

TRANSYLVANIA ATHLETIC COVID-19 PLAN

Updated 3/15/21 – See Highlights for Changes

Information that has now changed has been marked archived and noted in red.

A. General

This plan is based on federal, state and local regulations, NCAA guidelines, HCAC guidelines, WHO recommendations, CDC guidelines and related national sport organizations. In instances where regulations, recommendations, guidelines and requirements may differ, the more restrictive will prevail and supersede all others.

Recommendations below are based upon student-athletes living on campus in residence halls or in Lexington, regardless if instruction is face-to-face or hybrid model.

B. Definitions

Athletic Staff – Refers to all Transylvania athletic staff who are classified as full-time, part-time, or volunteers.

CDC – Centers for Disease Control. All activity that occurs as part of Transylvania Athletics will be conducted in accordance with CDC guidance protocols.

Face Masks – For purposes of this document, any reference to face masks includes cloth face coverings, N-95, KN-95 and surgical masks. CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain. Cloth face coverings should fit snugly but comfortably against the side of the face, be secured with ties or ear loops, include multiple layers of fabric, allow for breathing without restriction and be able to be laundered and machined dried without damage or change to shape.

HCAC – Heartland Collegiate Athletic Conference.

Isolation – separates people who are infected with the virus away from people who are not infected.

Officials – General term to refer to any person hired to oversee the rules of a competition.

NCAA – National Collegiate Athletic Association.

NCAA Sport Risk Assessment - For purposes of COVID-19, sports are categorized as follows (changed on 12/15/20):

Low Contact Risk: Cross Country*, Diving, Equestrian, Golf, Swimming, Tennis, Outdoor Track & Field*, Triathlon

Medium Contact Risk: Baseball, Cheer, Dance Field Hockey, Indoor Track & Field, Lacrosse, Soccer Softball , Volleyball**.

High Contact Risk: Basketball.

*For purposes of testing, the conference has moved Cross Country and Outdoor Track & Field to an intermediate sport.

**Volleyball is medium if masks are worn entire time.

NCAA Tiers –

Tier 1: This is the highest exposure tier and consists of individuals for whom physical distancing and face coverings are not possible or effective during athletic training or competition. Examples of relevant individuals include student-athletes, coaches, athletic trainers and physical therapists, medical staff, equipment staff and officials.

Tier 2: This is a moderate exposure tier and consists of individuals who come into close contact with Tier 1 individuals but can reasonably maintain physical distance and use face coverings. Examples of relevant individuals include certain team staff (e.g., executives) and certain operational staff (e.g., security, event staff and league staff).

Tier 3: This is the lowest exposure tier and includes individuals who provide event services but do not come into close contact with Tier 1 individuals (and should this occur, would be reclassified into Tier 2). Examples of relevant individuals include certain operational staff (e.g., housekeeping, catering, sanitation and transportation) and media/broadcast

Physical Distancing – Defined as avoiding congregate settings or concentration of individuals in a single area and maintaining a minimum of six feet from others unless impossible.

PPE – Personal Protective Equipment.

Quarantine – keeps someone who was in close contact with someone who has COVID-19 away from others and assists someone from reducing the number of potential contacts to lessen the chance of being in contact with someone with COVID-19.

Spectators – General public.

Support Personnel – Are those individuals employed who are essential to providing care to participants or to assist with operations of games. Support personnel includes, but is not limited to, coaches, athletic trainers, physicians, sports information staff, event managers, and athletic staff.

Symptoms – Symptoms of COVID-19 include, but are not limited to, subjective or measured fever, cough, and shortness of breath and/or difficulty breathing. Additional symptoms may include sore throat, muscle pain, headache, chills/shaking, or newly developed loss of taste or smell.

Temperature Monitoring – The daily (or alternatively defined period) non-contact body temperature testing utilizing technology that scans the forehead temperature (temporal or infrared thermometer) to measure an individual's body temperature to verify no fever is present. For purposes of this document, a fever is defined as an elevated body temperature of 100.4 degrees F or higher.

Transy Community - Individuals who are currently working or taking classes at Transy includes students, staff, and faculty.

WHO - World Health Organization

C. Evolving Plan

1. ***Return to work plan.*** See *Transy HR* for more details. In order to meet the state orders to have 50% or less of our employees on site, we will be utilizing a Google Drive document to keep track of who will be on campus and when. First priority will be given to those who are in-season practicing/competing followed by those who are out of season. Priority will also be given to student driven activities and recruiting.
2. ***Archived. Pre-Arrival to campus for student-athletes for Fall.*** We will be hosting informational zoom webinars (athletics and the University) prior to arrival on campus as well as sending consistent email communication to student-athletes on expectations. These will include the following:
 - a. All student-athletes should practice CDC recommendations to prevent the spread of COVID-19 which includes the following:
 - i. Physical Distancing
 - ii. Wearing a Mask
 - iii. Frequent Hand Washing
 - iv. Avoid touching your eyes, nose and mouth
 - v. Cover coughs and sneezes
 - vi. Clean and disinfect frequently touched surfaces
 - b. Bubble concept/Functional Unit - scheduling of practice/meeting times to allow for physical distancing in athletic training rooms, weight room, and facilities
 - c. Requirements for testing and if they test positive
 - d. Daily symptom screening and facility screening
 - e. Understanding and recognition of inherent medical risk associated with participation in athletics during pandemic
3. ***Archived. Arrival on campus for Fall.*** Pre-season teams will be provided a two-hour window in which to arrive on campus. Any student-athlete not able to move on campus during this window will be given a second window. Each student will be limited to 2 individuals (immediate family only) who can move them into their dorm room. Students will be provided a window within the 2 hours to get their key and begin moving in. Please refer to communication from Residence Life for more details.
4. ***Academic Breaks (see changes throughout document).*** Student-athletes will be required to be tested upon return to campus through Transy's testing services from any break and must have a negative test in order to be removed from quarantine and be on campus and participate in athletic activities.
5. ***Archived. Fall Pre-participation physical screening and clearance*** will involve additional screening steps and Lexington Clinic will lead the advisement on what steps should and need to be taken in this area. Student-athletes will need to do the additional steps for continued practice/competition clearance: Complete COVID-19 Pre-Screening Form; Complete the Transy App Health Pass Daily; and have a Diagnostic COVID-19 test upon arrival to campus.

