

Riverside Unified School District  
Athletic Training  
COVID-19 Policies and Procedures  
2020-2021



## **Purpose**

The purpose of these additional policies and procedures to the Riverside Unified School District Athletic Training Policies & Procedures Manual, is to ensure the safest environment and best possible care is being provided for the athletes in Riverside Unified School District. These policies and procedures have been developed specifically targeting the physical and mental well-being of the athletes in RUSD after occurrence of the Covid-19 virus within Riverside County. The following policies and procedures have been developed in accordance with guidelines and instructions from the Centers for Disease Control and Prevention (CDC), California Interscholastic Federation (CIF), the National Athletic Trainers' Association (NATA), and the Riverside County Department of Public Health/Riverside University Health System Public Health.

## **COVID-19 Symptoms & Care**

Symptoms for Covid-19 include the following: Fever, cough, shortness of breath, difficulty breathing, chills, repeated shaking and chills, muscle pain, headache, sore throat, and new loss of taste or smell.

The CDC states that severe symptoms such as trouble breathing, persistent or severe pressure in the chest, brush lips or face, confusion, or the inability to arouse should warrant immediate medical attention. Although these symptoms are specified, any other severe symptoms that inhibit normal body function or become concerning should be given medical attention immediately through emergency medical services or care at the closest emergency medical facility.

Symptoms for Covid-19 will appear 2-14 days AFTER a person has been exposed to the virus. If any of these symptoms are present, the student-athlete should not attend school, athletic practices, or athletic competitions at any time. The athlete must stay home, avoid exposure to the public of all kinds, and follow instructions from their primary medical provider. Even if an individual is not experiencing symptoms, it is possible to spread the virus to other people around you.

## **When a Person Should Get Tested for COVID-19**

According to the CDC, mild cases do not necessarily require testing for individuals who are able to stay at home and care for their symptoms and reduce their exposure to other individuals from home. Anyone who suspects possible exposure to Covid-19 should contact their primary health care provider before going to a testing center. If testing is necessary, the testing should be conducted at the closest assigned Covid-19 testing center. However, any athlete or coach presenting with symptoms and wanting to participate with RUSD Athletics will require testing or a medical examination to confirm diagnosis, for documentation purposes, and for determination of return to participation status.

The testing centers for Covid-19 in Riverside, California are listed below:

Harvard Christian Fellowship Church.  
6115 Arlington Ave, Riverside, CA 92504

Riverside University Health System Medical Center  
26520 Cactus Ave, Moreno Valley, CA 92555

Perris Fairgrounds  
18700 Lake Perris Dr, Riverside, CA 92571

Loma Linda University Health SACHS Clinic  
250 S G St, San Bernardino, CA 92410

## **High Risk Populations**

The Covid-19 virus can cause severe illness to individuals who are considered to be in the high-risk category. Student-athletes are considered high risk for contracting Covid-19 if they have one or more of the following conditions: Medical history or currently have serious heart conditions or heart diseases, chronic lung diseases, moderate to severe asthma, severe obesity, diabetes, chronic kidney disease, liver disease, or are immunocompromised. Those who fall into the category of immunocompromised include student athletes who have a history of cancer or cancer treatments, smoking, bone marrow transplants, organ transplants, immune deficiencies, HIV, AIDs, or taking medications that weaken the body's immune system. Individuals who also have a previous medical history or who currently smoke, are also categorized into the high-risk population for Covid-19.

## **Transmission of COVID-19**

According to the CDC, Covid-19 is spread from person to person when in close contact with one another. Due to the increased risk of contamination, it is recommended to stay six feet apart from other individuals. Other forms of contamination include inhaling contaminated droplets through the nose or mouth. To reduce exposure of the virus, it is important to not touch the eyes, nose, mouth, or face with your hands and stay six feet apart from other individuals, especially when out in public areas.

## **Personal Protection Procedures**

The following procedures must be done to help protect yourself and others from contracting and spreading Covid-19.

### **Keeping Your Hands Clean**

Hands should be washed frequently immediately after being out in public, using the restroom, after you sneeze into your hands, blow your nose, or cough into your hands.

Avoid coughing and sneezing into your hands as much as possible by coughing into a handkerchief, napkin, or tissue. To avoid sneezing into your hands, turn your face away from others and sneeze into the bend of your elbow.

Avoid touching your face, eyes, nose, and mouth especially if your hands have not been washed.

Wash your hands for a minimum of 20 seconds with soap and warm water.

- Singing the "Happy Birthday" song twice or singing the ABC's is an easy way to ensure you are washing your hands for twenty seconds.
- If soap and water are unavailable, hand sanitizer can be used to disinfect the hands.
- Hand sanitizer should contain at least 60% alcohol.

### **Avoid Close Contact**

To reduce the risks and spreading of a virus, it is best to practice social distancing and staying at home whenever possible for safety.

- Staying at Home
  - Stay home as much as possible. Even if you or the people you plan on seeing are not sick, it does not mean you will not get sick. It is important to remember that a person can carry the virus and be asymptomatic.
- Social Distancing
  - If essential supplies are necessary, remember to stay at least six feet apart from other people when going out in public.

