

# SOUTH DAKOTA HIGH SCHOOL ACTIVITIES ASSOCIATION

SPECIAL MEETING OF THE BOARD OF DIRECTORS SDHSAA OFFICE BUILDING

February 1, 2021

10:30 AM CT

Pierre, South Dakota

The Board of Directors held a special meeting on February 1, 2021, via teleconference with members present as follows:

Craig Cassens Tom Culver

Randy Soma Mark Murphy Michael Talley Barry Mann

Marty Weismantel Dr. Jerry Rasmussen

Board Member Mark Murphy was excused.

Staff members present at the SDHSAA office included Dr. Dan Swartos, Jo Auch, Brooks Bowman, and Dr. John Krogstrand.

The meeting was called to order by Chairman Craig Cassens at 10:32 A.M., followed by the Pledge of Allegiance

#### Item #1-Approval of Agenda

Motion by Dr. Rasmussen, second by Mr. Weismantel, to approve the agenda as presented. Motion carried 7-0.

# Item #2- Public Forum

Chairman Cassens called for the public forum per SDHSAA policy. Public Forum speakers were as follows:

James Knudson and Yamni Jack of Lakota Tech spoke in opposition to Item #3.

# Item #3- Consider Changes to Girls and Boys Basketball Playoffs

Motion by Mr. Weismantel, second by Mr. Soma, to change the language for Girls and Boys Basketball Playoffs to read as follows for the 2020-21 school year- "If fewer than four teams are actively participating in a Region, a Super-Region shall be formed to play for four spots in the SoDak 16. Super Regions, if formed, shall be formed as Regions 1 and 2, Regions 3 and 4, Regions 5 and 6, and/or Regions 7 and 8". Motion carried 7-0.

# Item #4- Consider Changes in Ticket Prices for 2021 State Basketball

Motion by Dr. Rasmussen, second by Mr. Culver, to change ticket prices for state basketball from \$15/adult and \$10/student to \$10/adult and \$6/student plus applicable Facility Fees to reflect the change from day to session ticketing.

Motion carried 7-0.

# Item #5- Consider report and recommendations by the SDHSAA COVID-19 Task Force regarding Spring Athletics and Fine Arts Activities

Motion by Mr. Culver, second by Mr. Weismantel, to approve the report, sport modifications and following recommendations from the SDHSAA COVID-19 Task Force:

- At the November 24, 2020 meeting of the SDHSAA Board of Directors, the Board strongly recommended that schools implement mask use for anyone not participating in contests and for schools to develop a model to limit attendance at contests based on facility size for each contest. The Task Force recommends continuing that recommendation through the Spring Sports and Activities Season.
- The Task Force recommends that all SDHSAA-sanctioned Spring Sports proceed with the attached rules modifications, in addition to screening procedures, Return to Play protocol, and the SDDOH guidelines for confirmed positive tests.
- The Task Force recommends that All-State Band be held on the scheduled date with modifications and mitigation strategies outlined by SDHSAA staff.
- The Task Force recommends that All-State Jazz Band be held on the scheduled date with modifications and mitigation strategies outlined by SDHSAA staff.
- The Task Force recommends that SDHSAA Staff continue to look at the viability of holding the All-State Chorus and Orchestra event, to include exploring alternative options to limit the size of the event.

# **Full report and recommendations are attached to the minutes as Appendix A.** *Motion carried 7-0*

# Item #6- Executive Session per SDCL 1-25-2.1 (Appeals Hearing on an Official's Ethics Complaint)

Motion by Mr. Soma, second by Mr. Mann, to enter into executive session pursuant to SDCL 1-25-2.1 in order to conduct an appeals hearing on an Official's Ethics Complaint.

Chairman Cassens declared the board in Executive Session at 11:24 AM and out of Executive Session at 12:25 PM.

# Item #7- Action resulting from Executive Session

Motion by Dr. Rasmussen, second by Mr. Culver, to uphold the decision of the Official's Ethics committee in Official's Ethics Complaint #21-1. *Motion carried 7-0.* 

# Item #8- Adjourn

Motion by Mr. Weismantel, second by Mr. Soma, to Adjourn. Chairman Cassens declared the meeting adjourned at 12:29 PM.

