

MAINE CDC UPDATE FOR RETURN TO SPORTS (as of May 29, 2020)

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UPDATE FROM MAINE PRINCIPALS ASSOCIATION

- Emphasis that recommendations are fluid and not mandates, but as of 5/27/20 regarding HIGH SCHOOL sports:
 - June 15: Coaches may begin virtual interactions with athletes
 - July 6: Schools may begin in-person general conditioning sessions
 - Daily screening of athletes and coaches before participation
 - Pods of up to 10 student-athletes
 - MPA will be providing more specific guidance over the next several weeks

PRIOR GUIDANCE FROM MPA

- Preparticipation evaluation (i.e. the “other PPE”) recommendations for 2020-1
 - For athletes who have previously competed in high school athletics:
 - If no significant medical conditions, complete PPE health history questionnaire for review by school healthcare personnel:
 - <https://www.aap.org/en-us/Documents/PPE-History-Form-%28English%29.pdf>
 - Athletes who have not previously competed at the high school level should have a complete PPE history and examination:
 - <https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Pages/PPE.aspx>

GENERAL SPORTS GUIDANCE

- Links to 2 documents on the Maine AAP Chapter webpage:
<https://www.maineaap.org/news/2020/resources-and-links-covid-19>

Guidance on School Re-opening on Physical and Mental Health

New AAP guidance on reopening schools once COVID-19 wanes includes considerations for instructional time, physical and mental health, special populations, and more. Learn more:

- AAP News: [AAP guidance on school reopening addresses physical and mental health, instructional time](#)
- [COVID-19 Planning Considerations: Return to In-person Education in School](#)

Summer Camp Guidance

The Maine Camp Checklists are on the DECD website as of 5/20 <https://www.maine.gov/decd/sites/maine.gov/decd/files/inline-files/COVID%20Checklist%20for%20ME%20Phase%202%20Overnight%20Summer%20Camps.pdf>

Guidance on Sports Participation

Sports and Sports Physicals: [GUIDANCE FOR RETURN TO SPORT AND RELATED ACTIVITIES DURING COVID 2020 NFHS](#) Guidance for Opening up High School Athletics and Activities NFHS SMAC May 15 2020 FINAL

GENERAL RULES OF THUMB FOR SPORT

- Avoid opportunities for people to congregate
 - Drop-off, pick-up rules
 - “Essential” personnel only
 - No spectators
 - No locker room
- Cohort athletes and coaching staff
 - 10 or fewer individuals
 - Daily screening for participants

GENERAL RULES OF THUMB FOR SPORT

- Coaches need be VERY directive regarding distancing throughout practice
 - Physical indicators for spacing
 - Easy for skills/drills, hard for scrimmage/game situations
- Minimize equipment sharing
 - As much as possible, equipment for each individual athlete
 - Minimize hand touches to shared equipment
 - Protocol to clean/disinfect equipment between different users
 - Includes mats/benches

GENERAL RULES OF THUMB FOR SPORT

- And, of course, the usual “stuff” applies
 - Lots of hand sanitizer
 - Continued education and constant reminders
 - Verbal
 - Signage
 - Parental engagement