## **Covering the Mouth and Nose**

Face coverings should be used for people three years of age and older when going outside. Please refrain from using medical facemask as much as possible in order to save supplies for medical providers.

Remember, the purpose of the face covering is to prevent you from spreading the virus to others if you are infected with the virus, which still makes social distancing extremely important even with a face covering on.

## **Cleaning and Disinfecting Surfaces**

Surfaces that are frequently used and touched should be cleaned daily and as often as possible with an appropriate disinfectant.

Common surfaces include: countertops, light switches, doorknobs, cellphones, computer keyboards, bathroom surfaces and handles, faucet handles, tables, cabinet handles, car doors, and steering wheels.

Common household disinfectants can be used to clean these common surfaces. Disinfectants should be EPA-registered. Disinfectants will recommended by RUSD.

## **Athletic Training Modifications**

The following policies and procedures are modifications to the current RUSD Athletic Training Policies & Procedures Manual and will be used during and after the Covid-19 pandemic as precautions to help reduce exposure, contamination, and infection. The athletic trainer will use personal protective equipment daily and at all times when working with the athletes in the athletic training room and out on the athletic fields.

### **The Athletic Training Facility**

All athletes entering into the athletic training facility will be required to wash their hands at the hand washing station or use hand sanitizer immediately upon entering. Washing or sanitizing the hands will be required before signing in for treatments or evaluations.

New athletic training facility rules will be listed on the outside of athletic training facility.

The certified athletic trainer will limit the number of athletes in the facility at a time in order to enforce and maintain social distancing policies. \*The limited number will be different for each site due to different size athletic training facilities at each high school\* If athletes must wait outside of the athletic training facility, they will be spaced six feet apart.

Temperatures will be taken and documented of all athletes upon entering the athletic training facility. The CDC states that a fever is considered any body temperature above 100.4 degrees Fahrenheit or 38 degrees Celsius.

- Name, sport, date, and time will be documented with the athlete's body temperature on a spreadsheet for records.
- Temperatures at 99.5 will be questioned for other symptoms, possible exposure, and possibly removed from activity if necessary.
- Temperatures at or above 100.4 degrees Fahrenheit will be removed from all athletic activities, evaluated, and sent home to be evaluated/treated by their primary care physician.

Thermometers will be sanitized between athletes or thermometer covers will be used, depending on the model of thermometer used.

## **Injury Evaluations & Treatments**

Injury evaluations and treatments may be made by appointment. \*Each site will determine appointment hours\*

- Acute injuries that occur during in-seasons athletic practices will be evaluated and treated that same day during or after practice hours. No appointment will be necessary.
- Non-acute injury evaluations will not take place during game coverage, unless it is an injury that occurs during one of the athletic competitions for that day.
  - Practice modifications will be written and provided for the athlete if necessary. No athlete will be forced to participate if the athletic trainer feels further participation will cause further injury to the athlete.
  - Appointments will be prioritized for in season athletes only. Out of season athletes will be encouraged to see the RMC Sports Clinic or their primary care physicians and return proper documentation to the certified athletic trainer.

The athletic trainer will always do his/her best to evaluate or schedule an appointment for an athlete as soon as possible. Home-care instructions, either pre-typed or hand written by the athletic trainer, are available for temporary care if an athlete must wait 1-2 days to receive an injury evaluation for a non-acute, non-emergent, or non-life-threatening injury. Home-care instructions are primarily the RICE Method (rest, ice, compression, elevation) or wound care instructions specific for the location of the injury.

## **Rehabilitation Programs**

Athletes conducting or needing an athletic rehabilitation program for an injury the certified athletic trainer has already evaluated will be given a home exercise program to conduct at home, or at their practice site during practice hours.

Rehabilitation appointments can be made with the certified athletic trainer for in-season athletes, who have sustained an acute injury. \*Appointment times/durations may differ per site\*

## **Daily Medical Care: First-Aid & Taping**

Athletes will be allowed to come into the athletic training facility for first aid care and taping for injuries. Upon entering, they must follow hand-washing procedures and have had their temperatures taken and documented for the day.

Athletes may receive these services, but may have to wait in line outside of the athletic training facility in order to maintain the facility limit. If athletes must wait outside of the athletic training facility, they will be spaced six feet apart.

## **Water**

The athletic trainer will set up a water station outside of the athletic training facility in order for teams to fill up their water bottles and jugs.

Each team will send no more than two athletes to retrieve the water for the team.

Athletes will not be allowed to gather around the water station area, and other teams waiting to fill bottles and jugs will have to remain six feet from the athletes currently using the water station.

## **Athlete Entering the Athletic Training Facility with COVID-19 Symptoms**

Coaches or staff who are aware that an athlete is ill should inform the athletic trainer immediately. Many athletes will inform their coaches when they will be going to the athletic training facility before practice if they are feeling ill. Coaches should inform the athletic trainer as soon as possible, in order for the athletic trainer to be able to prepare and take precautions as necessary. If an athlete reports to the athletic training facility with signs and symptoms relating to Covid-19, the following procedures must be conducted to ensure the safety of the athlete, the certified athletic trainer, and anyone within the treatment facility.

