Washtenaw County School Indoor Sports and Performing Arts Guidelines
Updated March 1, 2022

Organized extracurricular activities, like organized sports and some performing arts, especially where participants gather and interact in close proximity to other households, pose higher COVID-19 risks. In some cases, it is not possible for these participants to mask. Therefore, safer play of indoor sports and indoor performances requires a layered approach of protections. The protections that make the most difference include:

1. vaccinations
2. masking
3. testing
4. symptom screening
5. ventilation
6. quarantines

For overall guidance on managing COVID-19 in schools, please visit: WCHD Summary of K-12 School Guidance. For positive cases and close contacts, students and staff are required to follow the decisions of the Washtenaw County Health Department. Individual students, athletes, artists, and staff must follow the decisions of the individual school or district.

- **COVID-19 vaccinations are strongly recommended:** Individuals who are vaccinated are less likely to get COVID. If they are a close contact to someone with COVID and are fully vaccinated, students will be able to continue playing their sports, and going to school/work, so long as they have no symptoms. If a significant majority of a team is fully vaccinated, it is likely that the team will not need to forfeit competitions as they will probably have enough players to continue playing.

- **Isolation:** Individuals returning from isolation on days 6 - 10 may participate in athletics or performing arts to the extent that they are able to do so while remaining masked. If they are unable to remain masked (e.g., swimming), they cannot participate.

- **Exclusion from school:** Close contacts, whether students or staff, who are fully vaccinated will not need to stay home from school if they are symptom free. Close contacts in sports or the performing arts who are not fully vaccinated will be required to follow the close contact exclusion or test to stay guidance. They must stay masked for full 10 days of quarantine unless it is actively unsafe to do so (e.g., while actively swimming).

- Regular testing is recommended in sports where it is unsafe to mask and for teams where either the majority of members are not vaccinated, or vaccination status is not known.
  - Both Rapid Antigen (RA) and molecular testing (i.e., PCR) are appropriate. RA testing is faster and is likely more practical for use in serial testing.
  - It is recommended that one of the tests be completed on the day of and prior to competition or performance.

*Includes club sports if they take place on school premises or under school auspices  3/1/2022
➢ Individuals who feel ill should not come to practices or games.

➢ Ventilation is an important component of safer activities. Where possible, prioritize outdoor practice and play. When not possible, strategies such as opening windows and doors to the outside, using window fans, and using portable air HEPA cleaners can all be helpful.

For all students in grades 6 or younger, in all sports, a close contact will be defined as being within 6 feet for 15 minutes or more.

Due to higher risk of transmission, in the following indoor sports in 7th grade and above, the default is to treat the entire team as close contacts if someone on the team develops COVID. These sports are all considered higher-risk exposures.

- Basketball—if there is exposure from a game, both teams will be required to exclude team members who are not fully vaccinated.
- Ice Hockey—if there is exposure from a game, both teams will be required to exclude team members who are not fully vaccinated.
- Competitive Cheer—only the team with the case will be required to exclude team members who are not fully vaccinated.
- Volleyball—only the team with the case will be required to exclude team members who are not fully vaccinated.
- Water Polo—only the team with the case will be required to exclude team members who are not fully vaccinated.
- Wrestling—wrestling opponents of the case as well as anyone within 6 feet for 15 minutes or more will be considered a close contact. Close contacts who are not fully vaccinated will be excluded.

In all other indoor sports, in the performing arts, and for coaching/performing arts staff in all activities, and in any other indoor or outdoor sports, close contacts will be defined as being within 6 feet for 15 minutes or more.

Additional Note: Student athletes with moderate or severe COVID-19 symptoms (> 4 days of fever or muscle aches/pains) should see a medical provider before returning to athletic activities.

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