

Coordination

COVID-19 Education

PPE/Equipment

Screening

COVID-19 Testing

Identify Campus Work Groups

- Institutional Admin
- Athletic Department Personnel
- Campus Health Center
- Mental Health Professionals
- Community Hospital
- Risk Management
- Environmental Health and Safety
- Residential Life
- University Police

Pre-participation Physical Exams

- Additional Hx related to COVID-19
 - Personal
 - Family
 - Travel
 - International SA
 - Quarantine
- Timing of PPE
 - Non-institutional
 - Institutional

Basics of COVID-19

- S/SX
- Avoid Sick Population
- Social Distancing Guidelines
- Proper Hygiene
- Policy and Procedures

Educational Groups

- Student-athletes
- Coaches
- Staff

Methods of Education

Timing

- Prior to return
- On-campus
- Continuous

Supplies and Equipment

- Supply Chain
 - Local Health Department
 - Physicians
- Masks
 - Surgical, N95, Cotton
 - Proper face shield
- Eye protection
- Gloves
- Gowns
- Hand sanitizer
- Thermometer
- Pulse oximeter
- Peak Flow Meter

Donning and Doffing

- Policy and Procedures

Current screening protocols

- Appropriate for SA
 - Recommend SA needs
- #### Screening: acute respiratory illness
- Temperature
 - Medical HX
 - Per institution requirements

Develop algorithm

- Green Flag
- Yellow Flag
- Red Flag
 - Federal, state, local, institutional guidelines

Begin screening process

- Prior to campus
- Frequency
 - SA population
 - High Risk population

Location of screening

- Remote
- Athletic on-site

Identify population

Protocols

- Federal, State, Local, Institutional Guidelines
- Evolving
- Campus protocols
 - COVID-19 testing
 - Antigen testing
 - Contact tracing
 - Campus work group
 - Cost

COVID 19 Positive Cases

- Medical Care
- Quarantine Procedures
 - Institutional Guidelines
- RTP Decisions

Travel Considerations

- Federal, state, local and institutional guidelines
- Athletic policy/procedures
 - Hot spots
 - Additional screening
 - Contact vs. non-contact sports
- Guidance on appropriate travel

Below are recommendations for athletic trainers to evaluate with appropriate personnel in preparation for student-athletes return to campus following the COVID-19 Pandemic. These recommendations are not all encompassing and are subject to change. Therefore, it is important to stay current with federal, state, local and institutional health care guidelines.

- Identification of Campus Work Group for screening and testing procedures (may include but not limited to)
 - Institutional Administration
 - Athletic Department Personnel
 - Athletic Director or assigned designee(s)
 - Team Physician(s)
 - Athletic Trainer(s)
 - Campus Health Center
 - Community Hospital
 - Mental Health Professionals
 - Risk Management
 - Environmental Health and Safety
 - Residential Life
 - On/Off Campus Housing
 - Dining Services
 - University Police
- COVID-19 Education¹
 - Signs and Symptoms
 - Avoid contact with sick population
 - Maintain social distancing guidelines as defined by your local health department
 - Virtual Meetings
 - Proper hygiene standards
 - Institutional screening procedures
 - Procedures for student-athletes and athletic department personnel who present with illness symptoms related to acute respiratory illness
 - Identify parties where education is appropriate but should include at a minimum:
 - Student-athletes
 - Coaches
 - Athletic Department Staff
 - Identify method(s) of education
 - Identify timing of education
 - Prior to returning to campus
 - On-Campus
 - Continued need through the academic year(s)
- Supplies/Equipment that may be needed for screening purposes
 - Important to recognize supply chains may be disrupted
 - Work with your physician(s) and local health departments to determine what may be appropriate alternatives
 - Masks-surgical, N95, cotton