All athletes who are in the facility will be instructed to wash or sanitize their hands immediately and leave the athletic training facility. A list of the athletes, who were present in the athletic training facility when the possibly infected athlete arrived, will be made.

### **Personal Protective Equipment**

The certified athletic trainer will apply personal protective equipment, which will include face masks, gloves, and eye protection.

The possibly infected athlete will also be provided with personal protective equipment, which will include a face mask and gloves. The athlete will wear this personal protective equipment until he or she has left the premises of the school and is in their own home.

### **Reporting and Documentation**

During the evaluation, the athletic trainer will be documenting all current symptoms, the duration that symptoms have been present, temperature, vitals, medication being taken, and the athlete's previous medical history.

If the athlete's symptoms confirm a case of Covid-19 after evaluation by the certified athletic trainer, the athletic trainer will be responsible for reporting the case to the principal.

The athletic trainer will provide the school nurse with a copy of the athlete's evaluation for school documentation.

The athlete's parents or guardians will be contacted and asked to pick up the athlete from school immediately. The athlete will be required to stay at home, contact their primary doctor, and not be allowed to return to school or participation in athletics until they have completed the clearance process (refer to Clearance Process section below).

### **Decontamination of Facility**

Once the athlete has been removed from the athletic training facility completely, all surfaces will be wiped down with an EPA-registered disinfectant. Surfaces of highest priority will be all surfaces and equipment touched by the athlete and also surfaces that are frequently used by all other athletes. Other athletes will not be allowed to enter the athletic training facility for at least thirty minutes after surfaces have been wiped down.

## **Athlete Suspected of having COVID-19 at Practices or Competitions**

If a coach, staff member, team manager, or team member notices an athlete not feeling well and shows signs of concerning symptoms such as a possible fever, a cough, difficulty breathing, shortness of breath, or complaining of body aches, it is in the best interest of the athlete and all other athletes participating at the practice or competition for the following procedures to be conducted.

Any athlete suspected of having COVID 19 symptoms, is to be reported to the certified athletic trainer immediately. The athletic trainer will provide coaches or staff members with specific instructions, as well as investigate and evaluate the athlete's health and condition to determine their participation status.

- Remove the athlete from participating in the practice or the competition immediately.
- Instruct them not to touch any surrounding surfaces and have the coach call the certified athletic trainer immediately.
- The athletic trainer will inform the reporter whether or not to send the athlete to the athletic training facility, or the athletic trainer will go to the location of the athlete.

Coaches are not to allow the athlete to further participate in the athletic practice or competition. Do not allow further contact/involvement with team until the athletic trainer clears the athlete to return to participation

- Keep the athlete at least six feet away from the other athletes on the team.
- If supplies have been provided in the team's first aid kit, have the athlete put on a facemask and gloves.
- Further participation in athletics is not allowed until evaluated by the certified athletic trainer or if necessary, evaluated and cleared by a MD/DO physician.

## **Evaluation Process for an Athlete with Symptoms of COVID 19**

Extra precautions will be taken when an athlete is being evaluated with suspicion or showing symptoms of COVID-19. Precautions will be taken to ensure the safety of the certified athletic trainer and the athlete and have detailed documentation for school records and the athlete's primary care physician.

### **Personal Protective Equipment**

All evaluators should ensure proper personal protective equipment (PPE) is in place prior to beginning evaluation, which would include doubled face masks, gloves, and eye protection.

- A N95 mask covered by a surgical mask is preferred.

Athlete's hands should be disinfected and provided with a facemask and gloves as soon as possible. Do not allow the athlete to remove their face mask at any time unless necessary for the evaluation, such as when assessing their temperature or peak expository flow.

### **Medical History**

The certified athletic trainer must take a thorough medical history of the athlete. With a possible Covid-19 case the athletic trainer will need to ask the following questions and document the information on the injury evaluation form:

- Do you have a previous medical history of having a respiratory condition (asthma, bronchitis, or pneumonia), heart disease or condition, diabetes, smoking, autoimmune conditions, or taking immunosuppressant medications?
- Have you had any recent contact with a person who was ill or who presented with symptoms similar to Covid-19?
- When did your symptoms begin?
- How long have the symptoms been present?
- What are the symptoms you are currently experiencing?
- Have you had a fever? If yes, for how long?
- Medications being taken? If yes, how long have you been taking the medications?

## **Vitals**

The athletic trainer should evaluate and document the athlete's vitals, which will include body temperature, blood pressure, oxygen levels, heart rate, respiratory rate, and peak expiratory flow.

Temperature will be assessed using an oral thermometer. A thermometer cover will always be used when assessing an athlete's temperature, or the thermometer will be sterilized using an antiseptic cleaning solution such as 70% isopropyl alcohol. If resources allow, a thermal scanning thermometer or temporal scanning would be used to check body temperature and increase efficiency of temperature readings. Temperature readings will be documented using the Fahrenheit scale.

Blood Pressure will be assessed with an automatic or manual sphygmomanometer and stethoscope. The athletic trainer will initially measure the athlete's blood pressure using the left arm. If a second assessment is necessary, the athletic trainer will switch to the right arm.

