

FISD Athletics COVID-19 Q&A

Q: What should I do if my student athlete tests positive for COVID-19?

A: Please inform the school nurse, campus athletic trainer, and the coach of the respective sport immediately.

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Q: What is the process for my student athlete to return to participation in athletics?

A: To return to participate in athletics, per UIL, the student must meet these 4 criteria:

- At least one day (24 hours) have passed since recovery (resolution of fever without the use of fever-reducing medications)
- The individual has improvement in symptoms (e.g., cough/shortness of breath)
- At least ten days have passed since symptoms first appeared and
- Medical clearance from a physician

Q: Is my student athlete required to be cleared by a physician before they return to athletics?

A: Yes. Per UIL, all student athletes that test positive for COVID-19 must be cleared by a physician. Studies have shown that COVID-19 can cause potential cardiovascular problems. Thus, a physical examination is required.

Q: If my student athlete tests positive for COVID-19 and was asymptomatic, do they still need a medical clearance?

A: Yes. Any student athlete that tests positive, whether symptomatic or asymptomatic, is required to receive a medical clearance.

Q: What if my student athlete has symptoms that could be COVID-19 and wants to return to school before completing the stay at home period?

A: The student athlete must either: (a) obtain a medical professional's note clearing the student for return based on an alternative diagnosis, (b) obtain an acute infection test (at a physician's office, approved testing location, or other site) that is negative for COVID-19.

Q: If my student athlete receives a medical clearance note, who do I give that too?

A: The note should be given to an athletic trainer. The note should not be given to a coach or third party. FHS Head Athletic Trainer: blapier@fisdk12.net