Respectfully submitted,

Dr. Daniel Swartos SDHSAA Executive Director



# South Dakota High School Activities Association

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# APPENDIX A

# SDHSAA Spring Sports/Activities Task Force Recommendations January 2021

## Task Force Members:

<u>Medical Representatives</u> Dr. Jeremy Cauwels Dr. Verle Valentine Dr. Mike Wilde Paul Richter Tryg Odney

## State Office Representatives

Sec. Tiffany Sanderson- SD Dept. of Education Linda Ahrent- SD Dept. of Health SDHSAA- Dr. Dan Swartos, Jo Auch, Dr. John Krogstrand, Brooks Bowman

#### <u>SDHSAA Board of Directors</u> Craig Cassens (Principal, Faulkton)

Mark Murphy (School Board, Aberdeen)

Randy Soma (AD, Brookings),

#### **Superintendents**

Dr. Becky Guffin- Aberdeen Shayne McIntosh- Parkston Derek Barrios- Elk Point/Jefferson Tom Cameron- White River Rick Weber- Flandreau

Athletic Directors

Casey Meile- Sioux Falls Public Terry Rotert- Huron Chuck Wilson- Todd County Kelly Messmer- Harding County Dr. Jarod Larson-Brandon Valley Joel Bailey- Platte-Geddes Blake Gardner- Hill City Dr. Donavan DeBoer- Parker

Jared Vasquez- Rapid City Stevens Brian Moser- Pierre T.F. Riggs Julie Eppard- Chester Area

# SDHSAA- Serving Students Since 1905

Board Chairperson – Mr. Craig Cassens Assistant Director – Ms. Jo Auch Assistant Director – Mr. Brooks Bowman Executive Director – Dr. Daniel Swartos Assistant Director – Dr. John Krogstrand Finance Director – Mr. Ryan Mikkelsen

# **Guiding Principles:**

- 1. A return to sports/activities for regular season contests and state championships must be safe for athletes, coaches, officials, and fans.
- 2. The goal of the SDHSAA in 2020-21 should be to incorporate school-based sports and fine arts activities when practical and safe.
- 3. Standardized procedures should be in place at all schools for the screening of athletes and coaches. This procedure should also be followed by all officials and judges for contests.
- 4. Standardized protocols should be in place, in conjunction with the South Dakota Department of Health, at all schools regarding confirmed positive cases of rostered individuals, members of the coaching staff, and all officials and judges.
- 5. SDHSAA Policies should be in place regarding the re-scheduling of events, events to be deemed a "no contest", and events to be deemed a "forfeit".
- 6. The SDHSAA should offer guidance on issues that would normally be a matter of local control.

# <u>Principle #1 – Safety</u>

- The NFHS has proposed rule modifications for all Spring sports. Recommendations from SDHSAA staff on those rule modifications fall under three categories- mandatory, optional, and impermissible. In addition to winter sports, proposed solutions for winter fine arts events have also been created.
- The NFHS Sports Medicine Advisory has released recommendations for classification of sports and fine arts activities in regards to contact and risk. Those categories are Low, Moderate, and High.
- Spring Sports:
  - Low Contact/Risk- Golf, Tennis, Track and Field
- Winter Fine Arts:
  - Moderate Risk (depending on venue and mitigation)-
    - Chorus/Orchestra/Jazz Band/Band

# Principle #2- Keeping Students Active and Involved

- The end of the school year, graduation, and contractual issues with coaches does not lend itself well to the lengthening of seasons in the Spring. Spring events should be completed as possible. There is potential to move into June with events, but that presents more issues than changes to fall or winter activities.
- Spring activites lost their state events in 2020. All possible options must be explored to conduct and complete these events as possible.

