

## **Infectious Disease Plan 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 COVID 19 screening form and all screenings will be documented.
  - a. Temperature will be taken with touchless thermometer and documented
  - b. Series of symptom screening questions will be asked and 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:
  - a. Proof of a negative COVID 19 test
  - b. 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:
  - a. Proof of a negative COVID 19 test
  - b. 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.
7. If a group has to be shut down or an athlete/coach has to be removed, there shall be no discussion of the name of the person to the group or student athlete population. All personal information will fall under the same guidelines with medical confidentiality.

### **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 / Equipment**

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.

### **Athlete Recommendations**

1. It is the job of every athlete, guardian, coach, administrator, overall fan to follow the guidelines and recommendations in order to give every program a chance to workout safely and provide a foundation to get back to playing sports in the fall.
2. Safety is the first priority and all athletes/guardians are expected to communicate any symptoms, underlying conditions to the group supervisor. If a parent wishes for the athlete to wear a mask, or has specific concerns/questions on procedures they should contact [shane.lasseter@heard.k12.ga.us](mailto:shane.lasseter@heard.k12.ga.us) or at 678-378-2042.
3. At this time, due to safety concerns we will not be using the water fountains, coolers or water stations. Athletes are required to bring their own water for workouts.
4. No locker rooms will be used by the students prior or after any workouts. Athletes are expected to arrive on campus ready for workouts and to immediately leave campus after workouts. No gatherings in locker rooms, parking lots, etc will be allowed on campus.
5. It is highly encouraged to maintain appropriate distancing between athletes, during activities, rest breaks, etc.
6. Athletes will be placed in groups and will not mix groups at any time. Athletes will arrive at the designated time and place on campus and will be expected to immediately leave campus after workouts.

7. 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.
8. 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.

Parent information page requirement

I have been provided the information on the safety procedures that are in place for all the athletic programs, athletes, and coaches. I understand that as a parent if my child is experiencing any of the symptoms of COVID - 19 that I should report that to his/her coach immediately. I understand that my athlete will answer the questions below before being allowed to workout. If the answer is yes to any of the questions below, the athlete should not participate in any workouts for a 14-day period or have results of a negative COVID - 19 test.

- Do you or have you had a fever in the last week? (Temp will be checked each day)
- Have you been diagnosed with COVID 19?
- Have you been in contact with anyone diagnosed with COVID 19?
- Have you traveled to a “hot spot” for COVID 19?

Print Athlete Name: \_\_\_\_\_

Athlete Signature: \_\_\_\_\_

Print Parent / Guardian Name: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

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