

## ACCATA – Policy Proposal for Return after COVID-19

Drafted May 19, 2020

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### Policy Topics:

- Social Distancing (1-4)
- Sanitation/Disinfecting (4)
- Symptom Documentation/Follow-Up (5-10)
- Infection Prevention/Disposal of PPE (11-13)
- Participation in Groups/Game Management (13-15)
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- Team Travel (16)
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*This document is intended for return to play/participation. A separate document should be developed for COVID-19 Positive Testing and reintegration of athletes that test positive. It is our recommendation that athletic participation not be postponed on the sole basis of waiting for development of a vaccine. There is no way of knowing when (or if) a vaccine will be created and we cannot force our student-athletes to obtain the vaccine even if it is created.*

*Regarding vulnerable populations: additional accommodations/procedures may be required for vulnerable populations during resocialization of sports (including student-athletes, coaches, and staff). Physician clearance should supersede additional accommodations made by institutions.*

***Disclaimer: This is a fluid document, subject to change based on state, national, and CDC guidelines. This document does not override local, state, or national guidelines.***

## Social Distancing:

**Proposed Social Distancing Phases:** Based on six-week return (from NCAA and USOPC guidelines). Progression to each phase requires no signs or symptoms of COVID-19, cold, or flu in the previous 10 days across department and teams. In the event of a confirmed case, physician clearance is required prior to return to participation. Participants must not have sustained close contact with any sick/ill person within 10 days prior to beginning group-training.

Recommended that all out of county athletes return to Institutions County two weeks prior to phase implementation for quarantine purposes in an effort to reduce possibility of inter-institution infection.

i.e. Western infects Pima and now both teams must be quarantined for two weeks

### **Phase I:**

- Recommended: no signs/symptoms of COVID-19, cold, or flu in the past 10 days
- Recommendation for institutions to implement student-athlete self-monitoring paper/electronic log to be monitored by coaches or staff
- Secondly, utilize a daily verbal check that is signed off by athletic trainers or coaches Any athletes reporting signs/symptoms should be sent home and instructed to contact their healthcare provider for future instructions
- Standard infection prevention measures recommended (hand washing, no face touching, etc.)
- Small-group training sessions (<10 persons or fewer) to take place outside Social distancing of six feet to be maintained between all persons
- Participants must utilize individual equipment, no shared items during training
- Disinfecting of equipment between each use is required
- No activities that require direct or indirect contact between athletes or coaches

### **Phase II:**

- Recommended: no signs/symptoms of COVID-19, cold, or flu in the past 10 days
- Recommendation for institutions to implement student-athlete self-monitoring paper/electronic log to be monitored by coaches or staff
- Secondly, utilize a daily verbal check that is signed off by athletic trainers or coaches Any athletes reporting signs/symptoms should be sent home and instructed to contact their healthcare provider for future instructions
- Standard infection prevention measures recommended (hand washing, no face touching, etc.)
- Normal-size group training sessions allowed inside or outside (with social distancing practices)
- Utilization of gym/weight-rooms allowed, with social distancing and disinfecting practices
- Student-athletes may utilize shared sports equipment (i.e. balls, gloves, bats, etc.)
- Equipment must be disinfected between uses
- Activities with indirect contact may resume

### **Phase III:**

- Recommended: no signs/symptoms of COVID-19, cold, or flu in the past 10 days
- Recommendation for institutions to implement student-athlete self-monitoring paper/electronic log to be monitored by coaches or staff

- Secondly, utilize a daily verbal check that is signed off by athletic trainers or coaches Any athletes reporting signs/symptoms should be sent home and instructed to contact their healthcare provider for future instructions
- Standard infection prevention measures recommended (hand washing, no face touching, etc.)
- Normal-sized group training sessions inside or outside
- Activities with direct or indirect contact may resume
- Sanitation and disinfecting practices before, during, and after training continue

