coaches	<ul style="list-style-type: none"> <li>▪ Communicate the guidelines to students and parents.</li> <li>▪ Limit game-day squad sizes for social distancing per KHSAA allowances.</li> <li>▪ Bring own water bottle.</li> <li>▪ Model requirements for masks/face coverings at all times.</li> </ul>	
Cheerleading	<ul style="list-style-type: none"> <li>▪ Only school sponsored cheerleading teams may cheer at the games. No student cheering groups are permitted.</li> <li>▪ Placement of cheerleaders will need to be in a separate and distinct area from the teams and with the ability to be socially distanced from other groups of individuals including fans.</li> <li>▪ All cheerleading at practice and games needs to practice social distancing.</li> <li>▪ Cheerleaders only attend home games.</li> <li>▪ The number of cheerleaders per team is not to exceed 20.</li> <li>▪ If social distancing is not possible, all cheerleaders are required to wear masks at all times.</li> <li>▪ Each cheerleader may have up to two family members purchase tickets and attend the game as spectators.</li> </ul> <p><b>Elementary School Cheerleading:</b></p> <ul style="list-style-type: none"> <li>▪ Depending on gym capacity, cheerleading at games may not be possible at some facilities. School sports organizations should determine whether or not gyms will have the spacing to allow for cheerleaders.</li> </ul>	<p><b>Elementary School Cheerleading Consideration:</b></p> <ul style="list-style-type: none"> <li>▪ If space is not available, teams may still practice. The cheering can be recorded to share virtually at games or broadcasted at school on the day of the competition.</li> </ul>

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<b>Band</b>	<ul style="list-style-type: none"> <li>▪ Placement of band members will need to be in a separate and distinct area from the teams and with the ability to be socially distanced from other groups of individuals including fans.</li> <li>▪ Schools should consider reducing the number of band members as necessary to accommodate social distancing at the facility.</li> <li>▪ Each band member may have up to two family members purchase tickets and attend the game.</li> <li>▪ Kentucky band guidance document:  <a href="https://education.ky.gov/comm/Documents/July%202020-kmea-guidance-for-returning-to-high-school-marching-band-activities.pdf">https://education.ky.gov/comm/Documents/July%202020-kmea-guidance-for-returning-to-high-school-marching-band-activities.pdf</a> </li> </ul>	
<b>Parents</b>	<ul style="list-style-type: none"> <li>▪ Communicate expectations to children in congruence with the requirements established by the Diocese.</li> <li>▪ Parents play a critical role in maintaining safety guidelines for themselves and their children. This is necessary to remain healthy at sports.</li> <li>▪ Children who are sick or showing symptoms must stay home and not attend games or practices. Coaches will be considerate and understanding of this precaution.</li> <li>▪ If someone in the household, other than the athlete, is exhibiting symptoms and COVID-19 is suspected, the athlete should stay home.</li> <li>▪ Provide personal items for your child and clearly label them.</li> </ul>	

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<b>Game Day Workers</b>	<ul style="list-style-type: none"> <li>▪ Thoroughly review and make determinations as to which workers are essential (Tier 1).</li> <li>▪ All workers are to comply with mask/face coverings requirements at all times.</li> <li>▪ All game day workers are subject to entry screening procedures.</li> </ul>	
<b>Game/Contest Manager</b>	<ul style="list-style-type: none"> <li>▪ The principal of the home team will designate a game manager who will be on-site before, during, and after each contest.</li> <li>▪ The game manager (GM) will be responsible for ensuring COVID-19 health and safety requirements are followed. The GM will have complete authority to delay or cancel games if protocols are not followed.</li> <li>▪ The GM will make sure all fans remain at least ten yards from the playing area.</li> <li>▪ Sideline barriers/portable fencing: Only players/coaches/medical personnel are permitted in the area behind the barriers (no fans, teachers, alumni, parents).</li> <li>▪ PA announcer is to provide announcements and protocol reminders.</li> <li>▪ Players assigned a location/seat/cone on sidelines.</li> <li>▪ Limit number of media personnel at game. They must have advanced approval by the school principal.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Two game managers for each game are encouraged.</li> </ul>

