



2021-22 Winter Athletics Rapid Testing Guidelines

OVERVIEW

Athletics and activities are an essential component of the high school experience and enhance the physical, social and mental health of so many of our students. Throughout this pandemic, our foremost priority has been the safety of students, faculty and staff. We continue to focus on providing our student-athletes and coaches a safe opportunity and healthy environment for athletic competition, while following CDC, state and local guidelines in promoting healthy behaviors.

The Office of Catholic Education is excited to continue its COVID-19 Testing Program for schools that began in late-spring in collaboration with Catholic Social Services (CSS) and Children’s Hospital of Philadelphia (CHOP). CHOP’s program, known as ACE-IT (Assisting Childhood Education through Increased Testing), shares a common belief that adding routine school-based testing to existing infection-control measures can help maintain a safe, healthy environment for in-person learning by reducing opportunities for transmission. This program is critical for achieving the public health goal of identifying those with COVID-19, particularly those at greatest risk of transmitting to others because they are unaware that they may be contagious so that they can be isolated and quarantine immediately. Since last spring, schools have committed to trainings conducted by the staff at CHOP in how to conduct Rapid Testing in a safe and secure manner, and all student participation is voluntary. When schools implement testing combined with prevention strategies, they can detect new cases to prevent outbreaks, reduce the risk of further transmission, and protect students, teachers, and staff from COVID-19.

WHAT IS RAPID TESTING?

ACE-IT uses point-of-care rapid antigen test cards (link is external) and molecular amplification technology to support two testing strategies: 1) Surveillance or “assurance” testing, which tests staff and select groups of students routinely to detect asymptomatic cases; and 2) Symptomatic testing, for those who come to school feeling well but develop symptoms during the school day. Both approaches meet a critical public health goal



of identifying those with COVID-19, particularly those at greatest risk of transmitting to others because they are unaware that they may be contagious so that they can be isolated and quarantine immediately. Collecting a specimen for testing involves using a swab, similar to a Q-Tip, placed inside the tip of the nose. A school staff member who has completed CHOP’s training program to use this test will collect the specimen and a trained COVID-19 test administrator will oversee the process.

CONDUCTING TESTING

School administrators and staff that supervise and administer the testing in the school must complete a training program provided by CHOP. Schools participating in the testing program must have at least two staff members complete the training, and the school should encourage training of medical personnel and school nurses. A permission slip must be on file with the school principal for anyone who is tested. The form is to be completed and signed by parents/guardians for students, and for adults it is to be completed and signed by the adult tested. Tests may only be done when a medical professional is on site. The medical person must be the school nurse, an EMT or a volunteer nurse or doctor with an active medical license. The tests do not need to be administered by this medical professional, as staff will self-administer tests with supervision by the medical professional. The tests should be administered following the guidelines in the training program outlined by CHOP and any other requirements of OCE and CSS. The testing process produces medical waste which must be properly disposed of by each school location, and the school has certified that the testing supplies and authorized tests will be stored and administered in accordance with the manufacturer's instructions.

VACCINATION STATUS

The CDC recommends that schools consider screening testing for those participating in sports who are not fully vaccinated to facilitate safe participation and reduce the risk of transmission of COVID-19. An individual is considered fully vaccinated two weeks after the receipt of the second dose (in a two-dose series) or after one dose (in a single-dose vaccine).

- Anyone with any signs or symptoms of COVID-19 get tested, regardless of vaccination status or prior infection. If you get tested because you have symptoms or were potentially exposed to the virus, you should stay away from others pending test results and follow the advice of your health care provider or a public health professional.
- Fully vaccinated individuals who have had close contact with someone who has COVID-19 should get tested 5-7 days after exposure, even if asymptomatic.
- Fully vaccinated people with no COVID-19-like symptoms and no known exposure are recommended to be exempt from routine assurance/screening testing.
- Individuals who have tested positive for COVID-19 within the past 3 months and recovered do not need to get tested following an exposure as long as they do not develop new symptoms.
- Screening COVID testing of unvaccinated woodwind and brass musicians is highly encouraged, while musicians should be tested in conjunction with group lessons, practices, or performances.

