

Community Christian College

Athletic Training Guidelines and

Protocol for COVID-19

1. Purpose of Policy

It is Community Christian College's intention to create a safe plan for the return of athletics to its campus during the COVID-19 pandemic. CCC will follow all national, state and local guidelines regarding healthcare and medical practices. These practices are intended for, but not limited to, student-athletes, coaches, sports officials, fans, administrators and support staff. The athletics staff will coordinate with the general campus plan to create an environment that promotes best overall health and safety practices for Community Christian College. This guideline is subject to change and will be updated as information becomes available.

2. Policy Statement

These recommendations describe what Community Christian College believes are the best practice procedures for returning to sports while taking into consideration all national, state and local guidelines.

3. Recommendations/Guidance

- A.** A daily COVID-19 screening for student-athletes, coaches, and staff prior to a game, practice or team meeting will be required. The screenings are to be self-reported via the **LiveSafe** application in order to identify possible COVID-19 symptoms.
- B.** Anyone with a temperature greater than 100.4 will be prohibited from participation.
- C.** Temperatures will be measured and recorded prior to all team (entire or partial) activities.
- D.** Student-athletes, coaches, and staff must utilize best practices for social distancing by using email, text or telephone when possible.
- E.** All students and staff should review and follow CDC guidelines to help prevent the spread of COVID-19.
- F.** We encourage everyone to gather in small groups and limit large group activities.
- G.** It is imperative for the safety of our campus community to maintain social distancing and wear masks (during practices and games when possible).
- H.** Occupancy of our fields, stadium, meeting rooms, etc., will be limited to 50% of maximum capacity.
- I.** Student-athletes, coaches, staff and fans should be educated about the signs and symptoms of COVID-19. Anyone who is sick **MUST** stay home.
- J.** Wearing face masks are recommended to help decrease the spread of airborne droplets when unable to social distance at a minimum of six (6) feet.
- K.** Hand washing and hand sanitizer use is recommended.
- L.** Practice cleaning, increase ventilation and disinfect frequently.
- M.** Immediately communicate with campus health center regarding new cases of illness.
- N.** Sharing of equipment is discouraged. Utilize personal use and disposable items when possible.
- O.** Student-athletes are discouraged from handshakes, fist bumps, chest bumps etc.
- P.** Avoid spitting, chewing gum, touching eyes, face, mouth etc.
- Q.** Personal protective equipment (PPE) will be utilized when needed as determined by state and local recommendations. Students and student-athletes must provide their own PPE.
- R.** Identify staff and student-athletes who may be at higher risk of severe illness from COVID-19.

S. Student-athletes, coaches and staff must supply their own water bottle for hydration - sharing is not permitted. Visiting teams should bring their own bottles.

T. Coolers with bottled water will be provided at practices and games.

U. In the event of a student-athlete, coach, official or staff member becoming ill with COVID-19, the individual will be recommended to follow the action plan of Community Christian College.

Please contact a CCC Athletic Trainer if you have any questions or concerns.

4. Prevention and Education

All student-athletes, staff and coaches should educate themselves of the symptoms of COVID-19 in order to prevent the disease. Symptoms include: Fever, cough, shortness of breath, chest pain or tightness, gastrointestinal abnormalities, unexplained rash, sore throat, fatigue, muscle aches, loss of sense of smell or taste, but other symptoms may be present as well.

What to do if you experience any of these symptoms?

- Contact your athletic trainer immediately for directions.
- Utilize our team physicians or urgent care centers/walk-in clinics-
- If you are experiencing trouble breathing, persistent pain or pressure in your chest, inability to arouse or confusion, bluish lips or face – CALL 911

How Do I Protect Myself?