### **Social Distancing Practices in Athletic Training**

#### **Facility:**

- Recommendation that you must maintain social distancing (of six feet) between patients within your athletic training facility
- Athletes must receive treatment by scheduling/appointment
- It is the responsibility of the individual college's athletic trainer to determine an appropriate limit of athletes per clinician at any one time
- Maintain six-foot social distance between treatment tables
- Recommendation for use of marked social distancing spacing in high traffic areas
- Implement these guidelines for the first three phases of returning to campus (to align with CDC and state guidelines)
- Recommendation to conduct virtual team activities whenever possible this recommendation should be utilized for the first three phases of return (at a minimum)

#### **Social Distancing Practices for Whirlpool:**

- Recommendation: discontinue use unless it is an emergency (total body cooling necessary) If you continue use, maintain social distancing practices and mandate showering prior to use Sanitization of outer seating/rim/motor switch required between uses
- Draining/refilling between patients is not required this recommendation should be utilized for the first three phases of return (at a minimum)

#### **Social Distancing Practices for Weight Room/Locker Room:**

- Maintain social-distance (of six feet) between student-athletes within the gym and locker room This may cause a reduction in the number of students per allowed group
  - May result in the creation of more sessions, plan accordingly
- Recommendation to conduct virtual team activities whenever possible this recommendation should be utilized for the first three phases of return (at a minimum)

#### **Social Distancing Practices for Meeting Room/Classroom/Study Hall Area:**

- Maintain social-distance (of six feet) between student-athletes within the room
- This may cause a reduction in the number of students per allowed group

- May result in the creation of more sessions, plan accordingly
- Recommendation to conduct virtual team activities whenever possible this recommendation should be utilized for the first three phases of return (at a minimum)

### **Sideline Benches/Dugout Use:**

- Recommended limited use of sideline benches and dugouts for the first three phases of return to participation (to align with CDC and state guidelines)
- Recommended use of two-rows of benches (appropriate social distance between them) this recommendation should be utilized for the first three phases of return (at a minimum)

### **Vulnerable Populations:**

- Additional accommodations/procedures may be required for vulnerable populations during resocialization of sports (including student-athletes, coaches, and staff)
- Physician clearance will supersede additional accommodations made by institutions

## **Disinfecting/Sanitization:**

### **Shared Equipment Sanitation &**

#### **Disinfecting:**

- Shared equipment must be disinfected after each use with common EPA Registered Disinfectants
- See link for recommended disinfectants: <https://www.epa.gov/pesticide-registration/selected-epa-registered-disinfectants>
- Within the athletic training facility, this can/should be done by athletic trainer or student-athlete
- Within the weight-room/classroom, this can/should be done by coach or student-athlete

### **High-Volume Communal Areas in Athletic Facilities Sanitation & Disinfecting:**

- All high-volume areas must be sanitized daily with common EPA Registered Disinfectants
  - This includes high-touch surfaces, floors, light switches, door handles, etc.
- Recommendation weekly room cleaning via fog, bomb, or spray machine as possible by individual institutions

### **Hand Sanitization Use and Availability:**

- Hand sanitization stations should be available upon entrance to the athletic training facility, weight-room, or any other athletic facility to reduce cross contamination between cleaning
- This can include hand sanitizer (alcohol based) or hand washing sink

- All student-athletes, athletic trainers, and staff must sanitize hands before and after any activity

#### **Laundry (Uniforms/Towels/Practice Gear):**

- It is recommended that all laundered products be placed into a receptacle, laundered as soon as possible following a practice or event, and handled with personal protective equipment

## Symptom Documentation/Follow Up

**Recommendations:** It is recommended that institutions implement the use of pre-return to campus screening or survey (example seen in Addendum C), testing acknowledgement forms (example seen in Addendum D), daily symptoms checks/color code system (example seen in Addendum A and Addendum B), and risk/liability waivers for student-athletes specific to COVID-19.

