



School District Five of Lexington & Richland Counties
COVID-19 RETURN TO PLAY GUIDELINES

**Source: CDC and SCDHEC Guidelines*

School District Five of Lexington & Richland Counties understands the important role that school athletics play for student-athletes and the challenges that the COVID-19 pandemic poses on the health of students and staff.

Our student-athlete Return to Play guidelines are aimed at mitigating the spread of COVID-19, protecting coaches and student-athletes and following the guidelines of the Centers for Disease Control and Prevention (CDC), the South Carolina Department of Health and Environmental Control (SCDHEC), and the South Carolina High School League (SCHSL).

1. OVERVIEW

PROCEDURES FOR ATHLETES

Return to Play Timeline:

- **PHASE ONE:** When students are cleared to return to school, they can resume limited sports activities such as individual drills. Athletes returning to practice during Phase One must remain masked during all activities and practice social distancing until day 14, per CDC guidelines.
- **PHASE TWO:** When students have completed the CDC's recommended 14-day quarantine, they can compete and participate in all (full) sports activities.

NOTE: Students who have tested positive for COVID-19 will need to be evaluated by a health care provider and provide documentation prior to returning to sports activities.

2. STUDENT-ATHLETE GUIDELINES

MITIGATING RISK WITH DAILY SELF-HEALTH CHECKS

Every student-athlete and all athletics personnel should practice daily self-health evaluations before participating in any aspect of in-person athletics activities.

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.

Visit www.lexrich5.org/20-21reentry for more information on health protocols and safety measures.