

# Tahquitz High School Athletics

Tahquitz High School  
Athletic Training



## COVID-19 Policies & Procedures

Est. 2020

# Athletic Training COVID-19 Procedures

## Introduction:

All healthcare settings, regardless of the level of care provided, must make infection prevention a priority and must be equipped to observe standard precautions. Athletic training and athletic healthcare services are defined as services provided by members of the sports medicine staff and provided in athletic training rooms/athletic health care facilities and athletic venues for the schools and organizations. This includes athletic trainers, physicians, and physician assistants. This policy extends to other members of the medical team that may include physical therapists, athletic training students, fellows, and residents.

Athletic training rooms and athletic venues are clinical health care spaces that are typically shared environments with multiple individual and groups of athletes all seeking the attention of the athletic trainer or other members of the sports medicine staff during a short-consolidated period of time as the athlete prepares for practice or a game. This close contact environment in a shared space may act as a source for the spread of infection. It is therefore critical that infection control standards be adopted to attempt to mitigate the risk of transmitting infection.

Infection control in and around the athletic healthcare setting is a shared responsibility between the sports medicine staff, athletes, coaches, and the school/organization.

**Purpose-** To allow participation of high school athletics and to adhere to the health and safety guidelines established by the CDC, the following policies and procedures are to be established and implemented within Tahquitz High School sports medicine effective immediately upon reinstatement of sports.

## Standard Precautions

### Hand Hygiene/ Cough Etiquette

- Teach and reinforce handwashing with soap and water for at least 20 seconds
  - If soap and water are not readily available, hand sanitizer that contains at least 60% alcohol can be used (for staff and older children who can safely use hand sanitizer).
- Do not allow spitting and encourage everyone to cover their coughs and sneezes with a tissue or use the inside of their elbow. Used tissues should be thrown in the trash and hands washed immediately with soap and water for at least 20 seconds.
  - If soap and water are not readily available, hand sanitizer that contains at least 60% alcohol can be used.

### Personal Protective Equipment (PPE)

Teach and reinforce the use of cloth face coverings. Face coverings are not intended to protect the wearer, but rather to reduce the risk of spreading COVID-19 from the person wearing the mask (who may not have any symptoms of disease). Face coverings may be challenging for players (especially younger players) to wear while playing sports. Face coverings should be worn by coaches, youth sports staff, officials, parents, and spectators as much as possible.

Wearing cloth face coverings is most important when physical distancing is difficult.

People wearing face coverings should be reminded to not touch the face covering and to wash their hands frequently. Information should be provided to all participants on the proper use, removal, and washing of cloth face coverings.

Note: Cloth face coverings should not be placed on: Babies and children younger than 2 years old; Anyone who has trouble breathing or is unconscious; Anyone who is incapacitated or otherwise unable to remove the cloth face covering without assistance.

### **Cleaning & Disinfection**

Close off areas used by a sick person and do not use these areas until after cleaning and disinfecting them (for outdoor areas, this includes surfaces or shared objects in the area, if applicable).

Wait at least 24 hours before cleaning and disinfecting. If 24 hours is not feasible, wait as long as possible. Ensure safe and correct use and storage of cleaning external icon and disinfection products, including storing them securely away from children.

### **Waste Disposal**

Waste generated in the care of PUIs or patients with confirmed COVID-19 does not present additional considerations for wastewater disinfection in the United States. Coronaviruses are susceptible to the same disinfection conditions in community and healthcare settings as other viruses, so current disinfection conditions in wastewater treatment facilities are expected to be sufficient. This includes conditions for practices such as oxidation with hypochlorite (i.e., chlorine bleach) and peracetic acid, as well as inactivation using UV irradiation.

Wastewater workers should use standard practices including basic hygiene precautions and wear the recommended PPE as prescribed for their current work tasks when handling untreated waste. There is no evidence to suggest that employees of wastewater plants need any additional protections in relation to COVID-19.

## **COVID-19 Specific Recommendations**

The following are specific recommendations from the CDC when traveling anywhere outside your home.

- Education about the disease and how it spreads.
- Wash hands frequently, before leaving your home, after touching something foreign, and as soon as you return home.
- Person to person limited contact and maintaining distance of 6 feet at all times.
- Covering your mouth and nose with a cloth face cover when around others and sneezing into your elbow or shoulder whenever possible.
- Clean and disinfect surfaces you come into contact with on a daily basis, especially cell phones and keys.
- Monitor your health, know symptoms and signs, and take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen.

