



COVID-19 Contact Tracing for K-12 Sports Teams



Steps to identify and notify close contacts of persons identified as having COVID-19 infection

- Determine who has been in close contact during team activities with probable and confirmed COVID-19 cases during their infectious period.**
 - Close contact is defined as
 - Being within 6 feet of an infected person for a cumulative total of 15 minutes over a 24-hr. period **OR**
 - Having direct contact with an infected person including touching (including tackling, blocking, defending, etc.), hugging, kissing, or sharing eating or drinking utensils; or if an infected person sneezed, coughed, spit, or somehow got respiratory droplets on another person
 - Additional factors to consider for determining risk of transmission include:
 - Risk is typically greatest to teammates and coaches to teams of individual cases (dependent on the sport)
 - Teammates have the most cumulative exposure as most of the risk for COVID-19 acquisition and spread in the team is highest during pre- and post-game meals, post-game parties, banquets, player social gatherings, unmasked bus rides/carpooling, locker rooms, other non-play congregation
 - Sports is played indoors have higher likelihood of transmission than those played outdoors. Playing sports outdoors does NOT remove the risk of COVID-19 spread.
 - The size of the arena and physical closeness of players – a smaller arena and/or sports where players are in closer proximity may increase likelihood of transmission
 - The type of contact that occurs during practice, scrimmages, and games. For example, tackling, blocking, and defending would all be considered close contact.
 - The infectious period includes the 48 hours before the day the person became sick (or the 48 hours before specimen collection if asymptomatic) until the person was isolated.
 - Use of face coverings, face shields and plastic dividers **are not considered** in determining close contacts, though they do reduce the risk of transmission. Contacts not wearing masks or not wearing them appropriately are at increased risk.
 - Negative antigen or PCR test results in a close contact do not exclude them from a 14-day quarantine.
 - Quarantine for close contacts previously diagnosed with or vaccinated against COVID-19 within the last 90 days:**
 - If they were diagnosed with COVID-19 by either (1) a positive RT-PCR test or (2) a healthcare provider based on their symptoms, and 90 days or less have passed since their symptoms began, they do not need to quarantine unless symptoms develop.
 - If they do have symptoms, they should self-quarantine immediately and consult

with a medical provider to determine if they may have been re-infected with COVID-19 or if symptoms are caused by something else.

- People who have been fully vaccinated* against COVID-19 at the time they were exposed and show no symptoms do not need to quarantine. (*People are considered fully vaccinated when it is least 2 weeks after their final dose of COVID-19 vaccine).
- Notify close contacts of the need to quarantine.**
 - Notify all close contacts of probable and confirmed cases that they have been identified as having been exposed to someone who is or may be ill with COVID-19 and will need to quarantine and stay out of all team activities for 14 days from the last date they were exposed.
 - End of Quarantine Criteria:** Close contacts should quarantine for 14 days from the last day they were exposed to a probable or confirmed case. **Exposed individuals CANNOT participate in athletic events until the full 14-day quarantine has been completed.**
 - Close contacts who develop symptoms on or before day 14 after their last exposure are considered probable cases and should self-isolate immediately and seek testing. The local health department should be contacted immediately.

NOTE: Quarantine is 14 days starting AFTER the last day of exposure to someone contagious with COVID-19. **Below is an example** where a student athlete is exposed on Tuesday the 10th. Their quarantine starts on the 11th, continues for 14 days (through the 24th) and they can return to normal activities on the 25th.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8	9	10 EXPOSED TO COVID-19 at GAME	11 FIRST DAY OF QUARANTINE	12 Day 2	13 Day 3	14 Day 4
15 Day 5	16 Day 6	17 Day 7	18 Day 8	19 Day 9	20 Day 10	21 Day 11
22 Day 12	23 Day 13	24 Day 14	25 RETURN TO NORMAL ACTIVITIES	26	27	28

From Mid-Michigan District, Central Michigan District and District Health Department #10



Adapted from: COVID-19 Contact Tracing for K-12 Sports Teams Louisiana Department of Health
<https://ldh.la.gov/assets/oph/Coronavirus/resources/ContactTracing/ContactTracingK-12SportsTeam.pdf>