**Daily Symptom Check:** Symptoms are subject to change per CDC guidelines. The recommended symptom list is as follows:

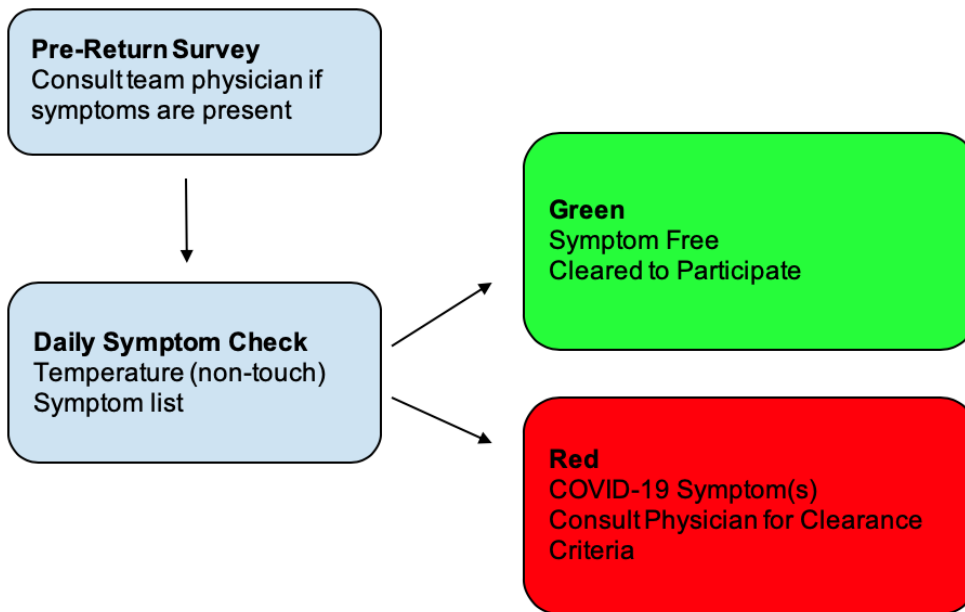
- Cough
- Headache
- Sore Throat
- Chills
- Labored Breathing
- Loss of taste/smell
- Chest Pressure
- Temperature Check: greater than or equal to 100.4 F
  - To align with CDC Guidelines, utilizing non-touch temporal thermometer If above 100.4, allow a 10-minute acclimation process (in an isolated area)

**Color Code System:** To align with daily symptom check, it is recommended that athletic trainers implement a color-coding system (see Addendum A) across all rosters as a means of monitoring athlete participation status.

- Should an athlete present with a fever of greater than or equal to 100.4 F immediate referral is required and medical clearance from team physician is recommended. Any one of these symptoms can be used as disqualifying criteria and reason for referral at the discretion of the athletic trainer.

*Subject to approval of supervising physician and athletic trainer. Cases handled on an individual basis and may deviate from color system at discretion of medical staff.*

## Addendum A – Symptom Check/Color Code System



## Addendum B - Symptom Card Handout Example

<p>Date: _____            ATC: _____            Symptoms that you are experiencing:</p> <p>___ Cough            ___ Headache            ___ Sore Throat            ___ Chills            ___ Difficulty Breathing            ___ Loss of Taste/Smell            ___ Chest Pressure/Tightness            ___ Fever of _____</p> <p><b>It is for these reasons that you have been sent home/to your dorm</b></p>	<p>Date: _____            ATC: _____            Symptoms that you are experiencing:</p> <p>___ Cough            ___ Headache            ___ Sore Throat            ___ Chills            ___ Difficulty Breathing            ___ Loss of Taste/Smell            ___ Chest Pressure/Tightness            ___ Fever of _____</p> <p><b>It is for these reasons that you have been sent home/to your dorm</b></p>	<p>Date: _____            ATC: _____            Symptoms that you are experiencing:</p> <p>___ Cough            ___ Headache            ___ Sore Throat            ___ Chills            ___ Difficulty Breathing            ___ Loss of Taste/Smell            ___ Chest Pressure/Tightness            ___ Fever of _____</p> <p><b>It is for these reasons that you have been sent home/to your dorm</b></p>
<p><u>Follow-Up Information:</u></p> <ol style="list-style-type: none"> <li>1. Go back home or to your dorm room. Due to your symptoms you are not to be around your team.</li> <li>2. Stay out of public/social places (cafeteria, library, gym, locker rooms, etc)</li> <li>3. If symptoms worsen before your check-in time inform a parent, coach, or athletic trainer immediately.</li> <li>4. Check back in with your athletic trainer tomorrow at _____.</li> </ol>	<p><u>Follow-Up Information:</u></p> <ol style="list-style-type: none"> <li>1. Go back home or to your dorm room. Due to your symptoms you are not to be around your team.</li> <li>2. Stay out of public/social places (cafeteria, library, gym, locker rooms, etc)</li> <li>3. If symptoms worsen before your check-in time inform a parent, coach, or athletic trainer immediately.</li> <li>4. Check back in with your athletic trainer tomorrow at _____.</li> </ol>	<p><u>Follow-Up Information:</u></p> <ol style="list-style-type: none"> <li>1. Go back home or to your dorm room. Due to your symptoms you are not to be around your team.</li> <li>2. Stay out of public/social places (cafeteria, library, gym, locker rooms, etc)</li> <li>3. If symptoms worsen before your check-in time inform a parent, coach, or athletic trainer immediately.</li> <li>4. Check back in with your athletic trainer tomorrow at _____.</li> </ol>