- Avoid anyone who is sick or are in the identified high-risk groups.
- Follow current state and local prevention guidelines regarding COVID-19.
- Wear a facemask.
- Cover your mouth with your elbow or tissue when coughing, blowing your nose and sneezing – throw tissues away immediately.
- Wash hands for 20 seconds with soap and water – perform this throughout the day and especially after any contact. Do not touch face, eyes, mouth until you have washed your hands.
- Stay home when you feel sick.
- Hand sanitizer that is at least 60% alcohol can be used if only option.
- Clean home regularly with appropriate disinfectants.
- Practice social distancing (6 feet) and avoid close contact.
- Do not gather in large groups.
- Practice great standard hygiene.
- Do not share personal items, objects or effects – water bottles, cups, towels, etc.
- Limit touching surfaces, object, etc. that are unnecessary.
- Only go to places outside of your home for necessities or items you require to function.
- Wear a face mask during these times and only go by yourself.
- Wash hands immediately upon returning home.

5. When do symptoms of COVID-19 appear?

Symptoms of COVID-19 may appear 2-14 days after exposure to the virus. The symptoms may range from mild to severe. Symptoms may include:

- Fever or chills (100.4 or Higher)
- Shortness of breath or difficulty breathing
- Muscle or body aches
- New loss of taste or smell
- Sore Throat
- Congestion or runny nose
- Nausea or vomiting

What to do if you are sick?

A. If you are sick with COVID-19 or think you are infected with the virus, **STAY AT HOME**. It is essential that you take steps to help prevent the disease from spreading to people in your home or community. If you think you have been exposed to COVID-19 and develop a fever and symptoms, call your healthcare provider for medical advice.

B. Notify the Community Christian College at 909-794-1093 or ccccollege.edu immediately.

C. Please be sure to also contact your head coach, an athletic trainer, assistant coach, or Coach De Coud, Director of Athletics (909-794-1093) athleticdirector@ccccollege.edu

D. It will be determined if others who may have been exposed (students, coaches, staff) need to be notified, isolated, and /or monitored for symptoms.

E. If a positive case of COVID-19 is diagnosed, contact tracing may be implemented with the assistance of local health professionals and the CDC/PA DOH.

What to do If a student or staff becomes ill with COVID-19 symptoms during practice, event, or during transportation to or from an event?

A. Every effort will be made to isolate the ill individual from others, until the student or staff member can leave the practice, game or meeting.

B. If you are sick with COVID-19, make immediate arrangements to be picked up from practice, game or meeting.

C. Ill individuals will be asked to contact their physician or appropriate healthcare professional for direction

How do you return to athletics following a COVID-19 diagnosis?

A. Student-athletes or staff will need a medical clearance from their physician or appropriate healthcare professional, determined to be non-contagious.

B. Individual must be fever free (without fever-reducing medicine), must have improvement in respiratory symptoms (cough, shortness of breath), no vomiting or diarrhea.

6. Athletic Training Rooms Policy and Procedures

- Hours of operation 9AM to 30min past the conclusion of the last game that the room services.
- Maximum occupancy of 3 including the staff on duty.
- Appointments will be required via either email or phone for student/athletes-there will be NO open treatment hours.
- Temperatures will be required prior to entering the room.
- Self-symptom check will be required prior to entering the room.
- Social distancing will be maintained when possible.
- Wearing face masks is required on campus and in athletics facilities.
- Limit touching surfaces, objects, etc. that are unnecessary.
- Hand sanitizer will be available throughout the facility.
- Areas of contact must be wiped down with sanitizer after every use.
- All equipment and workout gear cleaned will be disinfected after each use and between treatment groups (allow 15 min between groups).
- CCC Facilities Department will have a specific cleaning schedule and plan for cleaning within the athletic/athletic training facilities.
- Athletic Training Staff will clean tables, rehabilitation equipment and modalities between uses.
- Ice baths will be provided for heat related illness.
- Documentation will be collected by the head coach and reviewed by the athletic training staff.
- The Athletic Training Room will not be used as a meeting room or "hangout" while waiting for games or practices.
- No personal items will be allowed in the Athletic Training Room, items must be left in the locker room or hallway.

