



What to Expect to Coming Back to Campus

Spring 2021 **COVID-19**

It's important to remind our students, staff and family members that although we are working to come back to campus, it remains of utmost importance to ensure the health and safety of everyone including those at home.

Before Arriving to Campus:

- Before you will be allowed to begin participation, you **MUST** complete the following:
 - Enrolled in class for sport.
 - COVID-19 education on Canvas
 - COVID-19 PPQ and Assumption of Risk form
 - If you have had Covid-19 within the last year, please contact the Athletic Trainer.
 - All student-athletes will still be required to complete a physical signed by MD or DO.
 - Enrolled in Healthy Roster (See Athletic Trainer)
 - Proof of Negative COVID-19 test
- All student-athletes, coaches and staff will need to be symptom free for 14 days prior to participating in any activity.
- All Students-athletes, coaches, and staff will be required to produce a negative COVID test within 72-48 hours prior to arriving to campus.
- Student-athletes, coaches and staff who have underlying medical conditions will need to be approved for participation by a Physician (i.e., including but not limited to... active asthma with the use of inhaler, diabetes, hypertension, autoimmune disease, and lung disease).
- Contra Costa College Athletics will follow state, county, and athletic association guidelines for all COVID-19 protocols.

Testing Protocols:

- **Prior to campus arrival:** Baseline PCR testing will be a requirement for all student-athletes and personnel.
- **Training and Conditioning:** Surveillance PCR biweekly testing of 25% of team roster and personnel (All Sports).
- **Contact practices:**
 - Surveillance PCR weekly testing of 100% of team roster and personnel (*Football, soccer, basketball, and volleyball*).
 - Surveillance PCR biweekly testing of 25% of team roster and personnel (*baseball and softball*).
- **Competition/Scrimmages with other teams (if applicable):**
 - Surveillance PCR weekly testing for 50% of team roster and personnel (Baseball and softball).



- 100% of team roster and personnel are required to PCR test weekly and 48 hours prior to competition. (Football, soccer, and *Basketball only: 1 or 2 games per week with same team, not separated by more than one day*)
- 100% of team roster and personnel are required to PCR test three times per week (nonconsecutive days) and 48 hours prior to competition time (Volleyball and *Basketball only- more than 1 game and 1 team per week and*).

Sanitization and General Facility Procedures:

- Before and after practice sessions, equipment will be sanitized (all cleanings will be EPA approved)
- When applicable student-athletes will be designated their own equipment
- Uniforms will be disbursed from cargo trailer by the equipment and facilities coordinator after temperature check-ins (only during official practice dates/scrimmages).
- Uniforms will be collected on the field of play by the equipment and facilities coordinator upon conclusion of training session. (only during official practice dates/scrimmages) (change in restrooms or available enclosed space)
- All student-athletes, coaches and staff will be reminded to wash their hands for at least 20 seconds after restroom usage (signage will be posted in each bathroom)
- Hand sanitizer will be readily available for programs that share equipment to use in between drills.
- No spectating will be allowed.
- All benches and seating will be removed from facilities unless a specific program can designate a chair per individual.
- All locker rooms will be closed (restroom facilities in locker rooms will not be available)
- Bathroom usage for teams will be available (spectator restrooms)
- Bathroom doors will be propped open.
- Student-athletes, coaches and staff will not enter facilities at the same time and be required to follow social distancing guidelines.

Training Sessions:

- Every day before participation, you **MUST** have your temperature taken and complete the COVID-19 Survey.
 - Survey will be completed via Healthy Roster prior to arriving to campus.
 - Temperatures will be completed in the Temporary Men's locker Room Portable (next to tennis courts for on-campus sports)
 - If you have a fever of 100.0° or above, you will be sent home and cannot return until you have been fever free for 24 hours (protocols to follow)
 - If you answer yes to the symptom questions, you will also be sent home given direction on when you can return.
 - It may also be determined that you need to get a COVID-19 test.
- Each program will have a specific plan since all teams and facilities and training sessions are different.
- Student-athletes will come dressed to the field, no use of locker rooms.
- Please bring your own, filled water bottles for athletic activities (1 gal preferably)



- We are working on ways for you to refill the bottles during your activity.
- Groups will be no larger than 10 individuals (nine students and one coach)
 - Teams with large numbers will be spread out throughout the facility so no groups overlap (based on county restrictions)
- Students will walk from main parking lot towards athletic fields and check in at the men's locker room portable (up the ramp), then proceed down the ramp towards the cargo trailer to collect uniforms, then head towards designated training area or designated area to change into uniform (if applicable).
- Uniforms will be collected on the field of play by the equipment and facilities coordinator upon conclusion of training session (only during official practice dates/scrimmages).
- Face mask and social distancing are required on campus.
 - Based on county recommendations and restrictions
 - Student-athletes, coaches and staff will have to wear face masks and must abide by social distancing requirements (6ft, no celebrations, huddles...)
 - Not required while performing activity
 - No spectators allowed at practice or athletic competition.