# Addendum C - COVID-19 Screening Form:

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**Addendum A:** Below is just an example, athletic trainers should work with their team physician(s) in developing a screening process that is appropriate for their institution.

## **INSTITUTION SPORTS MEDICINE**

### **Student-Athlete COVID-19 Screening**

Name: \_\_\_\_\_

Last

First

Middle

INSTITUTIONAL ID#: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

(MM/DD/YYYY)

Gender:  Male  Female Sport(s): \_\_\_\_\_

**Please complete this form to assess your potential exposure / possession of COVID-19 and other illnesses.**

Are you currently free from illness?  Yes  No

During your time away from **INSTITUTION**, did you experience, or are you currently experiencing any of the following:

SYMPTOM	YES	NO	LENGTH OF SYMPTOM	EXPLANATION
Fever				
Body Chills				
Extreme Level of Fatigue				
Cough				
Pain / Difficulty Breathing				
Shortness of Breath				
Sore Throat				
Body / Muscle Aches				
Loss of Taste				
Loss of Smell				
Changes to Vision / Eye Discharge				

QUESTION	YES	NO
2-14 days prior to experiencing these symptoms, did you experience a suspected exposure to COVID-19?		
Have you had any direct contact with anyone who lives in or has visited a place where COVID-19 is spreading and/or is an area reporting an increased number of COVID-19 cases (i.e. "hot spots")?		
Have you had any direct contact with someone that has a suspected or lab confirmed case of COVID-19?		
During your time away from <b>INSTITUTION</b> , did you self-quarantine due to suspected symptoms or exposure of COVID-19?		
During your time away from <b>INSTITUTION</b> , have you been living in, or have visited an area reporting an increased number of COVID-19 cases (i.e. "hot spots")?		

Have you previously been or are you currently diagnosed with COVID-19?

YES  NO

DATE OF DIAGNOSIS: \_\_\_\_/\_\_\_\_/\_\_\_\_

Do you have medical documentation to support your diagnosis and treatment of COVID-19?

YES  NO

PHYSICIAN NAME: \_\_\_\_\_

PHYSICIAN LOCATION: \_\_\_\_\_

Please list any countries/states/cities you have traveled to since March 15th, 2020 and the dates you were there:

1. \_\_\_\_\_ Dates: \_\_\_\_\_
2. \_\_\_\_\_ Dates: \_\_\_\_\_
3. \_\_\_\_\_ Dates: \_\_\_\_\_
4. \_\_\_\_\_ Dates: \_\_\_\_\_
5. \_\_\_\_\_ Dates: \_\_\_\_\_

Student-Athlete Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Addendum B:** Below is just an example, athletic trainers should work with their team physician(s) in developing a screening process that is appropriate for their institution.