COVID SYMPTOMS

People with the following symptoms may have COVID-19:

Fever or chills – CDC norm is a temperature of 100.4 or more

Cough

Shortness of breath or difficulty breathing

Muscle or body aches

Fatigue

New loss of taste or smell

Congestion or runny nose

Headache

Sore throat

Diarrhea

Nausea or vomiting

TESTING PARTICIPATION

This Rapid Testing program is entirely optional for students, although we strongly encourage students and staff to participate to keep our schools as healthy and safe as possible. The tests are being offered in addition to existing safety protocols such as mask-wearing, social distancing, and frequent disinfection of surfaces. No staff or students are allowed to enter a school



building if they believe they have been exposed to COVID-19 or have symptoms consistent with COVID-19. Instead, they must seek testing from another testing location. This safety protocol is critical to the safety of the school community. In-school testing will only be available to staff and students who are participating in regular assurance testing, or who come to school feeling healthy and have not been exposed but begin to feel symptomatic during the school day. The CDC recommends that anyone with any signs or symptoms of COVID-19 get tested, regardless of vaccination status or prior infection. If you get tested because you have symptoms or were potentially exposed to the virus, you should stay away from others pending test results and follow the advice of your doctor or public health professional. Those students/staff who think they may be sick before coming to school should contact their pediatrician or primary care provider or arrange for a COVID-19 test outside of the school.

RESULTS

Test results will be made available to the parent/guardian who signs the permission form (*See Appendix*). The results will be sent by text message and email within 24 hours of the test. ALL test results (negative and positive) obtained by the school are required to be reported to PA Department of Health via the STRAC application. If a student tests positive for the virus, the individual will be moved to a room away from other students and staff until he/she can be picked up.

RESULTS (continued)

The student should remain home until the infection period has ended (typically, after symptoms improve and at least 10 days from the date symptoms first appear) and your child is no longer contagious. Please follow all CDC, local and state guidelines regarding the process for quarantine. A case is when someone tests positive for COVID-19. Per state law, cases of COVID-19 must be reported to the local department of public health.

If test results are negative, the virus was not found in the specimen tested and the student may continue to attend school without interruption. In a small number of cases, tests sometimes produce incorrect results – showing negative results (called “false negatives”) in people who have COVID-19 or showing positive results (called “false positives”) in people who don’t have COVID-19. If a student tests negative but has symptoms of COVID-19, or if you have concerns about a student’s exposure to COVID-19, you should call your child’s doctor, a licensed medical authority, or your local health department.

What Your Test Results Mean

Accessible version available at <https://www.cdc.gov/coronavirus/2019-ncov/testing/diagnostic-testing.html>

If you test positive for COVID-19

TAKE STEPS TO HELP PREVENT THE SPREAD OF COVID-19



STAY HOME.

Do not leave your home, except to get medical care. Do not visit public areas.



STAY IN TOUCH WITH YOUR DOCTOR.



GET REST AND STAY HYDRATED.

Take over-the-counter medicines, such as acetaminophen, to help you feel better.



SEPARATE YOURSELF FROM OTHER PEOPLE.

As much as possible, stay in a specific room and away from other people and pets in your home.

WINTER SPORTS TRANSMISSION RISK

The categorization of sport by transmission risk is based on consensus from the NCAA COVID-19 Medical Advisory Group, the American Medical Society for Sports Medicine COVID-19 Working Group, and the National Federation of State High School Associations. Sport classification reflects sport-specific training and competition.