Oxygen levels and heart rate will be measured using a pulse oximeter. Exact oxygen percentages and heart rate readings will be documented. If necessary, the athletic trainer can measure the athlete's heart rate manually.

Respiratory rate will be taken manually by the certified athletic trainer.

## **Completion of Evaluation**

If the certified athletic trainer's evaluation of the athlete concludes and coincides with the signs and symptoms of Covid-19 according to the CDC guidelines, the athletic trainer will keep the personal protective equipment on both themselves and the athlete. The athletic trainer will contact the athlete's parents or guardian to inform them of the athlete's condition, asking them to pick up the athlete from school as soon as possible, and the need to contact their primary care physician as soon as possible.

The athletic trainer will inform the parents or guardians upon arrival that the athlete should not return to school until they have been cleared by a MD/DO physician. Contacting the athlete's primary care provider for a telephone evaluation or testing is extremely important and documentation from an MD/DO physician will be necessary for them to return to school and athletic participation. The athletic trainer may provide the athlete's parent or guardian with a copy of the athlete's medical evaluation and an RUSD Medical Referral Physician's Report form. The certified athletic trainer's contact information for both telephone and email will be provided on both documents if the parents, guardians, or primary care provider may need to contact the athletic trainer.

When the evaluation is inconclusive and a primary care provider recommends taking precautions, the athlete will need to undergo a fourteen-day quarantine period to determine if their condition will worsen or improve, as well as reduce possible exposure to other students in RUSD. During this quarantine period, the athlete should stay inside at home at all times, and stay within a designated area of the home to reduce exposure to those living within the same household. The athlete will not be permitted to come to campus to spectate or participate in any athletic practices or competitions, until their condition has improved. In order to return to campus and participation, the athlete must have been asymptomatic for three days without medication and seven days have passed since symptoms had first appeared. If the athlete's condition consisted of a fever but no symptoms similar to Covid-19 were present, the athlete must also be afebrile for three days without the assistance of fever reducing medications such as Tylenol or ibuprofen.

Once the athlete has left the athletic training facility, do not allow any coaches, athletes, or staff to enter the room. The athletic trainer should leave their facemask and eye protection on, but dispose of their gloves. After disposing the gloves, wash hands immediately and apply a new pair of gloves. Once new personal protective

equipment has been applied, begin cleaning surfaces athlete made contact with such as the treatment tables, countertops, soap dispenser, faucet handles, paper towel dispenser, sign in sheet pen, and door handles.

## **Discontinuation and Referral Process**

Any athlete or coach with possible Covid-19 will be removed immediately from participating in all athletic practices and competitions.

The certified athletic trainer has the right to remove any athlete immediately from the playing field or school site for the health and safety of themselves, other athletes or students, and staff on campus. Coaches or parents will not be allowed to override the athletic trainer's decision at any time, nor will they be allowed to determine when the athlete will be allowed to return to participation in RUSD Athletics.

Any athlete with symptoms of Covid-19 must be referred to be evaluated by their primary care MD/DO physician either during an in-person appointment or a telemedicine assessment. Documentation from these evaluations must be provided to the certified athletic trainer. Documentation can be sent to the sites nurse's office via fax machine or scanned to the certified athletic trainer's district email. All documents must be signed by an MD/DO physician and will be filed by the certified athletic trainer and school nurse. The athlete will not be allowed to return to school or athletics until properly cleared by a MD/DO physician and has met all clearance requirements (see Clearance Process section below).

## **Clearance Processes**

The clearance process to return to both school and athletic participation will be specific for the following situations: athletes who have been tested positive for Covid-19, athletes who have not been tested but symptoms confirm positive for Covid-19, athletes who have not been tested and symptoms are inconclusive for Covid-19, athletes who have tested positive for Covid-19 but no symptoms are present, and athletes who have tested negative and no symptoms are present but concern for possible exposure.

All categories of clearances will require a physician's note from an MD/DO physician stating official clearance to return to both school and sports, as well as have met Riverside County Department of Public Health official guidelines to discontinue home isolation due to Covid-19.

### **Athlete Tested and Positive for COVID-19**

Athletes who were tested and confirmed positive for having Covid-19 by a healthcare provider will not be allowed to return to participation in school or RUSD Athletics until they have met the following criteria.

- Afebrile (fever free) for 72 hours without the assistance of fever reducing medications.
- Respiratory symptoms have resolved for the past 72 hours either significantly or completely.
- It has been 7 days since the athlete has tested positive for Covid-19.
- Evaluated through telemedicine resource or an in-person appointment and cleared by a MD/DO.
- Written documentation for proof of clearance by a MD/DO physician has been submitted to the certified athletic trainer and school nurse.

## **Athlete Not Tested but Symptoms for COVID-19 Present**

Athletes who were not tested must contact their primary care provider for a consultation through the phone to inform the physician of their symptoms or have an in-person evaluation. If the physician orders to treat the condition at home and does not require testing because symptoms are conclusive with Covid-19, the athlete must isolate at home and treat their condition. The following criteria must be met in order for the athlete to be cleared and return to school and athletic participation.

