

### **COVID-19 Return to Activity Policies and Procedures**

This policy describes best practice procedures for returning to sport and exercise following a period of prolonged physical distancing for student-athletes due to the COVID-19 pandemic. Additionally, this policy will describe the necessary steps that will be taken in the event that a student-athlete, coach, or other athletic department personnel presents with signs and symptoms, or tests positive for COVID-19.

This policy has been developed based on recommendations described in the *NFHS Guidance for Opening Up High School Athletics and Activities*, the *CIF Return to Physical Activity/Training Guidelines*, the *NATA's COVID-19 Return-to-Sports Considerations for Secondary School Athletic Trainers*, the *LA County Department of Public Health Reopening Protocol for Gyms and Fitness Establishments*, and the Centers for Disease Control and Prevention (CDC).

#### **Pre-Participation Physical Examination**

1. All student-athletes are required to have a valid pre-participation physical exam on file with the athletic department prior to any tryout, practice or interscholastic athletic competition
  - a. All pre-participation physical exams must be signed by a MD, DO, PA-C, or NP
  - b. We can not accept a physical exam signed by a DC (Doctor of Chiropractic)
  - c. All pre-participation physical exams are valid for 365 calendar days
2. All student-athletes are required to complete the online athletic clearance prior to any tryout, practice or interscholastic athletic competition
3. Student-athletes with a prior COVID-19 diagnosis are required to obtain a medical assessment and provide documentation prior to any tryout, practice or interscholastic athletic competition
4. Individuals at higher risk for developing severe illness from COVID-19 should not supervise or participate in any workouts
  - a. High risk individuals include individuals 65 years and older, and others with underlying health conditions such as high blood pressure, chronic lung disease, diabetes, obesity, moderate to severe asthma, and those with weakened immune systems

#### **Pre-Workout Screening**

1. All student-athletes and coaches are required to be screened on a daily basis for signs and symptoms of COVID-19
2. Any individual with positive signs or symptoms, a “yes” answer to the screening questionnaire, or temperature of 100.4F or higher will not be allowed to participate until written medical clearance is provided

3. Individuals at high risk for developing severe illness from COVID-19 should not supervise or participate in any workouts
  - a. High risk individuals include individuals 65 years and older, and others with underlying health conditions such as high blood pressure, chronic lung disease, diabetes, obesity, moderate to severe asthma, and those with weakened immune systems

## **Standard Precautions**

### ***Personal Hygiene***

#### *Hand Washing*

- a. Hands should be washed with soap and water for approximately 20 seconds
- b. Hands should be washed between contact with each athlete, after contact with open wounds, blood, body fluids or other potentially infectious substances
- c. Hands should be washed immediately after sneezing or coughing
- d. Hands should be washed immediately after touching any surfaces or equipment
- e. Hands should be washed immediately after removing gloves
- f. In the event that soap and water are not readily available, such as on the field, an alcohol-based hand sanitizer should be used
  - i. It is recommended that hand sanitizer contain at least 60% ethanol (preferred) or 70% isopropanol

#### *Face Coverings*

- a. Face coverings are required by all athletic department personnel when in the vicinity of others
- b. All student-athletes are required to wear face coverings when arriving and leaving practice
- c. We recommend that cloth face coverings be worn by student-athletes during practice with the exception of swimming, distance running, and during high intensity aerobic activity
- d. Face coverings are required to cover the nose and mouth
- e. Face coverings should be washed or discarded after each use
- f. Student-athletes are not allowed to wear plastic face shields during practice due to the risk of injury

#### *Other Personal Hygiene Recommendations*

- a. Avoid touching eyes, nose, and mouth
- b. It is recommended that you sneeze and/or cough into your elbow or a tissue
- c. It is recommended that all individuals wash their hands prior to entering any facility
  - i. An alcohol-based hand sanitizer should be used in the event that soap and water are not accessible
- d. Student-athletes are required to wear appropriate practice attire and shoes while on-campus
- e. Student-athletes are required to take ALL personal equipment home with them each day for cleaning/disinfecting

- f. Student-athletes are required to take home ALL clothing to be laundered
- g. Student-athletes should empty and clean/disinfect any sports bags used for carrying personal equipment on a daily basis
- h. It is recommended that all student-athletes use hand sanitizer or wash their hands after using any athletic equipment
- i. It is recommended that all student-athletes shower immediately after returning home from practice or competition

### ***Facilities Cleaning and Disinfecting***

All cleaning, disinfection, and sanitizing will be done using an EPA approved solution.

