

Return-to-Campus Recommendations



NATA INTERCOLLEGIATE
COUNCIL for SPORTS MEDICINE

Below are recommendations for athletic trainers to evaluate with appropriate personnel in preparation for student athletes return to campus following the COVID-19 pandemic. These recommendations are not all encompassing and are subject to change. Therefore, it is important to stay current with federal, state, local and institutional health care guidelines.

1. Coordination

Identify campus work groups

- Institutional administration
- Athletic department personnel
- Campus health center
- Mental health professionals
- Community hospital
- Risk management
- Environmental health and safety
- Residential life
- University police

Pre-participation physical exams

- Additional history related to COVID-19
 - Personal
 - Family
 - Travel
 - International student athletes
 - Quarantine
- Timing of pre-participation exams
 - Non-institutional
 - Institutional



2. COVID-19 Education

Basics of COVID-19

- Signs and symptoms
- Avoid sick population
- Social distancing guidelines
- Proper hygiene
- Policy and procedures

Educational groups

- Student athletes
- Coaches
- Staff

Methods of education timing

- Prior to return
- On campus
- Continuous



4. Screening

Current screening protocols

- Appropriate for student athletes
- Recommend student athlete needs

Acute respiratory illness

- Temperature
- Medical history
- Per institution requirements

Develop algorithm

- Green flag
- Yellow flag
- Red flag
 - Federal, state, local, institutional guidelines

Begin screening process

- Prior to campus
- Frequency
 - Student athlete population
 - High risk population

Location of screening

- Remote
- Athletic on-site

Identify population



3. Personal Protective Equipment

Supplies and equipment

- Supply chain
 - Local health department
 - Physicians
- Masks
 - Surgical, N95, cotton
 - Proper face shield
- Eye protection

- Gloves
- Gowns
- Hand sanitizer
- Thermometer
- Pulse oximeter
- Peak flow meter

Donning and doffing

- Policy and procedures

5. COVID-19 Testing

Protocols

- Federal, state, local and institutional guidelines
- Evolving
- Campus protocols
 - COVID-19 testing
 - Antigen testing
 - Contact tracing
 - Campus work group
 - Cost

COVID-19 positive cases

- Medical care
- Quarantine procedures
 - Institutional guidelines
- Return-to-play decisions

Travel considerations

- Federal, state, local and institutional guidelines
- Athletic policy and procedures
 - Hot spots
 - Additional screening
 - Contact vs. noncontact sports
- Guidance on appropriate travel
- Quarantine measures relate to travel





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Below are recommendations for athletic trainers to evaluate with appropriate personnel in preparation for student athletes return to campus following the COVID-19 pandemic. These recommendations are not all encompassing and are subject to change. Therefore, it is important to stay current with federal, state, local and institutional health care guidelines.

1. Coordination

Identification of campus work group for screening and testing procedures (may include but not limited to):

- Institutional administration
- Athletic department personnel
 - Athletic director or assigned designee(s)
 - Team physician(s)
 - Athletic trainer(s)
- **Campus health center**
- **Community hospital**
- **Mental health professionals**
- **Risk management**
- **Environmental health and safety**
- **Residential life**
 - On/off campus housing
 - Dining services
- **University police**

2. COVID-19 Education¹

- **Signs and symptoms**
- **Avoid contact with sick population**
- **Maintain social distancing guidelines as defined by your local health department**
 - Virtual meetings
- **Proper hygiene standards**
- **Institutional screening procedures**
- **Procedures for student athletes and athletic department personnel who present with illness symptoms related to acute respiratory illness**
- **Identify parties where education is appropriate; should include at a minimum:**
 - Student athletes
 - Coaches
 - Athletic department staff
- **Identify method(s) of education**
- **Identify timing of education**
 - Prior to returning to campus
 - On-campus

- Continued need through the academic year(s)

3. Personal Protective Equipment

Supplies/equipment that may be needed for screening purposes

- **Important to recognize supply chains may be disrupted**
 - Work with your physician(s) and local health departments to determine what may be
- **Masks**
 - Surgical, N95, cotton
 - If N95 not available, use of R/P95, N/R/P99 or N/R/P100 filtering masks may be appropriate²
 - Proper face shield may be worn on top of N95 masks to prevent bulk contamination
- **Eye protection**
- **Gloves**
- **Gowns**
- **Hand sanitizer**
- **Thermometer: noncontact infrared**
- **Pulse oximeter**
- **Peak flow meter**
- **Donning (putting on) and doffing (taking off) procedures for personal protective equipment³**
 - Includes disposal of personal protective equipment³

