



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	Ontario High School & Ontario Middle School/ Ontario School District 8-C
Key Contact Person for this Plan	Josh Mink (OHS Athletics Director)
Phone Number of this Person	(541) 889-5309
Email Address of this person	jmink@ontario.k12.or.us
Specify Indoor/Outdoor Full Contact Sports Included in this Plan	Basketball, Wrestling, Cheerleading, Football All Levels
Intended Starting Date for this Plan Update	4/26/2021

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:

On 2/1/2021 Ontario High School started offering Limited In Person Instruction, since then we have expanded LIPI to include more students. On 4/19/2021, Ontario expanded its Limited In Person Instruction following new ODE and county guidance. Ontario Middle School is operating with in person instruction for all students that want to return. It is always the intent of OHS & OMS to continue to allow more on campus opportunities for students as county metrics, ODE and OHA guidance allows.

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:

Through training and certification from the OHA our District Nurse has trained the Ontario High School & Ontario Middle School Administration team to conduct on – site responsive testing. The district nurse will monitor and direct school administration.

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:

Coaches monitor all student - athletes daily before allowing any athlete onto the practice facility. Rosters are taken, and athletes are kept in cohort groups. We use a similar version of the Sample COVID Monitoring Form listed above. Athletes and Coaches that show any signs or symptoms are asked to leave, and are not permitted to enter the practice facility. If at a later time we are informed of athletes that might have been exposed, we follow all guidance for contact tracing, COVID Testing, potential quarantine and prevention of further spread.

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:

Ontario High School & Ontario Middle School requires all student - athletes regardless of sport to complete a waiver. Signed waivers are uploaded into our student database system and then placed in their student file.