# Principle #3- Screening Procedures

- All rostered individuals (athletes, managers, statisticians, coaching staff, cheerleaders) and other school personnel involved (bus drivers, etc) should be screened daily for CDC recommended indicators of COVID-19. The COVID-19 Monitoring Form Response Guide, on page 2 of the SDHSAA Monitoring Form, will be used to determine positive responses to screening questions.
- Depending upon school policies, screening for fever may be done at the school or at home.
- All contest officials and judges will self-screen the day of the contest and report to site host administrator. Any individuals with unexplained positive responses must not be allowed to officiate/judge until they follow guidance from the Monitoring Form Response Guide.
- Athletes, participants, coaches, and officials who are in a vulnerable population should take extra precaution and visit with their physician about participation, particularly in sports/activities that do not allow for consistent social distancing.

# Principle #4- Protocol for Confirmed Close Contact and Positive Cases

- ALL indications of positive cases and confirmed close contact (within 6 feet for at least 15 minutes of time starting two days prior to symptom onset) must come through the school or the South Dakota Department of Health.
- Any Department of Health verified close contact (student/coach/official/judge/team personnel) is recommended to follow SDDOH guidelines. Currently, those guidelines recommend a 10-day quarantine from the date of last contact away from school and daily screening of symptoms, OR a 7-day quarantine if a negative test is performed on day 5 or later of quarantine, no symptoms of COVID-19 develop, AND the individual self-monitors for symptoms for an additional 7 days following release from quarantine. Schools have developed local policies regarding close contacts, and those guidelines will be honored by the SDHSAA, with the exception of policies directly called for in rules modifications.
- Any **PARTICIPANT** with a Department of Health verified positive case must satisfy the following requirements prior to returning to activities:
  - 14 days have passed since onset of symptoms, or if asymptomatic, 14 days from the date of the positive COVID-19 test.
  - Asymptomatic for at least the last 7 days of the 14-day period without the use of fever reducing medication
  - SDHSAA Return to play form must be completed by an approved health care provider (MD/DO/PAC/ARNP)
  - The approved health care provider completing the Return to Play form has the option to
    - a)Clear the individual for an immediate return to activity,

- b) clear the student pending a Graduated Return to Play Progression due to moderate or severe symptoms, or
- c) Deny clearance to return to activity
- Non-Participants with a DOH verified positive case must follow CDC/SDDOH guidelines (currently 10 days since symptom onset, 24 hours asymptomatic without the use of fever-reducing medication) and receive DOH clearance prior to returning.
- Schools must notify the SDHSAA of any verified close contact or positive cases of
  rostered individuals via the SDHSAA School Zone. No personally identifiable
  information will be contained in the notification to the SDHSAA. All information
  will be treated in compliance with HIPAA and FERPA from the member school
  and the SDHSAA. Dr. Swartos from the SDHSAA will be part of the
  SDDOE/SDDOH School Response Team.

# Principle #5- SDHSAA Policies

- Re-Scheduling Contests- The SDHSAA will assist teams as much as possible in working towards the satisfactory rescheduling of missed contests.
- "No Contest"- If a school has substantial spread of cases within their building such that they are forced to deliver instruction completely via distance learning, all efforts should be made to reschedule. If that is not possible, the contest will be declared a "no contest" for both teams. Similarly, if both teams agree not to play, but are not in a "shutdown", in exceptional scenarios it could become a "no contest" with prior approval from SDHSAA.
- "Forfeit"- If a school decides on their own, without a school/district shutdown or without SDDOH recommendation, that they do not want to play a contest, the contest will be declared a "forfeit" with the team deciding not to play awarded a loss and the opposing team a win.
- Any post-season contests that are unable to be played will be considered a forfeit.
- The SDHSAA will act as a mediator and make final decisions as it pertains to forfeit and no contest determinations.

#### Principle #6- Benchmarks for Re-Evaluation

• The SDHSAA will work with this task force, in addition to the South Dakota Department of Health, throughout the Spring to determine if it is necessary to re-examine this document.

#### Principle #7- Other Guidance

- Schools should post guidance regarding social distancing and hygiene at their facility entrances and other high traffic areas of their facilities.
- Schools should encourage and support the use of masks by spectators.