- Afebrile for 72 hours without the assistance of fever reducing medications
- Respiratory symptoms have improved significantly or completely over the past 72 hours
- Seven days have passed since the athlete's first symptoms appeared
- Evaluated through telemedicine resource or an in-person appointment and cleared by a MD/DO.
- Written documentation for proof of clearance by a MD/DO physician has been submitted to the certified athletic trainer and school nurse.

## **Athlete Not Tested and Symptoms Inconclusive for COVID-19**

This scenario is one of two scenarios not listed in the Riverside County Department of Public Health and CDC guidelines, but has been developed by the certified athletic trainer as a possible scenario for an athlete in the secondary school setting. The procedures for this scenario are still in correlation with the guidelines from the Riverside County Department of Public Health. Inconclusive symptoms would be defined as an athlete having just one symptom that could be correlated to Covid-19 but there are no other related symptoms. These athletes include those with a single, mild symptom, single symptom but considered in high risk category, or single symptom and was previously around another friend or family member, who was ill with similar Covid-19 symptoms. Extra precautions must be taken to ensure the safety of everyone attending RUSD schools. The following procedures must be followed and clearance criteria met for the athlete to be allowed to return to participation in school and athletics.

- Must have consultation and assessment with their primary care provider (MD/DO Physician) through telemedicine or an in-person appointment.
- Provide written documentation of assessment by physician to the certified athletic trainer and school nurse.

If physician deems the athlete does not have symptoms or illness relating to Covid-19 and documents that the athlete may return to school or athletics:

- The athlete must wear a face mask daily while attending school.
- The athlete must check in daily with the athletic trainer and school nurse to have their temperature and symptom(s) documented for 14 days.
  - Any time symptoms may worsen or fever appears, the athlete will be sent home to care for condition and asked to contact their primary care physician again.
  - For weekends, the athlete will be provided with a Body Temperature and Symptom Tracking form for them to complete twice a day over the weekend to track their body temperature and symptoms.
  - This form must be submitted to the certified athletic trainer or the 14-day period will start over.
- The athlete will be limited in athletic participation to practice modifications. For the best interest of the athlete's health and the safety of others, it is not recommended for the athlete to participate in athletic competitions until the symptom(s) has completely resolved.
- The athlete will be allowed to return to full participation once symptoms have resolved completely and they have been symptom free for 72 hours
  - Check-ins with the certified athletic trainer and the school nurse are mandatory for the entire 14-day period even after symptoms resolve.

If the physician deems the athlete could have early onset of Covid-19 symptoms and does not allow them to return to school or participation in athletics, they must isolate themselves at home. The athlete will not be permitted on campus or cleared to participate in athletic participation until they have met the following criteria.

- Symptoms have improved significantly for the past 72 hours or are no longer present.
  - If a fever was one symptom present, the athlete must be afebrile for at least 72 hours without the assistance of fever reducing medications.
- Seven days have passed since the athlete's first symptoms appeared
- Evaluated through telemedicine resource or an in-person appointment and cleared by a MD/DO physician to return to school and athletic participation.
- Written documentation for proof of clearance by a MD/DO physician has been submitted to the certified athletic trainer and school nurse.

### **Athlete Tested Positive for COVID-19 but No Symptoms Present**

Some individuals will test positive for having Covid-19, but the virus has not caused any symptoms to physically appear. Athletes who have tested positive but without symptoms must isolate themselves at home, and will be cleared to return to school and athletic participation after meeting the following criteria.

- It has been seven days since the testing date for the positive Covid-19 results.
- They have no pending tests for Covid-19.
- There are no signs or symptoms of an appearing illness, specifically a fever or respiratory symptoms.
- Has consulted and been assessed or evaluated by their primary care provider.
- Provided documentation from an MD/DO physician to the certified athletic trainer and school nurse.

### **Athlete Tested Negative for COVID-19, No Symptoms, but Possibly Exposed to Someone with COVID-19**

This is the second of the two scenarios not listed in the Riverside County Department of Public Health and CDC guidelines, but has been developed by the certified athletic trainer as a possible scenario for an athlete in the secondary school setting. The procedures for this scenario are still in correlation with the guidelines from the Riverside County Department of Public Health. Some athletes may be taken to get tested by a concerned family member even if they are not presenting with symptoms of Covid-19. Usually those who are concerned may have been around or within an area of someone, who was presenting with Covid-19 symptoms or recently traveled out of the country. An athlete who presented with a negative test does not necessarily mean they will not get the virus, but rather the results could mean the virus has just not infected the person or caused them to become ill yet. Although not necessarily required to be cleared by a physician, the following protocols will still be implemented to monitor for symptoms, reduce risks of exposure, and ensure the safety of all RUSD High School students and athletes.

