



NICA

Updated 8.20.2021

2021 SCICL COVID Policy

Return to school has created a documented, significant rise in the number of COVID cases throughout South Carolina. Due to the recent outbreak, the SCICL advisory board has been meeting to discuss options to minimize COVID exposure, ensure that the SCICL event series proceeds as planned, and avoid interruptions in play such as practice or event cancellations in the time between events.

The goals of the SCICL COVID policies are to prevent any coaches or athletes from contracting COVID-19 at any NICA sanctioned practice or event, and to ensure that all riders and coaches do not have to miss any future practices or events due to COVID exposures at any NICA sanctioned practice or event.

SCICL encourages vaccination of all participants and coaches. This is the single best thing we can do to prevent spread of COVID 19 within a NICA sanctioned setting and avoid potential serious complications of COVID 19 in any infected individuals.

In an effort to avoid exposures SCICL requests that all participants adhere to the following guidelines for approximately 14 days prior to event #1.

Effective Friday, August 27th, the SCICL Policy will be as follows.

If riders, coaches or family members are sick....STAY HOME.

Any of the bulleted points below require you STAY HOME.

- Fever higher than 100.4
- Chills, repeated shaking, headaches, or body aches
- Cough or sore throat
- Shortness of breath
- Nausea, vomiting, or diarrhea
- Runny Nose
- Loss of taste or smell
- Exposure to a known COVID-19 positive person in the last 14 days

Effective Friday, August 27th we return to a “**foot down, mask up**” policy, and continue it through the balance of the season.

“Foot down, Mask up”

Whenever student athletes or coaches are not actively riding or find themselves in a group setting where appropriate social distancing is not being maintained, the coach or rider will wear appropriate face covering to avoid exposure.

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COVID EVENT POLICY

With the right systematic solutions such as appropriate social distancing and mask wearing, we can reduce or eliminate exposures in the NICA / SCICL setting and continue our season without interruption. This is currently standard practice at leading world class events.

- Uniform masking of all riders, coaches and spectators at all NICA events from start to finish.
- Encourage spectators to position themselves only next to their own family members on the course, maintaining at least 6 feet of distance from individuals who are not members of their family.
- Spacing in the pit zone and policies that maintain teams as separate pods so that interaction with other teams, riders is only on the course and not in the pit zone or administrative areas.
- Maintenance of masking and appropriate spacing between riders within each team's pit zone so that we limit exposure, even within one's own team.
- Plenty of hand sanitizer, clorox wipes, and cleansing capacity at various locations and within the pit zone.
- Organizing bottle and food policies to ensure that we do not create a lot of potential fomite transmission.

SCICL is not responsible for team / individual behavior when camping, but we strongly recommend that families enjoy camping, but maintain appropriate social distance to prevent exposures which might cause their riders to miss practice or events.

While SCICL was hoping to be largely past this, we are not. At the world tour, olympic, and UCI XCO world cup levels, all individuals interacting with riders are masked. This is despite a near 100% vaccination rate among pro teams. This is a limited inconvenience with the primary goals as stated above.

If the start to the school year is any indication, there is a good chance that we will not be able to prevent some of our riders from missing some SCICL events because of either COVID 19 disease or quarantine. Despite this, ***SCICL believes it is largely within our NICA community's power to control whether students and coaches miss an event (or practice time) due to exposure at NICA events or practice.*** Similarly, doing so ***will be doing everything within our control to ensure that we are able to have all 5 events.***





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Quarantine Policies

- If exposed and vaccinated, but asymptomatic, quarantine is not indicated.
- If exposed and unvaccinated, quarantine for 7 days, if the individual tests negative with the test taken **at least 5 days from exposure.**
- If exposed and unvaccinated, but the individual does not want to or is unable to test, they should quarantine for 10 days and may then return to NICA practice or events if they have remained asymptomatic.

What constitutes an exposure

- An exposure requiring quarantine (as per the CDC and other agencies) is if you have been within 6 feet of an infected person (laboratory confirmed or a clinically compatible illness) for a cumulative total of 15 minutes (for example 5 minutes in line at registration, 5 minutes in staging, and 5 minutes on the podium) or more over a 24 hr period.
- An infected person can spread SARS-CoV-2 starting from 2 days before symptoms (or for an asymptomatic person, 2 days before the positive specimen collection date), until they meet criteria for discontinuing home isolation.
- EXCEPTION** – In the K-12 classroom setting, the close contact definition excludes students who were within 3 to 6 feet of the infected student, if both the infected student and the exposed students correctly wore well fitting masks the entire time.
- If people wear masks and socially distance themselves, **we can virtually eliminate exposures at all events.**
- This will prevent quarantines for the unvaccinated which would cause them to miss practice and or events
- This will prevent additional testing for the vaccinated by reducing their exposure



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What our state looks like

Despite the broad availability of vaccines, there is still a significant portion of people in the state who are unvaccinated. Despite vaccine availability to almost all of our riders (Pfizer currently available to all 12 and over), a significant portion of our riders are not still vaccinated. Unless vaccination improves or the virus “burns itself out,” we will have to deal with this all fall.