- Schools should evaluate local conditions in determining restrictions on crowd size. If fan attendance is allowed at a contest, fans from both/all teams involved should be allowed to attend in the same capacity deemed safe for home teams to attend.
- Schools should consider using 7- or 14-day trends and other indicators of active cases, new cases, and hospitalizations in their District/County area to develop a tiered system for fan attendance, such as:

TIER	Fan Attendance	Conditions
Tier 1	Open	Steady/Decreasing rates of community active cases, new cases, and
	attendance	hospitalizations.
Tier 2	Parents/Student	Slow/intermittent increase of community active cases, new cases,
	Body Only	and hospitalizations.
		Isolated cases, no evidence of exposures in large communal settings.
Tier 3	Student Body or	Steady/incremental increase of community active cases, new cases,
	Parents Only	and hospitalizations. Sustained increases, potential exposures in
		large communal settings.
Tier 4	No Fans	Sharp increase of community active cases, new cases, and/or
		hospitalizations WITHOUT concurrent increase of cases/contacts
		within the school setting. Confirmed exposures in large communal
		settings.

- If fan attendance is being limited, schools should consider using a pass system to control crowd sizes and limit build ups at the gate. In addition, any pass system should be extended to visiting teams and coordinated between athletic directors prior to the contest.
- <u>The SDHSAA encourages conferences and other like groups of schools to</u> <u>consider agreeing to similar attendance policies across the conference/like</u> <u>group to avoid confusion from fans.</u>
- During bus travel to away contests and for transportation to practice for cooperative programs, schools should strongly consider assigned seating and mandating the use of cloth face masks by everyone on the bus to assist with contact tracing and potentially assist with the numbers confirmed close contact.
- Schools should consider cashless transaction at the gates via a system like Huddle. Ticket takers and other event workers should be offered protective equipment such as masks and gloves.
- With the dramatic rise in streaming capabilities for contests, in addition to the NFHS Network offer of free Pixellot systems to every school, schools should evaluate their current streaming offerings and <u>actively encourage fans to self-</u> <u>screen and watch from home if exhibiting any symptoms. Similarly, schools</u> <u>should actively encourage those who are vulnerable to watch from home.</u>

- A joint SDDOH/SDHSAA set of recommendations for concession stands is attached to this document as **APPENDIX D**.
- Schools should evaluate their media areas and attempt to reconfigure to allow social distancing.
- Facility cleaning guidance for the summer/fall period should be continued throughout the school year.

## FINAL RECOMMENDATIONS:

- 1. At the November 24, 2020 meeting of the SDHSAA Board of Directors, the Board strongly recommended that schools implement mask use for anyone not participating in contests and for schools to develop a model to limit attendance at contests based on facility size for each contest. The Task Force recommends continuing that recommendation through the Spring Sports season.
- 2. The task force recommends that all SDHSAA-sanctioned Spring sports proceed with the attached rule modifications, in addition to screening procedures, Return to Play procedures, and the SDDOH guidelines for confirmed positive tests.
- **3.** The Task Force recommends that All-State Band be held on the scheduled date with modifications and mitigation strategies outlined by SDHSAA Staff.
- 4. The Task Force recommends that All-State Jazz Band be held on the scheduled date with modifications and mitigation strategies outlined by SDHSAA Staff.
- 5. The Task Force recommends that SDHSAA Staff continue to look at the viability of holding the All-State Chorus and Orchestra event, to include exploring alternative options to limit the size of the event.

# References

Elliott, N., Martin, R., Heron, N., Elliott, J., Grimstead, D., & Biswas, A. (2020). Infographic. Graduated return to play guidance following COVID-19 infection. *British journal of sports medicine*, bjsports-2020-102637. Advance online publication. https://doi.org/10.1136/bjsports-2020-102637

Drezner, J. A., Heinz, W. M., Asif, I. M., Batten, C. G., Fields, K. B., Raukar, N. P., Valentine, V. D., and Walter, K. D. (2020). Cardiopulmonary Considerations for High School Student-Athletes During the COVID-19 Pandemic: NFHS-AMSSM Guidance Statement. *Sports Health*. <u>https://doi.org/10.1177/1941738120941490</u>

McGuine, T., Biese, K., Hetzel, S., Kliethermes, S., Reardon, C., & Bell, D. et al. (2020). The Impact of School Closures and Sport Cancellations on the Health of Wisconsin Adolescent Athletes. *University of Wisconsin School of Medicine and Public Health, Department of Orthopedics and Rehabilitation*. Madison, WI.