7. Initial and continuous screening guideline/ Initial Screening Procedures

Athletes are required to reserve treatment/rehab time by appointment;

- The maximum number of athletes allowed in the facility at one time will be determined by state law and CCC;
- Student-athlete needs to sign in and provide their name, sport, activity, how long will they be in the facility;
- Student-athletes will log their temperature and symptoms utilizing symptoms reporting sheet and non-contact thermometers.
- Student-athletes will check out after each encounter in the athletic training facility.

Continuous Screening Procedures

- Student-athletes will be required to have their temperatures and symptoms monitored daily by the athletics staff.
- Forms will be reviewed and approved by the medical staff and athletic trainers prior to release of activity or additional requirements/suggestions to be made before clearance is given.
- The screening will continue or be revised as new processes are recommended or when Community Christian College returns to normal operations.
- If there is a potential or identified risk from the screen we will follow the plan set by local public health and our medical team.
- The plan for isolation, quarantine, medical testing and treatment will be discussed under the Community Christian College Plan. Each case will be handled individually based on medical direction.
- Community Christian College will be currently doing mandatory COVID-19 testing as a return to athletics requirement. Athletics will assess as more information becomes available on testing availability, requirements and recommendations through local, state and national government, the CCC and the NJCAA.
- COVID-19 testing will be performed, ordered or required when an individual has the signs or symptoms or other circumstance that suggests acute testing be performed. The guidelines will be evaluated and followed by Community Christian College, athletic trainers.
- If there is a confirmed case, confirmed exposure, potential exposure or illness associated to the COVID-19 – the person's on- and off-campus history will be traced based on their input, team activity logs and other information necessary to make best judgment on level of care needed.

8. Use of Personal Protective Equipment

- PPE will be utilized according to state and local regulations.
- Student athletes must provide their own face masks.
- Face masks Level 1, 2, 3 or N95 are acceptable.
- Gloves are available (size appropriate and non-latex) for Athletic Trainer.
- Eye protection and gowns will be used when necessary.
- Thermometers (infrared) are readily available.
- Hand Sanitizers will be ordered as needed.
- Biohazard containers- one 1 in each Athletic Trainers room currently.
- Cleaning and Disinfecting solutions will be provided through CCC Athletics and Community Christian College Facilities management in accordance with state and local best practices available.
- Face shields will be used by Athletic Trainer and Coaches.
- The Equipment Manager will be provided with scrubs, gowns, face shields etc.

Definitions

Quarantine

- Quarantine is implemented to keep someone who might have been exposed to COVID-19 away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department.

Isolation

- Isolation is implemented to separate people infected with the virus (those who are sick with COVID-19 and those with no symptoms) from people who are not infected. People who are in isolation should stay home until it's safe for them to be around others. In the home, anyone sick or infected should separate themselves from others by staying in a specific "sick room" or area and using a separate bathroom (if available).

Daily Health Screening Survey

Name _____

LAST

FIRST

Date _____

Sport _____

Temperature _____

Are you currently free from illness? Yes No

Have you been asymptomatic for the last 4 days? Yes No

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				

COMMUNITY CHRISTIAN COLLEGE TRAVEL FORM

Name _____

LAST

FIRST

Competition Location _____

Date _____ **Sport** _____

Please complete this form prior to leaving campus to assess your potential possession of COVID19

Are you currently free from illness? Yes No

Have you been asymptomatic for the last 4 days? Yes No

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				

Prior to leaving campus Examination:

Total # of Symptoms: _____ Temperature: _____ F⁰

Student-Athlete/Staff Signature: _____

Examiner's Signature: _____

Host Institution Examination:

Is Student-Athlete/Staff still asymptomatic? Yes No Temperature _____ F⁰

Examiners Signature: _____

Community Christian College Athletics Staff/Student-Athlete COVID-19 Contact Tracing

Name (last, first)_____ Date_____

Gender Male Female Student ID#_____

Date of Birth_____ Sport(s)_____

Please complete this form to the best of your ability for the previous 5 days.

Include any people you may have come in contact with.

Date	Location/Activity	Time:	Potential Contacts
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Yesterday

2 days ago

3 days ago

4 days ago

5 days ago