4. Screening Procedures

- **Important to recognize your institution may have screening protocols in place for students, faculty and staff**
 - These protocols may or may not be appropriate for your student athletes and athletic department staff
 - Recommend the need to work with the identified campus work group and follow federal, state, local and institutional public health recommendations when evaluating and developing screening procedures
- **Identify screening procedures for acute respiratory illness⁴ (Example: Addendum A)**
 - Temperature check
 - Brief medical history
 - Pulse oximetry is not currently recommended by the CDC, but may be worth discussing with your team physician(s) for the student athlete population
- **Develop algorithm to sort persons for further screening, evaluation and testing based on initial screening procedure**
 - Example may include green, yellow and red flag system (Example: Addendum B)
 - Green flag
 - No concern
 - Yellow flag

- Early onset symptoms
 - Red flag
 - Symptomatic
 - Contact with a positive person
 - Travel concerns
 - Underlying medical conditions
 - Athletic departments should follow local public health and institution guidelines for medical evaluations related to acute respiratory illness
 - Athletic training facilities may not meet current standards
 - Evaluation of upper respiratory infections may need to be referred to medical offices
- **Identify when to begin screening process**
 - Prior to return to campus
 - Frequency of screening
 - Will student athletes require more frequent screening?
 - Contact sports versus noncontact sports
 - Individuals with high risk factors^{5,6}
 - Age
 - Heart disease
 - Lung disease
 - Diabetes
 - High blood pressure
 - Immunocompromised metabolic disorders
 - Includes those who are on medication but may be in remission
 - Asthma
 - Obesity
 - Liver disease
 - Sickle cell disease/trait
- **Identify location of screening**
 - Remote
 - Athletic on-site screening should follow federal, state, local and institutional public health recommendations
 - Identify appropriate location
 - Identify what personal protective equipment may be warranted
 - Identify what personal protective equipment may be warranted for person(s) being screened
 - Identify proper social distancing guidelines needed during on-site screening
 - If athletic trainers are being asked to be screeners, a plan on how this may impact other areas of student athlete clinical care should be shared with team physicians and athletic administration
- **Identify persons being screened**
 - Student athletes
 - Athletic department coaches and staff
 - Interns

- Volunteers
- Student workers
- Campus services and outside contract personnel who may or may not be on campus on a daily basis
 - Landscaping personnel
 - Custodial services
 - Food service personnel
 - Consultants/independent contractors
 - Guests
- **Documentation of screening procedures**

Pre-Participation Physical Exam

- **Additional medical history questions related to COVID-19 are warranted**
- **Important to recognize the institution may have questions developed for the student population that may be appropriate**
 - Personal and family history of COVID-19 diagnosis
 - Tested versus presumed
 - Date of diagnosis
 - Require hospitalization
 - Treated with oxygen or ventilator
 - Experience any symptoms related to COVID-19
 - Date of onset
 - How long have you been symptom free?
 - Have you experienced any symptoms in the past 14 days?
 - Have you had direct contact (within six feet) with any ill or positive COVID-19 person(s) in the past two to 14 days?
 - Were you or a family member placed in quarantine?
 - If so, when and how long?
 - Have you traveled outside of your local community in the past 14 days?
 - If so, list locations
 - How long?
 - International travel/student athletes
 - Where are you returning from?
 - Does the institution recommend a local quarantine upon return to campus?
- **Screening procedures may be needed prior to student athletes undergoing their pre-participation physical exam**
- **Institutions that administer pre-participation exams by non-university physicians prior to returning to campus should have a screening protocol in place for arrival on campus**

5. COVID-19 Testing

- **Protocols for testing are being developed at the state and community level based on CDC recommendations⁷**
- **Testing will continue to evolve as tests become more readily available**
- **Important to recognize collegiate institutions may have protocols for COVID-19 and antigen testing for students, faculty and staff**
 - Protocols for testing should include contact tracing
 - Recommend the need to work with the identified campus work group and follow federal, state, local and institutional public health recommendations if testing procedures are different for the student athlete and/or athletic department staff population
- **Institutions need to evaluate medical costs associated with testing**
 - Financed through university for all students via health services
 - Financed through athletic department
 - Billed to student athlete insurance
 - Plan if student athlete does not have insurance
- **Medical providers should work with their campus work group and follow federal, state, local and institutional public health recommendations related to COVID-19 testing procedures if athletic department medical personnel are collecting COVID-19 samples for testing, which includes proper packing and shipping of tests⁸**
 - Identification of appropriate labs for testing samples
 - Understand the length of time for results which may differ across labs, communities and states due to various factors
- **COVID-19 positive cases**
 - Medical providers should work with their campus work group and following federal, state, local and institutional public health recommendations in developing protocols for person(s) who test positive for COVID-19
 - Medical care
 - Quarantine
 - Student athletes who reside on campus may be able to follow institution guidelines
 - Recommend working with campus work group for student athletes who reside off campus
 - Return-to-play decisions should be made on an individual basis as symptoms will differ amongst patients
 - Recognizing this virus affects the respiratory system and currently involves a 14-day quarantine, a gradual return to sport needs to be developed by medical personnel^{9,10}
 - Recommend discussing with your team physician(s) the use of pulse oximetry or peak flow meter readings as part of this process
 - Questions have risen regarding the need for EKG testing following a positive COVID-19 test among the student athlete population
 - Current data shows eight to 12 percent of positive cases result in acute carditis¹¹