Sport	Indoor / Outdoor	Transmission Risk	Proximity To Other Competitors
Basketball	Indoor	High	Frequent close contact among all competitors during play
Bowling	Indoor	Low	Can consistently maintain distance among teammates and competitors
Competitive Spirit	Indoor	High	Frequent very close contact among competitors
Ice Hockey	Indoor	Intermediate	Frequent, short-lived proximity among competitors during play
Indoor Track & Field	Indoor	Intermediate	Close proximity at the start and throughout some events
Sideline Cheerleading	Indoor	Low	Can consistently maintain distance among teammates
Swimming	Indoor	Low	Close proximity at the start; Risk mitigation strategies can be further used for those not actively competing
Wrestling	Indoor	High	Frequent close contact between two competitors at a time



TESTING STRATEGY

Changes in screening should be made based on two consecutive weeks of increased or decreased county level of community transmission. Below is a recommended Rapid Testing strategy for unvaccinated students:

County Transmission Level:

LOW

Sport	Testing Strategy
Basketball	Weekly testing of 25% of team members
Bowling	Testing of symptomatic individuals
Competitive Spirit	Weekly testing of 25% of team members
Ice Hockey	Testing of symptomatic individuals
Indoor Track & Field	Testing of symptomatic individuals
Sideline Cheerleading	Testing of symptomatic individuals
Swimming	Testing of symptomatic individuals
Wrestling	Weekly testing of 25% of team members

County Transmission Level:

MODERATE

Sport	Testing Strategy
Basketball	Weekly testing of 75% of team members
Bowling	Testing of symptomatic individuals
Competitive Spirit	Weekly testing of 75% of team members
Ice Hockey	Testing of symptomatic individuals
Indoor Track & Field	Testing of symptomatic individuals
Sideline Cheerleading	Testing of symptomatic individuals
Swimming	Testing of symptomatic individuals
Wrestling	Weekly testing of 75% of team members

County Transmission Level:

SUBSTANTIAL

Sport	Testing Strategy
Basketball	Weekly testing of full team members
Bowling	Testing of symptomatic individuals
Competitive Spirit	Weekly testing of full team members
Ice Hockey	Weekly testing of 25% of team members
Indoor Track & Field	Testing of symptomatic individuals
Sideline Cheerleading	Testing of symptomatic individuals
Swimming	Testing of symptomatic individuals
Wrestling	Weekly testing of full team members

County Transmission Level:

HIGH

Sport	Testing Strategy
Basketball	Weekly testing of full team members
Bowling	Testing of symptomatic individuals
Competitive Spirit	Weekly testing of full team members
Ice Hockey	Weekly testing of 50% of team members
Indoor Track & Field	Testing of symptomatic individuals
Sideline Cheerleading	Testing of symptomatic individuals
Swimming	Testing of symptomatic individuals
Wrestling	Weekly testing of full team members

ADDITIONAL TESTING CONSIDERATIONS

- Testing of unvaccinated woodwind and brass musicians is highly encouraged. Musicians should be tested weekly when involved in group lessons, practices, or performances.
- Rapid-testing should be incorporated for unvaccinated students and moderators/coaches no more than 72 hours prior to departure per CDC guidelines for overnight travel, as well as 3-to-5 days upon return.

Wearing a mask over your nose and mouth is required on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States and while indoors at U.S. transportation hubs such as airports and stations.

OVERNIGHT TRAVEL

Detailed itineraries must be included with OCE Overnight Travel Forms once an overnight trip has been approved. Rooming lists need to be provided by the coaching staffs to the AD/principal in advance so they can be verified. Vaccinated students may only share rooms with other vaccinated students (two per room), while unvaccinated students will have their own rooms. The same arrangements apply for coaches and chaperones.

Prior to departing on Overnight travel:

- It is recommended that students get tested 1-3 days before departure
- Strictly adhering to health and safety protocols should be a point of emphasis in pre-trip meetings with coaches/chaperones and student-athletes

While traveling:

- [Wearing a mask over your nose and mouth is required](#) on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States and while indoors at U.S. transportation hubs such as airports and stations. Travelers are not required to wear a mask in outdoor areas of a conveyance (like on open deck areas of a ferry or the uncovered top deck of a bus). The CDC recommends that travelers who are not [fully vaccinated](#) continue to wear a mask and maintain physical distance when traveling.