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<b>Media Restrictions/ Considerations</b>	<ul style="list-style-type: none"> <li>▪ Media access will be limited especially since there are limits to capacity.</li> <li>▪ Inform visiting AD on the number of spaces available for the visiting team media.</li> <li>▪ The press box/media area/finish are to be limited to essential personnel (Tier 1) only, with all individuals respecting social distancing (consider additional accommodations outside if necessary).</li> <li>▪ A non-working individual may not be in the press box/media area/finish area including spouses, family members and others.</li> <li>▪ The media is restricted to areas outside the team areas.</li> <li>▪ Media members will wear mask/face coverings at all times.</li> <li>▪ Staff shall disinfect the press box and working media areas before and after each game.</li> <li>▪ Interviews may only be conducted if social distancing protocols can be followed and in an open-air environment.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Media areas should be clearly marked to promote social distancing</li> <li>▪ Assign a staff member(s) to monitor compliance by media members.</li> <li>▪ Incorporate easily identifiable credentials to ensure only authorized personnel are in restricted areas.</li> </ul>
<b>Isolation Areas</b>	<ul style="list-style-type: none"> <li>▪ Designate an area for isolation of sick athletes with an ability to maintain adult supervision. The isolation area must follow the Diocese of Covington Safe Environment procedures.</li> <li>▪ Athlete must wear a face covering if there is no medical reason to prevent this.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Additional guidance  <a href="https://education.ky.gov/comm/Documents/Reopening%20Considerations%20Workplace%20Health%20and%20Safety%20FINAL.pdf">https://education.ky.gov/comm/Documents/Reopening%20Considerations%20Workplace%20Health%20and%20Safety%20FINAL.pdf</a> </li> </ul>

Sports Activity	Diocesan Requirements	Diocesan Guidelines
<b>Isolation Areas</b> <i>Continued</i>	<ul style="list-style-type: none"> <li>▪ Sick athletes cannot be sent on the bus/carpool and should be transported by their parent/guardian or themselves (if it is safe to do so).</li> <li>▪ Health supplies for the adult supervising the isolation area must include gloves, face masks, and face shields.</li> <li>▪ The isolation area must be cleaned and sanitized after each use.</li> <li>▪ Transportation procedures should be created to address how an athlete gets home if the parent has no transportation or is not responding.</li> </ul>	
<b>Screening of All Entering the Facility for Practice or Competition</b>	<ul style="list-style-type: none"> <li>▪ Local school shall develop a protocol for checking the temperature and health of all individuals.</li> <li>▪ Anyone attending or participating in a KHSAA regular season or postseason event shall review his/her symptoms before arriving in anticipation of being screened.</li> <li>▪ Gate attendees shall be prepared to check the temperature of any individual who was not checked that day by the school.</li> <li>▪ The current protocol permits accepting a temperature of 100.4 or less.</li> <li>▪ In the event a person does not meet the temperature threshold, that individual shall not be admitted to the facility and standard procedures for a symptomatic individual shall be implemented.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Consider the potential for environmental factors to cause an elevated temperature and should the temperature be elevated, it is appropriate to isolate the individual and recheck the temperature after 5-to-10 minutes of sitting in a cooler environment.</li> </ul>

Sports Activity	Diocesan Requirements	Diocesan Guidelines
<p><b>Screening of All Entering the Facility for Practice or Competition</b> <i>Continued</i></p>	<ul style="list-style-type: none"> <li>▪ Spectators, participants, or personnel displaying COVID-19 symptoms (e.g., fever, cough, or shortness of breath), or with temperatures of greater than 100.4F shall not be admitted and must stay home and consider COVID-19 testing if symptoms persist.</li> <li>▪ For students failing the health check, a standard protocol shall be implemented as with all school procedures.</li> <li>▪ Any individual who fails a screening, either based on symptoms or temperature level, shall also wear a mask/face covering and be sent immediately to a designated area for isolation, and the school emergency action plan shall be implemented.</li> <li>▪ Any individual, student-athlete, coach, athletic trainer, support staff, or official exhibiting signs of COVID-19 shall be tested before returning to participate in contests and consult with their healthcare provider.</li> <li>▪ Any individual who refuses to be screened will be denied entry to the game.</li> </ul>	
<p><b>Protocol for Suspected Cases of COVID-19</b></p>	<ul style="list-style-type: none"> <li>▪ All schools shall have an emergency action plan in place for each site. If a student, coach, or official is, or becomes sick on-site with symptoms of COVID-19, they shall be placed in the isolation area with a mask in place until they can be picked up.</li> <li>▪ Staff who are identified to care for students must wear a mask.</li> </ul>	