- a.** In addition to the regular medical screening paperwork, student-athletes will be completing the COVID-19 Pre-Screening Form. COVID-19 forms and information on athletic training room can be found at <http://www.transysports.com/sports/2020/5/20/information-transylvania-sports-medicine.aspx> This form should be printed and scanned to Nick Reuss (nreuss@transy.edu) or mailed to his attention at Transylvania University, 300 N. Broadway, Lex., KY 40508
- i. Sports medicine staff, in addition to the Team Physicians, will review the Student-Athlete COVID-19 Screening forms to determine if anyone should be delayed from returning to campus or require additional documentation from their primary doctor before returning to campus. For those arriving August 18 that form will be due August 11.
 - ii. For all other sports, we will ask that this document is completed and submitted by August 31. At that time, they will already be doing the required screening questions and it should “catch” anyone who has tested positive since completing the form. We will also communicate with students that information that they have completed on the form changes, they should immediately notify sports medicine for next steps otherwise it would delay their clearance.
 - iii. Any student with confirmed past infection (antibody or prior diagnostic test) prior to arriving on campus:
 1. Mild to asymptomatic patients will need to have completed by their primary provider a medical evaluation and those documents will need to be sent to our Sports Medicine Staff.
 2. Moderate to severe illness (hospitalization) or ongoing cardiovascular symptoms will need to have a medical evaluation including a symptom screening. Additional testing that the Primary provider may include cardiology consult, electrocardiogram; blood troponin 48 hours after exercise and echocardiogram. Additional cardiac tests such as cardiac MRI, Holter, stress test, chest X-ray, spirometry, pulmonary function tests, d-dimer, and chest CT.
 - a. Tests to evaluate kidney function (i.e., urinalysis, serum creatinine) should be considered to evaluate kidney function after recovery from COVID-19.
 - iv. All freshmen plus any red-flagged returners plus anyone who has tested positive for COVID-19 will be required to do physicals with our team physicians.
 - v. All student-athletes will be screened for ongoing symptoms of chest pain/pressure with exercise, difficulty breathing or dizziness with exercise or decreased exercise tolerance.
- b.** Students will be required to do a Transy Health Pass Daily Screening prior to coming to campus and during the semester. Pre-season student-athletes will be required to do the Transy App Health Pass Daily Screening questions 14 days prior to arrival and by 11 AM each day. All other student-athletes will need to do the screening questions 7 days prior to arrival or 14 days if they are from states with a designated travel advisory by the Kentucky Department of Public Health.

- i. The Transylvania App can be downloaded from Google Play or iTunes. Each of the questions on the app are weighted to give a threshold when reached would require a student to be tested for COVID-19. Each day, users will receive a red, yellow or green pass. A green pass will allow the individual access to campus, facilities, etc.
 - ii. In order to enter an athletic facility, including training room or practice or any athletic activities, you must show the green pass for the day.
 - c. Student-athletes will be required to have a diagnostic test (PCR) upon arrival and prior to practice as will all Transy students. Pre-season student-athletes will do these tests during their first 48 hours on campus. All other student-athletes will do their test with the regular student body. Transylvania will be organizing and paying for these tests. A local lab that purchases PCR testing through FDA approved vendor will be utilized. If you have had a positive test within the past 90 days, you can bring the test result and will not need an additional test.
 - d. Information regarding the risk of transmission of COVID-19 in sports as well those who are at risk for severe illness from COVID-19 or at potential risk will receive this information via email as well as through a Zoom call and will be required to sign-off that they understand the risks. They will be encouraged to speak to their primary provider and/or team physicians/sports medicine staff regarding the risks and complications.
6. ***Archived. Phases. Note: Phasing is no longer recommended with the testing plan but acclimation will still be a part of return to play.*** Pre-season (Fall, 2020) student-athletes will be encouraged to quarantine (defined as staying at their home residence and not being in contact with anyone outside of their immediate family) for 14 days in their home prior to arriving on campus. MTE, WTE, WGO, XC, MGO arrive on 8/18. We are encouraging all student-athletes to quarantine in their home for 14 days prior to arrival to assist with minimizing the chance of COVID-19 being spread.

For the first 48 hours on campus, student-athletes will be doing physicals, compliance paperwork, and other type meetings that will not exceed more than 10 people in one space with masking and physical distancing and use of outdoor space with virtual meetings as a preference. They will be cleared to practice once a negative test has been received in addition to having physical, medical paperwork, and NCAA compliance forms completed.

- a. Phase 1 will be a total of 14 days. It is recommended that physical distancing and strict sanitation measures remain in place. It is particularly important to adhere to strict sanitation procedures: Common areas such as gyms and training rooms should remain closed, and group activities should be limited to 10 or fewer individuals.
 - i. All work will be done in groups of 10-12 or less, as recommended by NCAA Resocialization of Collegiate Sport. Student-athletes will remain in the same groups during this phase. There is no sharing of equipment.
 - ii. Vulnerable student-athletes and staff should continue to shelter in place. Vulnerable populations include individuals with serious underlying health conditions such as high blood pressure, chronic lung disease, diabetes, obesity and asthma, and those whose immune system is compromised, such as by

chemotherapy. Physical distancing will be practiced. Masks will be worn when not actively exercising.