## **Modified ATR Procedures**

- a. Prevention (Max capacity 7 people (ATC included)
    - i. Everyone else will be asked to wait outside
    - ii. 1 person will enter as 1 person leaves
    - iii. The 6ft rule will be applied inside & outside of the clinic
  - a. Prior to leaving, each S/A will be responsible for wiping down all of the equipment used with an EPA registered cleaning solution
  - b. Temperature will be taken at the door prior to entering the ATR. Readings of all S/A's will be documented via infrared thermometer (contactless).
    - i. Below 98.6 F will be allowed to enter
    - ii. Above 99 F will be asked to wait outside for further questioning while involved personnel is being contacted.
    - iii. 100.4 F or higher will be removed from all physical activities, guardian will be notified, & the S/A will be required to f/u with their Primary Care Physician (PCP) & report findings back to the AT for documentation
  - c. Upon entrance, S/A will be asked to wash their hands for at least 20 seconds prior to receiving any treatment
  - d. Upon departure, S/A will be asked to wash their hands once they have completed their treatment or evaluation
  - b. Upon arrival & departure, AT will disinfect the ATR with an EPA registered cleaning solution
  - e. Face masks will be required when in the ATR
  - f. All personal items will be asked to be kept outside
  - g. The ATR will no longer be used as a hydration fill up station. All hydration will have to be brought by single student athlete and used only by them.*
1. **Injury Evaluation & Treatment**
    - a. Evaluations will be taken place by ATC if the student athlete (S/A) is to have followed the rules listed above.
    - b. Treatments that require contact will only be performed when deemed necessary and only take place if both parties have a cloth mask covering to limit exposure.
    - c. S/A must clean any surface they have come in contact with.
  2. **Rehabilitation Programs**

a. Rehabilitation programs will remain fully functional as usual. Weights, straps, balls, etc. must be sanitized before and after use. S/A is required to clean anything he or she or the ATC has believed they have come in contact with.

3. First Aid & Athletic Taping

a. When bloodborne exposure is evident, it is the responsibility of the ATC to fully protect themselves from coming in contact with blood or other bodily fluids.

b. Taping of any body part will be allowed if mask on both parties is present and athlete leaves the room as soon as they finish sanitizing their occupied space.

4. Hydration Station/Ice Machine Usage

a. Athletes will have to be responsible for their own hydration and remembering to bring their own for of hydration and canister i.e. Water bottle, small jug, cups for personal usage.

b. ATC will no longer bring out water to games and practices for personal protection from exposure.

c. Ice machines can and only will be used for the purpose of the treatment of injuries. No personal usage for water bottles.

## **COVID 19**

### **Signs & Symptoms**

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness.

Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

Cough / Shortness of breath or difficulty breathing / Fever / Chills / Muscle pain / Sore throat / New loss of taste or smell

This list is not all possible symptoms. Other less common symptoms have been reported, including gastrointestinal symptoms like nausea, vomiting, or diarrhea.

### **1. S/A Presenting w/ Signs & Symptoms**

S/A who have any of the above signs and symptoms should first not be at school, in public, or competing in athletics. If they are present in the clinic with any of the signs and symptoms, they will be asked to have their parents come pick them up and transport them to the nearest testing center for covid-19. A full list of the current sites offering testing are located under covid 19 testing below. If their vitals diminish between the time of their initial check and when their parents arrive, emergency medical support will be called.

### **2. Medical History Questionnaire**

The following questions will be added to the current Medical History Questionnaire athletes use to submit their physicals prior to their athletic competition season.

- Were you ever evaluated or tested for Covid-19? If yes when?
- Were you ever diagnosed with Covid-19? If yes when?
- If you were diagnosed with Covid-19 how long were you under home-isolation?
- Were you ever admitted to the hospital for Covid-19?
- Have you been around anyone who was diagnosed with Covid-19 within the last 6 months?
- Have you traveled outside of the country within the last 6 months? If yes where?

### **3. Documentation**

- All athletes and student athletic trainers will be tested each day and have their temperature tested and their signs and symptoms reported via EMR. If the Student athletic trainers and ATC are cleared, they will be allowed to be in the room with the distance, mask, and sanitizing restrictions in place. A daily record of all entries will be kept on file on computer in which is triple password protected.

### **COVID 19 Testing**

#### **When to get testing:**

1. Look for emergency warning signs\* for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately
2. Trouble breathing
3. Persistent pain or pressure in the chest
4. New confusion
5. Inability to wake or stay awake
6. Bluish lips or face
7. \*This list is not all possible symptoms. Please call a medical provider for any other symptoms that are severe or concerning to someone.
8. Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.

### **Testing Sites-**

Hemet Global Medical Center: 1117 E Devonshire Ave, Hemet

Mead Valley Senior Center: 21091 Rider St., Suite 102, Perris.

Moses Schaffer Community Center: 21565 Steele Peak, Perris

Jurupa Valley Fleet Center: 5293 Mission Blvd., Riverside

Noble Creek Community Center: 390 W. Oak Valley Pkwy., Beaumont.

Valle Vista Community Center: 43935 E. Acacia Ave., Hemet.

## Game & Practice Coverage

Prior to any athletic event (game or practice), either the ATC or the coach of every team will take temperatures and record signs and symptoms sheets from each participating athlete. It will be documented each day and placed on the ATC's computer which is triple password protected.

-Below 98.6 F will be allowed to participate

-Above 99 F will be asked to wait for further questioning while involved personnel (ATC/Physician) is being contacted.