#### *Daily Cleaning Procedures*

- a. All hard surfaces in athletic facilities wiped down and sanitized prior to individuals or groups entering
  - i. Chairs, tables, countertops, benches, etc.
- b. All athletic and exercise equipment and athletic training room supplies used are cleaned before and after each individual use
  - i. Benches, dumbbells, barbells, resistance bands, tackling dummies, donuts, water coolers, treatment tables, taping tables, therapeutic exercise equipment, electrical stimulation unit, thermometers, blood pressure cuffs, scissors, tape cutters, etc.
- c. Commonly touched surfaces sanitized daily by janitorial staff
  - i. Door knobs, handrails, etc.
- d. Trash cans emptied a minimum of once a day and garbage bags will not be reused
- e. Floors spot mopped by coaches between each use to clean and sanitize any bodily fluids, such as sweat
- f. School towels laundered daily
- g. Bathrooms sanitized multiple times a day
- h. A fogging machine will be used daily to sanitize all indoor athletic facilities, including the athletic training room

#### *Weekly Cleaning Procedures*

- a. Floors mopped 2-3 times a week by janitorial staff
  - i. Spartan Hall, Weight Room, Events Center, Athletic Center, Athletic Training Room

### **Hydration**

- a. All student-athletes are required to bring their own water bottles
  - i. It is recommended that all personal water bottles are labeled
  - ii. It is recommended that student-athletes bring enough water to last the duration of practice
  - iii. Water bottles are not permitted to be shared between individuals
  - iv. Due to risks associated with dehydration and exercising in the heat, any student-athlete who arrives to practice without a personal water bottle will not be allowed to participate
- b. Water coolers will be utilized ONLY for the purpose of refilling personal water bottles
  - i. Each student-athlete will be required to fill his own water bottle

- ii. The nozzle will be sanitized between each individual use by Sports Medicine staff
- c. Water coolers will be cleaned at the end of each day with soap and water

### **Locker Rooms**

All locker rooms/changing facilities are closed until further notice. Athletes should arrive to practice in the appropriate practice attire.

### **Athletic Training Room**

Hours of operation will be determined based on practice schedules. Specific hours will be set for each sport.

The following precautions will be taken in the athletic training room to help prevent the spread of COVID-19:

- a. No more than 3 student-athletes will be permitted in the athletic training room at one time
  - i. Student-athletes will be required to wait outside the athletic training room when at capacity
  - ii. A daily COVID-19 screening and temperature reading will be taken and documented for all student-athletes prior to entering the athletic training room
    - 1. Any student-athlete with a temperature reading at or above 100.4F will not be permitted to enter the athletic training room and the *COVID-19 Illness Reporting Policy* will be implemented
  - iii. Student-athletes will be required to enter through the exterior single door of athletic training room door and exit through the exterior double doors of the athletic training room
  - iv. All student-athletes will be required to use an alcohol-based hand sanitizer upon entering and before exiting the athletic training room
- b. A minimum of 6ft. distance is required between each student-athlete while in the athletic training room
- c. Each student-athlete will be responsible for wiping down all the equipment they've used prior to leaving the athletic training room

## Return to Physical Activity

### *Limitations on Practice Participants*

Due to the increased risk of injury from a prolonged period of inactivity, and to limit the risk of exposure, student-athletes are asked to consult the athletic department about participating in multiple summer sports.

### *Gradual Return to Activity*

Due to the increased risk of injury from a prolonged period of inactivity, coaches will be applying a phased re-introduction to activity.

### *Phase One*

Workouts must be conducted in the same groups of 5-10 athletes with a minimum of 6ft. distance required between individuals at all times.

