

## Coordination

## COVID-19 Education

## PPE/Equipment

## Screening

## COVID-19 Testing

### Identify Campus Work Groups

- Institutional Admin
- Athletic Department Personnel
- Campus Health Center
- Mental Health Professionals
- Community Hospital
- Risk Management
- Environmental Health and Safety
- Residential Life
- University Police

### Pre-participation Physical Exams

- Additional Hx related to COVID-19
  - Personal
  - Family
  - Travel
  - International SA
  - Quarantine
- Timing of PPE
  - Non-institutional
  - Institutional

### Basics of COVID-19

- S/SX
- Avoid Sick Population
- Social Distancing Guidelines
- Proper Hygiene
- Policy and Procedures

### Educational Groups

- Student-athletes
- Coaches
- Staff

### Methods of Education

### Timing

- Prior to return
- On-campus
- Continuous

### Supplies and Equipment

- Supply Chain
  - Local Health Department
  - Physicians
- Masks
  - Surgical, N95, Cotton
  - Proper face shield
- Eye protection
- Gloves
- Gowns
- Hand sanitizer
- Thermometer
- Pulse oximeter
- Peak Flow Meter

### Donning and Doffing

- Policy and Procedures

### Current screening protocols

- Appropriate for SA
  - Recommend SA needs
- ### Screening: acute respiratory illness
- Temperature
  - Medical HX
  - Per institution requirements

### Develop algorithm

- Green Flag
- Yellow Flag
- Red Flag
  - Federal, state, local, institutional guidelines

### Begin screening process

- Prior to campus
- Frequency
  - SA population
  - High Risk population

### Location of screening

- Remote
- Athletic on-site

### Identify population

### Protocols

- Federal, State, Local, Institutional Guidelines
- Evolving
- Campus protocols
  - COVID-19 testing
  - Antigen testing
  - Contact tracing
  - Campus work group
  - Cost

### COVID 19 Positive Cases

- Medical Care
- Quarantine Procedures
  - Institutional Guidelines
- RTP Decisions

### Travel Considerations

- Federal, state, local and institutional guidelines
- Athletic policy/procedures
  - Hot spots
  - Additional screening
  - Contact vs. non-contact sports
- Guidance on appropriate travel

**Below are recommendations for athletic trainers to evaluate with appropriate personnel in preparation for student-athletes return to campus following the COVID-19 Pandemic. These recommendations are not all encompassing and are subject to change. Therefore, it is important to stay current with federal, state, local and institutional health care guidelines.**

- Identification of Campus Work Group for screening and testing procedures (may include but not limited to)
  - Institutional Administration
  - Athletic Department Personnel
    - Athletic Director or assigned designee(s)
    - Team Physician(s)
    - Athletic Trainer(s)
  - Campus Health Center
  - Community Hospital
  - Mental Health Professionals
  - Risk Management
  - Environmental Health and Safety
  - Residential Life
    - On/Off Campus Housing
    - Dining Services
  - University Police
- COVID-19 Education<sup>1</sup>
  - Signs and Symptoms
  - Avoid contact with sick population
  - Maintain social distancing guidelines as defined by your local health department
    - Virtual Meetings
  - Proper hygiene standards
  - Institutional screening procedures
  - Procedures for student-athletes and athletic department personnel who present with illness symptoms related to acute respiratory illness
  - Identify parties where education is appropriate but should include at a minimum:
    - Student-athletes
    - Coaches
    - Athletic Department Staff
  - Identify method(s) of education
  - Identify timing of education
    - Prior to returning to campus
    - On-Campus
    - Continued need through the academic year(s)
- Supplies/Equipment that may be needed for screening purposes
  - Important to recognize supply chains may be disrupted
    - Work with your physician(s) and local health departments to determine what may be appropriate alternatives
  - Masks-surgical, N95, cotton

