

# ILH League Guidelines for COVID

Revised 1-19-21 5:00PM

These guidelines are common protocols we can all agree to. Individual school/Pac-5 guidelines which are more strict may supersede these guidelines and will come into effect if that school/Pac-5 is an event host facility. Sport Specific guidelines approved by the Board of Principals also apply. State of Hawaii guidelines will also apply for public venues.

## Pre-Event / Arrival:

- The host school will set an arrival time.
- The host school will determine if and where parking/waiting on campus is acceptable while an event is taking place.
- The host school will determine a waiting area for arriving teams.
- The host school will determine the “flow” of movement for arrival, events, and departure.
- The host school will have a designated isolation area and a staff member who can monitor the area until the symptomatic person leaves campus. (Should be someone other than the Athletic Trainer. The Athletic Trainer will still need to provide medical care to event)
- The host school will conduct a health screen and a temperature check for officials, scorekeepers, and other gym personnel.
- All schools will submit an event clearance list to the ILH office for each sport they are participating in. The event clearance list will include Players, Coaches, Athletic Trainers, Athletic Directors, Gym Staff, Bus Drivers, etc. Anyone not on the event clearance list will not be allowed into the event. Anyone not present at the event that day will be crossed off the event clearance list. Changes to an event clearance list must be submitted to the ILH office and the host school at least 24 hours prior to an event.
- Prior to entry into the venue, each school is responsible for completing a primary health check for their student athletes. The host school may do a secondary health check.
  - Recommended minimum for a health check include:
    - In the last 24 hours, have you experienced ANY of the COVID-19 symptoms listed below (not related to allergy or a preexisting condition)?
      - Fever (100.4°F/38°C or higher) or chills, Persistent cough, Shortness of breath or difficulty breathing, Abnormal fatigue, Muscle or body aches, Headache, New loss of taste or smell, Sore throat, Congestion or runny nose, Nausea or vomiting, Diarrhea
    - Have you been in close contact (within 6 feet for a cumulative 15 minutes or more) with someone who has tested positive for COVID-19?

## General Guidelines:

- Gym management staff will serve as safety officers to assist schools with compliance with the facility's guidelines.
  - Consequences: A warning will be given for the first offense. Multiple offenses may result in the gym staff asking the offender to leave the facility and/or campus.
- There will be no spectators. Only those on the typed team roster will be allowed at the event.
- Masks are required at all times while on campus and must be worn properly.
  - Masks should cover the nose and mouth.
  - Masks should fit tightly.
  - Masks must be secured to your head so as not to fall off easily.
  - Anyone not able to wear a mask is not allowed at the event.
- Anyone who has symptoms of illness should not attend an event.

## Indoor Venue Preparations & Sanitation

- Event area will be ventilated utilizing the opening of doors and fans.
- Common touch surfaces will be wiped down before the event and periodically as needed.
- Indoor Venue will be sanitized after each event and at the end of the day.
- Hand sanitizer will be available for use.
- Bring your own water (individual bottles/flasks & team contactless water coolers)
- Team bench area must allow for social distancing and may extend past the traditional bench area.