- iii. This will complete phase 1.
 - b.** Phase 2. Phase Two is a continuation of Phase One, but the size of gatherings can be increased to 50 people, as long as physical distancing and sanitation practices remain in place. Masks are still recommended when physical distancing is not possible. This phase allows for more organized group activities, but the sharing of common objects such as game balls and other shared equipment still should be avoided.
 - i. It is recommended that Vulnerable student-athletes and staff continue to shelter in place. Covid19 education with vulnerable populations with serious underlying health conditions and approval from team physicians may begin controlled workouts. Social distancing should still be followed
 - ii. Allow in-group sessions (50 or less), as recommended by the NCAA.
 - iii. Field Hockey, Soccer, and Volleyball can slowly initiate contact progression (1 on 1, 2 on 2, 3 on 3, and so on for 14 days).
 - iv. Masks will be worn when not exercising
 - c.** Phase 3 will have physical distancing required in all facilities. Organized group activities allowed, repetitive handling of the same object permitted. Teams may travel and participate in scrimmages, exhibitions, or regular season competition.
 - i. It is recommended that Vulnerable student-athletes and staff to continue to shelter in place. Covid19 education with vulnerable populations with serious underlying health conditions and approval from team physician may begin controlled workouts.
 - ii. Masks will be worn when not exercising
 - d.** It is possible for any team or the entire athletic department to move back to a previous phase based upon the number of positive cases among teams, student-athletes, or the community.
 - e.** As much as possible, meetings will be virtual and held outdoors.
- 7. Return to campus after winter break in January.** In returning to campus in January, all student-athletes **must be tested** on campus during your teams' allocated testing slot (times at bottom of this email). Locations will be communicated prior to arrival.

As with the start of school and Module 3, students are asked to limit exposure and self-quarantine after testing until they have been notified of a negative test result. Students should utilize grab-and-go food options from the Raf Cafe during that time. Students will also be required to attend classes remotely until their test results are received (professors have been notified of this requirement).

- a. Prior to being tested,** you will be asked to confirm that you have had no high-risk exposure to COVID-19 for at least 2 weeks prior to returning to campus. If you have had high risk exposure, we would ask that you quarantine at home for 10 days before returning.
- b.** You will need to complete the green pass beginning 10 days prior to arrival on campus using the Transy app confirming that you have not had any COVID-19 symptoms.

- c. If during the Fall you tested positive for COVID-19 AND it is within 90 days of testing positive AND you did your test on campus, you will not need to be re-tested **unless** you have experienced symptoms during those 90 days.
- d. If you are a new student-athlete to Transylvania, we would ask that you complete the [Transy COVID-19 Pre-Screening Form](#) and submit as soon as possible to the Director of Sports Medicine, Nick Reuss (nreuss@transy.edu). The Lexington Clinic team will review this paperwork and decide if further testing is necessary. Once you have been cleared, you will begin the COVID return to play protocol. This may take up to 6-14 days to complete. If you have tested positive for COVID-19, you will need to additionally do the below (e).
- e. If you tested positive with COVID-19, **during your time away from Transylvania**, we will need to have the following two items completed in order for you to return and begin the process to practice with your team:
 - [Transy COVID-19 Positive Release Form](#) completed by Primary Provider*
 - Completed Release from Local Health Department*
 - Both of these should be sent to the Director of Sports Medicine, Nick Reuss (nreuss@transy.edu). The Lexington Clinic team will review this paperwork and decide if further testing is necessary. Once you have been cleared, you will begin the COVID return to play protocol. This may take up to 6-14 days to complete.

- 8. Insurance.** Student-athletes are required as part of participation in athletics to have insurance which is the same as it has always been ([see student handbook for additional information](#)). Our insurance will not cover any COVID related illness (see letter at end of this document). Please note that if your insurance has changed, you are required to provide this information to the Sports Medicine staff.

In the same manner as has been done in the fall, students will not be charged for COVID testing. Please see attached information from LabTox on billing procedures at end of document.

- 9. Monitoring/Contact Tracing.** Transylvania students, including student-athletes, will be required daily to submit a COVID-19 screening and will need to do this every day of the week before 11 AM. This will be done through the Transy App. This must be done at a minimum of 15 minutes prior to coming to an athletic facility. They will show their pass to gain entry. **Archived.** **Additionally they will be required to be screened prior to entering an athletic facility (i.e., temperature and screening questions) or attending any practice or coming to a meeting or leaving for any competition related to athletics.**
- a. Access to Facilities
 - i. Green pass on Transy Health Daily Pass.
 - ii. **Archived.** **Require temperature monitoring for participants, athletic staff/support personnel, and any visitors or vendors entering an athletic facility. Anyone with a temperature of 100.4 degrees or higher may not enter the facility.**
 - iii. Anyone who meets one the following conditions may not enter a facility and will also be required to contact Nick Reuss for COVID-19 testing:
 - 1. exhibits COVID-19 Symptoms,

2. a new contact with an infected individual or prolonged (15 minutes or longer within a 24 hour period) with a crowd without physical distancing and masking.

*Exception: Healthcare personnel who have treated patients using appropriate medical grade PPE during the course of performing professional duties are exempted from this restriction.

- iv. **Archived.** Answering yes to any question or having a fever will be asked to quarantine. Coaches and/or student-athletes should notify sports medicine.
 1. If you are exposed to COVID-19, even if you test negative, you will be required to quarantine for typically 14 days because the CDC has noted that symptoms can show 2-14 days from exposure. See <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>
 2. We would ask that you not be tested until at least day 5 of quarantine because 85% of all exposures will be positive by this day unless you are having symptoms. Please test at Transylvania with our athletic training staff so that contact tracing can occur. Please email or call Nick Reuss to make an appointment. If you decide you want to be tested earlier than the 5 days, please still do so on campus with the athletic training staff.
 3. If you are exposed to COVID-19, test positive, you will be in isolation for a minimum of 10 days.
 - a. Those who are testing positive and living on campus are advised to go home to not only protect the Transy community but to assist with family providing the needed care.
 - b. For more information, see Kentucky Public Health Clearance Guidance.
 4. The Fayette County Health Department is doing the entire contract tracing. They will contact you within typically 3-5 days. You should remain in quarantine/isolation until they contact you **and** until they release you. You will need to receive the documentation that releases you to be removed from quarantine or isolation. See below for additional requirements from athletics for participation.
- v. If you believe you have been exposed, you should contact the Campus Clinic for next steps.