- If N95 not available, use of R/P95, N/R/P99 or N/R/P100 filtering masks may be appropriate<sup>2</sup>
    - Proper face shield may be worn on top of N95 masks to prevent bulk contamination
  - Eye protection
  - Gloves
  - Gowns
  - Hand sanitizer
  - Thermometer: non-contact infrared
  - Pulse oximeter
  - Peak flow meter
  - Donning (putting on) and Doffing (taking off) procedures for personal protective equipment<sup>3</sup>
    - Includes disposal of personal protective equipment<sup>3</sup>
- Screening Procedures
  - Important to recognize your institution may have screening protocols in place for students, faculty and staff
    - These protocols may or may not be appropriate for your student-athletes and athletic department staff
    - Recommend the need to work with the identified Campus Work Group and follow federal, state, local and institutional public health recommendations when evaluating and developing screening procedures
  - Identify screening procedures for acute respiratory illness<sup>4</sup> (Example: Addendum A)
    - Temperature check
    - Brief medical history
    - Pulse oximetry is not currently recommended by the CDC but may be worth discussing with your team physician(s) for the student-athlete population
  - Develop algorithm to sort persons for further screening, evaluation, testing based upon initial screening procedure
    - Example may include green, yellow, red flag system: see Addendum B
      - Green flag-No Concern
      - Yellow flag-early onset symptoms
      - Red Flag
        - Symptomatic
        - Contact with a positive person
        - Travel concerns
        - Underlying medical conditions
    - Athletic departments should follow local public health and institution guidelines for medical evaluations related to acute respiratory illness
      - Athletic Training Rooms may not meet current standards
      - Evaluation of upper respiratory infections may need to be referred to medical offices
  - Identify when to begin screening process
    - Prior to return to campus
    - Frequency of screening
      - Will student-athletes require more frequent screening
        - Contact sports vs. non-contact sports
      - Individuals with high risk factors<sup>5,6</sup>
        - Age

- Heart disease
  - Lung disease
  - Diabetes
  - High Blood Pressure
  - Immunocompromised metabolic disorders
    - Includes those who are on medication but may be in remission
  - Asthma
  - Obesity
  - Liver disease
  - Sickle Cell Disease/Trait
- Identify location of screening
  - Remote
  - Athletic on-site screening should follow federal, state, local and institutional public health recommendations
    - Identify appropriate location
    - Identify what Personal Protective Equipment may be warranted
    - Identify what Personal Protective Equipment may be warranted for person(s) being screened
    - Identify proper social distancing guidelines needed during on-site screening
    - If athletic trainers are being asked to be screeners, a plan on how this may impact other areas of student-athlete clinical care should be shared with team physicians and athletic administration
- Identify persons being screened
  - Student-athletes
  - Athletic department coaches and staff
    - Interns
    - Volunteers
    - Student-workers
  - Campus services and outside contract personnel who may or may not be on campus on a daily basis
    - Landscaping personnel
    - Custodial services
    - Food service personnel
    - Consultants/independent contractors
    - Guests
- Documentation of screening procedures
- Pre-participation Physical Exam
  - Additional medical history questions related to COVID-19 are warranted
  - Important to recognize the institution may have questions developed for the student population that may be appropriate
    - Personal and family history of COVID-19 diagnosis
      - Tested vs. presumed
      - Date of diagnosis
      - Require hospitalization
      - Treated with oxygen or ventilator

