

SUSD Sports Medicine

Management Protocol and Standing Orders

For COVID-19

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, district, AIA, 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
 - Athletes, coaches, and athletic training staff will have a temperature check daily. Due to the climate in Arizona temperature accuracy could be an issue. It is up to each site to determine the best procedure for check-in to ensure accurate temperature readings.
 - Any person with a fever >100.4 degrees Fahrenheit will be sent home immediately and parents will be notified
 - If any person is sent home due to symptom reporting or fever the athletic trainer should be notified immediately
 - Anyone reporting symptoms or presenting with fever will be required to isolate for 10 days, must be fever free for 24 hours without the use of medications, and must be symptom free.
 - or have a negative PCR test, fever free for 24 hours without the use of medications, and symptom free.
 - Anyone presenting with symptoms of COVID-19 and a fever will be referred to a physician, and require a medical release upon return
 - Anyone presenting with symptoms of COVID -19 that does not get a PCR test will be presumed positive, and will be required to complete the AIA RTP progression before return to participation (negative rapid tests do not rule out COVID-19 for someone that is symptomatic due to the high number of false positives)

- Provide coaches with a COVID-19 PPE kit
 - Kit should include sanitizing spray and 10 cleaning rags or paper towels, hand sanitizer, 10 disposable masks, 10 pairs of disposable gloves, touch-free infrared thermometer, extra batteries, and health screening logbook
- Notify health department of positive cases
 - Athletic Trainer will also notify district AD, Mr. Slater, site AD, 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 will contact athletes who are absent from practice or competitions and document the reason of absence **Google sheet shared with athletic trainer and head coach is recommended
 - 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 WILL BE WORN IN ATHLETIC TRAINING ROOMS AT ALL TIMES
 - It is recommended that Athletic Trainers wear N95 rated masks
- Athletic training staff will practice good hygiene and frequent hand washing
- Athletes will be required to wash hands or use hand sanitizer upon entering the athletic training room
- To enhance social distancing 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
 - No shared therapeutic ice baths until further notice, filled for Heat Illness Management only
- 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 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.

★ **The following steps should be taken to reduce the spread and decrease the risk 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
 - Had physical contact of any kind with someone positive for COVID-19
 - Had an exchange of body fluid with someone positive for COVID-19
 - 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 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:
 - Individuals who have documentation of a positive COVID-19 PCR for Antigen test within three months 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 (no sooner than 21 days from positive test due to RTP protocol) must presented to site athletic trainer and school nurse
 - 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, **and**
 - Be symptom free since last exposure.
 - This individual must continue with daily symptom monitoring and appropriate mask wearing for 14 days from the last exposure.
- Masks will be worn by all coaches, staff, and spectators at all times
- Athletes should wear masks at all times unless participating in *intense* aerobic training or competition
- Athletes and coaches should frequently sanitize hands throughout practice and competition. (Hand sanitizer is provided in PPE kit)
- All touchable surfaces, including shared balls and equipment must be sanitized frequently during competitions and between each drill at practice. (disinfectant spray and cleaning rag or paper towels are provided in the PPE kit)
- Social distancing of 6 feet or more should be practiced whenever possible

★ **Per MCDPH and ADHS 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 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
- 3) If you did not have any symptoms consistent with COVID-19, you should isolate at home until:
 - 10 days have passed since your first **positive** COVID-19 test was done
- 4) 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, coaches, and/or staff who test positive for COVID-19 will be required to present a medical release note signed by their physician upon return.
- Medical release notes will be filed in the athletic trainer's office.

★ **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 CDCs self-isolation criteria and the COVID-19 return to play form.

Families have a minimum of 14 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:

- 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 14 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 <input type="checkbox"/>	NO <input type="checkbox"/>
Unexplained Syncope/near syncope	YES <input type="checkbox"/>	NO <input type="checkbox"/>
Unexplained/excessive dyspnea/fatigue w/ daily activities	YES <input type="checkbox"/>	NO <input type="checkbox"/>
New palpitations	YES <input type="checkbox"/>	NO <input type="checkbox"/>
Heart murmur on exam	YES <input type="checkbox"/>	NO <input type="checkbox"/>

*If any cardiac screening question is positive or if athlete was hospitalized, had prolonged fevers (greater than 3 days) or was diagnosed with multisystem inflammatory syndrome in children (MIS-C), further workup is recommended based on the Return to Play After COVID-19 Infection in Pediatric Patients Clinical Pathway.

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. Each stage must be completed without development of chest pain, chest tightness,

palpitations, lightheadedness, pre-syncope 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 identified as a close contact to a COVID-19 + individual If any member of the athletic team is in close contact with an individual who has a positive PCR test for COVID-19, that member must be quarantined for a minimum of 14 days to monitor for symptoms.*
- *As long as the exposed athlete remains without COVID-19 symptoms while in quarantine, they 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.*
- *If symptoms develop, the athlete is “presumed positive” and shall follow the guidelines for a COVID-19 positive individual. These athletes will be required to complete the cardiac screening form and the RTP progression.*
- *If no symptoms develop in that 14 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.*

- ★ Any exceptional situations that arise will be presented by the site athletic trainer for consultation with Medical Director, Dr. Eric Dean, DO and his 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.