



Indoor/Outdoor Full Contact Sports Opt-In Form

Updated 4/22/2021

This form is to be used by a school located in a county designated as High Risk or Extreme Risk to notify of its intent to opt in to offer indoor/outdoor full contact sports for the 2020-21 school year in accordance with the Oregon Health Authority's Sector Guidance – Indoor Recreation and Indoor Fitness Establishments. Once final, post this form to your school or district website and a link to it will then be sent to ODE.

In Lower Risk and Moderate Risk counties, practices and games for indoor/outdoor contact sports can resume following health and safety guidance to be issued by the Oregon Health Authority.

In High Risk and Extreme Risk counties, where COVID-19 remains more widespread, schools and other sports organizations can opt-in to resuming indoor/outdoor full contact sports with additional protocols in place. In such counties, sports organizations must offer on-site responsive testing for symptomatic individuals and close contacts, contact information for contact tracing, and a waiver identifying health and safety risks and a commitment to isolation and quarantine if exposed to COVID-19. Schools in Extreme and High Risk counties must also have at least limited in-person instruction occurring, with the goal of achieving hybrid or full in-person instruction for students this school year. Schools must also be in compliance with state guidance for COVID-19 testing.

Please fill out the following information for your school, district or program:

Information Needed	Your Response
Name of School, District or Program	Lowell High School, Lowell School District
Key Contact Person for this Plan	Scott Yakovich
Phone Number of this Person	541-937-2124, Ext. 102
Email Address of this person	syakovich@lowell.k12.or.us
Specify Indoor/Outdoor Full Contact Sports Included in this Plan	Wrestling/Basketball
Intended Starting Date for this Plan Update	4/26/21

School Instructional Model

OHA Requirements

- The school must Offer, at a minimum, Comprehensive Distance Learning *with* Limited In-Person Instruction (LIPI), with the goal of implementing Hybrid or full On-Site Instructional Models for students before the end of the 2020-21 school year.
- Detail your school's current instructional model and note the date it began.

Plan Details for School Instructional Model

Please enter the details of your plan that correspond to the requirements listed above:

Lowell Jr/Sr High School has offered Limited In-Person Instruction since the beginning of the school year. All students were given the opportunity to come to school for up to two hours a day. On February 16th, the school began operating in a Hybrid model. The students were split into two cohorts attending in-person a week at a time. The cohort not attending in-person attended virtually. On April 12th, the school made the move to in-person instruction. Roughly 80% of students are attending in person, with the remaining students in CDL.

On-Site Testing for Symptomatic Individuals and Close Contacts

OHA Requirements

- The school must offer on-site responsive testing for symptomatic individuals and those with known exposures to individuals with COVID-19. This applies to athletes and support staff and volunteers. Schools must also be in compliance with state guidance for COVID-19 testing.
- Detail your school's specific plans to meet this requirement.
- Please review [COVID-19 Testing in Oregon's K-12 Schools](#) for additional information.

Plan Details for On-Site Testing for Symptomatic Individuals and Close Contacts

Please enter the details of your plan that correspond to the requirements listed above:

Lowell Jr/Sr High School will offer COVID-19 testing for participants who are symptomatic or have had exposure to other with COVID-19. Testing will be available for all individuals who are involved with the basketball and wrestling programs. All testing will be in compliance with state guidelines.

Contact Information for Contact Tracing

OHA Requirements

- The school must commit to collecting contact information for the purpose of contact tracing for each participant, coach, official, staff member, spectator, etc. for each indoor/outdoor contact sports practice and contest.

- Detail your school’s specific plans to meet this requirement.
- Sample contact tracing forms:
 - [COVID Monitoring Form: Excel](#)
 - [COVID Monitoring Form: PDF](#)

Plan Details for Contact Information for Contact Tracing

Please enter the details of your plan that correspond to the requirements listed above:

Lowell Jr/Sr High School has been following state and OSAA protocol for all practices since August 2020. Coaches are required to screen all athletes prior to practice and complete contract tracing logs. If any coach/athlete is showing symptoms or has been in contact with an individual with COVID-19, they are not allowed to participate. Visiting high schools will be asked to provide contact tracing logs providing similar information. All officials or support staff will be expected to go through the same process described above. Spectators will be allowed if county risk levels allow it.

Student-Athlete Waiver

OHA Requirements

- The school must have a waiver completed for each student-athlete prior to indoor/outdoor fullcontact sports participation identifying health and safety risks and a commitment to isolation and quarantine if exposed to COVID-19.
- Waivers must be kept on file at the school. Detail your school’s specific plans to meet this requirement.
- [Sample Student Waiver Form](#)

Plan Details for Student-Athlete Waiver

Please enter the details of your plan that correspond to the requirements listed above:

All athletes will need to have a waiver signed by parent/guardian before participating in any contact activities. All waivers will be kept on file in the school office.