- Documentation of the negative test results will need to be provided to have for school record with the certified athletic trainer and school nurse.
- The athlete will be asked to check in daily with the school nurse and the certified athletic trainer for 14 days to have their temperature taken and any presence of symptoms documented. This period is starting from the day after the date of the last negative Covid-19 test.
  - For weekends, the athlete will be provided with a Body Temperature and Symptoms Tracking form for them to complete twice a day over the weekend to track their body temperature/symptoms.
  - This form must be submitted to the certified athletic trainer or the 14-day period will start over.
- The athlete will be asked to wear a face mask during school hours and maintain a safe distance of at least six feet when not wearing the face mask.
- Hand washing and sanitizing will be emphasized regularly in between classes and throughout the day (refer back to Personal Protection Procedures section)

# **Game and Practice Coverage**

## **Athletic Practices**

During the fall season, the certified athletic trainer will be present at all football practices. There will be a medical station located on the football field where athletes or coaches will also be able to locate the athletic trainer. The athletic trainer will not be doing any injury evaluations for non-acute injuries. The only time the athletic trainer will be conducting injury evaluations while covering football practice is if the injury is acute, the injury shows signs of needing immediate attention, or if the athlete has an appointment for an evaluation during practice times. Emergency situations will take precedent over all other injury evaluations and appointments. All other injury evaluations will require an appointment scheduled. Out of season athletes will be recommended to see RMC Sports Clinic or their primary care physician. Wound care and ice bags will still be available for all athletes at the medical station on the football field.

The athletic trainer will limit the number of athletes to two athletes at a time in the medical station if necessary.

During the winter and spring sports seasons, the athletic trainer will be located within the athletic training facility during practice times. Athletes will be able to schedule injury evaluations and rehab programs throughout the day.

## **Athletic Competitions**

The athletic trainer will be located at all athletic competitions with a medical station available. If multiple competitions are occurring at the same time, the athletic trainer will be located at the competition that is considered the highest risk for injury sport or has the most athletes on the playing field. During the fall season, the athletic trainer will be located at all home junior varsity and varsity football games. The athletic trainer will also travel to all away varsity football games.

The athletic trainer will not be conducting any injury evaluations or scheduling injury evaluations during competitions. The athletic trainer will only be providing medical care to acute injuries that occur that day or injuries showing signs needing immediate attention. Emergency situations will take precedent over all other injury evaluations and appointments. Wound care and ice bags will still be available to the athletes who are participating in athletic practices.

## **Sanitation Standards**

The certified athletic trainer will conduct sanitation tasks daily for all equipment and supplies. The certified athletic trainer ask that all student athletes, coaches, and staff members follow along with these sanitation policies and procedures to not only lower the risks of spreading Covid-19, but also other viruses, bacteria, and fungi that could cause serious illnesses. All surfaces needing to be cleaned, will be disinfected using an EPA registered disinfectant.

## **Hand Washing**

Hand washing is accessible at the hand washing station within the athletic training room. Hand washing materials inside of the athletic training room include water, antibacterial soap, and disposable paper towels.

All individuals must thoroughly wash their hands for a minimum of twenty seconds and vigorously over the entire surface area of the wrist, hand, and fingers. Hands should be washed immediately after the following situations: Using the restroom, coughing or sneezing into the hands, touching a contaminated surface, before putting on removing a pair of gloves, entering the athletic training room and before leaving the athletic training facility.

The certified athletic trainer must wash his or her hands or use hand sanitizer immediately before or after the following: Before and after evaluating a patient, before and after providing first aid, before putting on gloves, after glove removal, handling equipment used by an athlete, helping to move an athlete, touching a potentially contaminated surface, and before making and after applying an ice bag to an athlete.

### **Personal Protective Equipment Disposal**

Face masks and gloves will be disposed of properly in a contained waste container.

Gloves or face masks saturated with blood or body fluids must be disposed of properly in a biohazard container or biohazard bag.

At no time will gloves or face masks be allowed to be thrown or left on the ground, on athletic benches/chairs, in the weight-room, locker-room, or coaches offices. Gloves and face masks are not to be left on treatment tables, counters, or treatment areas.

After removing and disposing of your gloves or face masks, the hands should be washed or sanitized immediately.

### **Athletic Training Room Equipment & Supplies**

- All athletes must wash their hands with soap and water or use hand sanitizer for twenty seconds upon entering the athletic training room.
- Surfaces will be cleaned daily using EPA approved cleaning products.
- Treatment tables will be cleaned after each use by an athlete.
  - This procedure includes both the treatment tables inside of the athletic training room and the portable treatment table used for athletic practices and competitions.
- All rehabilitation equipment will be sanitized after each use by an athlete.
- The storage cabinet for athletes' bags and equipment within the athletic training room will be emptied and sprayed at the end of each day with Lysol disinfecting spray.
  - Any items left in the storage cabinet at the end of the day will only be held for 24 hours before being disposed of in order to allow for sanitization of the entire cabinet.
- Pens and markers used for sign in sheets are to be sanitized in the beginning and at the end of each day.
  - Athletes should be washing their hands before signing in on the sign-in sheet.
- All countertops will be cleaned and sanitized at the end of each day.
- Cabinet handles will be sanitized at least every other day.
- The soap dispenser, paper towel dispenser, and sink faucet handles will be sanitized at end of each day.
- Door handles should be sanitized at the beginning and end of each day.
- Towels will be placed in the dirty linen basket after each use by an athlete or by the certified athletic trainer for treatments.
  - Towels will all be washed in warm/hot water with laundry detergent or bleach (white).
- The ice machine doors and ice scoopers will be sanitized every other day.
  - Athletes and coaches must wash their hands before opening or scooping ice from the ice machine.
  - Athletes and coaches are not permitted to put their hands into the ice machine.
  - Athletes and coaches will not be permitted to put any items, school water bottles, or personal water bottles inside of the ice machine to keep cold or to scoop ice into.

