General Recommendations for Fall Indoor & Outdoor Activities

As we begin the 2021-2022 school year the Maine Principals Association (MPA), the Maine Athletic Administrators Association, the Maine Music Educators Association, and the Maine Athletic Trainers Association offer the following recommendations for school-based extracurricular activities. All agencies agree that education-based activities, including music and performing arts programs, support students with their social, emotional, physical, and mental health and they play a key role in the community. We will continue to seek the safest ways to make activities available for young people across the state.

*Please note this information is frequently changing given the nature of COVID-19. For the most up-to-date information please refer to the Maine CDC Covid website (https://www.maine.gov/dhhs/coronavirus-resources.shtml)

Guidance for sports, music, performing arts, & other school-based activities:

- Isolation is **required** for positive COVID cases.
- Anyone within 6 feet for 15-minutes or more within 24-hours of cumulative exposure, or **any direct physical contact with a COVID-positive individual during the infectious period**, both indoors and outdoors, is considered a close contact and must quarantine for 10 days if not vaccinated or participating in pooled testing.
- School staff, and those students that are eligible, be vaccinated. Vaccination remains the most effective means to control the pandemic.
  - Fully vaccinated individuals can refrain from quarantine if they are symptom free and do not become COVID-positive.
  - Fully vaccinated individuals who are exposed to a positive case should be tested 3-5 days after exposure, even if they are symptom free, and should wear a mask until they receive a negative result.
  - Fully vaccinated individuals are encouraged to participate in pooled testing where that option is available.
  - Unvaccinated close contact(s) should be tested as soon as possible and again 5-7 days after exposure if the first test is negative.
  - Unvaccinated individuals who are close contacts must quarantine for 10-days and may not return earlier even with a negative test.
- Schools participate in the pooled testing program that is available through the State of Maine
  - For unvaccinated students participating in co-curricular activities, including music and performing arts, pooled testing is an important way to ensure that these activities continue even when identified as a close contact.
  - Close contacts of an individual with COVID-19 from school, who are participating in pooled testing, may continue to participate in class, school sports, school music, and all school-based activities even though they must quarantine outside of school activities.
  - If a positive pool is detected, all participants in that pool will be tested individually to identify positive individuals. An individual testing positive for COVID-19 should not participate in pooled testing for 90 days after the positive test.
  - Unvaccinated close contacts who do not participate in pooled testing or who were not tested in last pool available, are required to quarantine from class and all school-based activities for 10 days and may not return earlier even with a negative test.
• Consistent and correct mask use when indoors.
  ➢ Masks are recommended for all students and staff, whether vaccinated or
    unvaccinated, in indoor settings.
  ➢ In general, people do not need to wear a mask when outdoors when not within
    6 feet of other individuals.
  ➢ Masks are required when on school transportation.
  ➢ If a school consistently enforces universal mandatory masking for classroom
    exposures, students identified as close contacts from 3-6 foot exposure may
    only participate in the regular school day. They may not participate in after
    school activities, and they must quarantine for 10 days outside of class.
• Other CDC guidance:
  ➢ If people are feeling sick, they should stay home. All quarantine exceptions
    are voided if the close contact is symptomatic OR tests positive for COVID-
    19.
  ➢ Physical distance to the extent possible.
  ➢ Provide hand sanitizer containing at least 60% alcohol.
  ➢ Continue to practice hand washing, respiratory etiquette (coughing and
    sneezing), proper cleaning and sanitizing.

The MPA makes the following recommendations:
• Each district should have an Emergency Action Plan in place that includes COVID-
  19 prevention and management strategies that align with federal, state, and local
  guidance. Districts may institute more restrictive measures.
• Athletes should continue to provide their own water jugs - limit hydration stations.
• Physical distance during pre-game conferences.
• Limit post-game handshake, high fives, fist bumps before, during, and after the game.
  Continue with good sportsmanship wave.
• Any return to play plan, after a positive case, should include a gradual and
  progressive return to physical exertion.
• Support staff (officials, trainers, game workers) will be assessed by school health
  officials individually based on their exposure to a positive case.
• Support the Maine Music Educators with their recommendations for a safe return
  music.
### Close contact with a Positive Case of Covid-19

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<tr>
<td><strong>School Related Exposure</strong></td>
<td><strong>No Pool Testing</strong></td>
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<td><strong>No Masking</strong></td>
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<td><strong>Classroom-only exposure</strong></td>
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* A close contact is defined as being within 6 feet for 15-minutes of cumulative time in a 24-hour period or any direct physical contact with a COVID-positive individual.

* Close contacts are identified for both indoor and outdoor activities.

* If symptomatic and testing negative for COVID-19, even if vaccinated, must quarantine for 10 days.

* Regardless of masking and participation in pooled testing, if vaccinated & symptom free, then no need to quarantine.

* If positive within the past 90 days, past the 10-day isolation period, and symptom free, no need to quarantine.

* For additional information please refer to the SOP provided by the Maine CDC.