

# **SUSD Sports Medicine**

## **Management Protocol and Standing Orders**

### **For COVID-19**

Updated 9/2/21

The purpose of this document is to set equitable policy to be followed at all 5 SUSD High Schools and to provide consistency and continuity of care for all SUSD athletes in the prevention, recognition, and return to play from COVID-19 in accordance with CDC, county and state health departments, Scottsdale Unified School District, AIA SMAC, and AzATA guidelines. This document will also serve as standing orders from our Medical Director, Dr. Erik Dean, DO, for the approved clinical procedures and practices of all Athletic Training Staff.

**★ The Head Athletic Trainer will serve as each school's COVID-19 point person for athletics. The duties include but are not limited to:**

- Monitor and oversee daily health screenings conducted by coaches
  - Athletes, coaches, and athletic training staff will be screened daily before participation using a symptom checklist (fever or chills, cough, difficulty breathing or shortness of breath, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea can be symptoms associated with COVID-19)
  - Any person reporting symptoms will be sent home immediately and their parents will be notified
  - If any person is sent home due to symptom reporting the athletic trainer should be notified immediately
  - Regardless of vaccination status, anyone reporting COVID-like symptoms or a fever will be required to isolate for 10 days, must be fever free for 24 hours without the use of medications, and symptoms must be significantly improved before they can return.
    - or have a negative PCR or Antigen test (lab result given to site AT or school nurse), be fever free for 24 hours without the use of medications, and symptoms must be significantly improved before they can return.
  - Anyone presenting with symptoms of COVID-19 and a fever will be referred to a physician, and require a medical release upon return
- Notify Site Administration of positive cases
  - Athletic Trainer will also notify district AD, Nathan Slater, COVID Specialist, Whitney Jennings, and site school nurse of positive cases
  - Athletic trainers will follow the recommendations of MCDPH for isolations and quarantine in the event of positive cases, and symptomatic athletes or staff

- Practice and game cancelations, suspensions, and postponements will be decided at the district level taking into account the advice and recommendations of Medical Director, Dr. Erik Dean, DO, site athletic trainers, and MCDPH (Maricopa County Department of Public Health)
- Assist coaches with absence monitoring and documentation
  - Coaches are required to have an accurate daily attendance
  - Coaches will contact athletes who are absent from practice or competitions
  - Athletes who are absent due to COVID-19 symptoms or exposures will be advised according to the most current MCDPH Home Isolation Guidelines

★ **Athletic training room operations and services will be modified to reduce the risk of exposures to both athletes and athletic training staff.**

- MASKS MUST BE WORN INDOORS ON SUSD PROPERTIES AT ALL TIMES unless participating in athletic activities
  - It is recommended that Athletic Trainers wear N95 rated masks
- Athletic training staff will practice good hygiene and frequent hand washing
- Athletes will be encouraged to wash hands or use hand sanitizer upon entering the athletic training room
- To enhance social distancing practices, athletic trainers will restrict the number of athletes allowed in the athletic training room at one time. This may also include removing or blocking the use of some equipment and/or furniture.
- Only medically necessary tape, treatment, and/or exercises will be performed until further notice
  - No prehab, warming up, or loitering will be allowed in the athletic training room
  - Athletes will be encouraged to purchase braces whenever possible
- There will be no eating or drinking in the athletic training room other than to treat an illness such as hypoglycemia, dehydration, heat illness, etc.
- All equipment, tables, towels, tools, etc. will be properly sanitized between each use. Disinfectant spray will be provided by the site facilities office.
- Athletes requiring extensive rehabilitation programs, manual therapy, and hands-on treatments will continue to be referred out to the PT clinic until further notice
- As SUSD athletic training rooms vary in square footage, resources, equipment, and staff, the Head Athletic Trainer will make modifications as appropriate for their own athletic training room.