Sports Activity	Diocesan Requirements	Diocesan Guidelines
<p><b>Protocol for Suspected Cases of COVID-19</b> <i>Continued</i></p>	<ul style="list-style-type: none"> <li>▪ Students, coaches, and/or officials should be transported by their parent or guardian, emergency contact, themselves (if it is safe to do so), or ambulance (if clinically unstable) for off-site treatment and/or testing.</li> <li>▪ If an ambulance is called or someone is being brought to the hospital, the first responders and/or hospital should be notified that the person may have COVID-19.</li> <li>▪ If a student, coach, or official becomes sick, they must not use group transportation to return home.</li> </ul>	
<p><b>Protocol for Positive Cases of COVID-19</b></p>	<ul style="list-style-type: none"> <li>▪ If there is a positive case identified involving any athlete, coach, or other individuals associated with the team, the school principal will follow the school procedures from the “COVID-19 to School Requirements.” <i>*See p. 30</i></li> <li>▪ The principal will contact the local health department and the Diocese of Covington to explain the case details and to seek further direction.</li> <li>▪ Contact tracing will be initiated immediately by school officials and will follow the health department’s guidance for close contacts.</li> <li>▪ <b>Due to the difficulty in determining close contacts for athletics, it is likely the entire team may be quarantined if a student or coach tests positive.</b></li> </ul>	

Sports Activity	Diocesan Requirements	Diocesan Guidelines
<p><b>Protocol for Positive Cases of COVID-19</b> <i>Continued</i></p>	<ul style="list-style-type: none"> <li>▪ All schools must cooperate with the local public health department if a confirmed case of COVID-19 is identified, and collect the contact information for any close contacts (i.e., individuals less than six feet apart for more than 15 minutes) of the infected individual from two days before he or she showed symptoms to the time when he or she was last at the event. For asymptomatic cases, 48 hours prior to the date of the test and up to the event will be used.</li> <li>▪ Close contacts will be quarantined per the local health department protocols and guidance from the Diocese of Covington.</li> <li>▪ The individual with COVID-19 shall not be identified by name to non-family or non-health department officials.</li> <li>▪ Even if a family/student acknowledges and publicly discloses a positive test, school staff and officials must not participate in discussion or acknowledgment of a positive test by identifying a specific student.</li> <li>▪ Students, coaches, or officials who were at the event, but not in close contact with a positive case, should continue to be closely monitored for any signs of illness.</li> <li>▪ Areas that were used by the sick person should be closed off and should not be used until after cleaning and disinfecting them (this includes surfaces or shared objects in the area).</li> <li>▪ If possible, cleaning and disinfecting of the area should not occur until at least 24 hours have elapsed.</li> </ul>	

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<p><b>Return to Play or Involvement for Positive COVID-19 Test</b></p> <p><i>(Student, coach, or other team members)</i></p>	<ul style="list-style-type: none"> <li>▪ All return to play or involvement for student athletes who have tested positive for COVID-19 should follow the Kentucky Medical Association’s (KMA) Committee on Medical Aspects of Sports return to activity guidance. That document can be accessed at the link below: <a href="https://khsaa.org/resources/Covid19/CovidResumptionFallSports/kma-covid-rtp-algorithm.pdf">https://khsaa.org/resources/Covid19/CovidResumptionFallSports/kma-covid-rtp-algorithm.pdf</a></li> <li>▪ No exercise is recommended for at least 14 days from diagnosis and seven days after all symptoms have resolved.</li> <li>▪ After that period, gradual acclimation back to sports over a 10-to-14 day period, once the student athlete is cleared to participate, is recommended following the KMA matrix linked above.</li> <li>▪ Athletes should complete the progression provided by KMA without the development of cardiopulmonary symptoms (chest pain, chest tightness, palpitations, shortness of breath, excessive fatigue, lightheadedness, pre-syncope, or syncope).</li> <li>▪ Monitor the student-athlete closely for the development of any symptoms during this active progression.</li> <li>▪ If any symptoms develop, the athlete should stop exertion immediately and be referred back to the evaluating physician for consideration of additional evaluation, including cardiology consultation, before resuming activity.</li> </ul>	

