



**HEALTH AND
WELL BEING
INTERIM
CONSIDERATIONS
FOR PAC-12
INSTITUTIONS
IN THEIR LOCAL
PLANNING FOR
RETURN TO
VOLUNTARY
WORKOUTS**

RETURN TO CAMPUS

SHOULD BE SYMPTOM FREE....

limit contacts (and keep list), and have no known Covid-19 contact for 14 days prior to return to campus

ON ARRIVAL TO CAMPUS



If driving to campus or living in area no additional isolation necessary

If flying consider isolation for 7 days prior to return to athletic facility



HIGH RISK STAFF AND STUDENTS...

(CDC high risk definition) should consider delay until Stage 3 of national re-opening criteria OR go through an informed decision-making process with medical staff before a return to the athletic facility

RETURN TO ATHLETIC FACILITY



MUST BE FEVER & SYMPTOM FREE

WILL NEED PRE-PARTICIPATION EVALUATION

LABORATORY TESTING

HEALTH EDUCATION FOR ATHLETES / STAFF & SETTING OF CULTURAL EXPECTATIONS INCLUDING HYGIENE

SET UP ACTIVITY / CONTACT TRACING SYSTEM

FACE COVERINGS AT ALL TIMES



FACILITY SPECIFIC CONSIDERATIONS

FACILITIES ACCESS

- Negative symptom & temperature check prior to admittance
- Consider strategies to keep distance
- **Increased cleaning**



WEIGHT ROOMS

- Work out in small groups, schedule to minimize crowding & maintain physical distance
- Clean equipment between each individual use

OUTDOOR ACTIVITIES

- May need to increase space if running / sprinting

LOCKER ROOMS

- Consider having athletes come prepared to work out and shower at home during early stages
- Consider how distance will be maintained

ATHLETIC TRAINING ROOM

- Limit number of students in training room
- Consider appointments/no walk-ins

FOOD DISTRIBUTION/DINING

- Only pre-packaged foods available in facility
- No eating in the facility
- Meals provided "To-Go"



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IV RETURN TO EXERCISE

DAILY SYMPTOMS AND TEMPERATURE TESTS CONTINUE

WEIGHT ROOM / CONDITIONING / SMALL-GROUP ACTIVITY

- Create small functional units and keep distance
- Wear cloth face covering at all times
- Team activities done outside the functional group should be **on-line**
- If done properly, these contacts would be considered **LOWER RISK**



V RESPONSE TO INFECTION/ PRESUMED INFECTION

QUARANTINE INDIVIDUAL WITH INFECTION / SUSPECTED INFECTION. IF IN THE FACILITY, PROVIDE A MASK, ISOLATE, & CLOSE DOOR

1. Monitor for symptom development & manage as indicated
2. Return to activity is dependent on symptom course / severity
 - Symptom free x 72 hours AND at least 10 days since onset of symptoms
 - Alternatively, symptom free AND two negative PCR tests > 24 hours apart
 - Consider follow-up testing as recommended
 - Symptomatic athletes should not exercise / resume exercise until cleared by team physician.
 - Re-acclimatization as appropriate

LOW RISK CONTACTS OF COVID-19 POSITIVE / SUSPECTED INFECTION

1. Functional / social group with appropriate physical distancing
 - Monitor closely for symptoms
 - Individuals with high risk conditions may choose a more conservative approach and opt to isolate

HIGH RISK CONTACTS OF COVID-19 POSITIVE / SUSPECTED INFECTION

1. Those with contact within 6 feet
 - This would include anyone participating in face-to-face or contact drills against each other or using equipment that is not cleaned between uses
2. Quarantine at home
 - 5 days from exposure and PCR test on Day 3 and 5 from exposure (if available and as part of surveillance research project); or
 - 14 days (no testing) per current national guidelines (recommendations evolve with emerging evidence). This will miss asymptomatic positives but spread unlikely
3. Return to activity after **HIGH RISK** contact
 - Allowable if no symptoms develop while quarantined
 - If PCR tests were done and results are negative
 - Has quarantined for the recommended time