★ **Per MCDPH the following are quarantine requirements to reduce the spread of COVID-19:**

- All athletes, coaches and staff MUST STAY HOME if they are symptomatic, have a fever, and/or have been **exposed** to someone who is positive for COVID-19
  - You are considered **exposed** to COVID-19 if you have:

- Been within 6ft of someone who tests positive for COVID-19 for 15 minutes, does not need to be consecutive, in a 24 hour period
- Live with or cared for someone who is positive for COVID-19
- Period of contact occurred from 2 days before symptom onset or positive test, whichever is first, until the positive individual meets criteria for discontinuing home isolation
- Stay at home in quarantine for 10 days after your last contact with the person with COVID-19
- If you develop any symptoms consistent with COVID-19 during the 10-day quarantine period, you should:
  - Get tested for COVID-19 with a PCR or Antigen test at a healthcare facility or other testing site.
  - If you do not get tested, are waiting for your test results OR test positive for COVID-19, you should isolate at home until:
    - At least 10 days have passed since your symptoms first started and
    - At least 24 hours have passed since your fever resolved (without the use of medication) **and**
    - Your other symptoms have improved.
  - If you do not get tested, are waiting for your test results OR test positive for COVID-19 AND are admitted to the Intensive Care Unit (ICU) OR you are severely immunocompromised, you should isolate until:
    - At least 20 days have passed since your symptoms first started and
    - At least 24 hours have passed since your fever resolved (without the use of medication) **and**
    - Your other symptoms have improved.
  - If you test negative for COVID-19, you should quarantine at home until:
    - At least 10 days have passed since your last exposure to the person with COVID-19 **and**
    - At least 24 hours have passed since your fever resolved (without the use of medication) **and**
    - Your other symptoms have improved
      - Special exceptions:
        - If you are FULLY VACCINATED (received a full course of vaccination 14 days prior to exposure,) and have tested negative for COVID-19 you may return when
        - At least 24 hours have past since your last fever without the use of fever-reducing medications

- Your symptoms have resolved
- Individuals who have documentation of a positive COVID-19 PCR for Antigen test within three months (90 days) of the date of exposure **do not** need to quarantine if the following criteria are met:
  - Individual must be symptom free
  - Documentation of positive COVID-19 PCR or Antigen lab result within three months(90 days) must presented to site athletic trainer and school nurse
- Individuals that are FULLY VACCINATED(received a full course of vaccination 14 days prior to exposure) that remain asymptomatic **do not** need to quarantine due to a close contact exposure.
- Quarantine may end after 7 full days following your last exposure if individuals have met ALL of the following criteria:
  - Tested for COVID-19 by PCR or antigen test collected at least 5 full days following you last exposure,
  - Received the test result and it is negative (lab results sent school nurse or site Athletic Trainer), **and**
  - Be symptom free since last exposure.
  - This individual must continue with daily symptom monitoring for 14 days from the last exposure.
- Per SUSD policy, if **both** the COVID positive individual and the individual considered exposed are **properly** wearing an approved mask at the time of exposure, quarantine will not be required regardless of vaccination status.
- Masks should be properly worn by all coaches, staff, and spectators indoors at all times
- Athletes and coaches should frequently sanitize hands throughout practice and competition
- All touchable surfaces, including shared balls and equipment must be sanitized frequently during competitions and between drills at practice. (disinfectant spray and cleaning rag available upon request)
- Social distancing of 6 feet or more should be practiced whenever possible

★ **Per MCDPH persons will be asked to stay in home isolation:**

- If you had any symptoms consistent with COVID-19 and had mild or moderate illness, you should isolate at home until
  - At least 10 days have passed since your symptoms first started **and**
  - At least 24 hours have passed since your fever resolved (without the use of medication) **and**
  - Your other symptoms have improved
- If you had any symptoms consistent with COVID-19 and had severe or critical illness or are severely immunocompromised, you should isolate at home until:
  - At least 20 days have passed since your symptoms first started **and**

