

LEWIS AND CLARK HIGH SCHOOL

521 W. Fourth Ave., Spokane, Washington 99204 354-7000



April 23, 2021

Dear Lewis & Clark Wrestlers and Wrestling Parents,

To maintain the health and safety of our wrestlers, the Governor's Office and Department of Health have developed additional protocols beyond masking and social distancing which will allow a wrestling season to take place this spring. In order to compete, all wrestlers must engage in twice-weekly COVID-19 testing as outlined in the safety guidance developed by the Governor's Office and Department of Health [developed by the Governor's Office and Department of Health \(See page 8\)](#). .

To support athletes, their families, and our community, Lewis & Clark's wrestling team will be offering free rapid antigen testing to our wrestlers. These COVID-19 tests will provide an extra measure of safety during practice and contests.

Testing will occur **at least twice a week including match days plus a baseline test to be conducted before the start of the season, date TBA**. The test is a self-collected nasal swab, which the individual inserts less than one inch into the nostril. Individuals will receive results from the test in 15 minutes. Our **Coaches, Athletic Trainer, and Athletic Director** have been trained to observe the specimen collection and result the test.

Anyone who tests positive will be sent home immediately to isolate. If the athlete can produce a negative PCR test within 48 hours of the positive antigen test and remain symptom-free, they can return to practice. Any athlete who has symptoms or is a known close-contact to a person who tested positive for COVID-19 should stay home and not attend practice or contest.

Fully vaccinated wrestlers do not have to participate in COVID-19 testing. An athlete is considered fully vaccinated 2 weeks after their final dose (e.g., 2 weeks after second dose of Pfizer or Moderna, 2 weeks after single dose of Johnson & Johnson).

Unvaccinated wrestlers can choose not to participate in COVID-19 testing. However, without participating in testing, the athlete will not be able to practice or compete in contests.

The health and safety of our athletes, their families, and our entire community is important to us. We are excited to offer free COVID-19 rapid testing as one extra layer of safety.

Thank you,

Dave Hughes
Athletic Director

Aaron Petak
Head Wrestling Coach