## **Addendum D - COVID-19 Daily Screening and Temperature Assessment Acknowledgement**

**1. Purpose of Health and Temperature Screening** The purpose of conducting health and temperature screenings prior to any event, practice, game, meeting, treatment session, or intercollegiate sponsored event is

- (1) To protect the health and safety of everyone involved in athletics and to mitigate the spread of COVID-19 through assessing common signs/symptoms; and
- (2) to ensure that anyone who displays signs/symptoms affiliated with COVID-19 are made aware and provided with appropriate information to enable them to get the help they need to mitigate further complications or spread of the virus.

**2. Health and Temperature Screening Administration** The health and temperature screenings will be administered daily prior to anyone related to athletics being authorized to step foot in any athletic setting. The test will be administered by a trained medical staff or athletics employee and will consist of two parts:

**Part 1: Self- Screening Process** The first step of the health and temperature screening process will be to self-screen and verbally disclose if any of the questions below apply to you – please answer to the best of your ability as the purpose of the screening is to ensure the health of you and those around you.

*This is a voluntary screening and you may refuse to participate or move forward in the process at any time. Note that voluntary refusal will result in denied access or participation in any intercollegiate sponsored event or area.*

### **Self-Screening Questions:**

1. Have you had close contact with a confirmed positive, presumptive positive, or any possible source of COVID-19?
2. Have you had a fever of 100.4°F or greater within the past 24 hours?
3. Are you currently experiencing any of the following symptoms? Cough, Shortness of Breath, Headache, Sore Throat, Chills, Loss of Taste and/or Smell, Chest Pressure?

**Part 2: Temperature Screening Process** The second step of the health and temperature screening process is a non-invasive temperature screening. The screener will take your temperature using a non-touch, temporal thermometer to determine if you are experiencing a fever greater than or equal to 100.4°F (per CDC guidelines). The tester will show the individual the results of the reading and will document whether you have passed or failed the screening.

Should you fail the temperature check (i.e. have a fever of greater than or equal to 100.4°F) but feel that you have not been exposed to COVID-19, you will be given the opportunity to partake in a 10 minute period of isolation and be re-tested to verify the temperature reading.

*This is a voluntary screening and you may refuse to participate or move forward in the process at any time. Note that voluntary refusal will result in denied access or participation in any intercollegiate sponsored event or area.*

**3. Athletic Facility Access and Next Steps** Upon completion of the screening protocol, you will either be cleared for access to the athletic event/facility or you will be denied access and provided with directions on the next steps to take based on the reason for denial.

If access is denied due to observations of signs/symptoms affiliated with potential exposure to COVID-19, you will be provided with a “COVID-19 Screening Packet” and given directions of the next steps that will be taken to answer any potential questions or concerns you may have in regard to testing and return to play.

**4. Questions and Concerns** If you should have any additional questions or concerns, please contact your Athletic Director or on- site Athletic Training staff to further discuss. We understand this is a difficult time for many individuals and our goal is to ensure we are doing what is necessary to provide a healthy athletic environment for everyone.

**5. Certification and Acknowledgement** By signing this document, I certify and acknowledge that I have provided the above information and have been given the opportunity to ask any clarifying questions. I understand that each day prior to clearance to any event, practice, game, meeting, treatment session, etc., in athletics, I will be asked to voluntarily self-screen and verbally disclose any signs or symptoms or activities that may put me at risk for potentially carrying or contracting COVID-19 and voluntarily participate in a temperature screening.

\_\_\_\_\_ Print Name \_\_\_\_\_ Sport

\_\_\_\_\_ Signature \_\_\_\_\_ Date

# Infection Prevention/Disposal of PPE

**Infection Prevention & Disposal of PPE** Until COVID-19 is either eradicated, a vaccine is developed, or a cure is found, there is no way to completely eliminate the risk of infection and as a result we strongly encourage all participants to follow these recommendations as safety precautions. The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment.

**Return to Practice/Play/Activities**– Adhere to the most stringent federal, state or local guidelines when participating in any activity.

