



## VSD COVID-19 Plan

### Events

Attendance at all home football events will be limited capacity.

Fans attending events in the VSD must adhere to guidelines and protocols put in place via the Governors re-opening plan. These specific guidelines include:

- Engage in physical distancing of at least six feet
- Wear cloth face coverings in public places-Outdoor spaces recommended/indoor spaces required
- Stay home if sick
- Practice good hand hygiene
- Cover coughs and sneezes
- Disinfect commonly touched surfaces and objects regularly

VSD will provide adequate sanitation and personal hygiene for employees, vendors, and attendees.

VSD will ensure frequent disinfection of the event location as well as regular cleaning, especially of high-touch surfaces.

### Transportation

Transportation to and from all sponsored events will be provided by the VSD with safety protocols in place:

- All buses will be properly cleaned and disinfected on frequently touched surfaces prior to individuals loading.
- All students and staff are required to wear masks at all times while riding the bus.
- All individuals riding the bus will load the bus back to front and exit the bus front to back to minimize contact.
- All individuals being transported will sanitize prior to loading the bus.
- Windows will be kept at maximum  $\frac{3}{4}$  up to ensure proper ventilation.
- Students will be cohorted and will maintain their cohort throughout the season
- All individuals riding the bus will adhere to physical distancing guidelines when necessary and appropriate.

### Coaches/Players COVID Protocols

- ALL Coaches must wear masks at all times when they are around players. This includes practices outside and inside, games, coaches' meetings, etc.
- All Players must wear masks when they are not competing on the field or court.  
Example: Soccer players sitting on the bench during the games must be in masks.
- Frequent Handwashing/Hand Sanitizer during practices and games
- Daily health check-ins
- Coaches need to make every attempt to cohort players in groups and must make every attempt to plan practices with the primary guidance of not doing any drill where athletes are within 6ft of each other for longer than 15 minutes.
- Head coaches MUST communicate all safety plans to their Sub-varsity coaches and they must ensure assistant coaches are following the guidelines.
- Players are not allowed to congregate after practice or in the locker rooms.
- Absolutely NO sharing of water bottles or community water
- Coaches must sanitize ALL athletic balls and equipment with disinfectant after practice each day.
- COVID 19 Safety Course on NFHS required for ALL VHS Coaches

### Return-To-Play Protocol (COVID-19)

During these unprecedented times, Vallivue School District Athletics are taking steps to ensure the safety of our student athletes. The following is the protocol that VSD has established for student-athletes that have tested positive or have symptoms of Covid-19.

#### **Symptoms of COVID-19**

Fever of 100.0 or greater (*We use 100.0 as the threshold for fever in Vallivue; WHO is 99.1 and CDC is 100.4 for COVID*)

Cough

Shortness of breath or difficulty breathing

Shaking or chills

Fatigue

New loss of taste or smell

Persistent muscle or body aches or pain

Sore throat

Nausea, vomiting or diarrhea

Headache

Congestion or runny nose

#### **Emergency warning signs:**

Trouble breathing

Persistent pain or pressure in the chest

New confusion

Inability to wake or stay awake

Bluish lips or face

Any athlete with positive symptoms **should not be allowed** to participate in any activity and should contact his/her primary care provider or contact a testing site. Below is a list of local testing sites.

1. St. Luke's, Nampa 208-381-9500
2. St. Alphonsus, Garrity Urgent Care 208-302-7050
3. St. Alphonsus Hotline 208-302-2683
4. Saltzer Health, Urgent Care Clinic, Caldwell 208-463-3000
5. Saltzer Health, Urgent Care Clinic, Nampa 208-463-3000

An athlete is **not to participate** until a confirmation of a negative test and another cause for symptoms has been determined by a healthcare provider. If an athlete has tested positive, he/she must be isolated and have no contact with other athletes until:

10 days since symptoms first appeared **and**

24 hours with no fever without the use of fever-reducing medications **and**

COVID-19 symptoms have improved (for example, cough, shortness of breath).

After meeting the criteria listed above, the athlete is required to get a note from a health care provider and from the Southwest District Health Department in order to return to play. If an athlete needs assistance in getting the required note from a Health Care provider, below is the school's primary team physician's contact information:

St Alphonsus, 1510 12<sup>th</sup> Ave, Nampa 208-302-6800 (Please contact Athletic Trainer before contacting them to be sure the athlete can be seen).

Southwest District Health Contact Information: 208-455-5387

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