



Washtenaw County School Indoor Sports* and Performing Arts Guidelines

Updated January 5, 2022

Organized sports, like other activities where participants gather and interact in close proximity across households, pose COVID-19 risks. Organized extracurricular activities like sports and some performing arts pose higher risks and in some cases it is not possible to mask. 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

Washtenaw County Health Department has a local mask order in effect for preK-12 educational institutions, and mask wearing is generally required in school and during school-related functions. This document provides additional guidance regarding limited exceptions for students competing in optional school athletics or participating in performing arts programs. Based on Michigan Department of Health and Human Services (MDHHS) [current recommendations](#) for athletics as well as the need for programs for performing arts, the following guidance is in effect so long as the school is complying with the Washtenaw County Health Department [Mask Order and Isolation and Quarantine Order](#). This guidance is in line with the Michigan Department of Health and Human Services (MDHHS) [recommendations](#) for athletics and can be applied so long as the school remains in overall compliance with local [mask order and isolation and quarantine order](#).

Final decisions about individual school district exemptions to the mask order are made by the head administrator (Superintendent or Head of School) and apply to the entire school community for extracurricular sports and performing arts only. Individual athletes, artists, or staff cannot make other decisions. Where there is no specific exemption, the mask order applies. The head administrator may not exempt masking for spectators; for classroom activities (e.g., physical education or band); or for students and staff in locker rooms, weight rooms, or on school buses or other school transportation.

In all isolation and quarantine decisions, students and staff will be required to follow the decisions of the Washtenaw County Health Department.

1. **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.



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2. **Masking is strongly recommended wherever possible. Where it is safe to do so, athletes and actors/singers/musicians, coaches, directors, and officials should mask during other activities as well. Masking is required for spectators.** Where it is determined unsafe to do so (e.g., while on the mat wrestling, or while tumbling in gymnastics) athletes do not need to wear a mask.
3. **Testing 2-3x per week of both students and staff is recommended** for all those participating in sports and performing arts. Testing is strongly 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.
 - a. 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.
 - b. It is recommended that one of the tests be completed on the day of and prior to competition or performance.
4. **Symptom screen students and staff daily** using the daily screener in place at each school. Do not come to practices or games with even mild illness.
5. **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.
6. **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.
7. **Quarantines:** Students who are fully vaccinated will not need to quarantine if they are symptom free. Students in sports or the performing arts who are not fully vaccinated will be required to quarantine. Individuals in quarantine are eligible for a 5-day home quarantine or Test to Stay, and can participate in athletics and performing arts. They must stay masked for days 6 - 10 of quarantine unless it is actively unsafe to do so (e.g., while actively swimming).

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. For all sports in these grades, contact tracing will be required if the participants were unmasked.

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 quarantine team members who are not fully vaccinated.
- **Ice Hockey**—if there is exposure from a game, both teams will be required to quarantine team members who are not fully vaccinated.



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- **Competitive Cheer**—only the team with the case will be required to quarantine team members who are not are not fully vaccinated.
- **Volleyball**—only the team with the case will be required to quarantine team members who are not are not fully vaccinated.
- **Water Polo**— only the team with the case will be required to quarantine team members who are not 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 are not fully vaccinated will be required to quarantine.

In the following 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. For all of these activities, contact tracing will be required if the participants were unmasked.

- **Bowling**
- **Gymnastics**
- **Figure Skating**
- **Swimming and Diving**
- **Synchronized Swimming**

Additional Notes:

Except where school policy makes an exception, the Masking Order in Washtenaw County remains in effect. Masking in classrooms, buses, and other indoor school activities remains a requirement.

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.