- If N95 not available, use of R/P95, N/R/P99 or N/R/P100 filtering masks may be appropriate²
 - Proper face shield may be worn on top of N95 masks to prevent bulk contamination
 - Eye protection
 - Gloves
 - Gowns
 - Hand sanitizer
 - Thermometer: non-contact infrared
 - Pulse oximeter
 - Peak flow meter
 - Donning (putting on) and Doffing (taking off) procedures for personal protective equipment³
 - Includes disposal of personal protective equipment³
- Screening Procedures
 - Important to recognize your institution may have screening protocols in place for students, faculty and staff
 - These protocols may or may not be appropriate for your student-athletes and athletic department staff
 - Recommend the need to work with the identified Campus Work Group and follow federal, state, local and institutional public health recommendations when evaluating and developing screening procedures
 - Identify screening procedures for acute respiratory illness⁴ (Example: Addendum A)
 - Temperature check
 - Brief medical history
 - Pulse oximetry is not currently recommended by the CDC but may be worth discussing with your team physician(s) for the student-athlete population
 - Develop algorithm to sort persons for further screening, evaluation, testing based upon initial screening procedure
 - Example may include green, yellow, red flag system: see Addendum B
 - Green flag-No Concern
 - Yellow flag-early onset symptoms
 - Red Flag
 - Symptomatic
 - Contact with a positive person
 - Travel concerns
 - Underlying medical conditions
 - Athletic departments should follow local public health and institution guidelines for medical evaluations related to acute respiratory illness
 - Athletic Training Rooms may not meet current standards
 - Evaluation of upper respiratory infections may need to be referred to medical offices
 - Identify when to begin screening process
 - Prior to return to campus
 - Frequency of screening
 - Will student-athletes require more frequent screening
 - Contact sports vs. non-contact sports
 - Individuals with high risk factors^{5,6}
 - Age

- Heart disease
 - Lung disease
 - Diabetes
 - High Blood Pressure
 - Immunocompromised metabolic disorders
 - Includes those who are on medication but may be in remission
 - Asthma
 - Obesity
 - Liver disease
 - Sickle Cell Disease/Trait
- Identify location of screening
 - Remote
 - Athletic on-site screening should follow federal, state, local and institutional public health recommendations
 - Identify appropriate location
 - Identify what Personal Protective Equipment may be warranted
 - Identify what Personal Protective Equipment may be warranted for person(s) being screened
 - Identify proper social distancing guidelines needed during on-site screening
 - If athletic trainers are being asked to be screeners, a plan on how this may impact other areas of student-athlete clinical care should be shared with team physicians and athletic administration
- Identify persons being screened
 - Student-athletes
 - Athletic department coaches and staff
 - Interns
 - Volunteers
 - Student-workers
 - Campus services and outside contract personnel who may or may not be on campus on a daily basis
 - Landscaping personnel
 - Custodial services
 - Food service personnel
 - Consultants/independent contractors
 - Guests
- Documentation of screening procedures
- Pre-participation Physical Exam
 - Additional medical history questions related to COVID-19 are warranted
 - Important to recognize the institution may have questions developed for the student population that may be appropriate
 - Personal and family history of COVID-19 diagnosis
 - Tested vs. presumed
 - Date of diagnosis
 - Require hospitalization
 - Treated with oxygen or ventilator

- Experience any symptoms related to COVID-19
 - Date of onset
 - How long have you been symptom-free?
 - Have you experienced any symptoms in the past 14 days?
 - Have you had direct contact (within 6 feet) with any ill or positive COVID-19 person(s) in the last 2-14 days?
 - Were you or a family member placed in quarantine?
 - If so, when and how long
 - Have you traveled outside of your local community in the past 14 days?
 - If so, list locations
 - How long
 - International travel/student-athletes
 - Where are you returning from?
 - Does the institution recommend a local quarantine upon return to campus?
 - Screening procedures may be needed prior to student-athletes undergoing their pre-participation physical exam
 - Institutions that administer pre-participation exams by non-university physicians prior to returning to campus should have a screening protocol in place for arrival on campus
- COVID-19 Testing
 - Protocols for testing are being developed at the state and community level based upon CDC recommendations⁷
 - Testing will continue to evolve as tests become more readily available
 - Important to recognize collegiate institutions may have protocols for COVID-19 and antigen testing for students, faculty and staff
 - Protocols for testing should include contact tracing
 - Recommend the need to work with the identified Campus Work Group and follow federal, state, local and institutional public health recommendations if testing procedures are different for the student-athlete and/or athletic department staff population
 - Institutions need to evaluate medical costs associated with testing
 - Financed through university for all students via Health Services
 - Financed through athletic department
 - Billed to student-athlete insurance
 - Plan if student-athlete does not have insurance
 - Medical providers should work with their Campus Work Group and follow federal, state, local and institutional public health recommendations related to COVID-19 testing procedures if athletic department medical personnel are collecting COVID-19 samples for testing which includes proper packing and shipping of tests⁸
 - Identification of appropriate labs for testing samples
 - Understand the length of time for results which may differ across labs, communities and states due to various factors
- COVID-19 Positive Cases
 - Medical providers should work with their Campus Work Group and following federal, state, local and institutional public health recommendations in developing protocols for person(s) who test positive for COVID-19
 - Medical Care
 - Quarantine
 - Student-athletes who reside on campus may be able to follow institution guidelines

