



Coronavirus (COVID-19) Health & Safety

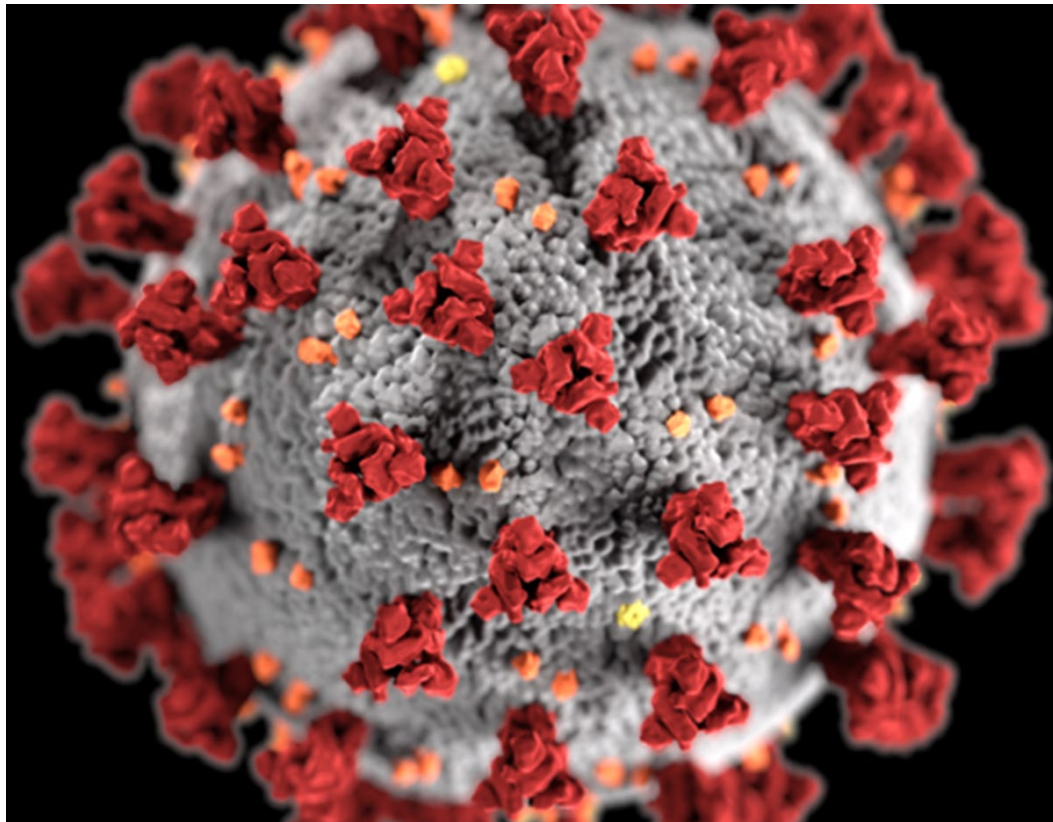
RCPS Athletic Training Education
Resource

Content



- Overview/Definition
- Transmission
- Symptoms
- Monitoring/Reporting
- Risk Reduction/Prevention
- Conditioning considerations

What is it?



- COVID-19 is an infectious disease caused by the Coronavirus.
- Coronavirus is a kind of common virus that can affect your upper respiratory tract (sinuses, nose, and throat) or lower respiratory tract (windpipe and lungs).

How is it Transmitted?



- COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes. If you breathe or swallow infected droplets, the virus can get into your system.
- COVID-19 virus also spreads by touching a contaminated surface or object with virus on it, and then touching your mouth, nose, or eyes.
- It spread mainly between people who are in close contact with one another

Signs and Symptoms

- Infected individuals may be asymptomatic or symptomatic and can still spread the virus.
- The elderly and individuals with underlying medical conditions (asthma, high blood pressure, obesity, diabetes, weakened immune system, etc.) have a higher risk of developing complications from the virus
- Symptoms may appear 2-14 days after exposure to the virus.
- Emergency care: trouble breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, or bluish lips or face