- At least 24 hours have passed since your fever resolved (without the use of medication) **and**
  - Your other symptoms have improved.
- If you had any symptoms consistent with COVID-19 (regardless of vaccination status) you may be **released** from home isolation if:
  - You test **negative** for COVID-19 by PCR or antigen **and**
  - You have had no fever for 24 hours (without the use of medications) **and**
  - All other symptoms have improved
- If you did not have any symptoms consistent with COVID-19 and have had a positive PCR or Antigen test, you should isolate at home until:
  - 10 days have passed since your first **positive** COVID-19 test was done
- If you did not have any symptoms consistent with COVID-19 and are severely immunocompromised, you should isolate at home until:
  - 20 days have passed since your first **positive** COVID-19 test was done
- Mild or moderate illness is defined by **not** being admitted into the ICU for your illness.
- Severe or critical illness is defined by being admitted into the ICU for your illness.
- Severely immunocompromised is defined by
  - Been taking chemotherapy for cancer
  - HIV and a CD4 T-cell count <200
  - An immunodeficiency disorder
  - Been taking high-dose steroids (like prednisone 20 mg/day for >14 days)
  - Or any other condition that a healthcare provider has told you makes you severely immunocompromised
- As per our usual district policy a medical release note will be required for the return of any athlete who has been treated or under the care of a MD, DO, PA, or NP.
- Athletes who test positive for COVID-19 will be required to present a medical release note (AIA Return to Play Form) signed by their physician upon return.

★ **Athletes returning to participation after a positive COVID-19 diagnosis will be required to complete the steps of the following AIA SMAC RTP Guidelines:**

- The AIA has developed the COVID-19 Return to Play Form that will need to be completed by a qualified medical provider. Individuals who have had COVID-19 are at risk of developing severe cardiac complications that can affect participation in sport. There is limited research in this area particularly in youth athletes to standardize clinical decision making. For these reasons, it is strongly recommended that this form be completed by the patient's primary care provider who is preferably an MD or DO. Evaluation and management by the primary care provider allows for the patient's past medical and cardiac history to be known.
- The school's medical staff (athletic trainer and team physician) should develop a list of referrals for local pediatric and family practice providers that includes all

health systems (to account for various insurances) for patients who may not currently have a medical home. This list should be provided to families who do not have an identified primary care physician along with information on the MCDPH self-isolation criteria and the COVID-19 return to play form.

- Families have a minimum of 10 days to establish and arrange an appointment with a primary care provider for clearance to begin the return to sport protocol.
- The evaluation to determine whether an athlete is ready to begin the return to play progression must include:
  - A minimum of 10 days have passed from the date of the positive test result
  - Symptoms are resolved or nearly resolved, any remaining symptoms are not interfering with daily activities without medication
  - No fever ( $\geq 100.4F$ ) for minimum of 10 days without fever reducing medication
  - COVID-19 respiratory and cardiac symptoms (moderate/severe cough, shortness of breath, fatigue) have resolved
  - Athlete was not hospitalized due to COVID-19 infection.
  - Cardiac screen negative for myocarditis/myocardial ischemia (All answers below must be no)

Chest pain/tightness with daily activities YES  NO

Unexplained Syncope/near syncope YES  NO

Unexplained/excessive dyspnea/fatigue w/ daily activities YES  NO

New palpitations YES  NO

Heart murmur on exam YES  NO

★ \*\*If any cardiac screening question is positive or if athlete had moderate or severe COVID-19 infection as defined by 4 days or more of fever, a week or more of myalgia, chills, or lethargy, non-ICU hospital stay, or ICU hospitalization, or diagnosis of MIS-C, further workup is recommended based on the Return to Play After COVID19 Infection in Pediatric Patients Clinical Pathway, an example of which is found on the AIA website for reference.

★ If the athlete has met the above criteria, they may begin a return to play progression under the supervision of the school's athletic trainer or other school personnel. It is recommended that each stage be completed without development of chest pain, chest tightness, palpitations, excessive fatigue, lightheadedness, presyncope or syncope. If these symptoms develop at any stage, the patient shall be referred back to the evaluating provider who signed the form. This protocol will take a minimum of 7 days to complete.