10. Testing Plan

a. Definitions

- i. Pre-season will be defined as those teams who are planning to compete this semester. Regular season will be defined as a week prior to the first competition and in weeks where there are games. **Those teams will be tested 3 times per week on non-consecutive days.**

b. Testing Considerations

- i. All testing will be done by Transy staff and will be using the **Rapid Antigen** test.
 - ii. Any student-athletes or tier 1 staff who test positive will be re-tested utilizing a **PCR test**.
 - iii. Any student who has previously tested positive, and our within their 90 day window, will **not** be re-tested unless they have symptoms.
 - iv. While waiting on results from surveillance testing, students will not be quarantined unless the test was a result of high exposure or symptoms.
 - v. If any student on a **high risk team** that becomes positive, those on the team, **including any tier 1 individuals**, who were closer than **6 feet without a mask for more than 15 minutes over 24 hours period** will be quarantined. Individuals not meeting those conditions will NOT be quarantined.
- c. All **high-risk COVID transmission sports (archived) with no competition for fall will be doing 35% random testing of each team every 2 weeks**.
- i. During regular season, PCR testing will be used and a negative PCR test will be confirmed within 3 days of game.
 - ii. Testing will be 3 times a week unless the team is playing the same opponent and no other opponent, then the testing will be one time.

Season – HIGH TRANSMISSION RISK	Testing Protocol
Out of Season	Random 35% every week
Pre-Season (competing this semester)	All Team once per week
Regular Season (beginning wk. before 1 st game)/Postseason	All Team three times per week on non-cons. Must be within 3 days prior to game. See exceptions in (c.ii) above.

- d. All **intermediate risk COVID transmission sports** will be tested in the same fashion as the regular student body until competition begins. When regular season (defined as a week prior to the first competition) starts, a random 35% of the team will be tested once a week via PCR testing.

Season – INTERMEDIATE TRANSMISSION RISK	Testing Protocol
Out of Season	Same as student body; only if symptomatic or exposed
Pre-Season (competing this semester)	Random 35% every week
Regular Season (beginning wk. before 1 st game)/Postseason	Random 35% every week

- e. All **low risk COVID transmission sports** will be tested in the same fashion as the regular student body.

Season – LOW TRANSMISSION RISK	Testing Protocol
Out of Season/Phase III	Same as student body; only if symptomatic or exposed

Pre-Season (competing this semester)	Same as student body; only if symptomatic or exposed
Regular Season (beginning wk. before 1 st game) /Postseason	Same as student body; only if symptomatic or exposed

NOTE: If an outdoor sport (i.e., soccer), practices indoor they would need to maintain masks at all times and potentially could change their transmission risk.

If a conference or institution is more restrictive than the NCAA and will only allow competition to meet these stipulations, then Transylvania will do additional testing or protocols.

f. Positive Tests

- i. All positive tests will be communicated from the sports medicine staff to Robin Pritchard and Taylor Gray for contract tracing which will go through the Fayette Co. Health Dept.
 1. Individuals who test positive for COVID-19 but who have not had any symptoms will be isolated for a minimum of 10 days.
 - a. May discontinue isolation only after 10 days after the date of their first COVID-19 diagnostic test, assuming they have not subsequently developed symptoms **and** have been cleared by Lexington Health. This will need to be provided to Nick Reuss.
 - b. If symptoms do develop, they will follow protocol below.
 2. Individuals who have tested positive and have symptoms will remain in isolation until at least 72 hours have passed since recovery, which is defined as resolution of fever without the use of fever-reducing medications and improvement in any respiratory symptoms **and** at least 10 days have passed since symptoms first appeared.
 - a. Fayette County Health Department makes the final determination of the number of days in isolation and will provide a release when you are released from quarantine/isolation. This will need to be provided to Nick Reuss. For more information, see Kentucky Public Health Clearance Guidance.
 - b. A student-athlete with mild symptoms will need to have completed by their primary provider a medical evaluation and those documents will need to be sent to our Sports Medicine Staff.
 - c. Moderate to severe illness (hospitalization) or ongoing cardiovascular symptoms will need to have a medical evaluation including a symptom screening. Additional testing that the Primary provider may include cardiology consult, electrocardiogram; blood troponin 48 hours after exercise and echocardiogram. Additional cardiac tests such as cardiac MRI, Holter, stress test, chest X-ray, spirometry, pulmonary function tests, d-dimer, and chest CT.

