



WCS Return to Athletics Guidance Following Covid-19 Infection

Updated January, 2022

- The student-athlete must be isolated per the Center for Disease Control and Prevention, Ohio Department of Health, the Franklin County Public Health Department, and the Westerville City School District guidelines. This may be either 5 or 10 days depending on symptom severity and duration. The student-athlete is ineligible to attend school or sport-related activities until the isolation period is over.
 - In some cases, the isolation may be longer than 10 days if instructed by a physician.
 - Isolation will not be shorter than 5 days unless the above parties change their guidelines.
- If the student-athlete is fever-free and indicates improved symptoms, they can return to school on day 6, after 5 days of isolation. At the school's and district nurse's discretion, they will be eligible to attend - and potentially participate in - team workouts, practices, and competitions/games. **The student-athlete must be masked appropriately at all times when in attendance and/or participating until 10 days have passed from the onset of symptoms and/or the positive test date.**
- Medical clearance from a physician is recommended before returning to play. This [clearance form](#) can be completed by a physician prior to any return to sport specific athletic activities (practices, games/competitions). A physician's clearance should include an in-person cardiac screening and is highly encouraged.
 - The Ohio Department of Health's Orders from last school year (2020-21) REQUIRED a signed document by medical professionals for students who tested positive for COVID before they were permitted to return to competition. The physician's clearance was required due to the concern of heart issues developing (myocarditis) for those students with COVID. Those health orders were subsequently rescinded and are no longer in effect.
- A personalized return to activity exercise progression should be completed prior to the student-athlete returning to any competitions/games. This progression will be based on any physician recommendations and dependent upon student-athlete remaining fever-free and with improving symptoms. This return to activity exercise progression will be under the supervision of the school's athletic trainer.
- Under the direction of our team physicians, the cardiorespiratory portion of the exercise progression may begin on day 6 if the student-athlete is able to return to school after 5 days of isolation, dependent on the student remaining fever-free and with improving symptoms. **The student-athlete must be appropriately masked during the progression until they are 10 days past the onset of symptoms/positive test date.**
- No portion of the exercise progression will begin until the following conditions are met:
 - The student-athlete must be fever-free (below 100.4 degrees Fahrenheit) for 24 hours or more. This must be met without the use of any fever-reducing medications.
 - Symptoms of COVID-19 must be improving.
 - The student-athlete must not have been hospitalized. If so, further clearance/documentation must be obtained prior to starting any portion of the return to activity exercise progression.
- Upon completion of the entire return to activity exercise progression, which can include recommended physician clearance, the student-athlete will be cleared to participate in all athletic activities including team or individual workouts, practices, and competitions/games.

