



West Irondequoit Central School District

321 LIST AVENUE
ROCHESTER, NEW YORK 14617
Telephone: (585) 342-5500
FAX: (585) 266-1556
www.westirondequoit.org

January 12, 2022

Return-To-Play Update

With respect to recent changes in COVID-19 Isolation and Quarantine guidance, we wanted to provide an update on the Return-to-Play protocols. The following reflects the clinical guidance from the Finger Lakes/Western NY COVID Pediatric Return-to-Play Workgroup, updated on Jan. 10, 2022. We will adhere to these protocols. Please see [THIS LINK](#) for the guidance and note the following:

- This applies to all children 5 years and older with moderate/severe symptoms AND youth 12 years and older participating in high-intensity exercise/competitive sports regardless of symptom severity. **A key change:** This no longer applies to physical education class or recess unless the student has moderate-severe symptoms.
- This requires you to seek evaluation by a child's Primary Care Physician (PCP) after discontinuation of COVID-19 Isolation (≥ 10 days after positive COVID-19 test or symptom onset AND fever-free for ≥ 24 hours off medications with improved symptoms)
- After isolation and obtaining clearance from their PCP, student-athletes and families should follow-up with their school nurse and the Athletic Trainer, Brittany Bamann, at Brittany_Bamann@urmc.rochester.edu to provide the doctor's note and receive guidance through the Return-to-Play protocol noted below:
 - **Stage 1:** 2 days minimum, ≤ 15 minutes, light activity (i.e., walking, jogging, stationary bike), no resistance training.
 - **Stage 2:** 1 day minimum, ≤ 30 minutes, add simple movement activities (running drills).
 - **Stage 3:** 1 day minimum, ≤ 45 minutes, progress to more complex training, may add light resistance training.
 - **Stage 4:** 2 days minimum, 60 minutes, normal training activity

We will provide further updates as necessary. We encourage you to reach out to Ms. Bamann or your school nurse with any Return-To-Play questions for students recovering from COVID. In addition, please click [THIS LINK](#) to read the latest from the NYS Department of Health on **quarantining for individuals who may have been exposed to COVID-19**. It limits extracurricular activities for ages 12 and older depending on booster shot status.

Welcome. Nurture. Inspire.