- i. Tests to evaluate kidney function (i.e., urinalysis, serum creatinine) should be considered to evaluate kidney function after recovery from COVID-19.
 - d. The sports medicine staff in conjunction with team physicians will be responsible for clearing these individuals for practice and competition. The student-athlete will need to first be cleared by their primary care doctor. If they do not have a primary care doctor in the area, the Lexington Clinic will provide. Sports Medicine will call to set up a telehealth appointment or regular appointment, dependent on the severity of the symptoms. The MD will be asked to complete the [COVID-19 Positive Release Form](#).
 - e. Once both documents are received, our Team Physicians and Sports Medicine staff will do the final clearance for all student-athletes. Student-athletes are not permitted to attend practice or strength/conditioning workouts until complete clearance is received. Note: All student-athletes will be required to go through gradual progression.
- ii. Contact with an individual who is positive.
 1. If you will need to quarantine due to being in contact with an individual who is positive for COVID-19, this will be communicated by Robin Pritchard, Taylor Gray or Nick Reuss (and in some cases first notification from coach).
 - a. Exceptions to quarantine would be student-athletes who were not in the same group/pod with the individual who tested positive.
 - b. Tier 1 individuals who were never without a mask and further than 10 feet or more away.
 - c. Individuals who tested positive in the last 90 days who were outside of their own isolation window.
 - d. Vaccinated persons with an exposure to someone with suspected or confirmed COVID-19 are not required to quarantine if they meet all of the following criteria:
 - i. Are fully vaccinated (i.e., ≥ 2 weeks following receipt of the second dose in a 2-dose series, or ≥ 2 weeks following receipt of one dose of a single-dose vaccine)

- ii. Are within 3 months following receipt of the last dose in the series
 - iii. Have remained asymptomatic since the current COVID-19 exposure
2. You will be quarantined for 10 days or you may have the option of testing on day 5 or after and if negative being released after day 7. This assumes that you have had no symptoms.
- a. The CDC has stated that reliance on either of these alternatives can occur only if all of the following criteria are met:
 - i. No clinical evidence of COVID-19 has been elicited by daily symptom monitoring during the entirety of quarantine up to the time at which quarantine is discontinued.
 - ii. Daily symptom monitoring continues through quarantine day 14.
 - iii. People are counseled regarding the need to adhere strictly through quarantine day 14 to all recommended nonpharmaceutical interventions (nonpharmaceutical interventions*, aka mitigation strategies). They should be advised that if any symptoms develop, they should immediately self isolate and contact the local public health authority or their health care provider to report this change in clinical status.

*Correct and consistent mask use; physical distancing; hand and cough hygiene; environmental cleaning and disinfection; avoiding crowds; ensuring adequate indoor ventilation; self-monitoring for symptoms of COVID-19 illness
 - b. We would ask that you not be tested until at least day 5 of quarantine because 85% of all exposures will be positive by this day unless you are having symptoms. Please test at Transylvania with our athletic training staff so that contact tracing can occur. Please email or call Nick Reuss to make an appointment. If you decide you want to be tested earlier than

the 5 days, please still do so on campus with the athletic training staff.

3. Exercise Considerations in Quarantine. As student-athletes are placed in quarantine after contact tracing reveals that the athlete meets the criteria for a close contact with someone who has COVID-19, athletic departments may consider the following with respect to individuals in quarantine:
 - a. Individual exercise in quarantine may be appropriate where such exercise does not cause cardiopulmonary symptoms.
 - b. Group exercise in quarantine is prohibited.
 - c. Individuals monitor for symptom development during quarantine.
 - i. If symptoms develop, with or without exercise, test for SARS-CoV-2.
 - ii. Under some circumstances, continued exercise during quarantine may allow the athlete to shorten or avoid a more significant transition period before returning to play after quarantine

*An individual who was within 6 feet of someone with COVID-19 for at least 15 minutes cumulative in 24 hour period; An individual who provided care at home to someone who is sick with COVID-19; an individual who had direct physical contact with the person (touched, hugged or kissed them); an individual who shared eating or drinking utensils; an individual who was sneezed or coughed on by an infected individual or who somehow was touched by respiratory droplets from an infected individual.

See end of document for graduated return to play protocol. Sports Medicine Staff will monitor for symptom development as the student-athlete progresses back with exercise.

10. **PPE.** All staff and student-athletes will be provided a washable mask that must be worn. Alternate masks worn at practice, games, or meetings must be approved by athletics. In order to be compliant with the [Executive Order](#), we will ask all staff and participants to abide by the executive order. During transient to and from practices or meetings, masks should be worn. If outdoors and not actively engaged in activity, but within 6-foot distance of others, the mask should be worn. For indoors, the mask should be worn at all times until actively engaged in activity. More information about the University policy can be found at <https://www.transy.edu/healthy-at-transy/staff/>

- 11. Education.** Athletic staff and student-athletes will be provided education on individual and facility health hygiene practices. This will include changes in conducting practices and building operations in connection with the phases. Social distancing will be the focus including in those spaces that typically see high volume - athletic training room, fitness center, etc. Signage will assist in these reminders. Athletic department will work with the University in requiring students to complete a pledge.
- a. Prevention - You can protect others from getting sick with COVID-19. Avoid large crowds and small gatherings - stay with your bubble. If you must go out, stay at least 6 feet away from other people. Wear a cloth face covering so you do not spread germs when you talk, sneeze, or cough. [https://www.cdc.gov/coronavirus/2019-ncov/downloads/Young Mitigation recommendations and resources toolkit 03 COL.pdf](https://www.cdc.gov/coronavirus/2019-ncov/downloads/Young_Mitigation_recommendations_and_resources_toolkit_03_COL.pdf)
<https://www.cdc.gov/coronavirus/2019-ncov/downloads/community/Aquatic-Venues-COVID19-Safety-Steps-Poster.pdf>
 - b. Cleaning & Disinfecting Surfaces - You can reduce your risk of COVID-19 by cleaning and disinfecting frequently touched items and surfaces every day. These items include remotes, tables, counters, light switches, doorknobs, handles, toilets, equipment, and sinks. Wear disposable gloves to clean and disinfect. If you can see that the item is dirty, wash first with soap and water or another general cleaner. Then, use a household disinfectant to kill germs. Follow manufacturer's instructions for application and proper ventilation to safely use the product. For phones or other electronics, follow the manufacturer's instructions for cleaning and disinfecting. If no instructions, use alcohol-based wipes or sprays containing at least 70% alcohol. Dry surface thoroughly.
 - c. Symptoms - People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea
 - Red toes

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.