Athletic Training Facility Procedures:

- Athletic Trainers and staff will be using PPE's approved by the college when administering temperature checks.
- Athletic training room will be closed for student-athletes for non-emergency needs.
- If you are injured the athletic training facility will be open outdoors (stations).
 - Report all injuries immediately to the athletic trainers.
 - You will need an appointment for daily treatment and rehabilitation.
 - If an injury occurs at practice, athletic trainers will assess from distance.
 - If serious injury occurs, athletic trainers will utilize approved PPE's to evaluate the injured student-athlete.
 - If necessary, the student-athlete will be transported to the training room.
- Athletic trainers will provide bags of ice in cooler at each training session for student-athletes after practice.
- If student-athletes need specific items for injury prevention or rehab, those items will be checked out to the student-athlete for a specified time.
- If anyone **test positive for Covid-19** during the season
 - The individual who tests positive will be isolated away from the team for at least 14 days.
 - They will need physician's clearance and two (2) negative tests to return.
 - Any individual who was in close contact with the person who tested positive while they were infectious will be required to quarantine themselves for at least 14 days from their last contact with the person who tested positive.
 - Those individuals will be required to have two (2) negative tests prior to their return (beginning and end of 14-day self-quarantine)



Insurance

Beginning Spring 2021, it will be a requirement for all student athletes to obtain medical insurance for participation of sport. Contra Costa College will provide secondary insurance coverage in the event of an athletic injury. However, due to the pandemic, all medical illness non-related to athletic injuries will not be covered by Contra Costa College's Athletic Insurance. To ensure the health and safety of our student athletes we are requiring them to obtain coverage by any entity (medical, state, employer, etc.). This is to avoid the unnecessary costs that the student would be responsible for due to non-related athletic injuries such as illnesses. Please contact athletic trainer for any information or assistance obtaining insurance coverage.

COVID-19 Student-Athlete Testing Procedures:

It is the student athletes and personnel's responsibility to obtain COVID-19 PCR test. Below are free resources and directions on how to obtain free COVID-19 PCR tests. Contra Costa College is working to contract with COVID-19 PCR testing Companies to provide consistent testing resources for student athletes and personnel.

Free COVID-19 Testing Sites:

- Baseline Testing in Contra Costa County
 - Every student-athlete on the roster will log onto: [CCHS Website](https://www.coronavirus.cchealth.org/get-tested) (<https://www.coronavirus.cchealth.org/get-tested>)

The screenshot shows the COVID-19 Call Center website. On the left is a navigation menu with options like 'Home', 'Get Tested', 'Common Questions', 'Health Services Updates', 'Resources', and 'About COVID-19'. The main content area is titled 'COVID-19' and includes a search bar and a 'Get Tested' button. On the right, there is a 'Choose a Type of Appointment' section with a dropdown menu set to 'COVID-19 Testing'. Below that is a 'Choose a Time' section with a search form for date, day/time, person, and location. The search results show 'Tuesday November 10, 2020' and 'Antioch Testing Site'. Available appointment times are listed in a grid: 8:00 AM, 9:00 AM, 10:00 AM, 11:00 AM, 12:05 PM, 1:00 PM, 2:00 PM, and 3:05 PM. Each time slot has a 'more...' link below it.

- Take a screenshot of confirmation email or text and upload to the Healthy Roster sport (i.e. Baseball) messaging thread



Hello Charles,

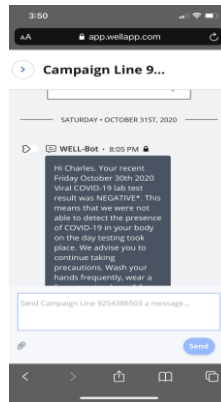
Thank you for scheduling your COVID-19 Testing online! Below is more information regarding your appointment:

Appointment Information

Department: MARTINEZ BUILDING 1 NURSING
 2500 Alhambra Ave, Building One Martinez, CA 94553
 877-905-4545
Provider: Martinez Testing Site (Drive Up)
Date: 10/30/2020
Time: 10:55 AM PDT



- Follow the directions on your confirmation email. Make sure to take your ID for your appointment on the day and time chosen.
- Within 24-48 hours you will receive a text message with a link to your results. Take a screenshot of the results and upload to the Healthy Roster sport messaging thread.



