



INTEROFFICE CORRESPONDENCE
Los Angeles Unified School District
Division of Instruction
Interscholastic Athletic Department

TO: High School Principals
Administrators over Athletics
Athletic Directors

DATE: January 28, 2022

FROM: Christina Rico, Director of Instructional Operations 
Trenton Cornelius, Coordinator 

SUBJECT: STUDENT-ATHLETES RETURNING FROM A POSITIVE COVID-19 TEST

This correspondence provides an update regarding student athletes returning to play after a positive COVID-19 test. Los Angeles Unified (L.A. Unified) policies may change in accordance with LACDPH guidelines. The Graduated Return to Play Protocols (GRTP) is now recommended (not required) for any family who chooses to take these additional steps to monitor their student athletes' return from a positive test.

COVID-19 TESTING AND QUARANTINE OF STUDENT-ATHLETES

All L.A. Unified student-athletes (including student-athletes who attend City of Angels) will continue to be required to adhere to COVID-19 testing protocols. In the event your team has a student-athlete miss the mandated weekly testing, properly trained nurses and/or athletic personnel (administrator, coaches, athletic directors, and other classified staff) may administer a rapid antigen test (RAT).

For the District's guidance on quarantine, and isolation (for both close contacts and positive cases) and quarantine exemptions, please refer [to NEWLY REVISED GUIDANCE REGARDING COVID-19 EXPOSURE MANAGEMENT FOR 2ND SEMESTER OF THE 2021-2022 ACADEMIC YEAR \(COVID-19 SURGE PROTOCOLS\)](#) dated January 24, 2022.

If an individual does not test on or after day 5, or if the test result taken on or after day 5 is still positive, the individual should continue to isolate at home for the full 10 days and may return to school on day 11 (after being cleared by the Community Engagement Team [CE Team] via email).

Note: If a student athlete returning from a positive COVID-19 test on day 6, they must wear an upgraded mask for days 6 through 10 when on campus and when participating in sports, regardless of exertion level.

Student-athletes with a history of SARS-CoV-2 infection who have already advanced back to physical activity/sports and do not have any abnormal signs/symptoms, no further workup or GRTP protocol is necessary. It is recommended that parents of these student athletes update their physician's office to ensure the history of SARS-CoV-2 infection is added to their medical record if they haven't done so already.

All test results must be uploaded to Daily Pass and be approved by the CE Team. Student-athletes must clear all protocols with the CE team before returning to athletic activity.

MASK POLICY

All coaches, support staff, family members, observers and visitors are required to wear an appropriate face mask that covers the nose and mouth at all times. It is recommended a second mask is available in the event the first mask is lost or damaged.

Student athletes are required to wear face masks during competition, practice, and conditioning, even during heavy exertion as tolerated, to protect the safety of all participants when indoors. Students will be required to wear a non-cloth mask with a nose wire at all times, including while participating in athletic activities. Schools will provide surgical-style masks for students and employees if they need them. It is highly recommended but not required for student athletes to wear a mask outdoors.

VACCINATION MANDATE:

In accordance with inter-office correspondence, [COVID-19 VACCINATION REQUIREMENT FOR ELIGIBLE STUDENTS](#), dated September 16, 2021 all student athletes participating in extracurricular activities must be fully vaccinated as of November 1, 2021. This policy will remain in place through the end of the school year.

For questions related to Athletics, please contact Trenton Cornelius, Coordinator, Interscholastic Athletic Department, at (213) 222-5947 or interscholasticathletics@lausd.net.

c: Devora Navera Reed
Pedro Salcido
Local District Superintendents
Community of Schools Administrators
Administrators of Instruction
Administrators of Operations
Alison Yoshimoto-Towery
Roberto Martinez
Anthony Aguilar
Paulina Rock
Dr. Malhotra
District Nursing Services

COVID – 19 Return to School and Clearance to Begin COVID Graduated Return to Play (G RTP)
To be completed by a Health Care Provider (MD/DO/NP/PA)

Student Name _____ Date of Birth _____ Grade _____ Sport _____

Date of Positive COVID-19 Test _____ Type of Test _____

Date of Negative Test and/or Symptom Resolution _____

Severity of Symptoms (choose one) ☐ No Symptoms ☐ Mild Illness
☐ Moderate Illness ☐ Severe Illness

Diagnostics Performed and Results: _____

☐Completed GRTP, No Restrictions ☐Cleared to begin GRTP ☐Pending _____ ☐Not Cleared _____

Health Care Provider Notes/Recommendations_____

CA Licensed Health Care Provider (Stamp) _____

Signature of CA Licensed Health Care Provider _____

Address: _____ Telephone No. _____ Date _____

Clearance by a cardiologist is MANDATORY when a Cardiology referral is given.