- d. Testing and Return to Play Guidelines. See earlier in the document.
- e. Signage
 - i. Signage that displays all applicable federal, state and local regulations, requirements and orders should be posted in all athletic facilities.
 - ii. When and if, spectators are permitted to events the following statement will be displayed at entrances
 - 1. To protect others from possible transmission of the virus, anyone who exhibits COVID-19 symptoms or has been in contact with someone who has tested positive for COVID-19 within the last two weeks (exception, healthcare personnel who have treated patients using appropriate medical-grade PPE during the course of performing professional duties), cannot enter the competition grounds. These individuals are encouraged to contact their health care provider immediately for further medical advice and must obtain documented clearance from their health care provider before entering the competition grounds.
 - a. [Symptoms of COVID-19](#)
 - 2. Signage throughout (i.e., offices, training room, hallways) which includes recommendations about good hygiene along with informing participants and support personnel about ways to reduce the risk of transmission.
 - a. [Stop the Spread](#)

12. Practices

- a. As much as possible outdoor training will be utilized. When not feasible, the indoor space will need to be well ventilated, airflow must be maximized and physical distancing plus masks maintained.
- b. Teams will be broken into functional units/bubbles with less than 10 students in each group. These groups will remain together.
- c. Prohibit spectators from practices and limit practices to only team and Transy personnel.
- d. Organize team's arrivals and departures times and entry points to limit the number in the same space.
- e. Prohibit use of locker room. Have participants come dressed and ready to practice or compete. Will not open locker rooms until phasing that includes competition.
- f. Provide student-athletes a designated 6-foot space to put their personal items during practice.
- g. Wash hands often and adhere to other sanitization practices throughout the day. Need to have sanitizer at practice.
- h. Participants will have their own water bottle with a process established by Athletic Training for refilling. A coach will be designated as the individual who will wear gloves and hold down the spout to fill up water bottles from coolers.
- i. Where possible, will prop doors to limit contact.
- j. Prior to and after practice all equipment used will be cleaned including any areas that were used or high contact areas by teams. No team can begin next practice at the same area until this has occurred. Responsibility of the head coach to make sure that areas and equipment are cleaned.

- k. Personal equipment that is used by student-athletes should either be cleaned by the head coach or supplies should be provided to student-athletes to clean.
- l. All practice gear, dependent on phase may include mask*, should be left in a laundry basket by the team members. The coaching staff will clean clothes by using gloves and masks.
- m. No spitting. Please spit only in garbage cans.
- n. Utilize NCAA Phase recommendations for activities as outlined earlier.

13. Cleaning Protocols. The necessity of cleaning athletic equipment and facilities is vital for these recommendations. It is recommended that the supplies, training and a plan be developed in conjunction with the Physical Plant to involve athletic staff and students assisting with carrying out the plan. The cleaning protocol plan for athletics will address these issues. Students and staff will be trained on this.

- a. Support personnel will be provided with gloves for cleaning of equipment and offices. Athletic trainers will be provided gowns, goggles, masks, and gloves.
- b. Coaches will be provided with cleaning supplies for their sport equipment.
- c. Supplies will be provided for student-athletes in cleaning their personal equipment.
- d. Vans will be equipped with cleaning supplies.

14. Strength & Conditioning. Because our student-athletes have been separated from our training facilities and workout routines since early March 2020, we will be following the 50/30/20/10 rule for testing protocol and conditioning. Additionally, due to the need for fitness acclimatization we will use further caution for heat acclimatization. This will involve gradually increasing the duration and intensity of exercise in the heat over a minimum of 7 days with full adaptation occurring at 10-14 days.

Special attention will also be given to hydration considerations as well injury prevention. To that end, preventative training that requires more than 1 type of exercise (e.g., strength, balance, agility, flexibility, plyometrics) will be utilized.

As much as possible strength and conditioning will take place outdoors or in very small groups inside.

15. Competition Schedule. The athletic department will only play those institutions who at a minimum meet standards for COVID-19 tracking, reporting, quarantine/isolation, PPE, and testing.

- a. **Away Travel Locations.** (Archived). We will only compete in states with a positivity rate of under 14.9% at time of departure as listed on <https://govstatus.egov.com/kycovid19kygov>. If the state of Kentucky puts forwards any additional mandates or recommendations those will be followed. We are only playing institutions who follow NCAA guidelines and can assure that our team remain in a bubble.
- b. **Transportation.** Only the student-athletes who are actually competing will be permitted to go on the trips. Squad size will be limited by number that can physical distance in van/bus as well as at venue. Athletic Training staff may drive separately. At this time, we will only be traveling by vans and bus.

- i. Prior to a team departing, a member of the athletic training staff or sport oversight will take the temperatures and ask the COVID-19 questions for those leaving. No one having a fever or symptoms will be permitted to go. An email, utilizing the conference form, will be sent to the away team's sports medicine staff to notify them that of the temperature/testing and how many will be coming from Transy.
 1. **General**
 - a. Adherence to assigned seating charts.
 - b. Strategic placement of individuals for all travel, e.g., cohort previously uninfected individuals with those who have been previously infected/recovered within the prior 90 days; those who have been vaccinated; maintain pods and tiers that are used during practice.
 - c. Avoid un-masked time, limiting unnecessary meals and/or food.
 - d. Before eating, wash hands with soap and water for at least 60 seconds or use hand sanitizer that contains at least 60% alcohol.
 - e. Trips will have very limited stops if any to adhere to our bubble.
 - f. Team will refrain from any activity that would expose them to any contact with individuals outside of their team.
 - g. Following the new guidance by the CDC, individuals traveling will be offered a second mask to wear.
 2. **Vans**
 - a. Maximum of 6 in vans. May have more if there are roommates who can sit together or those who are in same pod or who have previously tested positive.
 - b. Must wear mask entire time.
 - c. If possible, keep air circulating and use outdoor air. Crack a window if possible.
 - d. No standing in line to enter or exit.
 - e. Should only handle your own luggage or equipment.
 - f. Have roommates nearest one another or those in functional units.
 - g. Each van has cleaning kit and coaches have been advised how to clean. Check this to be sure before taking.
 - h. Meals and beverages should not be consumed during transportation (short-lived drinking with straws under a mask is permitted if such drinking is required).
 3. **Bus**
 - a. Maximum of 27 in bus with one person per row. May have more if there are roommates who can sit together or those who are in same pod or who have previously tested positive.
 - b. Must wear mask entire time.
 - c. Bring disinfecting wipes for contact surfaces and hand sanitizer to use before and after any boarding processes.