## A. Before Activities

- Be symptom free for at least 14 days prior to any activity.
- Stay home if you are sick or do not feel well.
- Be aware of and disclose any potential contacts with affected individuals.
- Wash and sanitize your hands often.
- Do not touch your face, eyes or mouth with unclean hands.
- Practice social distancing regularly.
- Wear a face mask to reduce exposure to airborne particles.
- Cover your mouth and nose with a tissue or your elbow if you cough or sneeze.
- Keep a list of people you have been in contact with each day.

## B. During Activities

- Refrain from attending any activity if displaying any COVID-19 symptoms.
- Comply with all permissible regulations approved for the venue.
- Wash and sanitize your hands often.
- Do not touch your face, eyes or mouth with unclean hands.
- Refrain from contacting other participants and attendees (high fives and huddles).
- Practice social distancing as often as possible.
- **Recommendation** to wear a face mask for non-participants
- Cover your mouth and nose with a tissue or your elbow if you cough or sneeze.
- Recommended use of hand sanitizer and sanitizing wipes.
- Properly dispose of your personal drinking cups, bottles.

## C. After Activities

- Wash and sanitize your hands often.

- Do not touch your face, eyes or mouth with unclean hands.
- Monitor your health and report any symptoms after every activity.
- Practice social distancing as often as possible.
- Wear a face mask when possible to reduce exposure to airborne particles.
- **Recommendation** to shower as soon as possible after the activity during appropriate phase of return.
- Cover your mouth and nose with a tissue or your elbow if you cough or sneeze.
- Wash and sanitize all gear, uniforms and apparel used during the activity.
  - Recommended – use of laundry bag for post-event uniforms/gear to be placed under the bus after the event, also recommended to be handled with PPE

**FACILITIES** – Adhere to the most stringent federal, state or local guidelines for infection prevention.

#### **A. Minimize Chance for Exposures**

- Limit and monitor points of entry to the facility when possible.
- Advise visitors entering the facility, regardless of symptoms, to put on a cloth face covering or facemask before entering the building
- Take steps to ensure everyone adheres to respiratory hygiene and cough etiquette, hand hygiene
- Signage as appropriate for facilities

#### **B. Person Placement**

- Refer to social distancing recommendation.

#### **C. Monitor and Manage Athletic Department Personnel and Student Athletes**

- As part of routine practice, people should be asked to regularly monitor themselves for fever and symptoms of COVID-19.
- Persons should be reminded to stay home when they are ill.
- If a person develops a fever ( $\geq 100.4$ ) or symptoms consistent with COVID-19 while at facility they should keep their cloth face covering or facemask on, inform their supervisor, and leave the facility.

#### **D. Train and Educate Personnel**

- CDC videos available for viewing
  - i. <https://search.cdc.gov/search/?query=video+training+on+covid+ppe&sitelimit=coronavirus&utf8=%E2%9C%93&affiliate=cdc-main>
  - ii. <https://www.cdc.gov/coronavirus/2019-ncov/communication/videos.html>
- Annually provide persons with job/task-specific education and training on preventing

transmission of infectious agents, including refresher training.

- Ensure that all are educated, trained, and have practiced the appropriate use of PPE

### **E. Implement Environmental Infection Control**

- Ensure that environmental cleaning and disinfection procedures are followed consistently and correctly.
- Routine cleaning and disinfection procedures.
- Management of laundry and waste should also be performed in accordance with routine procedures. **Recommended** that all practice and game clothing must be washed immediately after practices/competition.

### **Disposal of PPE**

- A. Use of PPE to be compliant with CDC, Federal, State and local regulations.
- B. Disposal of PPE per Blood Borne Pathogen guidelines compliant with CDC, Federal, State and local regulations. <https://www.cdc.gov/coronavirus/2019-ncov/hcp/using-ppe.html>

### **Procurement of PPE**

- A. Dependent upon institutional guidelines.
- B. Alignment with CDC, state and local guidelines on appropriate protection
  - Evaluate PPE and Equipment Needs/availability/optimization
  - Procurement of materials may dictate levels of service and operational capacity.

