

# DCSS Athletics 2020-2021

## Infectious Disease Plan Template for COVID-19

### **Purpose**

With the recent occurrence of COVID -19 and concerns for re- opening of high school athletics, the following guidelines are being implemented. These guidelines are for the protection of all, athletes, coaches, athletic training and other medical personnel, and affiliated support staff in accordance with current Governor's Office, Center for Disease Control and Prevention (CDC), and Georgia High School Association (GHSA) guidelines/policies. These guidelines will be flexible and subject to change as time, information, and research is updated. It has been established by health care authorities and leaders to have a process for screening and educating athletes, parents, and staff to self-monitor and report pertinent changes as they are encountered.

### **Process for screening and testing**

1. Every athlete, coach, or staff member will be screened prior to participating in any workout using the attached (school generated) COVID 19 screening form and all screenings will be documented.
2. If an athlete presents with symptoms or has had a recent direct exposure, the athlete will be removed from activity and will not be allowed to return until:
  - i. Proof of a negative COVID 19 test
  - ii. 14 day quarantine and symptom free
3. If at any time an athlete/coach/staff tests positive for COVID 19, all other members of that workout group will be notified and will not be allowed to return until:
  - i. Proof of a negative COVID 19 test
  - ii. 14 day quarantine and symptom free
4. If screenings are performed by a coach, the screening form will be completed and emailed to the Head Athletic Trainer and/or Athletic Director, as soon as completed.
5. Self-monitoring is to be instituted continuously. All athletes, coaches, and staff are to be educated as to the importance of and signs to be monitored via this process.
6. Reported self-monitoring positives are to follow the above process for screening and testing as indicated and recorded in the athlete's record.

### **Athletic Training Clinic Procedures**

1. One athlete per athletic trainer will be allowed in the clinic at a time.
2. At this time the clinic will be utilized for major rehab and acute injury care only.
3. At home rehabs will be utilized when possible.

### **Cleaning Procedures**

#### **Athletic Training Clinic**

1. Every table will be cleaned at the beginning of each day and after each patient.
2. Athletic Training staff will wash hands or use hand sanitizer before and after contact with every patient.
3. All reusable equipment to be cleaned after use by each athlete.
4. Personal Protection Equipment (PPE) to be provided and worn / used as indicated.
5. All disposable goods and PPE to be disposed of properly.

### **Weight Room**

1. The weight room will be fogged with disinfectant prior to workouts each day and immediately following each workout session
2. Any equipment used by an athlete during a workout will be cleaned prior to use by any other athlete.

### **Other Equipment**

1. Any equipment used during workouts will be cleaned prior to workouts beginning and immediately following each workout.
2. Any equipment used by an athlete during a workout will be cleaned prior to use by any other athlete.

### **Athlete Recommendations**

1. At this time, due to safety concerns, no water will be provided during workouts. Athletes are required to bring their own water. **We recommend a minimum of 1 gallon.** Athletes will not be allowed to participate in workouts if they do not bring their own water.
2. It is highly encouraged to maintain appropriate distancing between athletes, during activities, rest breaks, etc.
3. All athletes are encouraged to change clothes and immediately shower as soon as possible after practices and activities. All clothing worn during workouts should be washed immediately following each workout.
4. A bathroom will be designated for use at each workout location on campus and only one athlete will be allowed to use the bathroom at a time.