<b>Sport</b>	<b>Permitted Activities based on CIF Return to Physical Activity/Training Guidelines</b>
Baseball	Conditioning and tee work. No sharing of gloves or bats. A single ball must not be tossed among the team. A single player may hit in cages or throw batting practice with netting as backstop. No catcher. All balls should be collected and cleaned individually prior to next athlete use.
Basketball	Conditioning and individual ball skill drills. No contact or sharing of balls. A player may shoot with a ball(s), but a single ball must not be tossed among the team.
Cross Country	Runners should maintain at least a 6ft. distance between individuals. No grouping at start or finish.
Football	Conditioning and individual drills. No drills requiring that a ball will be handed off or passed to other teammates. No contact with other players. No sharing of tackling dummies, donuts, or sleds. Protective equipment prohibited.
Golf	Maintain at least a 6ft. distance between individuals. Equipment cleaned after each use.
Ice Hockey	Conditioning, individual puck skill drills. No contact or sharing of puck. A player may shoot with a puck(s), but a team should not practice or pass a single puck among the team.
Lacrosse	Conditioning, individual ball skill drills. No contact or sharing of balls. A player may shoot with a ball(s), but a team should not practice or pass a single ball among the team.
Mountain Biking	Bikers should maintain at least a 6ft. distance between individuals. No grouping at start or finish.

Roller Hockey	Conditioning, individual puck skill drills. No contact or sharing of puck. A player may shoot with a puck(s), but a team should not practice or pass a single puck among the team.
Soccer	Conditioning and individual ball skill drills. Each player must use his own ball, feet only. No heading or use of hands. No contact.
Swimming	Maintain at least a 6ft. distance between individuals. No lane sharing.
Tennis	Conditioning, no sharing of balls, each player may use own balls to serve and uses racket to pass other balls (singles only), ball machine use by individuals only. Players may do individual drills, wall volleys.
Track & Field	Runners should maintain at least 6ft of distance between individuals, no grouping (i.e, starts and finishes). No sharing of implements/equipment. Clean equipment. Padded equipment should be cleaned between use.
Volleyball	Conditioning, individual ball handling drills, each player has own ball. A player should not use a single ball that others touched or hit in any manner.
Water Polo	Conditioning, individual ball drills, no contact or sharing of balls. A player may shoot with a ball(s), but a team should not practice/pass a single ball among the team where multiple players touch the same ball.
Wrestling	Conditioning, mirror drills with spacing, no contact. Wrestlers may skill and drill without touching a teammate (as long as physical distancing is adhered to.)

*Phase Two*

Up to 50 individuals may gather for outdoor workouts if a minimum distance of 6ft. can be maintained between individuals.

*Activity guidelines pending LA County/Archdiocese of Los Angeles Guidelines.*

**Heat Acclimatization**

In addition to gradual return to activity, the *Pre-Season Heat Acclimatization Policy* must still be followed.

Heat acclimatization is the process of progressively increasing the intensity of physical activity to ensure the body's physiological adaptation to exercise in heat. The purpose of acclimatization periods to enhance exercise heat tolerance and ability to exercise safely and effectively in warm to hot conditions.

The following recommendations are based on guidelines set forth by the California Interscholastic Federation (CIF) and the National Athletic Trainer's Association (NATA).

- a. Day 1-5: Athletes permitted to practice in no more than one practice per day. Total practice time should not exceed 3 hours. A 1-hour walk-through is permitted, but a 3-hour rest/recovery period is required between practice and walk-through.
- b. Day 6-14: Double-practice days must be followed by a single-practice day; a walk-through 1-hour walk-through is permitted with a required 3-hour rest/recovery period between practice and walk-through. No practices should exceed a 3-hour duration and total practice time should not exceed 5 hours.

In the event that training is paused for more than 7 days due to "stay at home orders," a COVID-19 diagnosis or any other reason, student-athletes will be required to restart the heat acclimatization process.

### Environmental Monitoring

Damien High School's *Heat Illness Policy* will continue to be in effect. As environmental heat stress increases, modifications will be implemented. The athletic department will use the following guidelines to alter practice plans in extreme environmental conditions using the *Wet-Bulb Globe Temperature (WBGT)*. WBGT accounts for ambient temperature, relative humidity, wind speed and radiation from the sun to provide an accurate measure of heat stress that student-athletes will experience when exercising in the heat. WBGT reading will be taken prior to the start of each practice session

