

# **COVID-19: Resocialization Back to Athletics Plan**

## Introduction

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The intent of this document is to assist the Sierra College Sports Medicine and Athletic Department with preparation and implementation of safe return to campus strategies and athletic activity during the COVID-19 pandemic. This document will continue to be updated based on the current recommendations from the CDC, State and County guidelines

## Timelines

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- A. Pre-Season Conditioning Period<sup>4,7</sup>
  - a. Per the National Strength and Conditioning Association (NSCA) recommendations, we should utilize a 4-week gradual buildup of conditioning for our student-athletes following the lengthy shelter-in-place layoff in order to allow for appropriate conditioning, acclimatization and to prevent injury.
- B. Contingency Plan
  - a. Spring Sports Group 1
    - 1. Pre-Season Conditioning Period – January 4 – January 16
    - 2. In-Season Sport – January 18 – April 17
      - i. Football
      - ii. Men's/Women's Basketball
      - iii. Women's Cross Country
      - iv. Women's Golf
      - v. Women's Soccer
      - vi. Women's Volleyball
      - vii. Men's/Women's Water Polo
      - viii. Wrestling
  - b. Spring Sports Group 2
    - 3. Pre-Season Conditioning Period – January 25 – March 26
    - 4. In-Season Sport – March 27 – June 23
      - i. Baseball
      - ii. Beach Volleyball
      - iii. Men's Golf
      - iv. Softball
      - v. Men's/Women's Swim and Dive
      - vi. Women's Tennis
      - vii. Women's Track & Field

## Education<sup>5-7, 11</sup>

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- A. All Staff Members will complete the COVID-19 Educational Session for Administrators, Coaches and Staff (Power Point)
- B. All Student-Athletes will complete the COVID-19 Educational Session for Student Athletes (Power Point)
- C. Signage will be posted in all athletic facilities identifying appropriate safety measures (social distancing, sanitization, personal protective equipment requirements, etc.)

## Personal Protective Equipment (PPEs)<sup>1,6,8,16, 22</sup>

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- A. All student-athletes, coaches and staff will wear face coverings in accordance with Placer County and/or state guidelines once they arrive on campus.
  - a. Exception will be for student-athletes participating in conditioning drills if social distancing is maintained
  - b. Cloth face covers are acceptable for student-athlete and coaches and need to cover the nose and mouth
- B. Athletic trainers and other medical professionals should wear protective masks on campus when interacting with student athletes.
- C. Athletic trainers and other medical providers should wear protective masks and eyewear when evaluating injuries or in sustained close contact with individuals
- D. Gloves should be used anytime there is patient contact and when handling items contaminated by body fluids.
- E. Eye protection should be used anytime there is extended close contact with student athletes.

## Screening

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- A. Pre-Season Conditioning Period
  - a. All student-athletes will complete a COVID-19 specific Pre-participation questionnaire (PPQ)<sup>2</sup>
  - b. Pre-participation exams<sup>4-6,15</sup>
    - 1. All new student-athletes will complete a pre-participation physical exam using the Sierra College form.
    - 2. Returning student athletes will complete the health history questionnaire using the Sierra College form.
  - c. Considerations might need to be made for high risk groups<sup>1,4-6,15</sup>
  - d. Daily Screening<sup>1,20-21</sup>
    - 1. Before coming to campus all student-athletes and staff will complete and submit the Daily Pre-Screening under the Health Screening section on the Sierra College phone app
    - 2. On campus screening area
      - i. Check daily pre-screening on phone completed
      - ii. Scan POD QR code
      - iii. Symptom check
      - iv. Temperature check
    - 3. Daily Screening will be performed by qualified and authorized personnel
    - 4. Student-Athletes and staff who answered “yes” to any of the symptom on the Sierra Health Screening App or have a fever of 100.4\* will not be allowed entry onto campus and sent home. One of the Sierra College athletic trainers or someone from Sierra College Contact Tracing will follow up with individual.
    - 5. It may also be determined that you need to get a COVID-19 test
- B. In-Season Sports  
Prior to the start date for In-Season Sports, if not already completed for pre-season training