- Recommend discussing this with your team physicians and cardiologists
- **Travel considerations**
 - Medical providers should work with their campus work group and follow federal, state, local and institutional public health recommendations related to screening and testing following team, personal and work-related travel
 - Important to recognize your institution may have protocols in place for students, faculty and staff
 - Considerations may include but are not limited to:
 - “Community” hot spots
 - Additional screening following home/away contests
 - Contact versus noncontact sports
 - Guidance on whether travel is appropriate
 - Quarantine measures related to travel

References

1. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/index.html>
2. <http://www.ncaa.org/sport-science-institute/coronavirus-covid-19>
3. https://www.cdc.gov/niosh/npptl/topics/respirators/disp_part/default.html
4. <https://www.cdc.gov/coronavirus/2019-cov/hcp/using-ppe.html>
5. <https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-recommendations.html>
6. <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html>
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8. <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html>
9. <https://www.cdc.gov/coronavirus/2019-nCoV/lab/guidelines-clinical-specimens.html>
10. NCAA Preventing Catastrophic Injury and Death in Collegiate Athletics is a valuable resource, <http://www.ncaa.org/sport-science-institute/preventing-catastrophic-injury-and-death-collegiate-athletes>
11. ICSM Guidance on the Inter-association Recommendations: Preventing Catastrophic Injury and Death in Collegiate Athletics; September 2019. https://www.nata.org/sites/default/files/icsm_guidelines_for_preventing_catastrophic_death_in_collegiate_athletics.pdf
12. Bansal, M. Cardiovascular Disease and COVID-19. Diabetes and Metabolic Syndrome. May-June 2020: 14 (3), 247-250

Addendum A: Below is just an example, athletic trainers should work with their team physician(s) in developing a screening process that is appropriate for their institution.

INSTITUTION SPORTS MEDICINE

Student Athlete COVID-19 Screening

Name: _____
Last
First
Middle

INSTITUTIONAL ID #: _____ **Date of Birth:** _____ **Age:** _____ **Cell #:** _____
(MM/DD/YYYY)

Gender: Male Female **Sport(s):** _____

Please complete this form to assess your potential exposure / possession of COVID-19 and other illnesses.

Are you currently free from illness? Yes No

During your time away from **INSTITUTION**, did you experience, or are you currently experiencing any of the following:

SYMPTOM	YES	NO	LENGTH OF SYMPTOM	EXPLANATION
Fever				
Body Chills				
Extreme Level of Fatigue				
Cough				
Pain/Difficulty Breathing				
Shortness of Breath				
Sore Throat				
Body/Muscle Aches				
Loss of Taste				
Loss of Smell				
Changes to Vision/Eye Discharge				

QUESTION	YES	NO
Two to 14 days prior to experiencing these symptoms, did you experience a suspected exposure to COVID-19?		
Have you had any direct contact with anyone who lives in or has visited a place where COVID-19 is spreading and/or is an area reporting an increased number of COVID-19 cases (i.e., "hot spots")?		
Have you had any direct contact with someone who has a suspected or lab confirmed case of COVID-19?		
During your time away from INSTITUTION , did you self-quarantine due to suspected symptoms or exposure of COVID-19?		
During your time away from INSTITUTION , have you been living in, or have visited an area reporting an increased number of COVID-19 cases (i.e. "hot spots")?		

Have you previously been or are you currently diagnosed with COVID-19?

YES NO DATE OF DIAGNOSIS: ____/____/____

Do you have medical documentation to support your diagnosis and treatment of COVID-19?

YES NO PHYSICIAN NAME: _____
PHYSICIAN LOCATION: _____

Please list any countries/states/cities you have traveled to since March 15th, 2020 and the dates you were there:

_____ Dates: _____
 _____ Dates: _____
 _____ Dates: _____
 _____ Dates: _____
 _____ Dates: _____

Student Athlete Signature: _____ Date: _____

Addendum B: Below is just an example, athletic trainers should work with their team physician(s) in developing a screening process that is appropriate for their institution.

Screening Process