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<b>Volleyball</b>	<ul style="list-style-type: none"> <li>▪ Each athlete will be permitted two tickets for family entry to games.</li> <li>▪ No locker rooms except as restrooms (limit numbers using at a time and the length of time they are in there). Players are to come to the game in uniform.</li> <li>▪ No locker rooms for officials. They will need to come in uniform.</li> <li>▪ A minimum number of game balls (4 balls available for sanitation and rotation - one in play, two ready and one being cleaned).</li> <li>▪ Balls should be managed by competent individuals who are capable of the rigors of keeping them sanitized without game delay.</li> <li>▪ The ball may be switched as often as can efficiently allow for sanitation and return, up to and including changing balls each play or at each dead ball or at specific times during the game.</li> <li>▪ Limit essential personnel which includes the home team scores, libero tracker and time with a distance of 6 feet between individuals.</li> <li>▪ Visiting team personnel (scorer, statistician, etc.) are not deemed essential personnel and will need to find an alternative location.</li> <li>▪ Rosters are restricted to a limit of 15 players in uniform and participating in warm ups and competition.</li> </ul>	

Sports Activity	Diocesan Requirements	Diocesan Guidelines
<b>Volleyball</b> <i>Continued</i>	<ul style="list-style-type: none"> <li>▪ Allow for benches to wrap around baseline, be two rows deep etc. based on gym</li> <li>▪ All non-uniformed team members who are not essential to game management shall be seated in the bleachers or general seating and able to socially distance from other groups.</li> <li>▪ No switching sides.</li> <li>▪ Seat fans opposite team benches and separated from one another to promote social distancing.</li> <li>▪ All spectators in the stands socially distanced and masked.</li> <li>▪ Host school to supply line judges (masked).</li> <li>▪ No hugging, high fives, shaking hands or fist bumps.</li> <li>▪ Gym to be cleared for each game depending on the gym capacity.</li> <li>▪ Spectators who arrive early will not be admitted.</li> </ul>	
<b>Football</b>	<ul style="list-style-type: none"> <li>▪ Each athlete will be permitted two tickets for family entry to games.</li> <li>▪ Social Distancing in stretching/warmups</li> <li>▪ Rules revisions regarding the team box shall be marked for each contest with either temporary or permanent markings.</li> <li>▪ Rosters are restricted to a limit of 60 players in uniform and participating in warm-ups and competition</li> </ul>	<ul style="list-style-type: none"> <li>▪ Outdoor canopies and areas that allow for spacing outdoors are an acceptable alternative to a locker room.</li> </ul>

Sports Activity	Diocesan Requirements	Diocesan Guidelines
<b>Football</b> <i>Continued</i>	<ul style="list-style-type: none"> <li>▪ All non-uniformed team members who are not essential to game management shall be seated in the bleachers or general seating and able to socially distance from other groups.</li> <li>▪ Suspend pregame protocol of shaking hands during introductions.</li> <li>▪ Suspend postgame protocol of shaking hands.</li> <li>▪ Before, during and after the contest, players, coaches, game officials, team personnel and game administration officials should wash and sanitize their hands as often as possible.</li> <li>▪ Maintain social distancing at all times while on the sidelines.</li> <li>▪ Gloves are permissible for all coaches and team staff and all game administration officials.</li> <li>▪ Only essential personnel are on the field level throughout the contest.</li> <li>▪ A minimum number of game balls (4 balls available for sanitation and rotation - one in play, two ready and one being cleaned).</li> <li>▪ Balls should be managed by competent individuals who are capable of the rigors of keeping them sanitized without game delay.</li> <li>▪ The ball may be switched as often as can efficiently allow for sanitation and return, up to and including changing balls each play.</li> </ul>	