[Pickens County Schools go all-virtual after exponential rise in COVID-19 cases in 2 weeks](#)

'I've never been more concerned': Top SC disease expert says about COVID-19 in the state (8/11)

Dr. Linda Bell believes we could see days of 5,000 or 6,000 cases if things don't change.

South Carolina state wide COVID-19 Data:

Percent positive rate = 16.3%

52% SC Residents have 1 vaccine

45% SC Residents Fully Vaccinated

SC Hospitalized COVID-19 Patient Information:

12.2 % COVID-19 patients on Ventilators

27.4% ICU Hospitalizations due to COVID-19

9.5% Hospitalizations due to COVID-19

COVID -19 Patient Data:

Of the last 145 COVID-19 patients admitted to one of the hospital systems serving some of the areas where NICA teams are based:

85% have no vaccination

10% are partially vaccinated

5% are fully vaccinated.

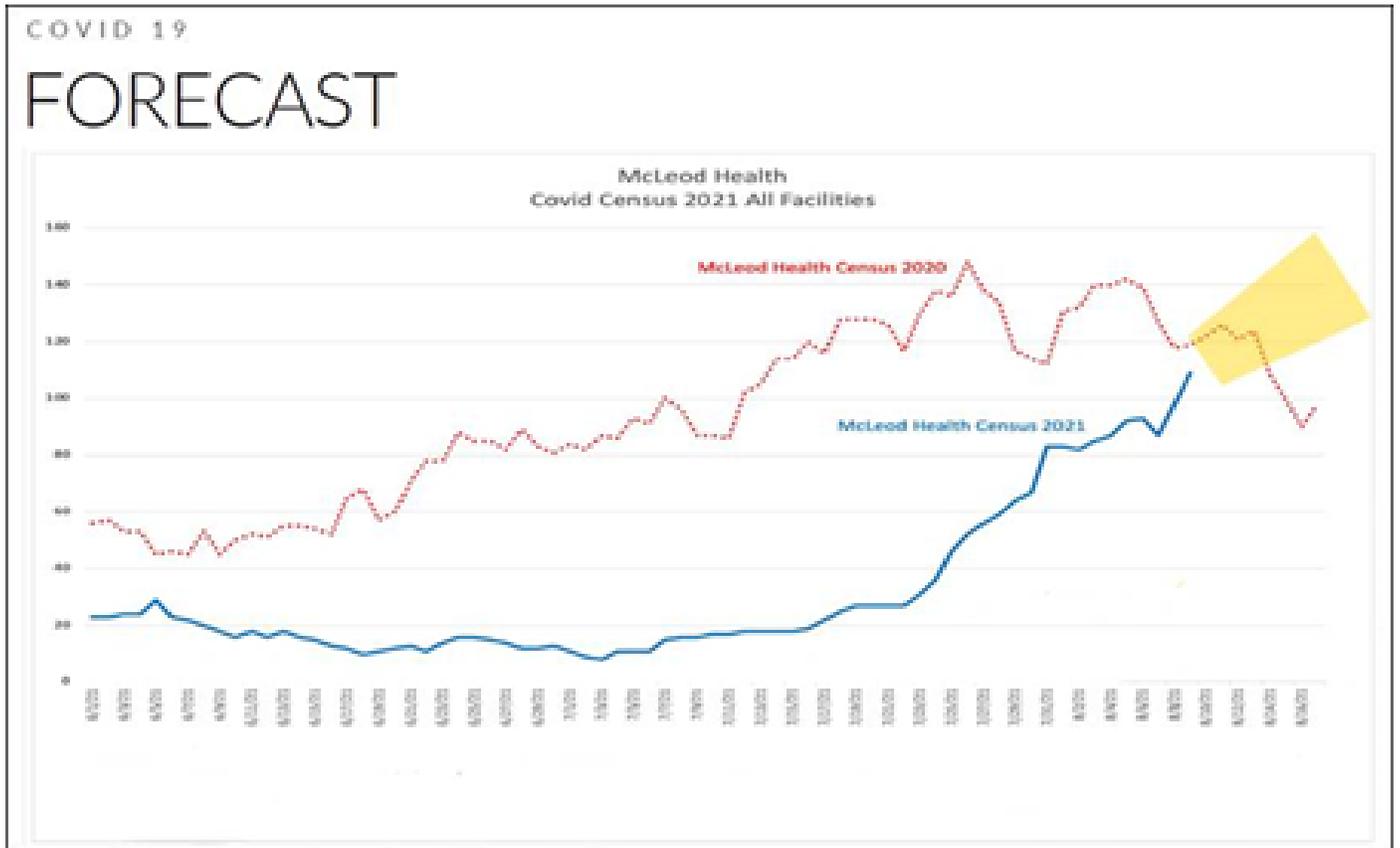
FORECAST FOR OUR SYSTEM/STATE MEDICAL SYSTEM

As the graph below demonstrates, the current 4th wave of COVID infections continues to drive our numbers of patient admissions up at an alarming rate.

If COVID infections continue unabated, these numbers will reach or exceed the highest numbers we experienced in the first wave.

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Medical III



In closing the SCICL would like to thank you all for your continued support in our effort to provide an opportunity for each and every middle and high school student to build strong body, mind, character and community through the sport of cycling.