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
  - 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. 
- 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
    - Includes disposal of personal protective equipment
- 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 (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
        - 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
• 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
  ▪ 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
  o 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\(^9,10\)
    ▪ 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\(^11\)
      ▪ Recommend discussing this with your team physicians and cardiologists

• Travel Considerations
  o 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
  o Important to recognize your institution may have protocols in place for students, faculty and staff
  o Considerations may include but are not limited to:
    ▪ “community” hot spots
    ▪ Additional screening following home/away contests
      ▪ Contact vs. non-contact sports
  o Guidance on whether travel is appropriate
  o Quarantine measures related to travel

References

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:

<table>
<thead>
<tr>
<th>SYMPTOM</th>
<th>YES</th>
<th>NO</th>
<th>LENGTH OF SYMPTOM</th>
<th>EXPLANATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fever</td>
<td></td>
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<tr>
<td>Body Chills</td>
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<tr>
<td>Extreme Level of Fatigue</td>
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<tr>
<td>Cough</td>
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<tr>
<td>Pain / Difficulty Breathing</td>
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<tr>
<td>Shortness of Breath</td>
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<tr>
<td>Sore Throat</td>
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<tr>
<td>Body / Muscle Aches</td>
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<tr>
<td>Loss of Taste</td>
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<td>Loss of Smell</td>
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<tr>
<td>Changes to Vision / Eye Discharge</td>
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<table>
<thead>
<tr>
<th>QUESTION</th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>2-14 days prior to experiencing these symptoms, did you experience a suspected exposure to COVID-19?</td>
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<tr>
<td>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. &quot;hot spots&quot;)?</td>
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<tr>
<td>Have you had any direct contact with someone that has a suspected or lab confirmed case of COVID-19?</td>
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<tr>
<td>During your time away from INSTITUTION, did you self-quarantine due to suspected symptoms or exposure of COVID-19?</td>
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<tr>
<td>During your time away from INSTITUTION, have you been living in, or have visited an area reporting an increased number of COVID-19 cases (i.e. &quot;hot spots&quot;)?</td>
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</table>

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 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.
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.