COVID-19 & the Classroom

Athletics, Band, and other Extracurricular activities:
Staying safe on campus

October 21, 2020
The information presented here is the most up-to-date, data-driven and evidence-based science to help school districts make important decisions regarding face-to-face instruction.

Duke University and its partners will not make decisions nor will they advise specific action.
Format

Thank you for joining us this evening!

• We will take questions from the comments section in YouTube and will supplement our presentations with some of your questions.

• Questions that are not answered during the webinar will be collated and may be combined with other questions and will be addressed in a “Frequently Asked Questions” document or future webinars.

• Webinar slides and videos are available at our website: https://abcsciencecollaborative.org/
All organizations and programs that gather groups of people should create and implement a plan to minimize the transmission of COVID-19.

DHHS strongly recommends only playing sports in which participants can maintain social distancing.

DHHS recommends playing outside if possible, wearing face coverings if they can be tolerated, and limiting tournaments in which multiple teams convene.
## Sports for Which Participants Can Maintain Social Distancing, or Close Contact is Limited and Brief

| Golf                  | Swimming           |
|-----------------------|--------------------|
| Cycling               | Diving             |
| Disc Golf             | Dance              |
| Track and Field       | Tennis Singles Match|
| Curling               | Horseback Riding   |
| Pickleball            | Figure Skating     |
| Badminton             | Running            |
| Individual Gymnastics | Weightlifting      |
| Individual Sailing/Kayaking |                |
# Sports for Which Close Contact May Occur but Not Prolonged

| Soccer          | Volleyball                   |
|-----------------|------------------------------|
| Baseball        | Softball                     |
| Crew            | Swimming Relays/Group Swimming |
| Tennis Doubles Match | Field Hockey               |
| Non-Contact Lacrosse |                           |

NCDHHS Interim Guidance for Administrators and Participants of Youth and Amateur Sports Programs
## Sports Activities for Which Participants Cannot Maintain Social Distancing and Close Contact is Frequent and/or Prolonged

| Football       | Competitive Cheer |
|----------------|-------------------|
| Contact Lacrosse | Basketball        |
| Rugby          | Wrestling         |
| Group Dance    | Hockey            |
| Pairs Figure Skating | Boxing          |
Possible indirect transmission of COVID-19 at a squash court, Slovenia, March 2020: case report

- Cluster of 5 COVID-19 cases linked to playing squash (Figure → chronology of infections)

- Key factors:
  - Small room with poor ventilation
  - Players spend > 45 min doing intense physical activity
  - Moist and warm atmosphere
  - **No masks used**
  - No employees infected
Cluster of Infections Associated with Fitness dance classes in Cheonan, South Korea in February 2020

- 112 persons were infected with SARS-CoV-2
- Initial cluster occurred where instructors trained intensely for 4 hours.
  - 8 out of 27 (30%) became positive
  - 51% of cases were from instructors to students
- Intensity of the workouts, large class sizes, and small spaces could have increased risk of infection

Jang S, Han S, Rhee J. Emerg Infect Dis. 2020;26(8):1917-1920.
Outbreak of COVID-19 Associated with Recreational Hockey Game. Florida, June 2020

Atrubin D, Wiese M, Bohinc B. MMWR 2020;69:1492–1493.
What about the recent NBA Bubble?

Picture retrieved from:
https://www.nytimes.com/2020/09/02/sports/basketball/nba-bubble-mental-health.html.
In preliminary research published on July 13, researchers found that singers, as well as certain wind and brass instrumentalists, generate respiratory aerosols at high rates.

In other words, they spew a lot of droplets into the air when they warble or blow.

https://www.npr.org/2020/08/10/888945949/is-singing-together-safe-in-the-era-of-coronavirus-not-really-experts-say
A new study studying experimental conditions showed that a variety of instruments generated aerosols in varying amounts.

The study suggests that if wind instruments are covered in cloth, they could produce less of the particles that can carry the COVID-19 virus.
If your child is participating in sports during the COVID-19 pandemic, remember to take steps to help keep players, coaches and families safe.

Youth Sports Participation During COVID-19: A Safety Checklist

https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Youth-Sports-Participation-During-COVID-19-A-Safety-Checklist.aspx
Pediatric Cardiologists' Perspective

- Approach to sports participation clearance in pediatric patients should differ from the adult patients.
- Ensure pediatric patients have fully recovered and have had an evaluation by their pediatrician.
- Pediatric patients should be asymptomatic for at least two weeks.
- Encourage youth and high school sports to reevaluate their emergency action plans to ensure appropriate CPR, defibrillation and emergency medical care.
Questions?
Thank you.