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# DCSAA Sports/Student-Athlete Re-Engagement Guidance



<b>Objective</b>	This document is intended to provide guidance for schools to consider with their stakeholders in designing return-to-activity protocols in accordance with Executive Orders issued by the Mayor of the District of Columbia and Directives issued by the DC Department of Health.
<b>Belief Statements</b>	<p>The DCSAA believes the safety and health of student athletes is vital for our member schools to begin conditioning workouts.</p> <p>The DCSAA believes it is essential to the physical, emotional, and mental well-being of students to return to physical activity and athletic competition as soon as deemed safe.</p> <p>The DCSAA believes that prior to allowing use of facilities, schools must review facility use agreements, especially in the areas of sanitation requirements and liability.</p>
<b>Points of Emphasis</b>	<p>Key Strategies: Frequent, effective hand hygiene; social distancing of at least 6 feet; disinfecting of high touch areas; avoid touching of the face; symptomatic individuals or individuals with exposure to COVID-19 within the past 14 days must not participate; development of plans specific to each school's venues and facilities.</p> <p>Administrators and coaches must emphasize the need for <b>all</b> coaches and participants who have signs or symptoms of illness to stay home to decrease risk of viral transmission, as they may transmit the virus to <i>vulnerable individuals</i>. Vulnerable individuals are defined as, but not limited to: people age 65 years and older and others with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma, and those whose immune system may be compromised by treatment such as by chemotherapy for cancer, certain medication for rheumatoid arthritis and other conditions requiring immune suppression.</p> <p><b>Certified Athletic Trainers are very important to resumption to athletics post-COVID-19. We strongly encourage their involvement during all stages.</b></p> <p>Current pre-season conditioning and acclimatization models assume that student-athletes have deconditioned during the stay at home orders. Therefore, the intensity and duration of training must be moderated and monitored upon return. <b>Towards that end, time limits will be indicated for each stage.</b> It is strongly recommended that student athletes participate in <b>only one session</b> per day during Stage One – Guidance.</p> <p>Stages are in accordance with guidelines published by the Mayor of the District of Columbia and are subject to change.</p>

	DCSAA Stage 1 Guidance	DCSAA Stage 2	DCSAA Stage 3
<b>Facilities Cleaning</b>	<p>Adequate cleaning schedules must be created and implemented for all athletic facilities. Bathrooms, if opened, must be disinfected after use.</p> <p>Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility must be disinfected (chairs, furniture in meeting rooms, weight room equipment, bathrooms, athletic training room tables, etc.).</p> <p>Hand sanitizer (containing &gt;60% ethanol or &gt;70% isopropanol) must be plentiful and available to individuals as they move from place to place.</p> <p>Appropriate clothing/shoes must be worn at all times to minimize sweat from transmitting onto equipment/surfaces.</p> <p>Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam must be covered.</p> <p>Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.</p> <p>Once facilities are cleaned - individuals must wash their hands for a minimum of 20 seconds with water and soap; or, in the absence of a hand washing station, hand sanitizer may be used before touching any surfaces or participating in workouts.</p>		
<b>Entrance/Exit Strategies</b>	Consider strategies to prevent groups from gathering at entrances/exits to outdoor spaces to limit crossover and contact, including staggering starting/ending times.		

