

**Statement of Purpose:** The intent of this document is to assist athletic departments with preparation and implementation strategies to enhance safe return to campus and athletic activity following the COVID-19 pandemic. Each institution should personalize the content of this plan to incorporate campus-specific policies and resources.

*\*Disclaimer: Recommendations are fluid and subject to change. Therefore, it is important to stay current with public healthcare guidelines as well as recommendations from governing bodies. \**

## **Pre-Return and Return to Campus Preparation and Communication Plan**

### **A. Campus General Council/ Risk Management Liability Understanding**

1. Align department policies with campus policies and communication of public healthcare guidelines
2. Reporting, monitoring and resolution of symptoms of illness should align with institutional guidelines
  - Patient – Healthcare Provider contact
  - Emphasis on avoiding communal buildings
3. Infectious Disease Education for Student Athletes & Departmental Staff
  - Guidelines for infection prevention and transmission control
  - Proper communication methods for reporting symptoms
  - Individual Personal Conduct and Hygiene

### **B. Creation of Athletics COVID-19 Action Team**

1. Primary Stakeholders/ Members:
  - Athletic Director or Designee
  - Healthcare Administrator
  - Sport Medicine
  - Strength and Conditioning
  - Team Physicians
  - Student Health
  - University Crisis Management/ Emergency Preparedness
  - Counselling
  - Facilities
2. Potential Advisory Groups:
  - Federal/ state/ local public health Officials
  - Custodial/Sanitation
  - Compliance
  - Coaching/ Sport Operations
  - Equipment
  - Housing, Dining and Nutrition
  - Student Development
  - Academics
  - Human Resources
  - Campus Safety
  - Athletic Conference/ Governing Bodies
3. Resources to Consider:
  - [CDC: Infection Prevention and Control Assessment Tool for Outpatient Settings \(2016\)](#)
  - [BOC Facility Principles \(2015\)](#)
  - [CDC Guideline for Isolation Precautions: Preventing Transmission of Infectious Agents in Healthcare Settings \(2019\)](#)
  - [NCAA Core Principles of Resocialization of Sport](#)
  - [American College Health Association \(ACHA\) COVID-19 Resources](#)
    - *ACHA Guidelines: Student Health Considerations & Guidelines for Re-opening Higher Education Institutions*

- [EPA List N: Disinfectants for Use Against SARS-CoV-2 \(2020\)](#)
- [CDC: Guidance for the Selection and Use of Personal Protective Equipment in Healthcare Settings](#)
- [Interassociation Recommendations: Preventing Catastrophic Injury and Death \(2019\)](#)
- [CSCCa and NSCA Joint Consensus Guidelines for Transition Periods \(2019\)](#)
- Websites for Local, County or Regional Board of Health governing bodies responsible for administering and enforcing state public health laws and regulations

**C. Creation of Action Plan with consideration of the following items and in alignment with institution guidelines/ action plans:**

1. Guidelines and acquisition of personal protective equipment for staff
  - Alignment with CDC and State/Local guidelines on appropriate protection
    - Evaluate PPE and equipment Needs/ Availability/ Optimization
    - Procurement of materials may dictate levels of service and operational capacity
2. Return to Campus Guidelines
  - Alignment with public health agencies, governmental and institutional guidelines regarding travel and post-travel recommendations
  - See *recommendations from NATA: ICSM COVID19 Screening Committee*
3. Quarantine/Isolation Unit Planning
  - Alignment with public health agencies and institutional guidelines
  - Considerations:
    - On and Off Campus Housing/ Dining
    - Documentation
    - Contact and Location Tracing (HIPPA/ FERPA)
    - Length of time away from individuals/ facility
    - Location
    - Monitoring, Follow-up and serial exams
    - Discontinuation considerations
    - Personal Travel Procedures
    - Team Travel Procedures
4. Infectious Disease Cluster Response Plan
  - Contact Local and Institutional Health Authorities
  - Consideration of general epidemiological strategies, and best practice recommendations
  - Re-Evaluation of prior Disinfectant/Purification/Equipment Plan
5. COVID-19 Prevention Disinfectant/Purification/Equipment Plan
  - Considerations:
    - Procurement of materials may dictate levels of service and operational capacity
    - Proper products and application methods:
      - Locker Rooms
      - Weight room
      - Communal Areas
      - Meeting Rooms
      - Healthcare Facilities
      - Academic Areas
      - High Touch Surfaces
      - Any shared health, fitness and sport equipment
      - Food Service – Communal Meals and Fueling Stations
    - Sanitary Hydration
    - Laundry
6. EMS/911 Emergency Differentiation Plan
  - Adaptation of Emergency Action Plans based on Campus and Local EMS/ Safety availability, facilities considerations, increased demands and increased risk of exposure at local emergency facilities.

- Alternate Hospitals and Healthcare Facilities
  - Alternate Transportation plans (Triage, location, etc.)
  - On-site availability of Physicians
    - Capacity Student Health Services
7. Social Distancing Considerations
- Social Distancing Principles within:
    - Team Scheduling of Shared Facilities
    - Healthcare Facilities
    - Locker rooms
    - Weight rooms
    - Team Meeting rooms
    - Athletic Academic Areas
    - High Volume Communal Areas in Athletic Facilities
    - Athletic Dining Areas
  - Recommendations to conduct virtual team activities when possible.
8. Implementation of Infectious Disease Prevention Plan (Shared Responsibility)
- Individual Personal Conduct
  - Signage
  - Hand Sanitation Stations
  - Annual prevention education and training
  - Operational Considerations
9. Pre-participation Considerations
- Physicals Exams and Screenings
    - Contingency Plan based on provider accessibility and institutional guidelines regarding physicals exams.
    - Evaluation of additional screenings based on health history, as recommended by team physician/ PCP.
      - New student-athlete, returning student-athlete, student-athlete with verified (+) test for COVID-19
      - Obtain recommendations from treating physician when possible
- D. **Safe Transition to Athletic Activity**
1. Adherence to governing body and consensus recommendations for transition and acclimation to activity following extended inactivity periods
  2. Event planning and management considerations:
    - Game management personnel
    - Visiting team concerns
    - Venues
    - Spectators
  3. Team operations and team travel considerations
- E. **Contingency Plan to Manage Recurrence**