

COVID-19

Parent Information

In order to mitigate the risk of COVID-19 in athletics, guidelines have been put into place at Kailua High School for all who are involved. These guidelines are important for the safety of our students, coaches, athletic health care trainers (AHCTs), administrators, and parents/guardians to follow as we navigate this pandemic.

Daily Health Screening

To stop the spread of illness, daily health screening will be conducted before any athletic activities, which includes conditioning, practices and games. Anyone who is sick or has been in contact with someone who has COVID-19 including: players, family members, coaches, staff and spectators - should stay home and not attend athletic activities.

Parents/guardians should check their child daily before attending school for the following symptoms:

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| • Feverish or Unusually Warm | • Headache/Stomach Ache/Nausea |
| • Coughing/Congestion or runny nose | • Muscle Pain/Unusual Fatigue |
| • Sore Throat | • New Loss of Taste or Smell |
| • Shortness of Breath/difficulty Breathing | • Chills |
| • Vomiting/diarrhea | |

If your child has signs or any of these symptoms they should not attend school or athletic events. Call your doctor if you think your student is sick.

Before athletic activities, students will be required to check in with the AHCTs for health screening. This will include a temperature check as well as a symptom check as previously mentioned. If the student has at least one reported symptom or a temperature of 100°F and above, they will be sent home. Parents/guardians will be expected to pick up their child after being notified. The AHCT will provide a Medical Referral Form to be reviewed and signed by a physician.

People with Certain Medical Conditions

In addition to health and safety measures put in place by the Department of Education and Kailua High School Athletics, those who are considered “vulnerable individuals” are at an increased risk for serious illness from COVID-19 and should take extra precaution.

“Vulnerable individuals” are defined by the Centers of Disease Control and Prevention (CDC) as people age 65 years and older and others of all ages with serious underlying health conditions including but not limited to:

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| • Cancer | • Obesity |
| • Chronic kidney disease | • Sickle cell disease |
| • Chronic obstructive pulmonary disease (COPD) | • Type 2 diabetes mellitus |
| • Immunocompromised state from solid organ transplant | • Serious heart conditions such as heart failure, coronary artery disease, or cardiomyopathies |

Those individuals who are considered vulnerable, which may include officials, coaches, other personnel, students and parents should take extra precaution when returning to participation in any Kailua High School Athletics program.

Drop Off and Pick Up Process for Athletic Activities

Appropriate social distancing should be followed during drop off and pick up times for all athletic activities and congregating of students should be avoided. Recommendations are:

Drop Off

1. Athletes should be dropped off as close to the start of the practice or event as possible. If they arrive early they should wait in their car until the start time.
2. If athletes are unable to wait in a car, they should wear a mask and practice social distancing while waiting for the practice or event to start.

Pick Up

3. Upon ending of athletic activities, parents/guardians should wait in their cars to pick up/wait for their child.
4. If athletes need to wait for their parents/guardians, they should wear a mask and practice social distancing while waiting.

Guidelines for Students Participating in Athletic Activities

Due to current circumstances, athletes will need to be prepared for participation in athletic activities by adhering to the following guidelines:

1. Students must bring their own water bottle to events. No sharing of water bottles will be allowed.
2. Students must wear a face mask and be dressed appropriately for events. No locker rooms will be available until further notice.

Practices

All athletic practices will be closed to visitors.

Tier 1 (Essential) only will be allowed (Coaches, Players, AHCTs, Security, Administration)

Meals/Snacks

Each athlete is to bring their own snacks.