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12111 NE First Street, Bellevue, Washington 98005 / P.O. Box 90010, Bellevue, Washington 98009-9010

DATE: January 26, 2022  
TO: High School families, students, and staff  
FROM: Jeff Lowell, District Athletics and Activities Director  
RE: Department of Health Update on Athletics COVID Testing and Masking

The Washington State Department of Health has updated the athletic guidance on COVID testing and masking.

Testing: The three times a week cadence for testing has been altered as follows:

- Testing occurs on competition (game/match) days.
- A student athlete does not need to test if they have tested positive and recovered from COVID in the last 90 days. **Students must still provide documentation of their COVID diagnosis. Talk with the school Athletics office to discuss documentation requirements.**
- No longer do **coaches, trainers, and staff** need to test for COVID unless testing is part of an exemption plan put in place by the District's HR Dept.

Masking:

- **Ensure universal masking of all athletes participating in high-risk sports during all practices/training for these high-risk sports.** While actively competing, athletes do not need to mask.
- **Coaches, trainers and staff** working with high-risk sports **MUST wear masks in all practices/training AND competitions**

Department of Health (DOH) January 26, 2022 Statements:

*In support of our goal to support in-person learning and in order to maximize constrained COVID testing supplies for symptomatic students and staff as well as close contacts participating in Test-to-Stay or returning from quarantine, DOH is changing the testing frequency for high-contact sports and cheer.*

*This is a welcomed shift in guidance for many, but it is imperative that schools stay focused on continuing mask wearing, distancing where possible, and supporting vaccinations and getting boosted during this time of extremely high community transmission. Vaccination offers the strongest protection against severe disease, including the need for hospitalization when break through cases occur.*

If you have questions, please contact your athletic director, or the Athletics and Activities Department by email ([lowellj@bsd405.org](mailto:lowellj@bsd405.org) or [arnonea@bsd405.org](mailto:arnonea@bsd405.org)), phone (425-456-4010 or 425-456-4050) or [Let's Talk](#).

In partnership

A handwritten signature in black ink, appearing to read "Jeff Lowell".

Jeff Lowell, CAA  
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