

Guidelines for COVID-19 Athletic Testing 4.5.21 0800

Spectrum Health contact: Rhiannon Bierenga *Highlight denotes new content

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This document includes a summary of the current state of required testing for Michigan athletes as put forth by the Michigan Department of Health and Human Services, as well as instructions on how to support this patient group.

What are the requirements?

- Individuals who participate in contact sports where face masks cannot be worn must test for SARS-CoV-2 before an unmasked activity, up to three times weekly.
- Unmasked activities in practice or competition can be performed only with a negative antigen test within the preceding 24 hours or negative RT-PCR test within the preceding 72 hours of the unmasked practice or play.
- Athletes who test positive with an antigen test should isolate immediately and obtain a RT-PCR test within 48 hours. Unless the athlete tests negative on a RT-PCR test within a 48-hour period from the original positive antigen test, the athlete must isolate and may not return to team play or practices for the duration of the infectious period as determined by current CDC guidance.

Who provides the initial testing?

- MDHHS is available to support testing athletes with antigen testing kits supplied by the State at no cost. The [MI Safer Sports Testing Program](#) website offers information including: enrollment forms, antigen test result reporting, test order surveys, training videos and FAQs.
- Athletes and parents also can review the [MDHHS Interim Guidance for Athletics](#) for more detailed content.

How do athletes obtain a RT-PCR test?

- If an athlete has a positive antigen test that was performed outside of Spectrum Health, this indicates medical necessity, and can be ordered by an appropriate party, performed, and billed to insurance.
- Athletes or parents of athletes can contact their primary care provider to request an order or can call the COVID-19 screening line at 616.391.2380, where they will screen, order and schedule an appointment for a swab to be collected.

How do athletes obtain their results?

- The easiest method of result delivery is through MyChart, as COVID-19 results are fed to the patient record as soon as they are verified.
- MyChart is available for anyone 12+
- For adolescents (12 to 17), the adolescent will need to create an account with their provider's office or can call 877.308.5083.
 - Parents/legal guardians can request adolescent proxy access to their child; however, it does not allow them visibility to test results.
 - Parents/legal guardians can contact the child's provider's office or HIM to obtain test results if needed.

Please direct any additional questions about this content to covidscreening@spectrumhealth.org.