- Testing Outside of Contra Costa County
 - Check your county health services website.
 - Solano County: https://www.solanocounty.com/depts/ph/coronavirus_links/faq_community_testing_sites.asp
 - Alameda County: <https://covid-19.acgov.org/testing.page?#Community>
 - San Joaquin County: <http://www.siready.org/events/covid19/testing.html>
 - Marin County: <https://coronavirus.marinhhs.org/covid-19-testing-information>
 - Use Project Baseline resource: [Website \(https://www.projectbaseline.com/study/covid-19/eligibility/\)](https://www.projectbaseline.com/study/covid-19/eligibility/)
 - You will have to log-in with current Google account or create one.
 - You will have to sign authorization forms and share information about your health.

Healthy Roster Access:

Please send the following information to the Head Athletic Trainer, Ms. Lisa Martinez:

- Student Athlete's full name
- Student athlete's Birthdate
- Student athlete's Email (provide parent/guardian email if under 18yr)
- Student athlete's Cell phone number
- Sport
- Returner or Freshman

After Information is added to system, email will be sent out with an Access Code and instructions on Healthy Roster App download and website log-in.



Once log-in is completed, go missing documents, and complete the required documents:

- Contra Costa Assumption of Risk Form
- Contra Costa Pre-participation Questionnaire
- Upload Insurance Card image (students are required to obtain health insurance)
- Upload Physical and Medical History (template provided on Healthy Roster)
 - Physical is valid for one year and must not expire during athletic participation.
 - Physical must be signed by MD or DO, nothing else will be accepted!

Concussion Testing:

ImPACT

Baseline concussion test will be administered remote or in person if necessary.

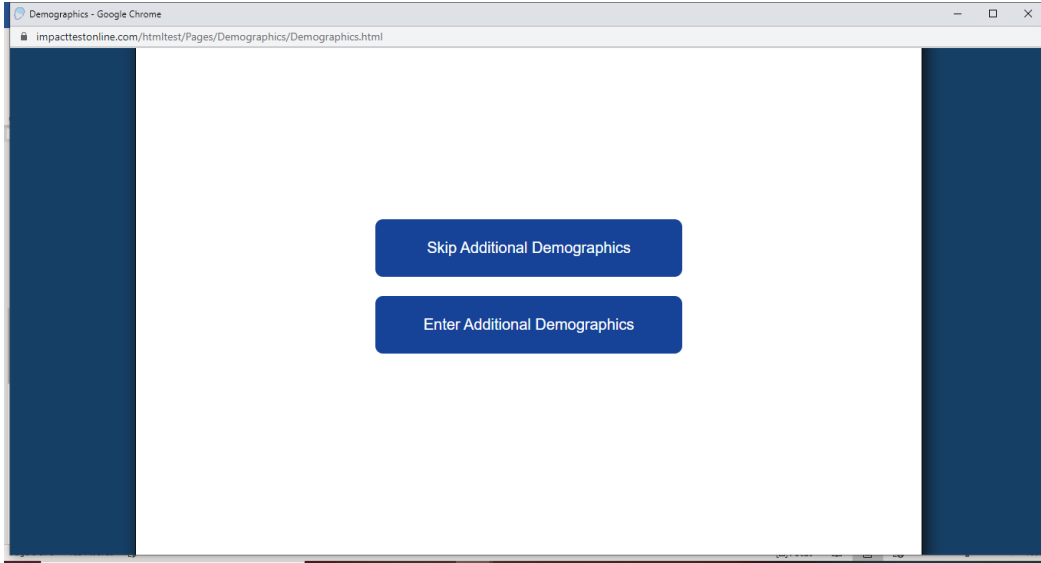
Please allow yourself one hour to complete your ImPACT concussion baseline test. Please turn your phones or any other electronics on silent or remove from workspace. No eating or Drinking during test. Limit the number of distractions. No other persons should be in the room during test. If you run into any technical issues, please be sure to contact Athletic Trainer.

