



## **Secondary Schools COVID-19 Recommended Procedures**

*Date of Release: 12.2.2020*

### **Preface:**

Due to the dynamic and growing body of research and public health information on COVID-19, athletic trainers have a responsibility to maintain an active knowledge of current CDC, State DOH, local health district, and school district recommendations for infection prevention. The guidelines below represent the best available information at the date of release. It is meant to be a guide for the secondary school athletic trainer to assist in the prevention and management of COVID-19. During this time of increased scrutiny, it is imperative that all policy and procedure changes are communicated to and approved by administrators. It is recommended that you communicate these changes with coaches, parents, and athletes as early as possible.

### **Athletic Training Facility**

- **Mask Wearing / PPE –**
  - According to [Employer Health & Safety Requirements for School Scenarios](#), athletic trainers would be classified as a “Medium Transmission Risk” Group
    - Work inside a structure/office where at least 6 feet of distance is mostly maintained, but with job tasks that require sustained several minutes of 6-foot distance broken several times a day
    - Employees in this group should wear
      - Face shield with a cloth face covering.
  - OR
  - Non-cloth disposables: dust mask, KN95 or other non-approved foreign-system NIOSH style filtering facepiece respirators, or non-FDA approved procedure masks.
- It is recommended that athletic trainers wear gloves, and eye protection for each patient evaluation taking place within 6 feet.
- If you are having issues with securing your PPE needs, talk to your district administration and L&I.
- Coaches and athletes should follow school district / health district / WIAA guidelines

### **Facility Cleaning –**

- Tables / Equipment should be cleaned between every patient, with an [approved COVID-19 cleaning solution](#), allowing adequate time for cleaning according to the products Safety Data Sheets and Instructions.

### **Hand Washing / Sanitizing Stations –**

- Proper hand hygiene is to be used before and after each patient contact.
- Patients should be instructed to wash/sanitize their hands prior to and after all treatments.
- If you do not have a sink in your facility to wash hands, your facility should have sanitizing stations in place by the entry/exit
- Sanitizer should meet minimum standards of 60% alcohol

***Social Distancing Guidelines / Facility Capacity –***

- Stationary equipment, treatment tables and taping stations should be positioned so that 6 feet can be maintained between patients. You may need to decrease the number of tables in your facility, or move them around to allow for proper spacing.
- Adequate spacing should be maintained throughout the facility – utilizing visual aids with measured 6 foot distancing on the floors / walls have been helpful in medical facilities and athletic facilities.
- Limitation on the number of patients in your facility at any given time, based upon the size of your facility, may be necessary – 36 sq. ft. per patient
- Explore options to create appointments for athletes or provide telehealth opportunities

***Facility Flow –***

- If you have multiple entry/exit points in your facility, it is recommended to set one door as the entry and one door as the exit
- Have athletes wait in the hallway, spaced out by 6', until it is their time to enter the facility
- Having visible guides indicating the flow of care through the facility can help reduce infection risk and support patients that are new to the facility

***Student Aides –***

- Consult with risk management and district administration regarding facility occupancy recommendations and liability risks of unnecessary student exposure

***Other Considerations -***

- Hydration
  - Athletes should supply their own water bottles
  - Water coolers should only be used during competitive events, only accessible to filling by the athletic trainer, and should be properly cleaned after use in accordance with product Safety Data Sheets and Instructions.
- No sharing of towels – Laundry to be completed by athletic training staff while wearing gloves
- Whirlpool should be used only as necessary, with single use and cleaned after each use in accordance with product Safety Data Sheets and Instructions.
- Access to the ice machine and hydrocollator should be limited to athletic training staff only
- Hydrocollator packs should be provided with a clean towel barrier to eliminate contact with hot pack cover from each use
- Small work space? Try moving outside, in a hall, or in the gym. Do your evaluations / treatment / rehab at the practice site.
- Return to play process for a COVID-19 positive athlete (Appendix III)

**District Paperwork**

- ***Daily Screening Attestation Form – (Appendix I)***
  - All athletes and coaches should be screened daily for any possible COVID-19 related symptoms, exposure to any infected individual, and temperature checks
- ***COVID-19 Disclosure form – (Appendix II)***
  - It is important for athletic trainer / coach to know if an athlete has been diagnosed COVID-19 positive

- If athlete has been diagnosed COVID-19 +, it is recommended that the student-athlete receives an updated pre-participation physical evaluation

## COVID Response Team

- **Who is involved –**
  - OSPI or district guidance
  - Ideally within athletics – Athletic Trainer, Athletic Director, School Nurse, Team Physician, Coach, Custodian
- **Illness reporting procedure –**
  - OSPI, DOH, school district, or local health district guidance
  - Review school district communicable disease policy
- **Outbreak control –**
  - OSPI, DOH, school district, or local health district guidance
  - Notification and contact tracing
  - Recommendation for athletic trainer to complete [John Hopkins Contact Tracing Course](#)

