

NORTH STAR CHARTER SCHOOL

IB World School – International School of Business & Economics

North Star Charter COVID Guidelines

Category 1- Green (no to very little community transmission)

Category 2- Yellow (minimal to moderate community transmission)

Category 3- Red (substantial community transmission)

Plans for Categories 1 and 2, if we are in Category 3 sports may be put on hold or cancelled.

Screening Procedures:

Head coaches will be responsible for collecting and documenting the following information during practice and games. Data will be collected weekly by the athletic department.

Procedures to be completed by coaches and players before practices and matches:

1. Temperature Check - Normal or Fever (100.4°F or higher)
2. Have you taken any fever medications? - Yes or No
3. Are you experiencing any of the following symptoms?
 - a. Cough
 - b. Sore throat
 - c. Difficulty breathing
 - d. Diarrhea
 - e. Nausea or vomiting
 - f. Lack of sense of smell and/or taste
4. Have you or a family member, living with you, traveled outside of the US in the past 14 days?

If a coach or athlete has a fever or answers yes to any of the questions, he/she will not be allowed to participate and must go home. This information should be communicated to the AD.

Gym Use:

Sanitizing facility after every training session and game.

Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility will be wiped down. Sanitize surfaces that are touched with bare skin.

Hand sanitizer available to individuals as they transfer from place to place.

Equipment will be wiped down thoroughly before and after each use.

Maximize the outside air brought in through gym doors being open.

NORTH STAR CHARTER SCHOOL

IB World School – International School of Business & Economics

Game Safety for Players and Officials:

Students who are not allowed to be at school due to COVID-19 procedures are not permitted to attend practice or games.

Coaches and other contest personnel required to wear facemasks during the events.

Coaches, contest personnel, athletes, and officials will be screened for signs/symptoms of COVID-19 before starting warm-ups.

A record of all individuals present must be kept.

Students must bring their own water bottles and they cannot share.

Any shared equipment (basketballs, volleyballs, etc.) will be regularly disinfected before and after practices and games.

No pre-game and post-game handshakes/high-fives/fist bumps.

Coaches and students should wash their hands just before participating in warm-ups, before the second half, and immediately following the game, if possible.

Individuals will engage in social distancing of at least six feet, wear face coverings (when possible), practice good hand hygiene, avoid touching one's face, cover coughs and sneezes with arm/elbow, and disinfect surfaces and objectives regularly.

Hand sanitizer will be made available.

Game Safety for Spectators:

Limiting spectators to two parents – no children.

Marked spacing to allow for appropriate physical distancing.

Spectators will be required to wear face masks at all events.

Hand sanitizer will be made available at all entrances.

Entrance and exit flow-paths established and marked for each athletic facility.

Concessions:

There will be no concessions.

NORTH STAR CHARTER SCHOOL

IB World School – International School of Business & Economics

Transportation:

Student athletes are responsible for their own transportation to and from games and practices.

Symptoms and Testing of Athletes and Coaches:

1. If a student-athlete develops symptoms, gets tested, and the test comes back positive.
 - a. Student-athlete will be required to quarantine at home for a minimum of 10 days.
 - b. They may return after the 10-day period PLUS 3 days no fever PLUS improved
 - c. symptoms.
 - d. Student-athlete will be required to have a physician's clearance prior to return.
2. If a student-athletes develops symptoms, gets tested, and the test comes back negative.
 - a. Student-athlete will be cleared to return to practice upon providing documentation of a negative test result or a doctor's clearance note. Student must also be symptom free.
3. If a student-athlete develops symptoms, but they do not get tested.
 - a. We will treat this as a positive test result.
 - b. Student-athlete will be required to quarantine at home for a minimum of 10 days.
 - c. They may return after the 10-day period PLUS 3 days no fever PLUS improved symptoms.
 - d. Student-athlete will be required to have a physician's clearance prior to return.
4. For student-athlete(s) that were in close contact with the symptomatic student-athlete
 - a. Any student-athlete that was within 6 feet contact for longer than 15 minutes may be required to quarantine for 10 days from the last day they were exposed to the symptomatic student-athlete. This will be determined on a case by case basis with CDC guidance.
 - i. If no symptoms occur, student-athlete will be able to return. Physician's clearance will not be required.
 - ii. If symptoms occur that student-athlete will be required to quarantine for a minimum of 10 days from start of symptoms, PLUS 3 days no fever, PLUS improved symptoms.
 - iii. A physician's clearance will be required to return.
 - b. Any student-athlete(s) that was within 6 feet contact for less than 15 minutes will not be required to quarantine. They will be monitored by Athletic Trainer daily for 10 days for signs and symptoms.
 - i. If symptoms occur, student-athlete will then have to quarantine for a minimum of 10 days.
 - ii. They will be able to return after 10 days PLUS 3 days no fever PLUS improved symptoms. Physician's clearance will be required.

NORTH STAR CHARTER SCHOOL

IB World School – International School of Business & Economics

Return to Play:

An athlete can return to play once cleared by coach, athletic director, and principal

Illness Reporting:

If the organizers/medical personnel learn of suspected or confirmed cases of COVID-19 at the event, follow public health notification process for all event participants/athletes, coaches, event staff, media, spectators and vendors.