## **Participation in Group Sessions & Game Management**

Until COVID-19 is either eradicated, a vaccine is developed, or a cure is found, there is no way to completely eliminate the risk of infection and as a result we strongly encourage all participants to follow these recommendations as safety precautions. The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. These recommendations are intended to limit exposure and risk of spreading infection as much as possible. These are examples of considerations that should be made but are not all-inclusive and should be adapted to fit the needs of the individual institutions. We recognize that guidelines may differ based on the needs and demands for specific sports, events, and institutions.

### **Games and Practices (pending completion of Phase III of return protocol):**

- **General:**
  - No form of contact greetings or celebrations (high-fives, first bumps, hand-shaking, hugs, etc.)

- No spitting (seeds, tobacco, etc.)
- Recommended that all officials and coaching staff wear masks/latex gloves while on field/court or sideline (per guidelines of their association).
- Officials in need of whistles are recommended to use hand whistles.

### **On-Field/Court**

- No form of contact greetings or celebrations (high-fives, first bumps, hand-shaking, hugs, etc.)
- No spitting (seeds, tobacco, etc.)

### **Off-Field/Court**

- No form of contact greetings or celebrations (high-fives, first bumps, hand-shaking, hugs, etc.)
- Only players and necessary staff on the benches/in the dugout  
No redshirt athletes, injured athletes, etc.
- No communal use of drinking coolers/water dispensing systems unless they are sanitized between each use or one person is assigned to dispense the water for the entire event
- Wash/sanitize hands every time an athlete or coach comes off of the field/court

### **Coaches:**

- Recommend limiting huddles/group conversations as often as possible
- Limit physical contact and close-proximity conversations as often as possible
- Recommend use of face masks during practices and games

### **Fans:**

- Recommend use of live-streaming events in place of allowing fans at the events.
- Recommend that individual institutions follow the most stringent local, state, and national guidelines with regards to permitting fans into athletic events.

### **Locker Rooms:**

- Wash/sanitize hands upon entry and exit
- Recommend social distancing as possible
- Shared equipment while in the locker room should be sanitized between each use

### **Bench Seating:**

- Sanitize bench after each game (especially basketball/soccer due to back to back games) and don't allow side-switching between teams during games
- Only players and necessary staff on the benches/in the dugout
- Athletes must wash/sanitize hands upon exiting the game or subbing out

### **Towel Use:**

- Discontinue use of ice towels during outdoor games.
- In the event of a heat related illness, utilize disposable ice bags instead
- Regarding in-game or sweat towels, athletes are encouraged to bring their own (not to be shared with teammates) or athletic trainers may provide them with single-use towels (to be removed from game after one use and not shared among the team)

#### **Ball or Equipment Use:**

- Recommend cleaning/sanitizing prior to game, during timeouts and half time, and after the game
- If the ball or equipment rotates in and out of the field play, it should be cleaned/sanitized prior to reentering

#### **Weight Room/Fitness Centers:**

- Follow guidelines set forth in the recommended social distancing phases. (i.e. implementing use of weight-room facilities in Phase II and Phase III, not phase I).
- Recommend the use of outdoor sessions as often as possible or implementing a scheduling system to limit possibility of overcrowding in a shared weight-room facility.
- Considerations for the number of people per square foot of the facility should be made.
- While it is recommended to utilize face masks during Phase II, ensure that teams are following all procedures and guidelines made by individual institution weight rooms/fitness centers.
- It is recommended that all staff, student-athletes, and coaches wash/sanitize hands before and after a lifting session.
- Wipe or sanitation stations should be made available at multiple locations within the weight room/fitness center.
- Consider increasing ventilation whenever possible (opening outside doors, etc.)
- It is also recommended that shared workout stations be minimized whenever possible (i.e. Athlete 1 and Athlete 2 alternate sets on the same squat rack).
- Utilization of spotters should be maintained for athletes' safety.

