



BARNSTABLE HIGH SCHOOL

744 West Main Street
Hyannis, Massachusetts 02601
Meg Mayo-Brown, Superintendent
Kristen Harmon, Principal in Charge
Scott R. Thomas, Athletic Director

January 26, 2021

Dear Barnstable High School Parents, Guardians and Student Athletes,

As we adjust to athletics during a global pandemic here at Barnstable High School, I wanted to take the time to make you aware of the Massachusetts Interscholastic Athletic Association (MIAA) rules, which are required for our student athletes. In addition to running our athletics program under EEA guidance, we are also required to follow the guidance issued by the MIAA. Most notably, the MIAA rule that pertains to return to activity following a positive COVID-19 diagnosis.

The MIAA rule states that student athletes must have an in person examination and written physician clearance following a COVID-19 diagnosis, in order to begin a gradual return to activity. This information can be found on the MIAA's task force website under the individual sports modification pages: http://miaa.net/contentm/easy_pages/view.php?sid=38&page_id=317

Once cleared by their physician, Barnstable Athletic trainer Keith Chagaris will develop a gradual return to activity program for your child. The gradual return will be under his direction, in conjunction with our school nurses, and your child's coaching staff. This joint effort will aid in monitoring your student athlete's vitals throughout each stage of return. A sample return to activity plan is as follows:

Stages	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6
Activity	walking	walking, light jogging, stationary bike	dynamic warm-up, movement prep, running drills	movement prep, conditioning, team and individual drills (no scrimmaging)	full team training activities (no games)	full team activity (games included)
Time	15 minutes	15 minutes	30 minutes	45 minutes	60 minutes	90 minutes
Heart Rate	50% Max	<70% Max	<80%max	<80% Max	<80% Max	<85% Max
Duration	2 days post resolution of symptoms	2 days	1 day minimum	1 day minimum	2 day minimum	normal training progression

The Barnstable High School Athletic Department is taking precautions and going above and beyond, in order to mitigate the risks surrounding COVID-19. We will continue to support open lines of communications with our local physicians and the department of health as we continue to move forward. If you have any questions or concerns, please feel free to reach out to Head Athletic Trainer Keith Chagaris at 508-790-6445, extension 1036 or at chagaris_keith@mybps.us.

Sincerely,
Scott R. Thomas
Barnstable High School Athletic Director