COVID-19 RECOMMENDATIONS ON CLOSE CONTACTS on SPORTS TEAMS

The purpose of this guidance is to provide recommendations about management of a COVID-positive member (case) of an athletic team, as well as their teammates and opposing team who are potentially exposed during competition.

Infection risk level varies between indoor and outdoor sports and the type of sport activity. NDHSAA’s guidance includes requirements for daily attendance logs at practice/contests/other gatherings for each team (varsity, junior varsity, junior high, etc.) and provides sport specific mitigation strategies to reduce contact between players wherever possible. Major college and professional sports teams playing their seasons have incorporated vigorous testing and social distancing protocols that are not feasible at the middle school or high school level. For contact tracing and definition of close contacts of a COVID-positive teammate on same and opposing sports teams, the North Dakota Department of Health (NDDoH) provides the following guidelines:

SPORTS CLOSE CONTACTS
The CDC defines a close contact as someone who was within six feet of an infected person for a total of at least 15 minutes in a 24 hour period starting from two days before illness onset (or, for asymptomatic cases, two days prior to positive specimen collection) until the time the case is isolated. The infectious period for a COVID-19 infected person is 48 hours before symptom onset (48 hours before test date, if asymptomatic) through 10 days post onset or test date.

TEammates
NDHSAA-required daily practice logs should be referenced to determine individuals potentially exposed (those who meet or may meet the close contact criteria). As soon as possible, daily practice logs should be reported to the assigned contact tracer providing the list of potentially exposed individuals.
OPPOSING TEAMS

The school designated COVID coordinator should notify the COVID coordinator from the opposing team disclosing **the number or position of the positive player** in order to determine the opposing team's potentially exposed individuals (those who meet or may meet the close contact criteria). This list should be reported to the assigned contact tracer as soon as possible.

If the infected player and the close contacts (teammates or opposing team) are masked during the time of exposure, the close contacts can self-monitor instead of being quarantined.

If only one or neither (teammates or opposing team) were masked during the time of the exposure, close contacts should stay at home at least 14 calendar days from the last time exposed to the positive player.

**Testing**

Close contacts should be tested 7-10 days after last exposure even if asymptomatic or at the time of symptom onset if applicable. The 14-day quarantine must continue regardless of a negative test result.

**POSITIVE PLAYER ISOLATERS**

Players who have tested positive for COVID-19 should isolate at home, monitor health for worsening symptoms, and restrict activities outside your home, except for getting medical care. Positive cases need to remain until 10 days have passed since your symptoms began AND you are fever free (<100.4F) for 24 hours without the use of fever-reducing medications AND symptoms are improving. Asymptomatic individuals must remain home until 10 days have passed since their specimen collection date, as long as they are asymptomatic for the duration of their isolation.