Los Angeles Unified School District
COVID Graduated Return to Play (GRTP)

Instructions:

- This recommended CIF GRTP Protocol should be completed before returning to FULL COMPETITION no earlier than day 8.
- An adult (e.g., parent) or school personnel (e.g., certified athletic trainer, AD, coach) should monitor you during this protocol.
- This protocol can take longer than 7 days if instructed by your physician/healthcare provider.
- The symptom-free period (part of the Rest Period) can also take longer than the **days in isolation** depending on the severity of your illness.
- If symptoms return at any time in this progression, IMMEDIATELY STOP any physical activity and follow up with your physician/healthcare provider. You will need to be cleared by your healthcare provider to return to the GRTP Protocol.
- Symptoms can include chest pain, chest tightness, palpitations, lightheadedness, feeling faint or fainting, shortness of breath, fatigue
- Seek medical attention if you feel uncomfortable at any time during the progression.

Athlete's Name: _____ Date of + COVID Test: _____ Symptoms? No Yes: Date of Symptom Onset _____
GRTP Monitor (Print Name) _____ Position _____ Signature _____

Date & Initials	Days	Activity Description	Exercise Allowed	Objective of the Stage
TO BE COMPLETED BEFORE RETURNING TO SCHOOL	Days in Isolation per LAUSD Protocol	Rest Period: Limited physical activity for: --Days in isolation per LAUSD protocol from asymptomatic (+) test OR --Days in isolation per LAUSD protocol from onset of symptoms <i>with at least 24 hours of improved symptoms and no fever, without taking fever reducing medication (exception is loss of taste and smell)</i>	<ul style="list-style-type: none"> • Activities of daily living (ADLs), walking okay • No activities requiring any exertion (weightlifting, jogging, P.E. classes) 	<ul style="list-style-type: none"> • Recovery and/or reduction/elimination of symptoms to protect the cardiorespiratory system
Before starting, must be able to complete ADLs and walk ~1/4th mile without fatigue or breathlessness				
	1	Light aerobic activity	<ul style="list-style-type: none"> • 10-15 minutes (<i>min</i>) of brisk walking or light stationary biking, light elliptical • No resistance training 	<ul style="list-style-type: none"> • Increase heart rate to ≤ 50% of perceived maximum (<i>max</i>) exertion (e.g., < 100 beats per min) • Monitor for symptom return
	2	Light aerobic activity	<ul style="list-style-type: none"> • 15-20 min of brisk walking or light stationary biking, light elliptical • No resistance training 	<ul style="list-style-type: none"> • Increase load gradually • Increase heart rate to 50% max exertion (e.g., 100 bpm) • Monitor for symptom return
Nurse Verification of Physician Clearance				
		NAME (please print)	SIGNATURE	DATE
	3	Moderate aerobic activity Light resistance training	<ul style="list-style-type: none"> • 20-30 min jogging, light biking, swimming • Body weight exercises (squats, planks, push-ups), max 1 set of 10, ≤ 10 min total 	<ul style="list-style-type: none"> • Increase load gradually • Increase heart rate to 50-75% max exertion (e.g., 100-150 bpm) • Monitor for symptom return
	4	Strenuous aerobic activity Moderate resistance training	<ul style="list-style-type: none"> • 30-45 min running, biking, swimming • Weightlifting ≤ 50% of max weight 	<ul style="list-style-type: none"> • Increase load gradually • Increase heart rate to > 75% max exertion • Monitor for symptom return
	5	Non-contact training with sport-specific drills No restrictions for weightlifting	<ul style="list-style-type: none"> • 45-60 min of non-contact drills, sport-specific activities (cutting, jumping, sprinting) 	<ul style="list-style-type: none"> • Coordination and skills/tactics • Acceleration/deceleration with total body movement • Monitor for symptom return
	6	Limited practice including limited contact	<ul style="list-style-type: none"> • Controlled drills including contact drills (but no scrimmaging) 	<ul style="list-style-type: none"> • Restore confidence and assess functional skills
	7	Full unrestricted practice	<ul style="list-style-type: none"> • Return to normal unrestricted training (with contact) 	<ul style="list-style-type: none"> • Assess readiness for return to play • Increase acceleration, deceleration, and rotational forces • Monitor for symptom return
	8	Return to play (competition)	<ul style="list-style-type: none"> • Normal game play (competitive event) 	<ul style="list-style-type: none"> • Return to full sports activity without restrictions