

Oak Park and River Forest High School

Athletic Department COVID 19 Information and Management Plan

Management of COVID-19 Symptoms

All students and staff are screened at the start of each training session for any symptoms of COVID-19. Symptoms include: temperature above 100.4, cough, chills, muscle aches, sore throat, runny nose, loss of taste or smell, nausea, vomiting, diarrhea, shortness of breath, headache. Students or staff who are showing symptoms of COVID-19 will be sent home and must adhere to the following IDPH guidelines before being allowed to return to sport activities.

- Home isolation and resolution/recovery of symptoms for at least 3 days (72 hours) without the use of fever-reducing medication, AND either a negative COVID test or documentation of alternative diagnosis from their healthcare provider.
- Without a COVID test or alternative diagnosis, the affected person must have resolution/recovery of symptoms for 72 hours, AND home isolation for at least 10 days since the date symptoms were recorded.

The OPRF athletic training staff will be responsible for making all decisions regarding the return to sport for students placed on home isolation. Students will NOT be admitted into sport related events, practices, or meetings if they do not meet the standards from the IDPH stated above. Students who are not able to provide documentation of a negative COVID-19 test or a letter from their healthcare provider, will be required to wait until 10 days of home isolation have passed.

Management of Positive COVID-19 Test

Any individual who has tested positive for COVID-19 will be placed on home isolation. They should attempt to isolate in one room and one bathroom if possible. They should also wear a mask when around others during the home isolation period. Before a student who has tested positive for COVID-19 can discontinue home isolation and return to sport activities, they must meet the following criteria from IDPH.

- No fever is present without the use of fever-reducing medications for 3 days (72 hours), resolution of symptoms for 3 days (72 hours), AND two consecutive negative COVID-19 tests collected at least 24 hours apart.
- No fever is present without the use of fever-reducing medications for 3 days (72 hours), resolution of symptoms for 3 days (72 hours), AND at least 10 days from the onset of symptoms or initial positive test result in asymptomatic cases. We will also require a letter releasing the student athlete from quarantine from the health department or their physician.

The OPRF athletic training staff will be responsible for making all decisions regarding the return to sport for students who have tested positive for COVID-19. All students will need to provide documentation of two negative COVID -19 tests that are at least 24 hours apart OR a letter releasing them from quarantine. Additionally, no student will be admitted to sport activities if their symptoms and fever have not been resolved for at least 3 consecutive days regardless of testing.

Once an athlete has been medically cleared to return to sport following a positive COVID-19 test, they will be allowed to start low intensity training. A gradual return to sport will be supervised by the OPRF athletic training staff.

COVID-19 Exposure

In accordance with state and local laws, school administrators will notify local health officials, staff and families immediately of any case of COVID-19 without violating student and staff confidentiality rights. Should a student or staff member become sick, the areas used by that person will be closed and not used again until proper cleaning and disinfecting has taken place.

Any individual who has had close contact with a person who has tested positive for COVID-19 will be placed on home isolation for 14 days after their last date of contact. Close contact is defined as anyone who has been within 6 feet of an infected individual for longer than 15 minutes at a time starting 2 days before the onset of illness or positive test for asymptomatic cases. Additionally, any student athletes that are part of a training group or team where an exposure was present will be asked to home isolate for 14 day as a precautionary measure.

Student athletes who live in the same household with an individual who has tested positive for COVID-19 will also be asked to follow the home isolation protocol, while also being isolated from the infected person.

Home isolation can discontinue if no symptoms have occurred in 14 days since their last contact. If symptoms or positive test results occur, that individual should follow the COVID-19 management plan stated previously in this document. Students or staff that have been close contacts, should contact an athletic trainer or administrator at OPRF before returning from home isolation.

Any person reporting a positive COVID test, COVID exposure, or COVID symptoms should use the contact information below.

OPRF Athletic Training Staff: athletictrainers@oprfs.org

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