

**Re-socialization Back to Sport  
Helpful Tips for CCCATA Athletic Trainers**

1. Review the [CCCATA Re-socialization Back to Sport Guidelines Best Practices](#) and resources on the CCCATA COVID-19 resource page.
2. Create and/or become a part of your local Athletics COVID-19 Action Team. According to the NATA ICSM, the team should be comprised of the following stakeholders as appropriate:
  - Athletic Director or Designee
  - Healthcare Administrator
  - Athletic Trainer(s) (Sports Medicine)
  - Strength and Conditioning
  - Team Physician(s)
  - Student Health
  - University Crisis Management/ Emergency Preparedness
  - Counselling
  - Facilities
3. Ensure all policies are in alignment with your District and local county guidelines which supersede any other guidelines.
4. Ensure your team physician(s) are involved in your Athletics COVID-19 Action Team, and in all re-socialization decisions.
5. Have critical discussions regarding potential scenarios and formulate appropriate, district-aligned responses, with your COVID-19 Action Team. Here are some example scenarios to run through with your Athletics COVID-19 Action Team to allow critical thought and meaningful conversation.

Example scenario discussions:

- a. What do you do when a student-athlete, coach or other Athletics staff reports a positive symptom on the checklist? What would you do if you are traveling?
  1. \*Example of what one college would do?

First, assure policies and procedures are in alignment with county and district guidelines and in collaboration with the team physician In the event of a student-athlete (SA) reporting a positive symptom during one of the daily health screens there are a few steps that can be taken. First, if the symptom is a temperature of 100.4 deg F, the SA will be instructed to go home until they do not present with a fever for 72 hours. If the fever persists or they develop multiple positive symptoms, the SA will be instructed to get a COVID-19 lab test. The COVID-19 Physician Referral Form should be completed by a physician once the results of the lab tests are received. This completed form will be uploaded to our electronic medical records (Healthy Roster) software. The athletic director and coaching staff will be notified of the positive test. Next, the SA's team would be referred to a local COVID-19 testing site. Also, any family members, friends, and/or acquaintances of the infected SA would be notified and encouraged to get tested. The infected SA's would then be instructed to follow the self-isolation procedures. Clearance of self-isolation will be recommended based on the time-based strategy or test-based strategy. Return

to play will be allowed based on the severity of symptoms experienced by the SA and medical clearance (with documentation) from the treating physician.

- b. If an athletic trainer were to test positive for Covid-19, is physically ill or is otherwise incapable of working, what contingencies should be set to accommodate this loss in medical staffing? Is there a designated pool of part time athletic trainers available? Is there a specified sick leave/substitute protocol?
- c. Does the college insurance cover COVID-19 testing/care for a student-athlete, coach or Athletics staff? Federal, state and local COVID-19 specific resources, testing, care, etc. may be available.
- d. How will student-athletes travel safely? What social distancing concerns may still be in place in your county/district?
- e. What is the plan when a student-athlete, coach or other Athletics staff tests positive?
- f. What is the chain of communication for your institution regarding positive tests or contact traces? What is the process considering HIPAA/FERPA laws?
- g. Will you perform temperature checks? If so, how?
- h. How will your workload change with the extra COVID-19 tasks? How will you address these changes in addition to your normal daily health care operations?
- i. The athletic training facility will not be able to accommodate as many patients per CDC and other guidelines (physical distancing). Can you work with your athletic director to adjust/stagger practice schedules to maximize student-athlete health care provisions?
- j. Have you confirmed that your cleaning products are on the EPA list and effective against COVID-19 and are you familiar with the necessary contact time for the product to be effective? Have you discussed products and protocols with your facilities department?
- k. How are you going to document that your student-athletes and Athletics staff have received appropriate COVID-19 education prior to return to campus and throughout the year? How will this education be administered?
- l. Are your coaches familiar with the [National Strength and Conditioning Association's](#) 4-week return process?
- m. If your county is behind other counties in return to sport, how will your timeline be adjusted once your county clears return to sport?
- n. What if student-athletes/staff do not feel comfortable about coming back to campus? Should there/must there be alternative activities for student-athletes/staff?
- o. Which PPE is the athletic training department responsible for obtaining vs. which PPE is the college/district responsible for providing for the employees?
- p. It has been recommended to send out document to student athletes and coaches on what to expect coming back to campus during COVID era. Here is a [sample document](#).