Sports Activity	Diocesan Requirements	Diocesan Guidelines
<b>Football</b> <i>Continued</i>	<ul style="list-style-type: none"> <li>▪ All tooth and mouth protectors shall be attached to the helmet.</li> <li>▪ Mouth Guards: <ul style="list-style-type: none"> <li>○ Should be kept in mouths throughout the competition</li> <li>○ If taken out, hands should also be washed or disinfected before putting guards back into the mouth.</li> </ul> </li> <li>▪ Cloth masks/face coverings are to be worn under the face mask.</li> <li>▪ These types of cloth masks/face coverings have no restrictions on color.</li> <li>▪ Time outs – players stay on field by the numbers. Individual water bottles and trash bags for time outs.</li> <li>▪ Huddles – Row huddles, no circles. Quarterback and receivers have social distance huddles.</li> <li>▪ No locker room available for the visiting team. They can stay outside at halftime. If possible, gym available for inclement weather.</li> <li>▪ Away games – Team will stay outside. If the game is nearby, the team can warm up at home before traveling to the game.</li> <li>▪ Restrooms will be available but a limited number to enter at one time. Shower facilities are not permitted.</li> <li>▪ Team meetings outside and socially distanced. For indoor film sessions, daily school classroom protocols are followed</li> </ul>	

Sports Activity	Diocesan Requirements	Diocesan Guidelines
Soccer	<ul style="list-style-type: none"> <li>▪ Each athlete will be permitted two tickets for family entry to games.</li> <li>▪ All soccer balls must be regularly and routinely cleaned. Four balls should be available for rotation during games.</li> <li>▪ The home team must have ample sanitation supplies positioned around the field and ensure the balls are sanitized before the game, between each half (or quarter if applicable) and as needed</li> <li>▪ Rosters are restricted to a limit of 24 players in uniform and participating in warm-ups and competition.</li> <li>▪ All non-uniformed team members who are not essential to game management shall be seated in the bleachers or general seating and able to socially distance from other groups.</li> <li>▪ Only players on the roster and in uniform (maximum of 24) are permitted to warm up or be in the team area before, during, or after the contest.</li> <li>▪ Ball Holders shall exercise social distance at all times.</li> <li>▪ Players are to come dressed for practice/game</li> <li>▪ No locker rooms or shower facilities can be used.</li> <li>▪ Players bring own ball and water.</li> <li>▪ Players not in the game must maintain social distancing.</li> <li>▪ No hugging, high fives, shaking hands or fist bumps.</li> </ul>	



Sports Activity	Diocesan Requirements	Diocesan Guidelines
<b>Cross Country</b>	<ul style="list-style-type: none"> <li>▪ Each athlete will be permitted two tickets for family entry to hosted events.</li> <li>▪ Team entry is not to exceed 10 runners, the current postseason roster limitation. Additional runners may be allowed depending upon the decisions of meet management.</li> <li>▪ Meet managers should transmit as much information as possible electronically before the meet.</li> <li>▪ The use of team tents on site is not allowed. Open air tarps with space markers are permitted.</li> <li>▪ Numbers written on athletes are not permitted.</li> <li>▪ No items (water bottles, clothing, etc.) are to be left at the starting line.</li> <li>▪ Athletes shall wear masks/face covering in the team staging area, corral, and until the start of the race.</li> <li>▪ Runners may remove their mask/face covering when called to the starting line by the starter.</li> <li>▪ Coaches are not allowed on the course.</li> <li>▪ If spectators are allowed, there must be a restricted area at the finish that keeps spectators away so they do not interfere with the “quick exit” of each athlete.</li> <li>▪ No spectators on the course.</li> <li>▪ Meet results shall not be posted at the venue. All results are to be posted online or sent by email</li> <li>▪ Only one coach for the pre-contest meeting.</li> <li>▪ Distribute awards in envelopes.</li> <li>▪ Mass award ceremonies shall be eliminated.</li> </ul>	

