



# OCHD School Nurse Newsletter

Week of: April 26, 2021

## **Sports and testing and quarantine, OH MY!**

### All Things Athletic

1. Participants who have recovered after having a laboratory-confirmed COVID-19 diagnosis in the past three months (90 days) and remain symptom-free may participate in organized sports practice and competition without testing if **they can provide a letter from their doctor attesting that they fall into this category. The individual must have had a positive diagnostic test within three months. An antibody test is not sufficient. In order to be exempt from testing, athletes will need both a positive test (rapid / antigen or PCR) AND a doctor's note regarding their COVID-19 positive status.**
2. The individual must resume testing if they become symptomatic or it has been more than 90 days from the date of a positive laboratory-confirmed COVID-19 test.
3. If a student athlete tests positive on the antigen test the student needs to isolate and those identified as a close contact to this individual would need to quarantine. It is recommended that the student athlete who tested positive obtain a PCR test within 48 hours. If the PCR test comes back negative and the student does not have any COVID symptoms this student can be released from isolation and those students who were identified as close contacts can be released from quarantine.
4. Antigen Testing and Vaccines: The current MDHHS order on testing for athletics DOES NOT provide a waiver from antigen testing for a student-athlete who has received a vaccine, even both doses. A vaccine DOES NOT excuse a student-athlete from the MDHHS weekly antigen testing requirement.
5. Antigen Testing Order Extended: The current MDHHS order on testing for organized athletics has been extended until May 24, 2021. Schools should continue to test spring sport athletes weekly.
6. Sports Physicals: For the 2021-22 school year, an MHSAA pre-participation sports physical is **required** for all students who participate in sports. A physical examination must be completed on or after April 15, 2021 to be considered a valid physical for 2021-22. <https://www.mhsaa.com/portals/0/Documents/health%20safety/physical2page.pdf>

### Update guidance on athletics:

[https://www.michigan.gov/documents/coronavirus/2021.02.07 Interim Guidance for Contact Sports updated FINAL 715541\\_7.pdf](https://www.michigan.gov/documents/coronavirus/2021.02.07_Interim_Guidance_for_Contact_Sports_updated_FINAL_715541_7.pdf)

### Sports Testing FAQ (updated

4/21/2021): [https://www.michigan.gov/documents/coronavirus/MI Safer Sports COVID Testing Program Frequently Asked Questions 715802\\_7.pdf](https://www.michigan.gov/documents/coronavirus/MI_Safer_Sports_COVID_Testing_Program_Frequently_Asked_Questions_715802_7.pdf)

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