- Recommend working with Campus Work Group for student-athletes who reside off-campus
 - Return to play decisions should be made on an individual basis as symptoms will differ amongst patients
 - Recognizing this virus affects the respiratory system and currently involves a 14 day quarantine a gradual return to sport needs to be developed by medical personnel^{9,10}
 - Recommend discussing with your team physician(s) the use of pulse oximetry or peak flow meter readings as part of this process
 - Questions have risen regarding the need for EKG testing following a positive COVID-19 test amongst the student-athlete population
 - Current data shows 8-12 % percentage of positive cases result in acute carditis¹¹
 - Recommend discussing this with your team physicians and cardiologists
- Travel Considerations
 - Medical providers should work with their Campus Work Group and follow federal, state, local and institutional public health recommendations related to screening and testing following team, personal and work-related travel
 - Important to recognize your institution may have protocols in place for students, faculty and staff
 - Considerations may include but are not limited to:
 - “community” hot spots
 - Additional screening following home/away contests
 - Contact vs. non-contact sports
 - Guidance on whether travel is appropriate
 - Quarantine measures related to travel

References

1. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/index.html>
2. <http://www.ncaa.org/sport-science-institute/coronavirus-covid-19>
3. https://www.cdc.gov/niosh/npptl/topics/respirators/disp_part/default.html
4. <https://www.cdc.gov/coronavirus/2019-cov/hcp/using-ppe.html>
5. <https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-recommendations.html>
6. <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html>
7. <https://www.hematology.org/covid-19/covid-19-and-sickle-cell-disease>
8. <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html>
9. <https://www.cdc.gov/coronavirus/2019-nCoV/lab/guidelines-clinical-specimens.html>
10. NCAA Preventing Catastrophic Injury and Death in Collegiate Athletics is a valuable resource, <http://www.ncaa.org/sport-science-institute/preventing-catastrophic-injury-and-death-collegiate-athletes>
11. ICSM Guidance on the Inter-association Recommendations: Preventing Catastrophic Injury and Death in Collegiate Athletes; September 2019. https://www.nata.org/sites/default/files/icsm_guidelines_for_preventing_catastrophic_death_in_collegiate_athletics.pdf
12. Bansal, M. Cardiovascular Disease and COVID-19. Diabetes and Metabolic Syndrome. May-June 2020: 14 (3), 247-250



NASA INTERCOLLEGIATE
COUNCIL FOR SPORTS MEDICINE

Addendum A: Below is just an example, athletic trainers should work with their team physician(s) in developing a screening process that is appropriate for their institution.

INSTITUTION SPORTS MEDICINE

Student-Athlete COVID-19 Screening

Name: _____

Last

First

Middle

INSTITUTIONAL ID#: _____ **Date of Birth:** _____ **Age:** _____ **Cell Phone:** _____

(MM/DD/YYYY)

Gender: Male Female Sport(s): _____

Please complete this form to assess your potential exposure / possession of COVID-19 and other illnesses.

Are you currently free from illness? Yes No

During your time away from **INSTITUTION**, did you experience, or are you currently experiencing any of the following:

SYMPTOM	YES	NO	LENGTH OF SYMPTOM	EXPLANATION
Fever				
Body Chills				
Extreme Level of Fatigue				
Cough				
Pain / Difficulty Breathing				
Shortness of Breath				
Sore Throat				
Body / Muscle Aches				
Loss of Taste				
Loss of Smell				
Changes to Vision / Eye Discharge				

QUESTION	YES	NO
2-14 days prior to experiencing these symptoms, did you experience a suspected exposure to COVID-19?		
Have you had any direct contact with anyone who lives in or has visited a place where COVID-19 is spreading and/or is an area reporting an increased number of COVID-19 cases (i.e. "hot spots")?		
Have you had any direct contact with someone that has a suspected or lab confirmed case of COVID-19?		
During your time away from INSTITUTION , did you self-quarantine due to suspected symptoms or exposure of COVID-19?		
During your time away from INSTITUTION , have you been living in, or have visited an area reporting an increased number of COVID-19 cases (i.e. "hot spots")?		

Have you previously been or are you currently diagnosed with COVID-19?

YES NO

DATE OF DIAGNOSIS: ____/____/____

Do you have medical documentation to support your diagnosis and treatment of COVID-19?

YES NO

PHYSICIAN NAME: _____

PHYSICIAN LOCATION: _____

Please list any countries/states/cities you have traveled to since March 15th, 2020 and the dates you were there:

1. _____ Dates: _____
2. _____ Dates: _____
3. _____ Dates: _____
4. _____ Dates: _____
5. _____ Dates: _____

Student-Athlete Signature: _____ Date: _____

Addendum B: Below is just an example, athletic trainers should work with their team physician(s) in developing a screening process that is appropriate for their institution.

Screening Process