- a. All student-athletes and staff will complete a COVID-19 specific Pre-participation questionnaire (PPQ)<sup>2</sup>
- b. All new student-athletes will complete Sierra pre-participation physical exam form and returners will complete the Sierra follow-up health history questionnaire.<sup>4,6,15</sup>
- c. Considerations might need to be made for high risk individuals<sup>1,4-6,15</sup>
- d. Daily Screening<sup>1,20-21</sup>
  1. Before coming to campus all student-athletes and staff will complete and submit the Daily Pre-Screening under the Health Screening section on the Sierra College phone app
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  5. It may also be determined that you need to get a COVID-19 test
- e. Testing<sup>4,22</sup>

Testing for medium and high contact risk sports also includes, coaches and staff

  1. High Contact Risk Sports (basketball, football, soccer, volleyball, water polo, wrestling)
    - i. Initial diagnostic PCR test upon arrival to campus
    - ii. Weekly out-of-season PCR test - 12.5% or 25% of athletes
    - iii. Weekly in-season PCR test - for all athletes
    - iv. Competition PCR test -all athletes 48hrs before event
      - a. This may account for the weekly testing
  2. Medium Contact Sports (baseball, softball)
    - i. Initial diagnostic PCR test upon arrival to campus
    - ii. Weekly out-of-season and in-season PCR test - 12.5% or 25% of athletes
    - iii. Additional testing for symptomatic and high contact risk individuals
  3. Low Contact Sports (cross country, golf, swimming and diving, tennis, track and field)
    - i. Initial diagnostic PCR test upon arrival to campus
    - ii. Additional testing for symptomatic and high contact risk individuals

## Sanitization

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- A. Daily treatment with long-term sanitization products in all facilities: <sup>1,4,6,7,14-15</sup>
  - a. Athletic Training room
  - b. Locker Rooms/ Team Rooms

- c. Weight room
- d. Athletic Facilities
- e. Restrooms
- B. Regular wipe down sanitization of all high contact surfaces such as door handles, tables, counters and equipment: <sup>1,4,6,7,14-15</sup>
  - a. Athletic Training room
  - b. Locker Rooms/ Team Rooms
  - c. Weight Rooms
  - d. Restrooms
- C. Regular wipe-down sanitization of all equipment after each use: <sup>1,4,6,7,14-15</sup>
  - a. Weight Room Equipment
  - b. Rehabilitation Equipment in the Athletic Training room
  - c. Sport-Specific Equipment
  - d. Hydration Equipment (water hoses, coolers, etc.)
- D. Hand Sanitizer will be available at all facilities to allow for use upon entrance and exit of the facility
- E. Regular hand washing will be encouraged, in accordance with CDC recommendations <sup>1,4,6</sup>

## Facility Plans

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- A. All Facilities
  - a. Social Distancing will be maintained within the Placer County and/or state guidelines <sup>1,2,22</sup>
  - b. PPEs will be worn in accordance with Placer County and CDC guidelines <sup>1,6,10,22</sup>
  - c. Hydration <sup>4,6,12-13</sup>
    - 1. Athletes are encouraged to bring their own hydration. No sharing of bottles.
    - 2. Water cooler for refilling water bottles will be available at the athletic training tent <sup>4,6,12-13</sup>
      - i. Individual-use cups might be available
      - ii. Spigot wiped down after every use
  - d. Hand sanitizer will be available at all facilities to “Sanitize In / Sanitize Out”.
- B. Athletic Training Room <sup>1,2,4,14</sup>
  - a. Appointments will be scheduled for injury evaluation and treatment to ensure appropriate spacing and staffing needs.
  - b. Equipment, tables, counters and high-touch areas will be wiped down after every use.
  - c. Entire facility will be sanitized daily.
- C. Weight Room <sup>1,2,4,7,14-15</sup>
  - a. Appropriate social distancing needs to be maintained when directed by Placer County and/or state guidelines
  - b. All equipment will be wiped down after every use
  - c. All equipment will be sanitized between teams or workout groups
  - d. Entire facility will be sanitized daily
- D. Locker Rooms <sup>1,2,4,7,14-15</sup>

- a. Locker rooms might be unavailable/limited when restrictions from Placer County and/or state prohibit or limit their use.
- b. Appropriate social distancing needs to be maintained when directed by Placer County and/or state guidelines
- c. Needs to be wiped down/sanitized between team usage
- d. Entire facility will be sanitized daily.