WBGT Reading	Activity Guidelines
<82	Normal Activities
82.0-86.9	Use discretion for intense/prolonged activity and carefully monitor at-risk players
87.0-89.9	Practice limited to two hours; protective equipment limited to helmets and shoulder pads. Protective equipment removed for conditioning activities.
90.0-92.9	Practice limited to 1 hour with no protective equipment; No conditioning activities permitted
>92	No outdoor activities; cancel practice, move practice indoors or practice at a later time when WBGT is below 92

## **COVID-19 Illness Reporting**

### ***Signs and Symptoms***

Listed below are common signs and symptoms of COVID-19:

- Fever (Temperature of 100.4F or greater)
- Cough
- Shortness of Breath
- Difficulty Breathing
- Muscle Pain
- Headache
- Sore Throat
- Loss of Taste or Smell
- Persistent Pain or Pressure in Chest
- Inability to Arouse
- Bluish Face or Lip

### ***Reporting and Referral***

In the event that any coach, student-athlete, or other athletic department personnel reports signs or symptoms consistent with COVID-19, the following steps will be taken:

1. Individual will not be permitted to supervise or participate in practice
2. A COVID-19 screening will be conducted for documentation purposes
3. For all student-athletes, a parent/legal guardian will be contacted
4. AT, Athletic Director, Head Coach, any other necessary personnel will be contacted
5. Referral to healthcare provider
  - a. Individual will not be permitted to watch or return to practice until written clearance is obtained by a physician

### ***Isolation***

Individuals with a COVID-19 diagnosis are required to self-isolate for a *minimum* of 10 days after developing signs and symptoms and until they have been without a fever for 72 hours and other signs and symptoms have improved.

### ***Quarantine***

Signs and symptoms of COVID-19 may present 2-14 days following an exposure.

1. Any individual with a potential or known exposure to COVID-19 will not be permitted to practice for 14 days following exposure.
2. Any individual with a family or household member with a current COVID-19 diagnosis will not be permitted to practice until 14 days past their last exposure.
  - a. Individuals diagnosed with COVID-19 are considered contagious until they have been without a fever for 72 hours and other signs and symptoms have improved.

### **Clearance after COVID-19 Diagnosis**

Any individual diagnosed with COVID-19 will not be permitted to return to practice until written clearance is provided to the athletic trainer. The following information must clearly stated:

- a. Diagnosis
- b. Date Cleared to Return to Play
- c. Physician's Name and Contact Information, clearly written
- d. Physician's Signature



## **Behavioral Health Considerations**

Damien High School recognizes that student-athletes may be experiencing mental health and/or behavioral concerns as a result of the mandated COVID-19 Safer-at-Home order.

Some signs and symptoms of behavioral health concerns include:

- Changes in eating/sleeping habits
- Withdrawal from social contact
- Mood swings
- Negative outlook or comments
- Unfocused or inattentive
- Increased irritability
- Talking about death or dying
- Feeling overwhelmed or stressed
- Unexplained weight loss or gain
- Frequent complaints of fatigue, illness, or injury
- Unexplained wounds
- Excessive worry or fear
- Feeling out of control

Coaches and athletic department personnel are required to practice discretion regarding student-athletes medical and/or personal concerns. Any abnormal behavioral health behaviors should be reported to the athletic trainer.

It is the legal responsibility of all athletic department personnel to report any situation that involves a student causing harm or thinking of causing harm to themselves or others, is being harmed by someone or themselves, or is causing harm to another individual.

## COVID-19 Screening

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Sport: \_\_\_\_\_ Temperature: \_\_\_\_\_

1. Have you had a fever of 100.4 degrees or higher in the last 72 hours?
2. Have you had a persistent cough in the last 72 hours?
3. Have you had any cold symptoms such as chills, body aches, coughing, sneezing, sore throat, etc. in the last 72 hours?
4. Have you had shortness of breath, difficulty breathing, chest pain, palpitations, or fatigue in the last 72 hours?
5. Have you had a persistent headache in the last 72 hours?
6. Have you had a loss of smell, appetite, or bouts of vomiting in the last 72 hours?
7. Have you been diagnosed with or tested positive for COVID-19?
8. Do you have a family or household member with a current COVID-19 diagnosis?
9. To the best of your knowledge, have you been in contact with anyone who has been diagnosed with COVID-19 or who themselves has been in contact with someone with COVID-19?

## References

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