### Considerations on Extracurricular Activities

1. SJS student participation in extracurriculars during the SARS-CoV-2 pandemic should not add significant risk to the primary goal of the SJS community which is to conduct in-person schooling.

2. There is no clear-cut extracurricular activity in which participation either guarantees SARS-CoV-2 acquisition or guarantees no acquisition. All club sports activities beyond individual training carry some degree of risk.

3. Risk of transmission will vary based on disease burden within a local community; full participation will be safest when disease burden in communities is lowest.

4. There is likely a gradation of risk for extracurricular activities (low risk, e.g., track and field, tennis, golf, solo singing and playing instruments), moving sequentially to higher-risk extracurriculars (e.g., football, basketball, volleyball; singing in chorus; playing in a band/orchestra).

5. Risk of participation in extracurricular activities will vary depending on the activity being played as well as implementation of and adherence to risk mitigation strategies by the individual team/club:
   - Risk increases with increased person density, increased contact in terms of both duration and distance, and indoor location.
   - Thus, it is feasible that participation in the same activity will carry different risk dependent upon execution of risk mitigation strategies.

6. Participation in sports/activities that involve participants/spectators from a wide geographic range likely increases exposure risk.

7. Long distance travel to extracurricular events, particularly when carried out by large groups of players/parents, creates a significant risk.

8. Sharing group meals or other group activities (e.g., team meetings) creates a significant risk, particularly when inside.

9. Participation or spectating at extracurricular activities with a large group of persons, particularly when indoors, creates a significant risk.

### Recommendations on Extracurricular Activities

<table>
<thead>
<tr>
<th>Individual training/practice apart from teams and clubs</th>
<th>Individual practice at facility no interaction and physical distancing</th>
<th>Small group training with subset of coaches/instructors</th>
<th>Full team/group training with scrimmages/practices/performances</th>
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# Recommendations on outside extracurricular activities During the SARS-CoV-2 pandemic

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<tr>
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1. Events and activities that minimize the number of participants are recommended over large groups. A single competition against one other team/group is safer, for example, than attending a large tournament/performance with multiple teams from a wide geographic area.

2. Participation in activities that are held exclusively outdoors is recommended.

3. Inquire and assess what strategies the outside organization is using to limit the spread of infection.
   - Examples include consistent communication regarding Covid-19 related protocols, masking while entering/leaving practices, providing player-specific, socially distanced locations (like a cone) for water breaks, and holding all team related activities outside and socially-distanced.

4. Consider travel outside of Houston for extracurricular activities only if they are able to maintain social distancing for all aspects of the travel including meals, lodging, pre-game, performance and other related activities.

## Resources

- Contact tracing studies have shown very little known SARS-CoV-2 transmission occurring in outdoor spaces (e.g. [https://www.medrxiv.org/content/10.1101/2020.04.04.20053058v1](https://www.medrxiv.org/content/10.1101/2020.04.04.20053058v1))
- Contract tracing studies have shown significant SARS-CoV-2 transmission during indoor exercise activities involving airborne transmission (e.g. [https://wwwnc.cdc.gov/eid/article/26/8/20-0633_article](https://wwwnc.cdc.gov/eid/article/26/8/20-0633_article))
- The risk of fomite (inanimate) objects induced risk is likely lower than previously perceived ([https://www.aappublications.org/news/2020/07/28/sarscov2transmission072820](https://www.aappublications.org/news/2020/07/28/sarscov2transmission072820))
- [https://www.nfhs.org/media/4029952/preliminary-testing-report-7-13-20.pdf](https://www.nfhs.org/media/4029952/preliminary-testing-report-7-13-20.pdf)