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<p><b>Limitations on Gatherings</b></p>	<p>Conditioning Workouts and Skill Development sessions are <b>VOLUNTARY</b>.</p> <p>Workouts/conditioning limited to <u>no more than 60 minutes</u> in Stage 1.</p> <p>Gatherings in outside venues are limited to <b>no more than 10</b> student-athletes &amp; coaches.</p> <p>The gathering numbers, as mentioned above, include coaches, managers, athletic trainers, etc.</p> <p>Workouts should be conducted in "pods" of students with the same 5-10 students working out together weekly (<b>same grouping each day</b>) to limit overall exposures. Records must be maintained of the groupings to facilitate contact tracing, if required. Smaller pods can be utilized for weight training.</p> <p>There must always be a minimum distance of 6 feet between each individual. If this is not possible indoors, then the maximum number of individuals in the room must be <b>decreased to obtain a minimum distance of 6 feet between each individual</b>.</p>		
<p><b>Pre-Workout Screening</b></p>	<p>All coaches and students should be screened daily for signs / symptoms of COVID-19 prior to participating, including a temperature check. Anyone with a temperature of 100.3 degrees or greater should not participate and be sent home.</p> <p>Anyone with any of the following symptoms should not be allowed to participate: Chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion, nausea or vomiting, diarrhea, or otherwise feeling unwell.</p> <p>Responses to screening questions for each person should be recorded and stored.</p> <p>The head coach (or designee) is responsible for collection of the data from each day's screening. Ideally this would be the same individual each day for consistency.</p> <p>Students or coaches who have a positive pre-workout screening must not be allowed back until they have a note from their healthcare provider indicating that they do not need to be tested or that their symptoms are not due to COVID-19.</p> <p>Students, coaches, staff considered <i>vulnerable individuals</i>, or those concerned with contracting COVID-19 must not supervise or participate in any voluntary workouts during Stage One</p> <p>If a student-athlete or staff member develops any of the symptoms above during the course of the session, there should be a process in place that allows them to isolate until it is safe to go home, and seek healthcare provider guidance.</p>		
<p><b>High Risk Individuals</b></p>	<p>Voluntary skill development sessions should ensure that student-athletes and staff at high risk for experiencing severe illness due to COVID-19 consult with their medical provider before participating in any skill development session. This includes people with:</p> <ul style="list-style-type: none"> <li>• Chronic Lung Disease</li> <li>• Moderate to severe Asthma</li> <li>• Serious heart conditions</li> <li>• Immunocompromised conditions</li> <li>• Severe Obesity (&gt;40 Body Mass Index)</li> <li>• Diabetes</li> <li>• Chronic Kidney Disease</li> <li>• Liver Disease</li> <li>• Any child or staff member who has a medical condition not on this list but is still concerned about their safety.</li> </ul>		

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<p><b>Face Coverings</b></p>	<p>Cloth face coverings should be considered acceptable. There is no need to require or recommend "medical grade" masks for physical activity.</p> <p>Any student who prefers to wear a cloth face covering should be allowed to do so.</p> <p>Face coverings must not be shared.</p> <p>Plastic shields covering the entire face will not be allowed during participation due to the risk of unintended injury to the person wearing the shield or others.</p> <p>Artificial noisemakers such as an air horn or a timer system with an alarm, can be used as a signal in place of a traditional whistle.</p>		
<p><b>Hygiene Practices</b></p>	<p>Wash your hands with soap and water or use hand sanitizer, especially after touching frequently used items or surfaces.</p> <p>Sneeze or cough into a tissue, or the inside of your elbow. Avoid touching your face.</p> <p>Disinfect frequently used items and surfaces as much as possible.</p> <p>The use of face coverings while in public is required</p> <p><b>No spitting! e.g. sunflower seeds, tobacco, phlegm</b></p>		
<p><b>Hydration/Food</b></p>	<p>All students must bring their own water bottle. Water bottles must not be shared. Food should not be shared. Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.</p>		
<p><b>Locker Rooms and Athletic Training Areas</b></p>	<p>Locker rooms should not be utilized during Stage 1. Students should report in appropriate attire and immediately return home to shower after participation. No students allowed in athletic health care facility unless Athletic Trainer is present.</p>		
<p><b>Physical Activity and Athletic Equipment</b></p>	<p>There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students.</p> <p>Students should wear their own appropriate workout clothing (do not share clothing). Individual clothing/towels should be washed and cleaned after every workout.</p> <p>All athletic equipment, including balls, should be cleaned after each individual use and prior to the next workout.</p> <p>Physical contact such as high-fives, fist bumps, and hugs should not be allowed.</p>		
<p><b>Possibility of Positive COVID-19</b></p>	<p>Anyone who has been in close contact with a person who is positive for COVID-19 must <b>not</b> enter the facility until they have completed their quarantine period without becoming symptomatic or diagnosed with COVID-19.</p> <p>Anyone awaiting a COVID-19 test result must <b>not</b> enter the facility until their result comes back negative.</p> <p>Individuals who report they are not experiencing symptoms but report close contact with a confirmed COVID-19 case should stay at home and should not be allowed at school through the 14-day incubation period.</p> <p>Anyone who indicates symptoms on the Daily Health Screen or is identified as having a fever of 100.3 degrees Fahrenheit or greater should be assumed to be positive until cleared by an appropriate medical provider.</p> <p>Individuals who report a positive COVID-19 diagnosis with symptoms OR individuals who report experiencing symptoms &amp; reports close contact with a confirmed COVID-19 case OR individuals who report symptoms of COVID-19 with no close contact or confirmed COVID-19 case should stay at home and should not be allowed at school until the following criteria is met:</p> <ul style="list-style-type: none"> <li>At least fourteen (14) days have passed since symptoms first appeared.</li> </ul>		