## Outdoor Venue Preparation & Sanitation

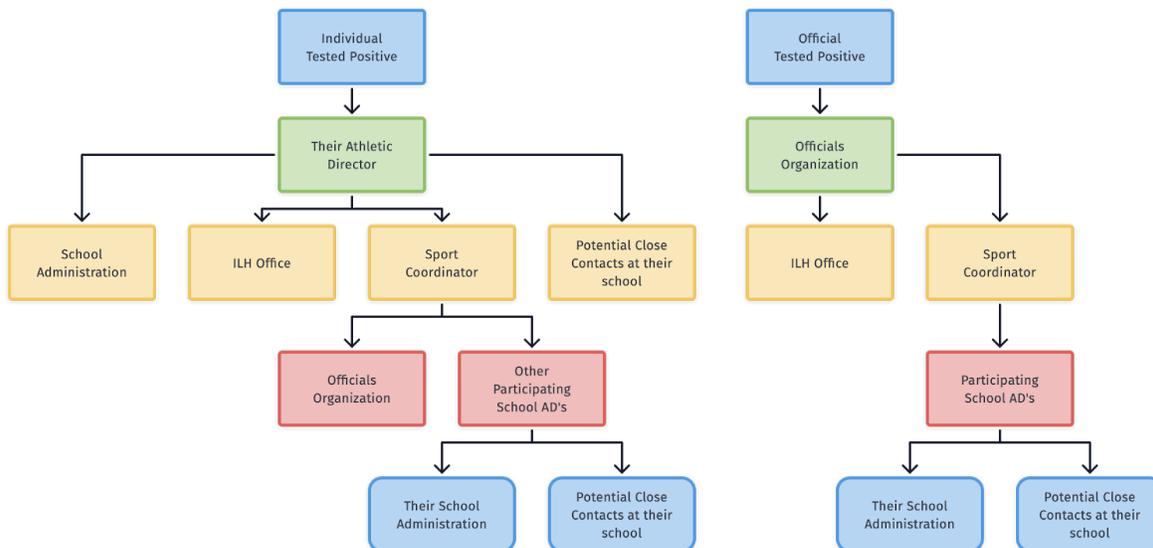
- Host school will determine entrance and exits for visiting schools, schools may be asked to stagger arrival/departure to avoid congestion
- Host school to determine team areas prior to and during competition
- Teams to social distance at all times possible, Team bench areas may need to be extended beyond normal sideline areas.
- Equipment should not be shared whenever possible (ie individuals should have own helmets, catcher's gear, bats, discus, shot puts, riflery guns, etc)
- Equipment to be periodically disinfected
- In collaboration with Officials and weather conditions consider extending or adding time outs for hydration
- Athletes should have individual water bottles
- Water coolers may be provided if contactless or able to be disinfected between use
- Safety protocols per individual sports

## Athlete's General Guidelines During Covid-19

- If you're sick, stay at home!!!
- Honor the team with your choices before, during, and after practice.
- Bring your own water bottle and towel and any items for personal use.
- Be mindful and physical distance as much as possible
- Masks are required at all times while on campus and must be worn properly.
  - Masks may be removed when more than 6' away from others and only to drink from a water bottle.
  - Masks must be put back on immediately after each pause to drink.
- Wash hands regularly
- No high fives or congratulatory contact
- Spitting is not allowed at practices or competitions.
- Sports will have sport-specific guidelines and modifications.

## Post Event / Departure:

- Gather your belongings and exit the facility as soon as possible.
- Post-game team meetings are prohibited.
- To limit crowds, everyone must vacate the host campus within 15 minutes of the event's conclusion.



## Communication (Players, Coaches, Support Staff, Event Workers)

- **Line of Communication:** Communication must occur via phone or email as quickly as possible within 24 hours of receiving notification that a person has tested positive for COVID-19 after being involved in an ILH event with another school (or schools). The

individual must inform their school Athletic Director. The Athletic Director will inform their school administration, the ILH office, and the Sport Coordinator. The Sport Coordinator will inform the Officials Organization and any participating school's Athletic Director. Participating school Athletic Directors will inform their school administration. Each Athletic Director will also inform potential close contacts at their school.

- **Sample communication** which respects HIPAA guidelines: "A person who attended [event details, location, date] has Tested Positive for COVID-19."
- Anyone who develops symptoms of illness before an event that can not be attributed to a known pre-existing condition (allergies/asthma/etc) or acute athletic injury should contact their coach and Athletic Director and school medical staff per individual schools protocols. They are not allowed to participate until they are symptom free and cleared according to their school policy.