## Reaction to a Positive Test

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### A. Student Athlete Exposure or Positive COVID-19 Test Procedure

- a. Contact the Sierra College contact tracing and athletic directors about any possible exposure or reported positive cases as soon as possible.
- b. Student athletes or staff that have possibly been exposed to COVID-19<sup>1,3-4</sup>
  - 1. Self-quarantine for 14 days after your last exposure
    - i. Negative test will not shorten quarantine time
  - 2. Check your temperature and monitor symptoms
  - 3. Check in with the athletic trainers daily on how you are feeling
- c. Student athletes or staff that were tested positive for COVID-19<sup>1,2,4</sup>
  - 1. Need to self-isolate for at least 10 days and monitor symptoms
    - i. Stay in touch with your medical provider and relay pertinent information to the athletic trainer(s).
  - 2. Try to stay away from individuals in your home/apartment and wear a mask if not able to isolate
  - 3. Seek emergency medical attention if your symptoms start getting worse
- d. Infected individuals with symptoms can stop isolation when<sup>1,3-4</sup>
  - 1. 10 days since symptoms first appeared **and**
  - 2. 24 hours with no fever without the use of fever-reducing medications **and**
  - 3. Other symptoms of COVID-19 are improving
  - 4. Most people do not require testing to decide when they can be around others; however, if your healthcare provider recommends testing, they will let you know when you can resume being around others based on your test results.
- e. Infected individuals without symptoms can stop isolation when<sup>1,3-4</sup>
  - 1. 10 days have passed since you had a positive test and no symptoms have occurred
  - 2. Most people do not require testing to decide when they can be around others; however, if your healthcare provider recommends testing, they will let you know when you can resume being around others based on your test results.
  - 3. If you develop symptoms after testing positive, follow the guidance above
- f. Medical clearance will be required for all individuals before returning to campus<sup>17-19</sup>

### B. Student Athlete Return to Play Protocol<sup>4,6,9-11</sup>

- a. Medical clearance will be required before starting any level of activity
- b. Student-athlete was asymptomatic, non-hospitalized
  - 1. Rest/no exercise for 10 days from positive test result

2. Have a gradual progression from light activity back to unrestricted sport participation.
  - c. Student-athlete mild symptoms, non-hospitalized
    1. Rest/recover/no exercise for 14 days during symptomatic period
    2. No exercise for 14 days after symptoms resolves.
    3. Recommended that student-athlete undergoes cardiac screening
    4. Have a gradual progression from light activity back to unrestricted sport participation
  - d. Student-athlete severe symptoms, hospitalized
    1. Rest/recover with no exercise for 14 days while symptomatic
    2. No exercise for 14 days after symptoms resolves
    3. Recommended that student-athlete undergoes cardiac screening if not done while hospitalized
    4. Have a gradual progression from light activity back to unrestricted sport participation
- C. Graduated Return to Activity<sup>11</sup>
- a. Minimum Rest Period (During Isolation) – 10 days minimum
    1. Exercise allowed – walking, activities of daily living
  - b. Light Activity – 2 days minimum
    1. Exercise allowed – walking, light jogging, stationary bike, no resistance training
    2. 70% Heart Rate Max
    3. <15 min
  - c. Frequency of Training Increase – 1 day minimum
    1. Exercise allowed – simple movement activities (ex: running drills)
    2. 80% Heart Rate Max
    3. <30 min
  - d. Duration of Training Increases – 2 days minimum
    1. Exercise allowed – more complex training activities
    2. 80% Heart Rate Max
    3. <45 min
  - e. Intensity of Training Increases – 2 days minimum
    1. Exercise allowed – normal training activities
    2. 80% Heart Rate Max
    3. <60 min
  - f. Resume Normal Training Progressions
    1. Exercise allowed – normal training activities

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