## Safety Strategies

- **Personal Hygiene –**
  - All individuals should be encouraged to frequent handwashing / sanitizing, and showering after activity upon returning home
- **Wellness Tips –**
  - Sleep, Nutrition, Mental Health
- **Infographics –**
  - Use of visual aids such as those from the [CDC](#) for COVID education, hand washing, and for social distance spacing
- **Patient/Coach Education –**
  - Comprehensive review of current district, state, and CDC recommendations for infection prevention and recognition is recommended for student athletes, parents, and coaches at the start of every season.

## Weight Room / Workout Restrictions

- **Refer to your local County Health District Safe Start Plan in addition to NFHS Guidelines and WIAA Guidelines for more sport specific information.**
- All participants should be screened daily.
- Small group cohorts
  - Groups should remain the same during and between training sessions.
  - Use physical and instructional barriers to support the following of social distancing guidelines and prevent small training groups from commingling.
- 6 ft distancing between all individuals – side spotting required for lifting.

- Allow for cleaning of equipment between participants with district approved/EPA standards for COVID according to the products Safety Data Sheets and Instructions.
- Allow adequate time for additional cleaning of all equipment between workout groups.
- No access to athletic training facilities without athletic trainer present
- No access to locker rooms without a coach present.
- Athletes must come dressed for workout and supply their own water bottle.
- No sharing of personal equipment or towels.
- Coaches should be wearing face coverings and athletes are encouraged to as well, when not participating in aerobic activity.

## Helpful Links

- [Washington State Coronavirus Response](#)
- [Washington State Department of Health COVID-19 Resources](#)
- [EPA list of cleaners approved for coronavirus](#)

## References

1. COVID-19 Return-to-Sport Considerations for Secondary School Athletic Trainers  
[https://www.nata.org/sites/default/files/covid\\_19\\_return-to-sport\\_considerations\\_for\\_secondary\\_school\\_at\\_1.pdf](https://www.nata.org/sites/default/files/covid_19_return-to-sport_considerations_for_secondary_school_at_1.pdf)
2. Guidance for State Associations to Consider in Re-opening High School Athletics and Other Activities  
<https://www.nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15-2020-final.pdf>
3. Elliott N, Martin R, Heron N, *et al* Infographic. Graduated return to play guidance following COVID-19 infection. *British Journal of Sports Medicine* 2020;**54**:1174-1175.  
<https://bjsm.bmj.com/content/54/19/1174>
4. Employer Health & Safety Requirements for School Scenarios  
<https://www.k12.wa.us/sites/default/files/public/communications/Employer-Health-and-Safety-Requirements-for-School-Scenarios.pdf>



# **Appendix I**

## **COVID-19 Athlete/Coach Monitoring Form**



## **Appendix II**

# COVID-19 Disclosure Form for Participation in Athletics & Activities

***This form is intended to be an example – Please refer to your risk management group for recommendations for your specific district in the best attempt to limit your district liability***



## COVID-19 DISCLOSURE FORM FOR PARTICIPATION IN ATHLETICS & ACTIVITIES

Student Name: \_\_\_\_\_ Sport(s): \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

DOB: \_\_\_\_\_ Age: \_\_\_\_\_ Date of last Physical: \_\_\_\_\_ Gender: ( ) Male ( ) Female

School District: \_\_\_\_\_ 2020-21 Year in School: \_\_\_\_\_

Do you have a family/household member diagnosed or tested positive for COVID-19 infection?

( ) YES ( ) NO DATE OF TEST: \_\_\_\_/\_\_\_\_/\_\_\_\_

Have you been diagnosed or tested positive for COVID-19 infection?

( ) YES ( ) NO DATE OF TEST: \_\_\_\_/\_\_\_\_/\_\_\_\_

During the infection, did you suffer from chest pain, pressure, tightness or heaviness, or experience difficulty breathing or unusual shortness of breath?

( ) YES ( ) NO ( ) N/A

Since the infection, have you had new chest pain or pressure with exercise, new shortness of breath with exercise, or decreased exercise tolerance?

( ) YES ( ) NO ( ) N/A

Do you have moderate to severe asthmas, heart condition, diabetes, or a weakened immune system?