OVERNIGHT TRAVEL (Continued)

Upon return from Overnight travel:

- Unvaccinated students must get tested 3-5 days upon return. Student should not report to school until Day 3 and will be issued an excused absence during this time. Per policy, they would not be permitted to participate in school activities (i.e. practices, school dance, etc.) while absent from school.
- Any student who elects not to get tested must stay home and self-quarantine for 10 days following overnight travel per CDC Guidelines. This includes no practices or games during quarantine.
- If a test result is positive, students should isolate to protect others from getting infected.
- Students can provide their own Rapid test result in lieu of a school-issued Rapid test.
- Self-monitor for COVID-19 symptoms; isolate and get tested if symptoms develop.

Per the CDC, students do NOT need to get tested or self-quarantine following [Domestic travel](#) IF they are fully vaccinated or have recovered from COVID-19 in the past 90 days. A doctor's note will need to be provided to the school principal indicating COVID-19 diagnosis and recovery timeline for verification.

APPENDIX

Testing Consent Form

REFERENCES/RESOURCES

[American Medical Society for Sports Medicine](#)

[Bucks County Health Department](#)

[CDC Guidance for COVID-19 Prevention in K-12 Schools](#)

[Chester County Department of Health Guidance for Schools](#)

[CHOP Policy Lab Frequently Asked Questions](#)

[CHOP Policy Lab Testing Guidance](#)

[City of Philadelphia Schools And Early Childhood Education Guidance](#)

[Montgomery County Office of Public Health Recommendation for COVID-19 Prevention](#)

[NCAA Resocialization of Sport](#)

[PA Department of Health](#)

[CDC Guidance For Travelers](#)

[CDC Recommendations For Domestic Travel](#)

[CDC: When You've Been Fully Vaccinated](#)

TO BE COMPLETED BY PARENT, GUARDIAN OR ADULT STUDENT

Parent/Guardian Information

You will be notified with test results either via cell phone or email, or both.

**Parent/Guardian
Print Name:**

Parent/Guardian Cell/Mobile #:
Note: Results will be texted to this cell #

**Parent/Guardian
Email Address:**

Child/Student Information

Child/Student Print Name:

Driver's License #:
(if applicable)

Street Address:

City:

State:

PA

Zip Code:

County:

School:

**Grade
Level:**

Date of Birth:
(MM/DD/YYYY)

Age:

Race/Ethnicity:

- Asian Hispanic Native
 American/Indigenous
 Black White Unknown

Gender:

- Female
 Male

CONSENT

By signing below, I attest that:

- A. I authorize the school to conduct collection and testing of my child or me (if student age 18 or older) for COVID-19 by nasal swab.
- B. I acknowledge that a positive test result is an indication that my child or me (if student age 18 or older), must self-isolate and also continue wearing a mask or face covering as directed in an effort to avoid infecting others.
- C. I understand the school is not acting as my child's medical provider, this testing does not replace treatment by my child's medical provider, and I assume complete and full responsibility to take appropriate action with regards to my child's test results. I agree I will seek medical advice, care and treatment from my child's medical provider if I have questions or concerns, or if their condition worsens.
- D. I understand that, as with any medical test, there is the potential for a false positive or false negative COVID-19 test result.

I, the undersigned, have been informed about the test purpose, procedures, possible benefits and risks, and I have received a copy of this Informed Consent. I have been given the opportunity to ask questions before I sign, and I have been told that I can ask additional questions at any time. I voluntarily agree to this testing for COVID-19 if my child meets the conditions set forth above.

Signature of Parent/Guardian:

Date:

Signature of Student:

(If age 18 or over or otherwise authorized to consent)

Date: