

Transylvania University Sports Medicine Guidelines for Athletic Training Facility Access & Use

The Transylvania University Sports Medicine Department is committed to the health, safety, and well-being of the student-athletes and staff, as well as maintaining a clean and healthy environment. In accordance with physical distancing guidelines put forth by the University, as well as the CDC, the following steps will be taken to ensure the above mentioned:

- Anyone who enters either Athletic Training Facility must have a mask on at all times and use hand sanitizer upon entering and exiting the facility. If you do not have a mask you will be refused entrance.
- Everyone in the Athletic Training Facility must maintain a distance of at least 6 ft whenever possible; if this is unavoidable (ex: athletic trainer helping to perform/demonstrate a rehab exercise/treatment), proper PPE must be worn (mask, gloves if coming in contact with patient, gown if in close contact for longer than 15 min, etc). Loitering of any type will not be allowed within the facility.
- All surfaces in each Athletic Training Facility (tables, countertops, etc) will be cleaned thoroughly at the beginning and end of each day, and will be cleaned in between each use.
 - The surface will be sprayed down which must sit for a minimum of 10 minutes prior to being wiped to allow for proper disinfection.
- If a patient requires treatment, the following steps will be used:
 - If a hot pack is needed, tongs must be used in order to pull the hot pack from the hydrocollator and placed in cover. Once the hot pack is finished with use, the hot pack must be returned to the hydrocollator using the tongs, then the cover must be placed in the laundry bin for cleaning. After tong usage the handles must also be cleaned prior to placement back at the hydrocollator.
 - If a towel is used it must be placed in the laundry bin immediately after use for cleaning.
 - If it is determined that a patient needs electrical stimulation as part of his or her care plan, he or she will be given her own stim pads that only he or she can use. The patient will be in charge of keeping his or her stim pads. If they do not have the pads at time of treatment he or she will not be receiving that part of their treatment. The Sports Medicine Staff will be in charge of replacing the stim pads if they become worn.

- If it is determined that a patient needs ultrasound as part of his or her care plan, the sound head will be disinfected prior to and immediately following use.
- The Sports Medicine Staff may need to use auxiliary space to help maximize treatment capabilities for their teams as well as any visiting teams. The Hall of Fame Room in Beck Center as well as a tent outside of the Fourth St. Athletics Complex have been designated as these spaces.
 - For the Hall of Fame Room, there will be a combo machine and small hydrocollator for use as needed.
 - For the Fourth St. tent, that area will mainly be for taping and pre-game prep. If a patient or visiting team needs a modality, he or she will need to come into the Fourth St. Athletic Training Facility and follow the guidelines for that facility.

The following guidelines will be in place for each facility:

- For daily treatments and rehabs, times will be limited to one patient per athletic trainer per hour. This will give the Sports Medicine Staff time to clean and disinfect all used surfaces and equipment in between treatments.
 - Because of this limitation, there will be very limited time slots available. To try to accommodate as many patients as possible, the Sports Medicine Staff will be limiting the amount of times per week a patient can come into the Athletic Training Facility, requiring patients to stay up with their home exercise program. To make up for this the Sports Medicine Staff will be using telehealth through Google Hangouts for check ups and maintenance plans.
- Each patient coming for daily treatments and rehabs must wait outside of the Athletic Training Facility on a marked spot until the member of the Sports Medicine Staff he or she is assigned to work with comes and gets them from the waiting area
- Each Athletic Training Facility will have a set maximum number of occupants. Once that maximum is reached, everyone else must wait in the waiting area until a person leaves the facility. At that point, one person waiting may enter per person that leaves.
 - Maximum Occupancy (Including Staff Members):
 - Beck Center Athletic Training Facility: 8
 - Beck Center Hall of Fame Room (Auxiliary): 6
 - Fourth St Athletics Complex Athletic Training Facility: 12

- Once inside an Athletic Training Facility each person must adhere to markings of what is acceptable for physical distancing (markers on floor, markers on tables, markers on hydrotherapy equipment, etc). Failure to do so may result in being asked to leave the Athletic Training Facility.
- Traffic Flow for each Athletic Training Facility:
 - Beck Center Athletic Training Facility: Enter and exit through the main door at the front of the Athletic Training Facility; flow will be marked by arrows on the floor. Waiting area to be along front windows of the facility, with markers following physical distancing guidelines. No congregating by the door.
 - Beck Center Hall of Fame Room (Auxiliary Sports Medicine Space): Enter door closest to the offices. Waiting area to be along the wall leading to the offices, with markers following physical distancing guidelines. Exit through the door closest to Fourth St. Flow will be marked by arrows on the floor.
 - Fourth St Athletic Facility: Enter the main door of the Athletic Training Facility, 3 waiting area spots staggered within the entrance of the facility, with more along the wall outside of the facility. Exit will be through the hydrotherapy room through the grey exterior door then back inside the building through the glass double doors, staying along the laundry room wall. Flow will be marked by arrows on the floor.

The Sports Medicine Staff reserves the right to change the above mentioned as needed to keep up with changing guidelines from Transylvania University, the Commonwealth of Kentucky, the National Athletic Trainers' Association, the NCAA, and the CDC.