Click on link: <https://www.impactestonline.com/htmlauncher/>

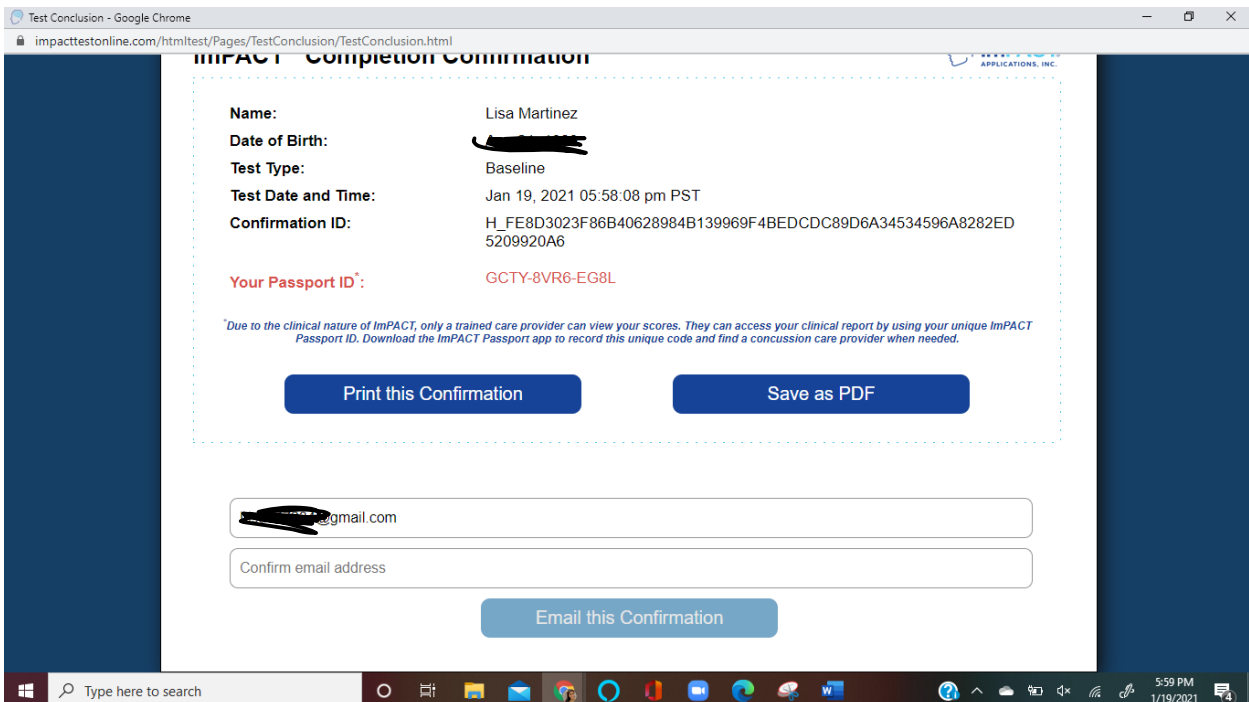
Enter Customer Code: **GHFWKGL8MT**

The screenshot shows a web browser window with the URL <https://www.impactestonline.com/htmlauncher/>. The page features the ImPACT logo, which includes a stylized brain icon. Below the logo, the text reads "ImPACT APPLICATIONS, INC." and "Please enter your Customer Code:". There is a text input field containing "GHFWKGL8MT" and a blue "Validate" button. At the bottom of the page, there is a red warning message: "Firefox and Internet Explorer users - please disable pop up blocker to launch the test." Below this, contact information is provided: "Contact Support", "Phone: (877) 646-7991", "Email: support@impactest.com", and "ImPACT Applications, Inc. © 2021". The Windows taskbar is visible at the bottom of the browser window.

- Follow prompt directions closely.
- Complete all demographic information for yourself (Student Athlete)
- Enter Additional Demographics



- Enter current sport information and any other concussion related injury information.
- *Current Sport position/event/class: what position would you normally play or regularly play.
- Upon completion of test, a confirmation page will appear. No need to send email, notify athletic trainer when completed to ensure the validation of test.





SWAY

- Baseline concussion test will be administered remote.
- Requirement: cell phone or tablet.
- Watch the Baseline session video for instructions: <https://youtu.be/Dv6tVfRiwwU>

For questions and concerns please contact the Athletic Training Department.

Lisa Martinez, M.S., ATC

Head Athletic Trainer

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<https://cometsathletics.com/>