- d. Meals and beverages should not be consumed during transportation (short-lived drinking with straws under a mask is permitted if such drinking is required).
- e. Seats should not be reclined to maintain the social distancing requirements.
- f. Avoid getting out of your seat throughout the journey
- g. If possible, keep air circulating.
- h. No standing in line to enter or exit bus.
- i. Should only handle your own luggage or equipment.
- j. Group students on bus by sport group and roommates.
- k. Martin Bus Company has full plan for cleaning and sanitation.
 - i. Seat behind bus driver must remain empty.

4. Flights

- a. While traveling, individuals in the school's travel party shall adhere to the CDC, state and local public health regulations of the city where the competition is held.
 - b. When boarding, passengers must go directly to their seat and remain seated for the duration of the flight (included but not limited to taxi, takeoff, and landing).
 - c. Seats should not be reclined during flight to maintain the social distancing requirements.
 - d. Coaches will bring disinfecting wipes for contact surfaces and hand sanitizer to use before and after any boarding processes for team members.
 - e. Upon arrival, travelers must stay in their seats until the flight crew tells them it is safe to stand up and exit the plane.
 - f. Meals and beverages are not allowed during transportation.
 - i. If a drink is required, it must be consumed with a straw under a mask.
 - g. Travelers should handle their own luggage and equipment as much as possible.
- c. **Food.** Before eating, wash hands with soap and water for at least 60 seconds or use hand sanitizer that contains at least 60% alcohol. Teams will look to stop at locations where it is possible to sit outside and physically distance while they eat. If weather or other conditions make this not possible, these are the options as follows in preferred order:
- i. Use a grab and go option.
 1. Stagger flow and controlling space in food service lines.
 2. Physical distance.
 3. Prohibit lingering in meal spaces.
 4. Require masking except while eating.
 5. Limit mealtime.
 6. Use seating charts with strategic placement

- 7. When drinking indoors or during travel, using a straw under the mask.
 - ii. They can order to go and eat in hotel in their rooms (if overnight);
 - iii. Last resort, is to eat on bus or van.
- d. **Hotels.** Teams who will need to stay in hotels will choose only those chain hotels (i.e., Marriott, Hilton) that have a structured cleaning and sanitation plan.
 - i. There should only be 2 student-athletes to a room and preferable to put those who are roommates or in sport functional unit together. May be more dependent on if roommates or in a unit together.
 - ii. Coaches should direct student-athletes to stay in their rooms and not be in other parts of the hotel where they can encounter those who may not be wearing a mask.
- e. **COVID Illness on Trip.** If a student or staff member becomes ill during a trip with symptoms of COVID-19, please first call the sports medicine staff. A Rapid Antigen test will be administered. If positive, the game will be cancelled. If positive for COVID-19, then you should immediately call Vice President of Athletics, Holly Sheilley. Each team will travel with N-95 Mask, gloves, and face shield if needed to be around a COVID positive individual.
 - i. Options will include trying to quarantine that individual from the rest of the team.
 - ii. Additionally, it may result in cancelation of competitions since there is a higher probability that others on the team may also be positive without symptoms.
- f. **Travel Separate from Team.** We will not permit student-athletes at this time to travel separate from their team or to eat separate from the team (i.e., with parents). Our desire is to keep student-athletes and their team as much as possible in a bubble and not have additional exposures outside of the Transy community.

16. **Facilities Overarching Guidelines.**

- a. Limit the number of entrances and exits to the facility with an in and out door as well as directions that people should proceed.
- b. Provide hand sanitizing stations with access to soap and water or alcohol based hand sanitizer to participants and to support personnel
- c. Frequently sanitize surfaces touched by many: door handles, gates, equipment.
- d. Ensure frequent cleaning and sanitizing of bathrooms, provide soap and water or alcohol based hand sanitizer in bathrooms
- e. Prohibit use of public water fountains, refrigerators, microwaves
- f. Prop doors when applicable to limit touch points.
- g. Provide markers to delineate 6 feet spacing between people in the office and in waiting lines (i.e. markers on floor)
- h. Support personnel will be the only ones permitted to sanitize equipment before and after practices.
 - a. Equipment for each team should be kept separate.
 - b. Gloves and other PPE deemed necessary should be used.
- i. Protocol and process for washing all practice gear
 - a. Where to change clothes to leave them.

- b. Who cleans and protocol.
- c. Bins
- d. Support personnel are responsible for cleaning before and after their own offices - see Transy Athletic Return to Work.
- e. Chairs should be removed to discourage spaces that would allow more participants than allowed within 6 ft. space

17. Locker Rooms

- a. Use outdoor spaces or spacious indoor spaces to tape, prepare, and/or dress before entering locker room
- b. Adhere to social activity safety measures at all times.