## Hydration Supplies

- Water bottles will be cleaned daily after each practice or competition has concluded with soap/water.
  - The outside of the bottles will be disinfected with disinfecting wipes or spray.
  - The inside of the bottles will be cleaned with dish soap and water.
  - If the athletic trainer is unable to clean bottles that day, the bottles will be cleaned the next day before being given to an athletic team for use.
- Lids are not to be removed from water bottles to drink directly out of the bottle.
  - Bottles that have had lips placed directly on the lid or on the bottle should be removed from use immediately until properly disinfected.
  - Water bottle lids will be cleaned with dish soap and water.
- Water bottle racks, specifically the handle, must be sanitized using disinfecting spray or wipes.
- Water coolers will be disinfected inside with a food-surface cleaning solution.
  - Athletes will not be allowed at any time to stick their hands or water bottles of any kind inside the water cooler by removing the lid. This is considered immediate contamination of the drinking water and must be removed from the practice/competition site immediately.
    - Coaches should notify the certified athletic trainer immediately if athletes remove the lid or place hands/bottles inside of the water cooler
- Water cooler spigots will be disinfected with a food-surface cleaner on the inside and on the outside.
  - Disinfecting spray or wipes will be used to disinfect the spigot release button.
- Ice chests will be disinfected with a disinfecting spray on the outside, and a food-surface cleaning solution on the inside.
  - Athletes will not be allowed at any time to stick their hands or water bottles of any kind into the ice chests.
  - Athletic training staff must sanitize their hands prior to making an ice bag and after applying the ice to an athlete.

## Game and Practice Coverage Supplies

- The certified athletic trainer will have hand sanitizer available for all athletes, coaches, and staff at the medical station.
- Supplies and equipment should always be disinfected after each use by an athlete.
  - Treatment table, foam roller, resistance bands, etc.
- After conclusion of all practices and games, the treatment table should be disinfected prior to being placed into the storage case.
- All water coolers and water bottles should be returned to the athletic training room for cleaning and disinfecting.
  - Water coolers should not be left in a hot storage bin. Warm and moist environments cause growth of unhealthy microorganisms.
  - If a water cooler is to be placed in a storage bin, ensure that the cooler is empty and as dry as possible.
- The water station table must be disinfected before being put into storage.
- Handles of all medical kits, crutch bags, splint bags, and flexi-wrap handles should be disinfected with disinfecting spray or wipes before being stored.

## First Aid Kits

The RUSD coaches, who have a first aid kit in their possession, should sanitize the kit regularly. It is recommended that the first aid kit be sanitized on the outside and inside after it has been used for providing first aid such as wound care.

First aid kits can be brought to the athletic training facility for proper sanitization.

## Behavioral Health Recognition & Referrals

The following protocols exist to assist the certified athletic trainer, athletic department personnel, and administrators in recognizing potential psychological concerns in student-athletes. These protocols are also made to establish an effective mechanism for referring the student-athlete into the behavioral health care system for assessment and treatment by a credentialed behavioral or mental health care professional.

The focus of this policy is recognition and referral, not treatment; treatment is left to the credentialed mental health care professional. This policy will be significant for the recognition of students who may be struggling mentally, when returning to school and athletics after the Covid-19 stay-at-home order has been lifted and campus is reopened. Many student athletes may struggle with returning to their previous lifestyles or become stressed and anxious, when attempting to make up for lost time in both their academic abilities & athletic skills.

### Resources

RUSD has guidance counselors available for all students in grades 9<sup>th</sup> -12<sup>th</sup>. The guidance counselors can determine if a student or student-athlete may need a referral to an outside mental healthcare provider.

### Behaviors to Monitor

Since the certified athletic trainer, athletic department personnel, and administrators are in positions to observe and interact with student-athletes daily, it is essential that student-athletes' behaviors are monitored for any stressors that may be affecting their mental health. The following behaviors could be indicators that the athlete is struggling with a behavioral or mental health condition such as anxiety, depression, disordered eating, or having suicidal thoughts.

<ul style="list-style-type: none"><li>❖ Changes in eating &amp; sleeping habits</li><li>❖ Unexplained weight loss or weight gain</li><li>❖ Drug or alcohol use or abuse</li><li>❖ Gambling issues</li><li>❖ Withdrawal from social contact</li><li>❖ Decreased interest in activities that have been enjoyable</li><li>❖ Taking up risky behavior</li><li>❖ Talking about death, dying, “going away”, or “not wanting to live anymore”</li><li>❖ Loss of emotion</li><li>❖ Sudden changes of emotion within a short period of time</li><li>❖ Problems with focusing, concentrating, or remembering</li><li>❖ Excessive worry or fear</li><li>❖ Agitation or irritability</li><li>❖ Shaking or trembling</li></ul>	<ul style="list-style-type: none"><li>❖ Frequent complaints of fatigue, illness, or being injured that prevents participation in sport</li><li>❖ Unexplained wounds or deliberate self-harm</li><li>❖ Becoming more irritable</li><li>❖ Having problems managing anger</li><li>❖ Becoming quiet and distant when normal social and involved</li><li>❖ Irresponsible, lying</li><li>❖ Legal concerns, fighting, being difficult with authority</li><li>❖ All-or-nothing mentality</li><li>❖ Negative self-talk</li><li>❖ Mood swings</li><li>❖ Feeling “out of control”</li><li>❖ Gastrointestinal complaints</li><li>❖ Headaches</li><li>❖ Overuse, unresolved, or frequent injuries</li></ul>
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## **Referral of Student-Athlete for Behavioral Health Evaluation & Care**

