

Student-Athlete Quarantine Outline

Below is the quarantine protocol and return to play protocol for Yuma Union High School District student-athletes. The date of exposure is considered day ZERO when determining the earliest date of return. In all instances, each situation is handled on a case-by-case basis. As a reminder: YUHSD does not ask for verification of vaccination. Families are permitted to provide student vaccination status on a voluntary basis. Team Pause: A team of fewer than 25 individuals, who have 2 or less symptomatic individuals will pause for 5 days from the last individual's beginning of symptoms. A team of more than 25, with 3 or more symptomatic individuals will pause for 5 days from the last individual's beginning of symptoms.

All information is based on Centers for Disease Control and Prevention (CDC), Arizona Department of Health Services (AZDHS), Yuma County Public Health Services District (YCPHSD), and Arizona Interscholastic Association (AIA) guidelines.

STUDENT IS POSITIVE WITH COVID-19

A. Student has symptoms

1. Student will quarantine for 5 days from the start of symptoms and wear a mask for an additional 5 days.
 - a) ****In order to return after 5 days the student must have no fever in the past 24 hours and have improved symptoms.**
 - b) ****If symptoms persist they need to quarantine until symptoms are improved, they are allowed to exceed the 5 days.**
2. Return to Play
 - a) May begin on Day 6 (as noted above as long as student has improved symptoms with NO fever)
 - b) [Requires medical professional's note](#)
 - (1) See medical professional 6-10 days after positive test.
 - c) Mask for 5 days while completing the Return to Play Protocol with Athletic Trainer.
 - d) Return to full sport activities after Return to Play with Athletic Trainer.

B. Student has NO symptoms

1. Student will quarantine for 5 days from the positive test and wear a mask for an additional 5 days.
2. Return to Play
 - a) May begin on Day 6
 - b) [Requires medical professional's note](#)
 - (1) See medical professional 6-10 days after positive test.
 - c) Mask for 5 days while completing the Return to Play Protocol with Athletic Trainer.
 - d) Return to full sport activities after Return to Play with Athletic Trainer.

STUDENT HAS BEEN EXPOSED TO A COVID-19 POSITIVE INDIVIDUAL

A. Student is fully vaccinated and 17 years of age or younger (2 weeks post second dose)
OR

Student is fully vaccinated and 18 years of age or older (within 6 months of receiving the second dose in a 2-dose series (Moderna or Pfizer), OR within 2 months of receiving one dose of a 1-dose vaccine (Johnson & Johnson), OR completion of their primary series AND have received a booster dose.

1. Student has NO symptoms
 - a) Student does not quarantine. Student is to wear a mask for 10 days from the exposure.
 - b) Student must wear mask in days 1-10 in order to practice/play.
 - c) It is highly encouraged for student-athlete to obtain a negative test.
2. IF Symptoms develop
 - a) Student will quarantine for 5 days from the start of symptoms and wear a mask for an additional 5 days.
 - (1) **In order to return after 5 days the student must have no fever in the past 24 hours and have improved symptoms.
 - (2) **If symptoms persist they need to quarantine until symptoms are improved, they are allowed to exceed the 5 days.
 - b) Return to Play
 - (1) May begin on Day 6
 - (2) [Requires medical professional's note](#)
 - (a) See medical professional 6-10 days after positive test.
 - (4) Mask for 5 days while completing the Return to Play Protocol with Athletic Trainer.
 - (5) Return to full sport activities after Return to Play with Athletic Trainer

B. Student is partially vaccinated OR NOT vaccinated

1. Student has NO symptoms
 - a) Student will quarantine for 5 days from the exposure and wear a mask for an additional 5 days.
 - b) Return to Play
 - (1) Student must wear mask in days 6-10 in order to practice/play pending...
 - (a) If a negative test IS produced w/in days 6-10 the student may return to full activity without completing the Return to Play Protocol.
 - (b) If a negative test IS NOT produced w/in days 6-10 the student must complete the Return to Play Protocol with the Athletic Trainer and can begin Stage 1 at home and begin with Stage 2 on-campus with the Athletic Trainer.
2. IF Symptoms develop
 - a) Student will quarantine for 5 days from the start of symptoms and wear a mask for an additional 5 days.
 - (1) **In order to return after 5 days the student must have no fever in the past 24 hours and have improved symptoms.
 - (2) **If symptoms persist they need to quarantine until symptoms are improved, they are allowed to exceed the 5 days.

STUDENT HAS BEEN EXPOSED CONTINUED...

- (3) Return to Play
 - (a) May begin on Day 6
 - (b) [Requires medical professional's note](#)
 - (i) See medical professional 6-10 days after start of symptoms if #3a.1 above is true.
 - (c) Mask for 5 days while completing the Return to Play Protocol with Athletic Trainer.
 - (d) Return to full sport activities after Return to Play with Athletic Trainer.

STUDENT HAS SYMPTOMS WITHOUT KNOWN EXPOSURE TO COVID-19

A. Student will quarantine for 5 days from the start of symptoms and wear a mask for an additional 5 days.

1. **In order to return after 5 days the student must have no fever in the past 24 hours and have improved symptoms.
2. **If symptoms persist they need to quarantine until symptoms are improved, they are allowed to exceed the 5 days.
3. Return to Play
 - a) May return to play on Day 6 if a negative test IS produced w/in days 6-10 without completing the Return to Play Protocol.
 - b) If a negative test is NOT produced
 - (1) [Requires medical professional's note](#)
 - (a) See medical professional 6-10 days after positive test
 - (2) Return to Play Protocol with Athletic Trainer can begin once medical note is submitted.

RETURN TO PLAY PROGRESSION

STAGE	TIMING	ACTIVITIES
Stage 1	1 day minimum	Light activity for 15 minutes or less at an intensity no greater than 70% of maximum heart rate (eg. walking, jogging, stationary bike). No resistance training.
Stage 2	1 day minimum	Light activity with simple movement activities (eg. running drills) for 30 minutes or less at an intensity no greater than 80% maximum heart rate. No resistance training.
Stage 3	1 day minimum	Progress to more complex training for 45 minutes or less at an intensity of no greater than 80% maximum heart rate. May add light resistance training.
Stage 4	2 days minimum	Normal training activity for 60 minutes or less at an intensity no greater than 80% maximum heart rate
Stage 5		Return to full activity (not games)