-100.4 F or higher will be removed from all physical activities, guardian will be notified, & the S/A will be required to follow up with their Primary Care Physician (PCP) & report findings back to the AT for documentation.

### 1a. Athletic Practices for Indoor Sports

- a. Athletes are still expected to remain 6 feet apart with masks in locker rooms and in warmups.
- b. Sports such as basketball and volleyball will have reserve players in an additional row behind the starting players to ensure a safe distance. Cheer, basketball, and volleyball will have to maintain safe 6 foot distance as much as possible. All practices will be held with face coverings until CIF and the CDC state otherwise.
- c. Athletes are only to use and drink out of their own water bottles and only use their own towel for sweat. They must reuse the same chair they sit in and use the same locker for their belongings.
- d. Athletes must wash their clothes immediately after practice and wipe down everything with an EPA registered cleaning solution.

### 1b. Athletic Competition for Indoor Sports

- a. Athletes are required to wear cloth masks, maintain 6-foot distance as much as possible, and sanitize items prior to usage with an EPA registered cleaning solution. The same applies for visiting teams.
- b. Volleyball is not to switch seating sides between game sets for the increased risk of exposure.
- c. Wrestling must have their mats wiped off completely with an EPA registered cleaning solution between each match. Masks must be worn. No additional contact from the referees or other athletes or coaches will be advised.

### 2a. Athletic Practices for Outdoor Sports

- a. Athletes are still expected to remain 6 feet apart with masks in locker rooms and in warmups.
- b. Athletes are only to use their own equipment and sanitize it prior and after each use.
- c. Athletes are to drink out of their own water bottles and use their own towel for sweat.

d. Athletes must wash clothes immediately after practice and sanitize everything used with EPA approved products.

2b. Athletic Competition for Outdoor Sports

a. Athletes are required to wear cloth masks, maintain 6-foot distance as much as possible, and sanitize items prior to usage with an EPA registered cleaning solution. The same applies for visiting teams.

b. All outdoor sports, XC, Tennis, Football, Soccer, Baseball, Softball, Aquatics, Track and Field, and Golf are required to check in with their coaches or ATC to clear perform their signs and symptoms check and temperature check. It will be documented and recorded on the ATC triple password protected computer.

c. Baseball and Softball starting players are only allowed to be in the dugouts during the game and the reserve players will have to remain outside 6 feet apart.

d. Soccer reserve players will need additional bench space to remain their safe 6-foot distance from each other.

e. Football players will have to wear a mask under their helmets for competition and practice. They will need to line up behind each other or expand the zone to accommodate only players, coaches, and medical staff. For hydration, the “water buffalo” hydration system may be used if someone, with a mask and free of covid signs and symptoms is wiping the surface of the nozzle after each use with EPA approved solution.



# **EMERGENCY ACTION PLAN**

## **TAHQUITZ HIGH SCHOOL**

**1. DIAL 9-1-1 FROM CELL PHONE OR CONTACT ADMINISTRATION (SECURITY, ATHLETIC DIRECTOR, ATHLETIC TRAINER)**

**2. REQUEST EMERGENCY ASSISTANCE AT:**

Tahquitz High School (SPECIFY VENUE)  
4425 Titan Trail  
Hemet, CA 92545  
Phone: 951-765-6300

**\*\*\*Directions: Enter through service road in front of the school just north of baseball field. Someone will be there to flag you down.**

**3. SPECIFIC INFORMATION GIVEN:**

Address/Specific location and directions  
Number of injured athletes  
Condition of injured athlete(s)  
Treatment rendered/To be rendered

**4. Control scene: designate person to “flag down” and direct EMS, crowd control.**

**5. Provide EMS with insurance and emergency contact information (if consent form is available).  
Indicate to operate if Covid-19 symptoms were present.**

**6. Other personnel to notify:**

- Emergency Contact/Legal Guardian
- **Athletic Trainer:** Eric Saldana  
Cell Phone: (951) 206-0193
- **Athletic Director:** Mike Sims  
Cell Phone: (626) 523-0698  
School Phone: (951) 765-6300 X205
- **Plant Manager:** Wendy James  
Cell Phone: (714) 349-6887

### **The closest medical facilities are:**

Hemet Valley Medical Center  
1117 East Devonshire Ave.  
Hemet, CA 92543

Moreno Valley Community Hospital  
27300 Iris Ave.  
Moreno Valley, CA 92555

Moreno Beach Urgent Care Center  
27640 Eucalyptus Ave.  
Moreno Valley, CA 92555  
(951) 243-2200

**References:**

[http://demo.qualityandsafetynetwork.com/downloads/17\\_05\\_RG.pdf](http://demo.qualityandsafetynetwork.com/downloads/17_05_RG.pdf)

<https://www.cdc.gov/hai/settings/outpatient/outpatient-care-guidelines.html>

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/index.html>

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/faq.html>

<https://www.cdc.gov/coronavirus/2019-nCoV/hcp/clinical-criteria.html>