Sports Activity	Diocesan Requirements	Diocesan Guidelines
<b>Basketball</b>	<ul style="list-style-type: none"> <li>▪ Each athlete will be permitted two tickets for family entry to games (may be reduced depending on facility).</li> <li>▪ Locker rooms should not be used if safe distancing is not possible. If available, alternative dressing facilities for game officials and teams that are large enough for social distancing may be used. These rooms should be cleaned and sanitized prior to arrival.</li> <li>▪ A minimum of 3 game balls are available for sanitation and rotation.</li> <li>▪ Balls should be managed by competent individuals who are capable of the rigors of keeping them sanitized without game delay.</li> <li>▪ The ball must be switched as often as can efficiently allow for sanitation and return. The ball must be sanitized during time-outs and between quarters.</li> <li>▪ Rosters are restricted to a limit of 15 players in uniform and participating in warm-ups and competition.</li> <li>▪ Allow for benches to be two rows deep, use lower level bleachers, and extend to the baseline to maintain distancing.</li> <li>▪ Maintain social distancing of 6 feet at all times while on the sidelines.</li> <li>▪ Coaches must be masked at all times.</li> <li>▪ Players must wear masks on the sidelines. Masks may only be removed for active play.</li> <li>▪ Players must bring their own water. It should be clearly marked and remain at their assigned bench seat.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Digital ticketing should be used to eliminate congregating and money exchanges at facility entrances.</li> <li>▪ Live video streaming is encouraged for fans who are unable to attend due to spectator limitations.</li> <li>▪ When possible, use separate doors for entry and exits.</li> <li>▪ When possible, use assigned seating for visiting and home fans.</li> </ul>

Sports Activity	Diocesan Requirements	Diocesan Guidelines
<b>Basketball</b> <i>Continued</i>	<ul style="list-style-type: none"> <li>▪ Eliminate the jump ball and award the choice of first possession of the ball to the team winning the coin toss, called by the home team.</li> <li>▪ Limit contact between players when substituting.</li> <li>▪ All non-uniformed team members who are not essential to game management must be seated in the bleachers or general seating and able to sit 6 feet distance.</li> <li>▪ Seat fans opposite team benches if possible.</li> <li>▪ All spectators in stands must be 6 feet distance from other family units and wear masks.</li> <li>▪ No hugging, high-fives, shaking hands, or fist bumps.</li> <li>▪ Gyms must be cleared between each game.</li> <li>▪ Spectators who arrive early will not be admitted.</li> </ul>	
<b>Basketball:</b> <b>Additional</b> <b>Elementary</b> <b>Requirements</b>	<ul style="list-style-type: none"> <li>▪ Practices may begin the week of December 7<sup>th</sup>.</li> <li>▪ Competitions may begin the week of January 4<sup>th</sup> and must conclude by March 14<sup>th</sup>.</li> <li>▪ Grades K-2 may resume basketball but play is restricted to instructional or intramural only.</li> <li>▪ Grades 3-8 may resume basketball practices and competitions adhering to the approved timelines. They must follow all Diocesan requirements as well as KHSAA protocols. (per the NKY Health Department)</li> <li>▪ Teams should be limited to students from the same school and by grade level classes as much as possible.</li> <li>▪ At-home learners and homeschool students will not be permitted on school teams for the 2020-2021 season.</li> </ul>	<ul style="list-style-type: none"> <li>▪ If digital ticketing is not possible, consider other options. This could include: <ul style="list-style-type: none"> <li>○ Season pass advance purchasing</li> <li>○ Increasing league fees to cover admission instead of spectators paying at each game.</li> </ul> </li> </ul>

Sports Activity	Diocesan Requirements	Diocesan Guidelines
<b>Basketball: Additional Elementary Requirements</b>	<ul style="list-style-type: none"> <li>▪ As much as possible, teams should only participate in leagues sponsored by Diocese of Covington schools. Competing in multiple leagues is discouraged.</li> <li>▪ Diocese of Covington schools may not host additional tournaments. Only the end of season tournament for regular league play may be held.</li> <li>▪ Students must wear masks entering and exiting the gym. Masks may be removed during active play only.</li> <li>▪ Student athletes must have their temperature taken upon entry to practices and games unless it is held immediately after school.</li> <li>▪ Parents/spectators are not permitted in the facility during practices. At least two adults must be at practices to meet the Safe Environment requirements. If the team only has one coach then a Virtus trained and compliant parent must stay for the practice.</li> </ul>	
<b>Contact Tracing</b>	<ul style="list-style-type: none"> <li>▪ Following a positive COVID-19 case, coaches and athletes will need to cooperate with the contact tracing investigation.</li> <li>▪ Contact tracing will identify individuals who are deemed close contacts to a positive case who will need to quarantine for 14-days after the date of exposure.</li> <li>▪ In some cases, it may be determined that an entire team may have to quarantine or practices/games may be delayed or canceled until the contact tracing investigation is complete.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Share Contact Tracing PDF <a href="https://chfs.ky.gov/agencies/dph/covid19/CTyouractionmatters.pdf">https://chfs.ky.gov/agencies/dph/covid19/CTyouractionmatters.pdf</a></li> <li>▪ Additional resources <a href="https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/contact-tracing.html">https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/contact-tracing.html</a></li> </ul>