## **Visiting Team Expectations (Communication)**

Each institution should consider how these recommendations might drive their individual policies. It is recommended that same-day email communication/documentation occur between the host athletic trainer and visiting athletic trainer. Communication should include (but is not limited to) stating that all visiting players are cleared for participation and potential infection risks (on a case by case basis).

In the event that the visiting athletic trainer cannot travel, the host athletic trainer will monitor athletes as normal and deal with any concerns that arise after the visiting team arrives on a case by case basis. The

host athletic trainer will strive to limit the sharing of equipment as much as possible.

## NON-CONFERENCE GAMES/EVENTS

NJCAA Competition only for Non-conference games (per ACCAC conference ELT on 9/1/2020) policy for COVID must be disclosed prior to scheduling the games.

It is recommended that the visiting team provide proof of appropriate COVID-19 Guidelines or Return to Play Procedures. Approval of the provided guidelines should be determined by the institution.

## Travel Policy

It is recommended that each athlete complete and sign a symptom checklist and be checked for temperature prior to travel.

The presence of a fever of greater than or equal to 100.4 and/or three or more COVID-related symptoms will disqualify an athlete from travel. Symptoms to include (as per the CDC website) cough, shortness of breath/difficulty breathing, fever, chills, body aches, sore throat, and new loss of taste or smell.

- Vehicles should be cleaned regularly, and policies should be in place to ensure that this is done.
- Training kits, team equipment, and uniforms should be sanitized as soon as possible after a trip. In transit, these items should be kept in a receptacle away from student-athletes, coaches, and staff and handled with PPE whenever possible.
- Social distancing should be practiced during travel whenever possible until the third phase of return.
- It is also recommended that individual institutions consider implementing specific travel policies regarding handling of a student-athlete or staff member that develops symptoms of COVID-19 while traveling or on an overnight trip.
  - Consider how to isolate/return the affected individual to campus and the implications of allowing the team to continue to travel following this development. Any such policies should be shared among the athletic trainers in an effort to facilitate assistance in these unlikely events.

## Hydration

**Cups** – Each institution must provide cups for games (not sharable team water bottles) to minimize the risk of spreading virus. Cups must be disposed of after each use.



**Bottles/Personal Drinking Containers** – Student-athletes must have their own bottles or drinking containers and not permitted to share the bottles/containers with any other person.

**Water Coolers (3, 5, 7, 10 Gallons)** – Sanitize the handle/faucet every time a person touches it or assign one individual to dispense water from the cooler.

All cups and bottles must be held 3-6 inches away from the spigot/handle/faucet.

### **Portable Drinking Systems (Waterboy/Powerflo)**

- Can only be used for filling cups or personal bottles.
- Sanitize the handle/faucet every time a person touches it or assign one individual to dispense water from the drinking system.
- All cups and bottles must be held 3-6 inches away from the spigot/handle/faucet.

### **Athletes must have a personal drinking container.**

- Sharing drinking containers (contact or non- contact) is not allowed.
- Athletic trainers will educate all student-athletes and coaches on proper use of water coolers and water dispensing systems.
  - This is to include education on the risk of communicable disease and infectious virus due to sharing water bottles and equipment.

## **Acclimatization**

It is recommended that teams allow for six to eight weeks of training prior to competition to prevent injury due to losses of aerobic fitness resulting from inactivity as a side-effect of limiting COVID-19 transmission (3,4).

It is recommended that individuals and coaches utilize at-home workouts (i.e. MapMyRun app) towards the recommended training/acclimatization process.

Institution athletic trainers will be responsible for educating coaches and student-athlete regarding the acclimatization process and changes in acclimatization as a result of COVID-19.

## References:

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USA VOLLEYBALL RETURN TO PLAY GUIDELINES Implementation Date: May 15, 2020

file:///C:/Users/jschmi06/Desktop/USAV%20Return%20to%20Play%20Guidelines%20Effective%20May%2015%202020.pdf

NATA Intercollegiate Council for Sports Medicine, Preparation and Communication Directive Diagram ICSM, [www.nata.org](http://www.nata.org). <https://www.nata.org/practice-patient-care/health-issues/covid-19-coronavirus>

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