## Stage Timing Activities

Stage 1-2 days minimum Light activity for 15 minutes or less at an intensity no greater than 70% of maximum heart rate (eg. walking, jogging, stationary bike). No resistance training

Stage 2-1 day minimum Light activity with simple movement activities (eg. Running drills) for 30 minutes or less at an intensity no greater than 80% maximum heart rate. No resistance training

Stage 3-1 day minimum Progress to more complex training for 45 minutes or less at an intensity of no greater than 80% maximum heart rate. May add light resistance training.

Stage 4-2 days minimum Normal training activity for 60 minutes or less at an intensity no greater than 80% maximum heart rate

Stage 5- Return to full activity

- *Athletes in quarantine for a close contact exposure to an individual positive for COVID-19 are encouraged to engage in stage 1 and stage 2 exercises as tolerated and as long as the athlete is able to maintain quarantine while engaging in these activities and remain symptom free.*
- *If symptoms develop while in quarantine for a close contact exposure the athlete is “presumed positive” and shall follow the guidelines for a COVID-19 positive individual unless they provide negative PCR or Antigen lab results regardless of vaccination status.*
  - *“Presumed positive” athletes will be required to complete the AIA Return to Play cardiac screening form and the RTP progression unless they provide negative PCR or Antigen lab results regardless of vaccination status.*
- *If no symptoms develop in that 10 day period, the individual in quarantine will not be required to complete the cardiac screening form or RTP progression.*
- *When returning from quarantine it is recommended that athletes have a minimum of one full, regular practice (or one full, 4-day, week of regular contact practice for football) before returning to competition.*

## ★ Suspension of Team Activities

- On a team with 25 or fewer members (players, coaches, staff) if 2 or more members test positive for COVID-19 all team activities should be shut down for a minimum of 8 days from the last team exposure to the last positive individual for all members that are not FULLY VACCINATED as defined by MCDPH.
  - On a team with greater than 25 members (players, coaches, staff) if 3 or more members test positive for COVID-19 all team activities should be shut down for a minimum of 8 days from the last team exposure to the last positive individual for all members that are not FULLY VACCINATED as defined by MCDPH.
  - On a team with 25 or fewer members(players, coaches, staff) if 2 or more FULLY VACCINATED members test positive for COVID-19 **ALL** activities will be shut down for a minimum of 8 days from the last team exposure to the last positive individual for all members regardless of vaccination status.
  - On a team with greater than 25 members (players, coaches, staff) if 3 or more FULLY VACCINATED members test positive for COVID-19 **ALL** activities will be shut down for a minimum of 8 days from the last team exposure to the last positive individual for all members regardless of vaccination status.
  - “Team” in this context is defined as an individual sport plus its sub-category: Example JV football is one team; Varsity football is another team. If more than one sub-team practices together, for example JV Women’s Volleyball and Varsity Women’s Volleyball practice together sharing equipment, completing drills or scrimmages together then they would be considered ONE team for the purpose of this document.
  - Once this threshold is met the time should be extended if other members of the team develop symptoms.
  - The team should not resume activities until 8 days have passed from the start of symptoms of the last team member to develop symptoms or the last member to have a positive COVID-19 PCR or Antigen test.
- 
- ★ **Any exceptional situations that arise will be presented by the site athletic trainer for consultation with Medical Director, Dr. Eric Dean, DO or Team Doctor, Dr. Stacey Dault, DO, and their recommendation will be followed.**
  - ★ **ADHS, MCDPH and AIA SMAC may change their guidelines as the state of COVID 19 changes in our community. We will continue to follow their guidelines related exposure, home isolation and quarantine time-lines, and release from isolation and quarantine.**
  - ★ **SUSD staff will follow any directive given by MCDPH contrary to any existing policy, procedure, or guideline.**