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea



Reporting / Monitoring COVID-19



- All individuals feeling sick should be encouraged to stay home
- All athletes should be aware of Covid-19 Symptoms and be encouraged to report symptoms to coaches or ATC
- All staff should aim to become familiar with COVID-19 symptoms and the GHSA COVID-19 monitoring form and questionnaire
- Coaches & ATC will be responsible for daily checking off and documenting each athlete's status using the GHSA monitoring and questionnaire forms (checks must be done before allowing an athlete to participate)

Contingency Plan for Positive COVID-19 Questionnaire and Symptoms

- If anyone answers yes to any of the GHSA questions, is positive for any symptoms, or has had recent exposure to COVID-19 they will self isolate and not participate in any team workouts for a 14-day period.
- Coaches/AD Discretion: Anyone that encounters an individual that reports yes for questionnaire, is positive for symptoms, or has had recent exposure to COVID-19 will be notified and should self isolate for a 14-day period.
- Individuals should contact their primary care physician for further instruction and testing if warranted
- Facilities and Equipment used by the individual will be closed off and undergo thorough cleaning and disinfecting
- Coaches are encouraged to design voluntary at home workouts for those in self isolation. (Athletes should only participate in at home workouts if they are feeling well enough to do so)
- Individuals in self isolation should continually monitor and record their symptoms
- Individuals will not be able to return until Proof of a negative COVID-19 test or 14-day quarantine and symptom free

CDC Guideline to Cleaning/Disinfecting if someone is Sick

- Remove/Isolate sick individual
- Always use glove and immediately wash hands after with soap and water (20s min) after dealing with a sick person
- Close off areas used by the person
- Open outside doors/windows to increase ventilation
- Wait 24hrs before cleaning and disinfecting (wait if possible if 24hrs unfeasible)
- Clean and disinfect all areas and equipment used by the person who is sick
- Vacuum the space if needed(room should be empty) (consider turning off fans/HVAC system so articles that escape from vacuuming will not circulate through the facility)
- Once the facility and equipment has been disinfected it can be open for use (persons without close contact to the sick individual can return immediately after disinfection/cleaning)

General Cleaning & Disinfection (When/What to clean)



Most viruses can live for several hours on a surface so it's important to disinfect surfaces to get rid of the virus.



Facilities and equipment should be cleaned prior to the start of workouts for each group and immediately after (Coaches/Janitorial Staff)



All mats, athletic equipment, and surfaces should be cleaned and disinfected after use by each athlete. (Best to avoid sharing equipment)



Regularly clean and disinfect frequently touched surfaces and equipment (door handles, light switches, chairs, benches, lockers, railing, etc.)

General Cleaning & Disinfection (How to Clean)

- Personal Protection Equipment (PPE) to be worn for all cleaning task including handling trash and laundry (disposable gloves, mask)
- Clean the surface or object with soap and water (spray bottle mixture)
- Disinfect using an EPA-approved disinfectant. (Follow the directions on the label and keep the surface wet for a period of time as directed by product label before drying.)
- Alternative Disinfectant : 1/3 cup of bleach per gallon of water, or 4 teaspoons bleach per quart of water, or 70% alcohol solution. (effective for up to 24 hours)
- Recommended to wipe with disposable paper towel, single use towel, or air dry
- Considerations: adequate ventilation, use recommended amount on label, avoid mixing chemical products, & label/date diluted cleaning solutions
- Properly dispose of gloves and soiled cleaning supplies .
- Thoroughly wash hands for minimum of 20s with soap and water after cleaning





SURFACE DISINFECTION – CAVICIDE1

CLEAN BEFORE DISINFECTING



DISINFECT AFTER CLEANING



COVID-19 Prevention (Hand Washing)



- Wash hands often with soap and water or clean them with an alcohol-based sanitizer.
 - Wash with warm water and soap for a minimum of 20s
 - Encourage hand washing
 - Before /After using equipment/training tools
 - When arriving to/leaving the facility
 - Before eating and drinking
 - After coughing/sneezing/blowing your nose
 - After dealing with someone who is sick/ touching others
 - After using the bathroom
- Hand Sanitizer should be readily available for use at facility

COVID-19 Prevention (Hygiene Tips)