( ) YES ( ) NO ( ) N/A

**\*Should any of your information/answers change, please notify the school's administration IMMEDIATELY\***

Student-Athlete Signature: \_\_\_\_\_ Date: \_\_\_\_\_

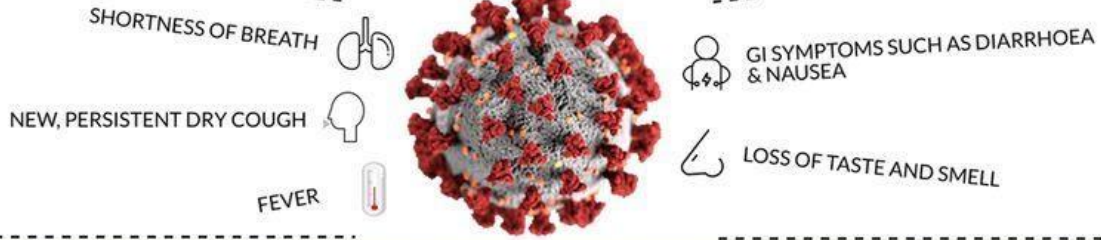
Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## **Appendix III**

### COVID-19 Graduated Return to Play Protocol

# COVID-19 GRADUATED RETURN TO PLAY FOR PERFORMANCE ATHLETES: GUIDANCE FOR MEDICAL PROFESSIONALS

## INDICATORS OF COVID-19 INFECTION



THIS GUIDANCE IS AIMED AT ATHLETES WITH MILD TO MODERATE SYMPTOMS OF COVID-19. ATHLETES SHOULD FOLLOW LOCAL GOVERNMENT GUIDELINES OF COUNTRY OF RESIDENCE FOR MANAGEMENT OF SYMPTOMS INCLUDING ISOLATION AND TESTING PROCESSES. ATHLETES WHO HAVE MORE COMPLICATED INFECTIONS, OR REQUIRED HOSPITAL SUPPORT SHOULD HAVE A MEDICAL ASSESSMENT BEFORE COMMENCING GRTP. ASSESSMENT MAY INCLUDE:

BLOOD TESTING FOR MARKERS OF INFLAMMATION (HS-TROP, BNP, CRP), CONSIDER RENAL & HAEMATOLOGY MONITORING

CARDIAC MONITORING (ECG, ECHO, ETT, CARDIAC MRI)

RESPIRATORY FUNCTION ASSESSMENT (SPIROMETRY)



## GRADUATED RETURN TO PLAY PROTOCOL

UNDER MEDICAL SUPERVISION

	STAGE 1 10 DAYS MINIMUM	STAGE 2 2 DAYS MINIMUM	STAGE 3A 1 DAY MINIMUM	STAGE 3B 1 DAY MINIMUM	STAGE 4 2 DAYS MINIMUM	STAGE 5 EARLIEST DAY 17	STAGE 6
<b>ACTIVITY DESCRIPTION</b>	MINIMUM REST PERIOD	LIGHT ACTIVITY	FREQUENCY OF TRAINING INCREASES	DURATION OF TRAINING INCREASES	INTENSITY OF TRAINING INCREASES	RESUME NORMAL TRAINING PROGRESSIONS	<b>RETURN TO COMPETITION</b> IN SPORT SPECIFIC TIMELINES
<b>EXERCISE ALLOWED</b>	WALKING, ACTIVITIES OF DAILY LIVING	WALKING, LIGHT JOGGING, STATIONARY CYCLE, NO RESISTANCE TRAINING	SIMPLE MOVEMENT ACTIVITIES E.G. RUNNING DRILLS	PROGRESSION TO MORE COMPLEX TRAINING ACTIVITIES	NORMAL TRAINING ACTIVITIES	RESUME NORMAL TRAINING PROGRESSIONS	
<b>% HEART RATE MAX</b>		<70%	<80%	<80%	<80%	RESUME NORMAL TRAINING PROGRESSIONS	
<b>DURATION</b>	10 DAYS	<15 MINS	<30 MINS	<45 MINS	<60 MINS	RESUME NORMAL TRAINING PROGRESSIONS	
<b>OBJECTIVE</b>	ALLOW RECOVERY TIME, PROTECT CARDIO-RESPIRATORY SYSTEM	INCREASE HEART RATE	INCREASE LOAD GRADUALLY, MANAGE ANY POST VIRAL FATIGUE SYMPTOMS	EXERCISE, COORDINATION AND SKILLS/TACTICS	RESTORE CONFIDENCE AND ASSESS FUNCTIONAL SKILLS	RESUME NORMAL TRAINING PROGRESSIONS	
<b>MONITORING</b>	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS, RPE	

ACRONYMS: I-PRRS (INJURY - PSYCHOLOGICAL READINESS TO RETURN TO SPORT); RPE (RATED PERCEIVED EXERTION SCALE)  
NOTE: THIS GUIDANCE IS SPECIFIC TO SPORTS WITH AN AEROBIC COMPONENT