<b>Transportation</b>	<ul style="list-style-type: none"><li>▪ Transportation to games should be private vehicles with parents or individual students.</li><li>▪ Carpooling and the use of buses are discouraged for team/coach travel. If it is necessary to use this manner of travel, masks are required at all times and social distancing should be followed to the greatest extent possible. Opening windows to increase air flow is also suggested.</li></ul>	
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## INFECTION PROCEDURES

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**Q1. What are the symptoms of COVID-19?** The Centers for Disease Control (CDC) has identified a wide-range of symptoms that can be mild to severe and symptoms may appear 2-14 days after exposure to the virus. People with the following symptoms may have COVID-19: fever (above 100.4°F), chills, shortness of breath, fatigue, muscle/body aches, headache, loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea and a new, uncontrolled cough that causes difficulty breathing. Follow this link to check your [symptoms](#).

**Q2. What should a parent do if a child has illness symptoms?** If your child shows illness [symptoms](#) that could be COVID-19, you should contact your doctor. Your doctor may ask that your child participate in a COVID-19 test. You must alert your school's main office and do not send your child to school. If the symptoms occur during the school day, your child will be immediately sent to the office and you will be contacted to pick your child up from school. Your child may return to school when he/she has been symptom and fever free for 24 hours without fever-reducing medication or your child's doctor has provided an alternative diagnosis.

**Q3. My child had COVID-19-like symptoms, but tested negative for COVID-19. When can he/she return to school?** If your child tested negative for COVID-19, but has another illness, your child may return to school when he/she has been fever and symptom free for 24 hours without fever reducing medication. A doctor's note will not be required for return.

**Q4. What should I do if my child tests positive for COVID-19?** You must contact your child's school immediately to report the positive case. You will need to provide details to the school principal to assist with contact tracing. This may include, but not be limited to: the date symptoms began, close contacts your child had with others, siblings (their school/grade levels), other activities, etc. This information will be used to determine if there were any close contacts in the school community who will need to quarantine. You should work with your child's primary care physician for treatment. Your child may not return to school until he/she has met the return to school requirements in Q5.

**Q5. When can a student return to school after receiving a positive COVID-19 test?** If a student tests positive for COVID-19, the student must isolate and not return to school until they have met [CDC's criteria to discontinue home isolation](#). This includes:

1. At least 10 days have passed since symptoms first appeared; and
2. At least 24 hours have passed since the last fever without the use of fever reducing medications; and
3. Other symptoms have improved.

**Q6. What should I do if another member of my household tests positive for COVID-19?** You must immediately contact your school's office to report the positive case. You will need to provide details to the school principal to assist with contact tracing. This may include, but not be limited to: who tested positive, the date symptoms began, close contacts with family or community members, children in the home (their school/grade levels), etc. This information will be used to determine if there were any close contacts in the school community who will need to quarantine. Your school will ask that your child quarantine for 14 days and monitor for symptoms. The 14 day quarantine will begin after the positive household member has recovered based on the criteria in question Q5 above. This means the quarantine period will be 24 days – 14 days beyond the 10 days needed for the positive household member to recover.

**Q7. What happens if my child's teacher tests positive for COVID-19?** Should any employee have COVID-19 symptoms or tests positive for COVID-19, we will follow the same protocols used for students. If your child's teacher becomes sick and is unable to work, your school will provide a substitute teacher.