- Avoid touching your eyes, nose, mouth, and face
- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
 - Throw used tissues in trash and wash hands immediately
- Discourage spitting on playing fields and surfaces
- If available wear a cloth face cover/mask when out in public
- ASAP shower and wash all workout clothing
- Clean personal equipment daily (water bottles, towels, clothing, helmets, gloves, pads, etc.)
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- Do not share personal equipment

Prevention (social Distancing)

- Avoid close contact
 - (No) team huddles, handshakes, high fives, etc.
 - Limit/Stagger use of shared/communal spaces
 - Keep personal equipment separate from others(water bottles, bags, etc.)
 - Maintain distance of 6ft when on sideline, during rest breaks , and when participating in drills/conditioning
 - Use physical markers when available (cones, tape, etc.)
- (NO)Limit nonessential visitors, spectators, volunteers
- Keep assigned groups together and avoid contact with other groups
 - Stagger arrival and drop of times for groups



Physical Conditioning Considerations

- Start gradual return to conditioning activities and slowly progress (most athletes will be deconditioned, from time off)
- **F.I.T.T** : Consider exercise frequency, intensity, time, type, & rest interval (Modify as athletes become more conditioned at 1 to 4 work to rest ratio)
- **50,30,20,10 Rule**: suggested weekly % reduction of normal exercise load/intensity (discretion of coach & physical condition of athletes)
(Intensity: 50% wk 1→70% wk 2→80% wk 3→90% wk 4)
- Implement a variety of activities that incorporate components such as speed, endurance, balance, power, strength, coordination, mobility/flexibility, agility, and skill
- All athletes participating in outdoor conditioning must go through heat acclimation period (14day)
- Staff should be aware of heat illness symptoms and treatment
 - Symptoms: dizziness, confusion, muscle cramps, headache, nausea, vomiting , fainting, fatigue, mood changes ,increased body temp
 - Treatment: Remove from activity and cool (911 if necessary)
- Encourage athletes to bring 1 gallon - 1½ gallon of water labeled with their name (no refill stations available)
- GHSA Heat Index Monitoring and RCPS Inclement weather policy still applies for outdoor activity



Heat Acclimatization Guidelines

Preseason Heat-Acclimatization Guidelines

Area of Practice Modification	Practices 1-5		Practices 6-14
	Days 1-2	Days 3-5	
# of Practices Permitted Per Day	1		2, only every other day
Equipment	Helmets only	Helmets & Shoulder Pads	Full Equipment
Maximum Duration of Single Practice Session	3 hours		3 hours (a total maximum of 5 hours on double session days)
Permitted Walk Through Time	1 hour (but must be separated from practice for 3 continuous hours)		
Contact	No Contact	Contact only with blocking sleds/dummies	Full, 100% live contact drills

NOTE: warm-up, stretching, cool-down, walk-through, conditioning, and weight-room activities are included as part of practice time

WBGT READING	ACTIVITY GUIDELINES & REST BREAK GUIDELINES
UNDER 82.0	NORMAL ACTIVITIES -- Provide at least three separate rest breaks each hour of minimum duration of 3 minutes each during workout.
82.0 - 86.9	USE DISCRETION for intense or prolonged exercise; watch at-risk players carefully; Provide at least three separate rest breaks each hour of a minimum of four minutes duration each.
87.0 - 89.9	MAXIMUM PRACTICE TIME IS TWO HOURS. For Football: players restricted to helmet, shoulder pads, and shorts during practice. All protective equipment must be removed for conditioning activities. For all sports: Provide at least four separate rest breaks each hour of a minimum of four minutes each.
90.0 - 92.0	MAXIMUM LENGTH OF PRACTICE IS ONE HOUR, no protective equipment may be worn during practice and there may be no conditioning activities. There must be 20 minutes of rest breaks provided during the hour of practice.
OVER 92	NO OUTDOOR WORKOUTS; CANCEL EXERCISE; delay practices until a cooler WBGT reading occurs.

Resources

- <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>
- <https://www.ghsa.net/latest-ghsa-statements-coronavirus-situation>
- https://www.cdc.gov/coronavirus/2019-ncov/community/pdf/Reopening_America_Guidance.pdf
- <https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html>
- <https://ksi.uconn.edu/covid-19-return-to-activity/#>