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	<ul style="list-style-type: none"> <li>At least 24 hours have passed since resolution of fever without the use of fever-reducing medications.</li> <li>The individual has improvement in symptoms (e.g., cough, shortness of breath).</li> <li>Medical clearance is required for any individual that has a positive COVID-19 diagnosis or is quarantined for possible COVID-19.</li> </ul> <p>Notify school point of contact or Athletic Trainer immediately.</p>						
<p><b>Confirmed Positive COVID-19 Test</b></p>	<p>Schools must notify DC Health when:</p> <ul style="list-style-type: none"> <li>A staff member notifies the school they tested positive for COVID-19</li> <li>If a student-athlete or parent of a student-athlete notifies the school a student-athlete tested positive for COVID-19.</li> <li>Notify DC Health by submitting an online form on our website: <a href="https://dchealth.dc.gov/page/covid-19-reporting-requirements">dchealth.dc.gov/page/covid-19-reporting-requirements</a> under the section "Non-Healthcare Facility Establishment Reporting."</li> <li>Select "Non-healthcare facility establishment seeking guidance about an employee, patron, or visitor that reported testing positive for COVID-19 (epidemiology consult/guidance)."</li> <li>An investigator from DC Health will follow-up within 24 hours to all appropriately submitted notifications.</li> <li>DC Health will instruct schools on dismissals and other safety precautions in the event a known positive COVID-19 individual came in close contact with others at school.</li> </ul>						
<p><b>Suspected Exposure to COVID-19 via Team Member</b></p>	<p>Anyone exposed (i.e. the entire pod) to someone suspected of having COVID-19 or who tests positive for COVID-19 will be sent home immediately to quarantine until told otherwise.</p> <p>If the original person tests negative the pod may return.</p> <p>If the original person tests positive members of the pod may return if they remain asymptomatic for the duration of their quarantine period.</p>						
<p><b>Locate Testing Sites</b></p>	<p>Anyone in need of a test should locate a testing site and stay home until you obtain your test results.</p> <p>Locate a testing site here: <a href="https://coronavirus.dc.gov/testing">https://coronavirus.dc.gov/testing</a></p>						
<p><b>Student-athletes Return to Participation Protocol (RTPP)</b></p>	<p>Please understand for your child's safety, he/she will remain out of participation until they have been cleared by an appropriate medical provider (MD, DO, NP) and completes the RTPP. Returning a student-athlete before this happens may predispose them to another type of injury.</p> <p>In order to begin your school's Return to Play Protocol (RTPP) it may be recommended that the patient have a normal ECG.</p> <p>Medical clearance is required for any individual that has a positive COVID-19 diagnosis or is quarantined for possible COVID-19. That person must be 14 days symptom free.</p>						
<p><b>Return to Participation Protocol</b></p>	<table border="1"> <thead> <tr> <th data-bbox="268 1214 331 1255">RTP Phase</th> <th data-bbox="331 1214 772 1255">Description</th> </tr> </thead> <tbody> <tr> <td data-bbox="268 1255 331 1344">1</td> <td data-bbox="331 1255 772 1344"> <ul style="list-style-type: none"> <li>Student-athlete has been symptom free for 14 days</li> <li>ECG Performed (if prescribed by the doctor or preferred by parent)</li> <li>Cleared by physician</li> <li>Activities of daily living</li> </ul> </td> </tr> </tbody> </table>	RTP Phase	Description	1	<ul style="list-style-type: none"> <li>Student-athlete has been symptom free for 14 days</li> <li>ECG Performed (if prescribed by the doctor or preferred by parent)</li> <li>Cleared by physician</li> <li>Activities of daily living</li> </ul>		
RTP Phase	Description						
1	<ul style="list-style-type: none"> <li>Student-athlete has been symptom free for 14 days</li> <li>ECG Performed (if prescribed by the doctor or preferred by parent)</li> <li>Cleared by physician</li> <li>Activities of daily living</li> </ul>						

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		<ul style="list-style-type: none"> <li>Student-athlete completes above criteria without excessive fatigue or breathlessness</li> </ul>		
	2	<ul style="list-style-type: none"> <li>Student-athlete is symptom free</li> <li>15 minutes of aerobic exercise (walking, light jogging, stationary cycle, no resistance training) at &lt;70% of MHR</li> <li>Student-athlete completes above criteria without excessive fatigue or breathlessness</li> </ul>		
	3	<ul style="list-style-type: none"> <li>Student-athlete is symptom free</li> <li>30-45 minutes of moderate activity (e.g. simple movement activities such as running drills) at &lt;80% of MHR</li> <li>Student-athlete completes above criteria without excessive fatigue or breathlessness</li> </ul>		
	4	<ul style="list-style-type: none"> <li>Student-athlete is symptom free</li> <li>45-60 minutes of sports specific aerobic activity (including warm up) at &lt;80% of MHR</li> <li>Student-athlete completes above criteria without excessive fatigue or breathlessness</li> </ul>		
	5	<ul style="list-style-type: none"> <li>Student-athlete is symptom free</li> <li>Return to play with no restrictions</li> <li>Student-athlete completes above criteria without excessive fatigue or breathlessness</li> </ul>		