#### ADDITIONAL CONSIDERATIONS

## 1. Out-Of-State Open Enrollment Considerations:

- a. **North Dakota:** open enrollment allowed per the SDDOE agreement with North Dakota (border school can open enroll to any school).
- b. <u>lowa:</u> open enrollment allowed per the SDDOE agreement with Iowa (districts must be adjoining and the physical location of the high school in South Dakota must be closer to the residence than the high school in Iowa)
- c. <u>Minnesota</u>: open enrollment allowed per SDCL 13-36-7 and 13-15-21 (both districts must be located on the border, request must be made prior to July 1<sup>st</sup> of the school year- in this case, July 1<sup>st</sup>, 2020). Current tuition agreements between districts and cooperative agreements between districts will be honored.
- d. **Nebraska, Wyoming, Montana, and all non-contiguous states:** No open enrollment allowed, must involve a bona fide move.

### 2. Playoff/Post-Season Changes

- a. Track and Field- TBD, none at this time.
- b. Golf TBD, none at this time.
- c. Tennis- TBD, none at this time.



# South Dakota High School Activities Association

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# SDHSAA Spring 2020 Rule Modifications

Rule modifications are divided into three categories:

- 1. **Mandatory** = rule changes that must be followed until further advised
- 2. Optional = rules allowances that may be utilized if desired until further advised
- 3. Impermissible = items that are not allowed by SDHSAA rule

MANDATORY MODIFICATIONS	<ul> <li>Awards: No awards ceremonies following events or the meet. Distribute awards directly from meet administration to coaches to provide to athletes. No draping of medals on competitors</li> <li>No common distribution of water accessible to multiple parties.</li> <li>Clean frequently touched areas, and provide ample hand sanitizer at all practices and contests.</li> <li>Spectators must not have access to athletes, and should be restricted to areas outside of the track, event facilities, training areas, team camps, starting and finish areas.</li> </ul>
OPTIONAL MODIFICATIONS	<ul> <li>For Students: Masks/face coverings may be worn. Each athlete should be required to bring their own water bottle.</li> <li>Team Camp areas, if permitted, should be isolated from spectators or other non-essential personnel. Team camps should be only available to members of that specific team, and not a shared/common space.</li> <li>Considerations should be made by meet management in regard to limiting entries, both in each event/heat as well as in numbers of teams and participants present. Given that track facilities and amenities differ from location to location, no singular rule can dictate what each venue</li> </ul>
	<ul> <li>may be able to accommodate.</li> <li>Social Distancing should be considered at all field events and common gathering areas. Provide athletes ample space to remain 6' apart from one another while waiting/warming up, and relocate spectators as necessary to accommodate the change.</li> </ul>

<u>GOLF</u>	
MANDATORY MODIFICATIONS	<ul> <li>Follow all rules published by the host course and USGA guidelines that are in place for spectators, competitors and coaches alike. This includes leaving the flagstick and hole-barrier in place if the course is using that system for regular season play.</li> <li>No-Touch Scorecards shall be used as available. The USGA and Golf Genius have a tutorial to show how this can be provided free of charge through the USGA Tournament Management App on any mobile device with a data connection. Rules regarding illegal use of electronic devices will remain in place for competitors.</li> <li>Fans/Spectators and Rules Officials shall maintain a 6' distance from all players throughout the round.</li> <li>No Awards Ceremonies following play. Meet management shall distribute all awards to coaches, who will then present to the athletes. No draping of competitors in ribbons/medals.</li> </ul>
	<ul> <li>No common distribution of water accessible to multiple parties.</li> </ul>
	• <b>Clean</b> frequently touched areas, and provide ample hand sanitizer at all practices and contests.

