

MDSO Athletics Pandemic Operational Plan For Red Category 3 Level

Based on the following interests:

- To acknowledge the increased risk associated with athletics while providing an opportunity for our student athletes to participate in winter sports as safely as possible.
- To recognize the positive impact athletics have on academics as part of a comprehensive education.
- To respect the input of medical professionals, as well as guidance from Central District Health and CDC.
- To implement protocols that minimize exposure and transmission of COVID-19 among our students and staff.

Required MDSO Protocols For Sports:

1. All athletes and coaches perform a symptom self-check. If you are not feeling well, do not attend or participate in athletics until your signs and symptoms are symptom-free for 3 days (72 hours). If anyone in the household is sick or feeling ill, please have all occupants of the house stay home.
2. Be mindful of air circulation. Open exterior doors/practice in a larger space as needed.
3. Masks:
 - a. Basketball: Masks worn at all times during practices with the exception of close contact practice time and when performing rigorous conditioning as long as social distancing can be maintained.
 - b. Wrestling: Masks will be worn at all times with the exception of close contact practice time and when performing rigorous conditioning as long as social distancing can be maintained.
4. Use physical/social distancing. Stay 6 feet apart at all times with the exception of:
 - a. Close contact time during practice
 - b. Practice within a team cohort and small group cohorts(2-3).
5. Athletes not currently participating should be 6 feet apart.
6. Wash your hands regularly and use hand sanitizer frequently and routinely throughout practice and competition.
7. Cover your mouth and nose into your arm/elbow area when you sneeze, cough, or clear your throat.
8. Avoid touching your nose, eyes, and mouth to the best of your ability. Use your forearm or sleeve to avoid using your hands as much as possible.
9. PCR Testing of athletes will be done on a weekly basis if tests are available. PCR Testing will also be used to return student-athletes from quarantine when they have had a close contact exposure.

Athletic Contests:

RED Cat 3: Games/contests in which CDH has determined to be RED Cat 3 Heavy Level of Community Spread, no fans will be allowed into games and contests at this time. Only essential personnel will be allowed to attend.

Yellow Cat 2: Follow the Governor's amended Stage 2 protocol for fan attendance.

*This policy may be modified based on recommendations from the CDC, CDH, or medical professionals.