18. Spectators

- a. Spectators policies will be listed in a separate document for ease of use.
- b. Spectators will be limited to indoor sporting events at 15% of capacity and be limited to Transy Student-athletes pass list as well as Transy community (students, staff, and faculty)
- c. Spectators will be limited in all outdoor sporting events and limitations will be allow only Transy student-athlete pass list as well as Transy community (students, staff, and faculty)

References:

[CDC Cloth Face Coverings: Questions and Answers](#)

[CDC Gatherings and Community Events](#)

[CDC Guidelines for Camps](#)

[CDC Travel Guidelines](#)

[Federal Govt Opening Up America Again](#)

[FAQ: Principles of Resocialization of Collegiate Basketball and Testing Considerations for All Sports](#)

[Healthy at Work Team Kentucky - Guidance for Youth Sports and Athletic Activities](#)

[NCAA Core Principles of Resocialization of Collegiate Basketball](#)

[NCAA Core Principles of Resocialization of Collegiate Sport](#)

[NCAA Core Principles of Resocialization of Collegiate Sport: Developing Standards for Practice and Competition Frequently Asked Questions](#)

[Resocialization of Collegiate Sport: Developing Standards for Practice and Competition, Second Edition](#)

[Resocialization of Collegiate Sport: Developing Standards for Practice and Competition, Second Edition \(Updated\)](#)

[WHO Considerations for Sports Federations/Sports Event Organizers When Planning Mass Gatherings](#)

[WHO Mass Gathering for Sports Risk Assessment Tool](#)

[American Medical Society for Sports Medicine](#)

[College Athletic Trainers Society](#)

[Collegiate Strength and Conditioning Coaches Association](#)

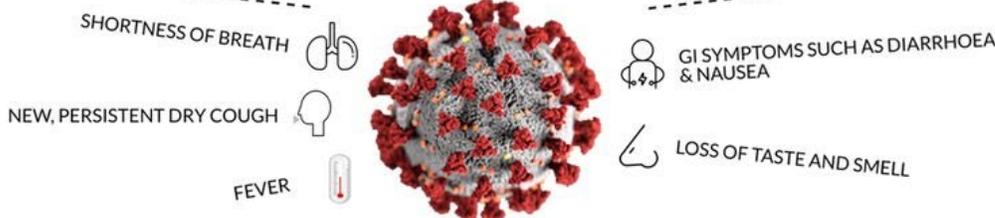
[Korey Stringer Institute](#)

[National Athletic Trainers' Association](#)

[National Strength and Conditioning Association](#)

COVID-19 GRADUATED RETURN TO PLAY FOR PERFORMANCE ATHLETES: GUIDANCE FOR MEDICAL PROFESSIONALS

INDICATORS OF COVID-19 INFECTION



THIS GUIDANCE IS AIMED AT ATHLETES WITH MILD TO MODERATE SYMPTOMS OF COVID-19. ATHLETES SHOULD FOLLOW LOCAL GOVERNMENT GUIDELINES OF COUNTRY OF RESIDENCE FOR MANAGEMENT OF SYMPTOMS INCLUDING ISOLATION AND TESTING PROCESSES. ATHLETES WHO HAVE MORE COMPLICATED INFECTIONS, OR REQUIRED HOSPITAL SUPPORT SHOULD HAVE A MEDICAL ASSESSMENT BEFORE COMMENCING GRTP. ASSESSMENT MAY INCLUDE:

BLOOD TESTING FOR MARKERS OF INFLAMMATION (HS-TROP, BNP, CRP), CONSIDER RENAL & HAEMATOLOGY MONITORING

CARDIAC MONITORING (ECG, ECHO, ETT, CARDIAC MRI)

RESPIRATORY FUNCTION ASSESSMENT (SPIROMETRY)



GRADUATED RETURN TO PLAY PROTOCOL

UNDER MEDICAL SUPERVISION

	STAGE 1 10 DAYS MINIMUM	STAGE 2 2 DAYS MINIMUM	STAGE 3A 1 DAY MINIMUM	STAGE 3B 1 DAY MINIMUM	STAGE 4 2 DAYS MINIMUM	STAGE 5 EARLIEST DAY 17	STAGE 6
ACTIVITY DESCRIPTION	MINIMUM REST PERIOD	LIGHT ACTIVITY	FREQUENCY OF TRAINING INCREASES	DURATION OF TRAINING INCREASES	INTENSITY OF TRAINING INCREASES	RESUME NORMAL TRAINING PROGRESSIONS	RETURN TO COMPETITION IN SPORT SPECIFIC TIMELINES
EXERCISE ALLOWED	WALKING, ACTIVITIES OF DAILY LIVING	WALKING, LIGHT JOGGING, STATIONARY CYCLE, NO RESISTANCE TRAINING	SIMPLE MOVEMENT ACTIVITIES E.G. RUNNING DRILLS	PROGRESSION TO MORE COMPLEX TRAINING ACTIVITIES	NORMAL TRAINING ACTIVITIES	RESUME NORMAL TRAINING PROGRESSIONS	
% HEART RATE MAX		<70%	<80%	<80%	<80%	RESUME NORMAL TRAINING PROGRESSIONS	
DURATION	10 DAYS	<15 MINS	<30 MINS	<45 MINS	<60 MINS	RESUME NORMAL TRAINING PROGRESSIONS	
OBJECTIVE	ALLOW RECOVERY TIME, PROTECT CARDIO-RESPIRATORY SYSTEM	INCREASE HEART RATE	INCREASE LOAD GRADUALLY, MANAGE ANY POST VIRAL FATIGUE SYMPTOMS	EXERCISE, COORDINATION AND SKILLS/TACTICS	RESTORE CONFIDENCE AND ASSESS FUNCTIONAL SKILLS	RESUME NORMAL TRAINING PROGRESSIONS	
MONITORING	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS, RPE	

ACRONYMS: I-PRRS (INJURY - PSYCHOLOGICAL READINESS TO RETURN TO SPORT); RPE (RATED PERCEIVED EXERTION SCALE)
NOTE: THIS GUIDANCE IS SPECIFIC TO SPORTS WITH AN AEROBIC COMPONENT

