

TPS Return to Sport Policy
after testing positive for COVID-19

COVID-19 affects everyone differently, and can sometimes lead to prolonged symptoms. In some cases, this can negatively impact the student-athlete's full return to sport. The following policy is designed to ensure the student-athlete's health and safety during their return to athletic activity.

Please note: The Prairie School [2020-2021 School Year Plan](#) is in effect for all students until further notice and applies even when school is not in session (breaks, weekends, etc).

1. If anyone in your home is being tested for COVID-19, your student-athlete(s) must remain home until the result is received and is negative.
2. Any student athlete that has symptoms and/or fever should not participate in any team activity and begin self-quarantine per the 2020-2021 School Year Plan.
3. Student athletes that have tested positive for COVID-19 or who have had close contact with someone who has tested positive should not return to school/sports until they have met the conditions laid out in the 2020-2021 School Year Plan.
 - a. "Close contacts" who test negative and/or do not develop symptoms may fully return to sports without restrictions when they have completed quarantine and are cleared to return to campus.
 - b. Student athletes who have tested positive must be cleared by a healthcare provider (MD, DO, NP, or PA), preferably the athlete's Primary Care Provider, prior to returning to sport. This evaluation may include cardiac or pulmonary testing based on the student-athlete's clinical course.
 - c. Student-athletes who have tested positive will have their previous sports clearance voided until one of the following two forms is completed:
 - i. [WIAA Graduated Return to Play Checklist for Positive Cases of COVID-19](#)
 - ii. [WIAA Sports Medical Clearance Form](#)and signed by their healthcare provider stating whether they are: cleared to fully return, should follow a graduated progression for return to activity, or not cleared to return.

- iii. This form must be returned to the athletic trainer prior to the student-athlete's first activity. This form will be shared with the Head Coach and the Health Office.
 - iv. If a gradual progression is recommended by the doctor, the athlete will complete this under the supervision of the athletic trainer. The WIAA guidelines will be used.
4. Upon return to sport, the student-athlete will self monitor for any lingering symptoms and will report to the athletic trainer if any symptoms occur.
- a. These symptoms include, but are not limited to: coughing, fatigue, decreased exercise tolerance, shortness of breath, difficulty breathing, chest pain, chest tightness, lightheadedness, dizziness, and heart palpitations.
 - b. The athletic trainer will monitor the student-athlete and contact the student-athlete's parent or guardian if there are any symptoms.
 - c. If the student athlete is unable to exercise without symptoms, they will be referred back to their healthcare provider, for guidance. The family, health care provider, and athletic trainer must communicate openly and develop a plan where all three agree on the way forward for the student athlete.