**Q8. What happens if a student in my child's class tests positive for COVID-19?** Your school will make all parents aware that a student has tested positive for COVID-19. Contact tracing will be used to determine which students had close contact with the positive case. Students who are considered to be close contacts by the CDC/health department guidelines will need to begin a 14 day quarantine from the date of exposure, monitor for symptoms, and participate in at-home instruction. In some cases, it is possible that the entire class will be isolated at home for 14 days.

**Q9. I suspect someone in my household may have COVID-19, should I keep my children home from school?** Yes, if you suspect that someone in your household may have COVID-19 or is going to be tested for COVID-19 then all the household members should stay home and not attend school or other activities. The family members should remain isolated at home while awaiting the test results.

**Q10. I have been notified by the school or health department that my child has been a close contact to someone who tested positive for COVID-19. What does this mean?** When your child has been determined to be a close contact to someone who tested positive for COVID-19, this means your child may have been exposed to the virus. Since symptoms may appear 2-14 days after exposure, your child will need to quarantine at home and monitor for symptoms for 14 days after the exposure. During this time, the isolated child should remain at home, take daily temperature checks, and as much as possible remain in a separate room, use a separate bathroom and avoid eating meals with the family. Arrangements should be made with the school to participate in at-home instruction. If symptoms appear during this time, you should notify the school and your child's doctor. If no symptoms appear, your child may return to school at the end of the quarantine period.

**Q11. If my child has had a close contact with a positive case (outside of the household) and is required to quarantine, do my other children need to quarantine?** No, your other children will not need to isolate since they were not considered a close contact to the positive case. However, the child in quarantine should remain isolated at home as much as possible while monitoring for symptoms. If symptoms should appear in the isolated child or any household member, you must contact your child's school immediately for further guidance.

**Q12. Could my child's school building be closed due to COVID-19 this year?** At times, a school may need to close on short notice when we are notified about a positive case that has been at school. This may be necessary to carry out additional disinfecting or to allow time for school and health department officials to gain a better understanding of the COVID-19 situation and trace all potential contacts. While it is our goal to continue in-person instruction, the health and safety of our students, their families, and our staff are the first priority.

If you have additional questions please contact your school office or the Kentucky COVID-19 hotline at (800) 722-5725.

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## CDC GUIDANCE ON EXPOSURE TO COVID-19

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### How is an exposure to COVID-19 determined?

After an individual tests positive for COVID-19, contact tracing will be used to determine whether or not other individuals may have been exposed to the virus. This will be conducted by the local health department and your child's school. Contact tracing will involve looking at all close contacts beginning 48 hours prior to the test or 48 hours prior to the onset of symptoms up to the last known contact with others. Any individual or group who is deemed a close contact to the positive COVID-19 case will be considered to have been exposed and will need to quarantine for 14 days and monitor for symptoms.

### What counts as close contact?

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more (masked or unmasked)
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

### If you have been exposed to someone with COVID-19 you must:

- Stay home for 14 days after your last contact with a person who has COVID-19
- Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19
- If possible, stay away from others, especially people who are at higher risk for getting very sick from COVID-19

Note: People who have tested positive for COVID-19 do not need to quarantine or get tested again for up to 3 months as long as they do not develop symptoms again. People who develop symptoms again within 3 months of their first bout of COVID-19 may need to be tested again if there is no other cause identified for their symptoms.

For more information on possible exposure or how to quarantine visit: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>



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## SCHOOL PROCEDURES FOR A POSITIVE COVID-19 CASE

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1. Immediately upon learning of a positive COVID-19 case within the school community, the school principal will contact the local health department and the Department of Catholic Schools to report the case.

Boone, Campbell, Kenton counties - Northern Kentucky Health Department

Harrison County - Wedco District Health Department

Mason County - Buffalo Trace District Health Department

2. The school response will follow the instructions provided by the local health department and the Department of Catholic Schools. This will include contact tracing, proper disinfection techniques, communications, school closure, and other preventative actions.
3. The school principal will keep the school community informed of the action steps to be taken.
4. Individuals in the school community who have been identified as close contacts to a positive case of COVID-19 may receive additional instructions from the Health Department.