# SDHSAA- Serving Students Since 1905

Board Chairperson – Mr. Craig Cassens Assistant Director – Ms. Jo Auch Assistant Director – Mr. Brooks Bowman

OPTIONAL MODIFICATIONS	<ul> <li>Consider "putting through" or "uninterrupted putting" by players when on the green to allow for safer distancing as the golfers who are not up are able to remain distanced on/around the green.</li> <li>Consider "Circle 10" option for scoring, where if a player exceeds 10 shots on a hole, they simply pick up. This allows for more consistent pace of play throughout events.</li> <li>Athletes and coaches are allowed to wear masks/face coverings, and are invited to bring their own water bottle.</li> <li>Galleries should be limited to "paths only" and keep 6' of distance between themselves and others throughout the round.</li> </ul>
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TENNIS	
MANDATORY MODIFICATIONS	<ul> <li>Use numbered sets of tennis balls, with a different number for each competitor/doubles team, and only handle your numbered tennis balls. Clean balls with Lysol or Clorox.</li> <li>Maintain social distancing as possible during play. Avoid fist bumps or handshakes prior to or following the contest.</li> <li>Use your racquet or foot to move balls from your side to your opponent's side.</li> <li>Switch courtsides on opposite sides of the court.</li> <li>Clean frequently touched objects and areas and provide ample hand sanitizer for athletes and coaches.</li> </ul>
OPTIONAL MODIFICATIONS	<ul> <li>Strongly encourage athletes and coaches wear face masks/coverings when not actively participating in the contest.</li> <li>Athletes should use their own water bottle.</li> </ul>

# **Fine Arts Spring Events**

#### All-State Band: (May 26-27 in Mitchell)

- Four separate bands of approximately 50 students each.
- Two bands rehearse and perform May 26
- Two bands rehearse and perform May 27
- Masks and bell covers required by all participants.
- Seating will be blocked off for social distancing.

#### All-State Chorus and Orchestra: (April 19-20 in Sioux Falls)

- This event involves approximately 1200 students from over 100 communities (Approx. 150 orchestra members, Approx. 1000 chorus members)
- **Option 1-** Social distancing of quartets, mask use on all participants, bell covers on all wind instruments, directors in the PC to monitor mask use and social distancing, restroom breaks in increments, 90 minute rehearsals, no audience except for directors of participating students. Day 1- 90 minute rehearsals at 8, 1030, 130, 330, and 730. Day 2- rehearsal at 8 and 10, combined rehearsal at 2:15, concert at 7.
- **Option 2** (Cancel All-State Chorus, only hold All-State Orchestra, follow NFHS recommendations)- Mask use by all students and bell covers on all wind instruments. Two and a half hour rehearsal periods of 30 minutes in the ballroom, 30 minutes in the PC, 30 minutes in the ballroom, and 30 minutes in the ballroom to allow for the 90 minute air exchange cycle in the Premier Center. Students have normal meal breaks and leave the facility to get food. Students would be allowed a set amount of ticket vouchers for attendance.

#### All-State Jazz Band: (May 6-8 in Mitchell)

• Due to the small size of this event, this can be held with minimal changes and will include mitigation strategies.



# SDHSAA COVID-19 Return to Play Form

If a participant has tested positive for COVID-19, he/she must be cleared for progression back to activity by an approved health care provider (MD/DO/PAC/ARNP) Individual's Name: \_\_\_\_\_\_ DOB: \_\_\_\_\_\_ Date of PositiveTest: \_\_\_\_\_\_

# THIS RETURN TO PLAY IS BASED ON TODAY'S EVALUATION

### Date of Evaluation:

## Criteria to return (Please check below as applicable)

14 days have passed since symptom onset OR 14 days from date of positive test if completely asymptomatic,

during which the individual has been asymptomatic for at least the last <u>**7** days</u> without use of fever-reducing medication

□ Individual was not hospitalized due to COVID-19 infection.

