



Lake Tahoe Unified School District

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GENERAL COVID GUIDANCE - ATHLETICS

LTUSD has seen a significant number of students testing positive for COVID-19. This guidance provides direction on outdoor and indoor youth sports activities within LTUSD.

- All student athletes will participate in weekly surveillance testing in order to participate in school athletic activities, **regardless of vaccination status.**
- Face coverings are to be worn when not participating in the activity (i.e. on the sidelines)
- Face coverings are required at all times while riding on LTUSD transportation
- No sharing of drink bottles and other personal items
- Physical distancing should be exercised when possible

PROTOCOL WHEN AN ATHLETE TESTS POSITIVE FOR COVID-19

COVID-19 positive persons are on Standard Quarantine- 10 days, no school or extracurricular activities. The student may return after 10 days IF symptoms have greatly improved and no fever for 24 hours. DAY 1 is the day after the onset of symptoms OR a positive test.

PROTOCOL FOR CLOSE CONTACTS

(A close contact is within 6 feet for greater than 15 minutes to a COVID-19 positive person)

1. Unvaccinated/unmasked close contacts follow Standard Quarantine Protocol

(quarantine for 10 days without testing, Quarantine can end after Day 7 if a negative test is obtained ON or AFTER Day 5 of last exposure)

2. Unvaccinated/masked close contacts follow Modified Quarantine Protocol

(Continue to attend school, no sports or extracurricular activities for 10 days. Quarantine can end after Day 7 if negative test ON or AFTER Day 5 of last exposure)

3. Vaccinated close contacts who are asymptomatic follow no quarantine protocol.

(A test is recommended 3-5 days after exposure, & monitor for symptoms for 14 days but do not need to cancel or refrain from regular activities including extra curricular activities)

It is very important to monitor your child's health. **Anyone with symptoms of illness should remain at home and contact your school nurse.**