- Experience any symptoms related to COVID-19
      - Date of onset
      - How long have you been symptom-free?
      - Have you experienced any symptoms in the past 14 days?
      - Have you had direct contact (within 6 feet) with any ill or positive COVID-19 person(s) in the last 2-14 days?
    - Were you or a family member placed in quarantine?
      - If so, when and how long
    - Have you traveled outside of your local community in the past 14 days?
      - If so, list locations
      - How long
    - International travel/student-athletes
      - Where are you returning from?
    - Does the institution recommend a local quarantine upon return to campus?
  - Screening procedures may be needed prior to student-athletes undergoing their pre-participation physical exam
  - Institutions that administer pre-participation exams by non-university physicians prior to returning to campus should have a screening protocol in place for arrival on campus
- COVID-19 Testing
  - Protocols for testing are being developed at the state and community level based upon CDC recommendations<sup>7</sup>
  - Testing will continue to evolve as tests become more readily available
  - Important to recognize collegiate institutions may have protocols for COVID-19 and antigen testing for students, faculty and staff
    - Protocols for testing should include contact tracing
    - Recommend the need to work with the identified Campus Work Group and follow federal, state, local and institutional public health recommendations if testing procedures are different for the student-athlete and/or athletic department staff population
  - Institutions need to evaluate medical costs associated with testing
    - Financed through university for all students via Health Services
    - Financed through athletic department
    - Billed to student-athlete insurance
      - Plan if student-athlete does not have insurance
  - Medical providers should work with their Campus Work Group and follow federal, state, local and institutional public health recommendations related to COVID-19 testing procedures if athletic department medical personnel are collecting COVID-19 samples for testing which includes proper packing and shipping of tests<sup>8</sup>
    - Identification of appropriate labs for testing samples
    - Understand the length of time for results which may differ across labs, communities and states due to various factors
- COVID-19 Positive Cases
  - Medical providers should work with their Campus Work Group and following federal, state, local and institutional public health recommendations in developing protocols for person(s) who test positive for COVID-19
    - Medical Care
    - Quarantine
      - Student-athletes who reside on campus may be able to follow institution guidelines

- Recommend working with Campus Work Group for student-athletes who reside off-campus
  - Return to play decisions should be made on an individual basis as symptoms will differ amongst patients
    - Recognizing this virus affects the respiratory system and currently involves a 14 day quarantine a gradual return to sport needs to be developed by medical personnel<sup>9,10</sup>
    - Recommend discussing with your team physician(s) the use of pulse oximetry or peak flow meter readings as part of this process
    - Questions have risen regarding the need for EKG testing following a positive COVID-19 test amongst the student-athlete population
      - Current data shows 8-12 % percentage of positive cases result in acute carditis<sup>11</sup>
      - Recommend discussing this with your team physicians and cardiologists
- Travel Considerations
  - Medical providers should work with their Campus Work Group and follow federal, state, local and institutional public health recommendations related to screening and testing following team, personal and work-related travel
  - Important to recognize your institution may have protocols in place for students, faculty and staff
  - Considerations may include but are not limited to:
    - “community” hot spots
    - Additional screening following home/away contests
      - Contact vs. non-contact sports
  - Guidance on whether travel is appropriate
  - Quarantine measures related to travel

## References

1. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/index.html>
2. <http://www.ncaa.org/sport-science-institute/coronavirus-covid-19>
3. [https://www.cdc.gov/niosh/npptl/topics/respirators/disp\\_part/default.html](https://www.cdc.gov/niosh/npptl/topics/respirators/disp_part/default.html)
4. <https://www.cdc.gov/coronavirus/2019-cov/hcp/using-ppe.html>
5. <https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-recommendations.html>
6. <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html>
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8. <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html>
9. <https://www.cdc.gov/coronavirus/2019-nCoV/lab/guidelines-clinical-specimens.html>
10. NCAA Preventing Catastrophic Injury and Death in Collegiate Athletics is a valuable resource, <http://www.ncaa.org/sport-science-institute/preventing-catastrophic-injury-and-death-collegiate-athletes>
11. ICSM Guidance on the Inter-association Recommendations: Preventing Catastrophic Injury and Death in Collegiate Athletes; September 2019. [https://www.nata.org/sites/default/files/icsm\\_guidelines\\_for\\_preventing\\_catastrophic\\_death\\_in\\_collegiate\\_athletics.pdf](https://www.nata.org/sites/default/files/icsm_guidelines_for_preventing_catastrophic_death_in_collegiate_athletics.pdf)
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NASA INTERCOLLEGIATE  
COUNCIL FOR SPORTS MEDICINE

**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.

## Screening Process