## Communication (Officials)

- **Line of Communication:** Communication must occur via phone or email as quickly as possible within 24 hours of receiving notification that an official at an ILH event tested positive for COVID-19. The official will inform their Officials Organization. The Officials Organization will inform the ILH office and the Sport Coordinator. The Sport Coordinator will inform the school Athletic Director(s) which are affected by the situation. Each Athletic Director will inform their school administration and potential close contacts at their school.
- **Sample communication** which respects HIPAA guidelines: "A person who attended [event details, location, date] has Tested Positive for COVID-19."
- Anyone who develops symptoms of illness before an event that can not be attributed to a known pre-existing condition (allergies/asthma/etc) or acute athletic injury should contact their Officials Organization. They are not allowed to participate until they are symptom free.

## Tested Positive for COVID-19

- Players, Coaches, Support Staff, Gym Workers, etc. who have tested positive for COVID-19 must contact their Athletic Director. The School's Athletic Director will continue the Line of Communication above.
- Officials who have tested positive for COVID-19 must contact their Officials Organization. The Officials Organization will continue the Line of Communication above.
- The person who tested positive is to isolate themselves at home for at least 10 days.
- The person who tested positive is released from isolation when **all** of the following are met (CDC and DoH guidelines):
  1. No fever for at least 24 hours, without the use of medications.
  2. Symptoms are improving daily.
  3. 10 days have passed since the onset of symptoms (or positive COVID test in the case of an asymptomatic positive)

- A Negative COVID test is not required to return to athletic participation. However, the person who tested positive must be released from isolation and be symptom free. Players, Coaches, Support Staff, and Gym Workers must also be cleared per their school's return to school protocol.

## Close Contact Situations

- Generally speaking if an official, coach, or player tests positive for COVID-19, everyone at the event is a close contact and must quarantine at their place of residence. If a Gym Worker, Support Staff, or other person tests positive, the Hawaii Department of Health (DoH) should be consulted by the Host School to determine who should quarantine.
- Per CDC and DoH guidelines- a Close Contact is anyone within a 24 hour period of time, who was within 6 feet of a case for a cumulative time of 15 minutes or was in the same classroom regardless of distance for 45 minutes or more.
  - Close contacts must quarantine for 10 days according to the DoH.
  - Per DoH, close contacts who have no symptoms are released from quarantine on the 11th day after last exposure to the positive case.
  - Players, Coaches, Support Staff, Gym Workers, Officials, etc. released from quarantine and who have no symptoms may resume participation the day after quarantine ends. Players, Coaches, Support Staff, and Gym Workers must also be cleared by their school's return to school protocol.
- Close contacts of the person who tested positive for COVID-19 should be notified to quarantine according to DoH quarantine guidelines above. This notification will come from their school or the DoH.
- Players, Coaches, Support Staff, Gym Workers, Officials, etc. who have completed their 10 day quarantine may return to participation on the 11th day if they are symptom free. Players, Coaches, Support Staff, and Gym Workers must also be cleared by their school's return to school protocol.
- Players, Coaches, Support Staff, Gym Workers, Officials, etc. who develop symptoms should isolate themselves for 10 days from the day they developed symptoms and consult their primary medical professional.
  - If they test positive for COVID-19 they will follow the guidelines above for Tested Positive for COVID-19.
  - If they test negative for COVID-19 or they do not test, they must finish their 10 day isolation period and be symptom free. Players, Coaches, Support Staff, and Gym Workers must also be cleared as per their school's protocols before returning to participation.
- If a person in a player, coach, support staff, gym worker, or official's household tests positive for COVID-19:
  - The person who tests positive should isolate from the rest of the family and have no interactions with anyone else in the household.
  - Once the person who tested positive recovers according to DoH, the family members may begin a 10 day quarantine. They may return to participation on the 11th day if they have no symptoms and are cleared as per their school's

protocols. If they develop symptoms, they should isolate themselves for 10 more days and consult their primary medical professional.

## Out of State Travel

- Players, Coaches, Support Staff, Gym Workers and any other individual traveling out of state are not eligible to participate in any ILH event (practice or competition) for 10 days. This 10 day period is regardless of having a negative COVID test before returning to the state. They may participate on the 11th day if they do not have any symptoms and have cleared their school's return to school protocol.