As the student-athletes return to their previous routines and attempt to begin living their normal lifestyles, some may struggle more than others during these stages of return. If the certified athletic trainer has monitored or observed an athlete's abnormal behaviors and feels the athlete would benefit from positive behavioral health interventions, the referral process will begin.

First, the certified athletic trainer will inform the athletic director for the need of a behavioral health referral out of concern for an athlete, who has been showing signs of abnormal behaviors. Next, the certified athletic trainer and the athletic director will address the student-athlete's behaviors with both the student athlete and their parent or guardian. The certified athletic trainer will give the athlete's parent or guardian the recommendation that their child speak with their school guidance counselor about stresses they may be experiencing coming back to school and sports. With the parent or guardian's permission, the certified athletic trainer or athletic director will notify the student athlete's guidance counselor of the athlete's condition and need for assistance with their behavioral and mental health.

A Student Services Referral Form can be submitted by the student-athlete's guidance counselor, the certified athletic trainer, or both. This referral form allows the athlete to be referred for services for the following situations: Academics, Substance Abuse, Temporary/Transitional Living Arrangement, Involvement with Social Services, Grief/Loss, Attendance: frequent tardies/absences, Frequent trips to health office, Mental Health/Need for Counseling, Basic Needs/Hygiene Concerns, Involvement with Probation, Other:

- Riverside Unified School District Student Services Referral Form

## **Confidentiality Policy & Mandated Reporting**

It is important to notify student-athletes of the limits of confidentiality. Although the certified athletic trainer will keep the athlete's condition and situation as confidential information, there is a limit to this confidentiality. The student-athlete must understand that confidentiality will no longer remain if the certified athletic trainer feels the student-athlete or other student-athletes are at risk for injury or harm.

If the student-athlete discusses a personal concern that becomes an emergent psychological concern, then the certified athletic trainer is mandated by state law to report the issue by following the procedures set forth by the school district. The certified athletic trainer will first notify Athletic Director and the school law enforcement officer if there is an emergent psychological concern in order for the situation to be handled properly according to school district policies.

## **Sports Physicals Modifications**

Modifications for the preparticipation physical evaluation form should include questions for the healthcare provider to evaluate the student-athlete's levels of mental fitness upon returning to school and athletic participation. All student athlete's participating in RUSD Athletics should use the sports physical forms located on the High School Athletics website. These forms include behavioral health questions in which the evaluating practitioner should review with the student-athlete during their evaluation to determine if a referral for behavioral health services are necessary.

- RUSD Physical Forms

## **Medical History**

To get an accurate medical history of all the athletes participating in RUSD Athletics after the Covid-19 pandemic, a specific medical questionnaire would be recommended to include the following medical history questions:

- Medical History Questionnaire Examples
  - Were you ever evaluated or tested for Covid-19? If yes when?
  - Were you ever diagnosed with Covid-19? If yes when?
  - If you were diagnosed with Covid-19, how long were you under home-isolation?
  - Were you ever admitted to the hospital for Covid-19?
  - Have you been around anyone who was diagnosed with Covid-19 within the last 6 months?

## References

### **Center for Disease Control and Prevention**

1. <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
2. [https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID-19\\_CAREKit\\_ENG.pdf](https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID-19_CAREKit_ENG.pdf)

### **CIF Southern Section**

- <https://www.cifstate.org/sports-medicine/coronavirus>  
<https://www.cifstate.org/sports-medicine/concussions/index>

### **National Athletic Trainers' Association**

- [https://www.nata.org/sites/default/files/nata\\_covid-19\\_at\\_flyer.pdf](https://www.nata.org/sites/default/files/nata_covid-19_at_flyer.pdf)

### **Riverside County Department of Public Health**

1. <https://www.rivcoph.org/Portals/0/Documents/CoronaVirus/April/HealthProviders/Riverside%20County%20Public%20Health%20Local%20Guidance%20for%20Providers%204%2010.pdf?ver=2020-04-10-134138-240&timestamp=1586551347655>
2. [https://rivcoph.org/Portals/0/Documents/CoronaVirus/April/HealthProviders/Riverside\\_County\\_Public\\_Health\\_Local\\_Guidance\\_for\\_Providers\\_4.23.pdf?ver=2020-04-23-175229-350&timestamp=1587689570012](https://rivcoph.org/Portals/0/Documents/CoronaVirus/April/HealthProviders/Riverside_County_Public_Health_Local_Guidance_for_Providers_4.23.pdf?ver=2020-04-23-175229-350&timestamp=1587689570012)

### **United States Environmental Protection Agency**

- <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>