

**Cathedral High School  
Athletic Department  
COVID 19 Policy and Return to Play Procedures**

Athletes exhibiting 1 of the following symptoms that cannot otherwise be explained will be isolated immediately, sent home and directed to be tested for COVID 19;

- New cough, shortness of breath
- Sore throat
- New shortness of breath
- Fever > 100.4, chills
- New loss of taste or smell
- Nausea, Vomiting or diarrhea, abdominal pain
- Headache-especially new onset of severe headache

**Any athletes that test positive (whether symptomatic or not) will require a note from a MD/DO/NP/PA to resume a gradual return to activity progression before returning to practice or competition.** The gradual progression will start after the appropriate period of isolation/quarantine (minimal 10 days from day of first symptoms) and will be supervised by a member of the Cathedral Athletic Training Staff.

The attached link contains the COVID-19 Return To Play Form that must be completed by an MD/DO/NP/PA and the Gradual Return To Play Procedures after COVID-19 Infection.

Athletes must complete the progression without the development of symptoms. Referral to a healthcare provider is needed if symptoms present while performing the activity progression.

**Close Contact with COVID 19 Individuals - Unvaccinated** athletes with close contact exposure, a negative test, and asymptomatic still must be quarantined for 10 days from the last exposure to the COVID + person.

Vaccinated athletes with close contact to COVID 19 positive individuals only need to test if they become symptomatic. If the test is negative, no further action is necessary.

The Cathedral Athletic Department Return to Play Procedures are based on the best available scientific evidence and the recommendations of the American Society for Sports Medicine, American College of Cardiology, National Federation of High Schools and IHSA.