Cardiac screen negative for myocarditis/myocardial ischemia (All answers below must be no)

Chest pain/tightness with exercise	YES	NO
Unexplained Syncope/near syncope	YES	NO
Unexplained/excessive dyspnea/fatigue w/exertion	YES	NO
New palpitations	YES	NO
Heart murmur on exam	YES	NO

NOTE: If any cardiac screening question is positive or if participant was hospitalized, consider further workup as

indicated. May include ECG, cardiac biomarkers, Echocardiogram, CXR, PFT's, Chest CT, or cardiology consult.

Individual HAS satisfied the above criteria and IS cleared to return to activity.

**OPTIONAL:** Due to moderate or severe symptoms with COVID-19, the participant should perform the stages of the Graduated Return to Play Progression prior to full clearance

Individual HAS NOT satisfied the above criteria and IS NOT cleared to return to activity

#### Medical Office Information (Please Print/Stamp):

Evaluator's Name: \_\_\_\_\_ Office Phone: \_\_\_\_\_ Evaluator's Address: \_\_\_\_\_

Evaluator's Signature:

# Graduated Return to Play (RTP) Progression After COVID-19 Infection

In participants who have had moderate or severe symptoms with COVID-19 or their provider had any concerns for rapid RTP, the athlete should complete the progression below without development of chest pain, chest tightness, palpitations, lightheadedness, pre-syncope, or syncope. If these symptoms develop, the participant should be referred back to the evaluating provider who signed the form.

- Stage 1: <u>(2 Days Minimum)</u> Light Activity (Walking, Jogging, Stationary Bike) for 15 minutes or less at intensity no greater than 70% of maximum heart rate. NO resistance training.
- Stage 2: (1 Day Minimum) Add simple movement activities (EG. running drills) for 30 minutes or less at intensity no greater than 80% of maximum heart rate
- Stage 3: (1 Day Minimum) Progress to more complex training for 45 minutes or less at intensity 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 intensity no greater than 80% maximum heart rate
- Stage 5: Return to full activity

Health Provider Signature following Graduated RTP for clearance to resume activities:

RTP Procedure adapted from Elliott N, et al. Infographic. British Journal of Sports Medicine, 2020.



(Insert School Logo Here)

# COVID-19 Participant/Coach Monitoring Form

DATE:

PERSON RESPONSIBLE:

Instructions: Please use the charts on Page 2 of this document to determine action based on responses to this screening form NOTE: ANY SOUTH DAKOTA DEPARTMENT OF HEALTH CONFIRMED POSITIVE COVID-19 TEST RESULT MUST HAVE THE RETURN TO PLAY FORM COMPLETED PRIOR TO RETURN TO ACTIVITIES.

							CIRCL	E YES/NO B	ELOW					
	Section 1- Symptoms									Section 2- Close				
NAME											Contact/Potential Exposure			
	FEVER OF OR GREA			UGH THAT DIFFICULTY NG	-	PLAINED THROAT		LAINED IEA/ VOMITING/ 1INAL PAIN	SEVERE H	EADACHE	CLOSE CC WITH CO CASE OF	NFIRMED	LIVE IN O TRAVELI AN AREA SUBSTA COMMU SPREAD	A WITH NTIAL JNITY
	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO
	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO
	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO
	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO
	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO
	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO
	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO
	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO
	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO
	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO
	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO
	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO
	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO



(Insert School Logo Here)

# SDHSAA COVID-19 MONITORING FORM RESPONSE GUIDE

	Yes (Any response)	No	Action
Section 1	Х		Follow school guidance on school illness policy (symptom free for 24
Section 2		Х	hours without use of fever reducing medication)

	Yes (Any response)	No	Action
Section 1	Х		Contact healthcare provider for evaluation/possible testing OR self-
Section 2	Х		quarantine for 14 days from symptom onset and/or potential exposure

	Yes (Any response)	No	Action
Section 1		Х	YES ON QUESTION 1 OF SECTION 2:
Section 2	X		Contact the South Dakota Department of Health for further guidance.

NOTES:

• ANY PARTICIPANT WITH A SOUTH DAKOTA DEPARTMENT OF HEALTH CONFIRMED POSITIVE COVID-19 TEST RESULT MUST HAVE THE RETURN TO PLAY FORM COMPLETED PRIOR TO RETURN TO ACTIVITIES.