General Activity Description	Individual Skill Development and Conditioning Workouts Maintain Physical Distancing; No Contact with Others; No Sharing of Equipment		
<b>Lower Infection Risk Activities</b>	Activities that can be done with physical distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors. DCSAA Activities: cross country (with staggered starts), track and field*, swimming*, golf, tennis, speech; Other Examples: Alpine skiing, sideline cheer, single sculling Notes: In swimming, relays need to maintain social distance. In track and field, any field event with an implement needs to be cleaned after each use and masks to be worn by participants.		
<b>Cross Country</b>	Runners should maintain at least 6 feet of distancing between individuals, no grouping (i.e. starts and finishes).		
<b>Track &amp; Field</b>	Runners should maintain at least 6 feet of distancing between individuals, no grouping (i.e. starts and finishes). No sharing of implements / equipment. Padded equipment should be cleaned between use.		
<b>Swimming</b>	Lap swimming		
<b>Golf</b>	Maintain appropriate physical distancing 6 feet apart.		
<b>Moderate Infection Risk Activities</b>	Activities that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants. DCSAA Activities: volleyball*, soccer, baseball*, softball*, basketball; Other Examples: Water polo, ice hockey, field hockey, girls lacrosse, crew, 7-on-7 football, gymnastics* Notes: *Could potentially be considered "Lower Infection Risk" with appropriate cleaning of equipment and use of masks by participants.		
<b>Volleyball</b>	Conditioning, individual ball handling drills, each player has own ball. A player should not use a single ball that others touch or hit in any manner.		
<b>Soccer</b>	Conditioning, individual ball skill drills, each player has own ball, feet only (no heading/use of hands), no contact.		

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<b>Baseball</b>	Conditioning and tee work. Players should not share gloves or bats or throw a single ball that will be tossed among the team. A single player may hit in cages, throw batting practice (with netting as backstop, no catcher). Prior to another student-athlete using the same balls, they should be collected and cleaned individually.		
<b>Softball</b>	Conditioning and tee work. Players should not share gloves or bats or throw a single ball that will be tossed among the team. A single player may hit in cages, throw batting practice (with netting as backstop, no catcher). Prior to another student-athlete using the same balls, they should be collected and cleaned individually.		
<b>Basketball</b>	Conditioning, individual ball skill drills, no contact or sharing of balls. A player may shoot with a ball(s), but a team should not practice/pass a single ball among the team where multiple players touch the same ball.		
<b>Higher Infection Risk Activities</b>	Activities that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants. DCSAA Activities: football, wrestling, competitive cheerleading, dance/drill, choir, band, orchestra, solo music; Other Examples: boys lacrosse, marching band		
<b>Football</b>	Conditioning and individual drills. A player should not participate in drills with a single ball that will be handed off or passed to other teammates. Contact with other players is not allowed, and there should be no sharing of tackling dummies / donuts / sleds. Protective equipment prohibited.		
<b>Wrestling</b>	Conditioning, mirror drills with spacing, no contact. Wrestlers may skill and drill without touching a teammate (as long as physical distancing is adhered to).		
<b>Cheerleading</b>	Conditioning and individual technique/choreography work. Students may not practice/perform partner or group stunts. Chants, jumps, dance, tumbling without contact are permissible as long as physical distancing is adhered to.		
<b>Dance/Drill</b>	Conditioning and individual technique/choreography work. Students may not practice/perform partner or group stunts. Jumps, dance, tumbling without contact are permissible as long as physical distancing is adhered to.		
<b>Additional Resources/Links</b>	<a href="https://coronavirus.dc.gov/">https://coronavirus.dc.gov/</a> <a href="#">CDC Considerations for Youth Sports</a> <a href="#">CDC Recommendations Regarding the Use of Cloth Face Coverings</a> <a href="#">NFHS Guidance for Opening Up High School Athletic and Activities</a> <a href="#">NCAA Core Principles of Resocialization of Collegiate Sport</a> <a href="#">U.S. Olympics and Paralympics Committee: Return to Training Considerations</a>		