Covid-19 Campus Athletics Guidelines

The following guidelines and protocols are established in accordance with SY 20-21, Executive Order GA-38, TEA Public Health Guidance of September 17, 2021, and CDC Guidelines for Institutions of Higher Education as of November 3, 2021, as well as the widespread availability of vaccines to the SARS-CoV-2, the virus that leads to the disease, COVID-19.

The following guidelines are also based on collections of information, recommendations, and protocols provided by the following institutions: ACCHD, CDC, WHO, NCAA, NJCAA, USCAH, and NATA.

This information is subject to change as new resources and information become available.

These Guidelines have been modified from the interim public health recommendations as of November 9, 2021, Guidance for COVID-19 Prevention in K-12 Schools as of November 4, 2021, by the Centers for Disease Control, and Prevention in regards to the B.1.617.2 (Delta) Variant.

***If you need to report a Covid-19 case or if you need to report that you have been exposed to someone who tested positive for Covid-19, send an email promptly to covid@angelina.edu. Remember to notify your instructor via email as well.

What is SARS-COV-2?

SARS-COV-2 stands for Severe Acute Respiratory Syndrome Coronavirus 2. It is the virus that causes the disease COVID-19 (previously known as “2019 novel coronavirus”).

COVID-19 is mostly spread by respiratory droplets released when people talk, cough, or sneeze. It is thought that the virus may spread to hands from a contaminated surface and then to the nose or mouth, causing infection.

The Center for Disease Control (CDC) believes at this time that symptoms may appear 2-14 days after exposure and/or close contact.
Symptoms may be flu-like, ranging from mild to serious, and include:

- Cough
- Fatigue
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell
- Nausea
- Vomiting
- Diarrhea

Look out for emergency warning signs for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake.
- Bluish lips or face

This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning to you.

How Does COVID-19 Spread?

- Current evidence suggests that the virus spreads mainly between people who are in close contact with each other, typically within 6 feet by way of:
  - Infected respiratory droplets, aerosols, and liquid particles when an infected person sneezes, speaks, coughs, sings, and breathes coming in contact with another person’s eyes, nose, or mouth.
  - In indoor spaces/settings, aerosols remain suspended in the air longer and/or travel farther than 6 feet, potentially increasing risk.
  - People may also become infected by touching surfaces that have been contaminated by the virus when touching their eyes, nose, or mouth without cleaning their hands.
Preventing the Spread of SARS-CoV-2

Key prevention strategies include:

- **COVID-19 Vaccination**
  - Angelina College will be providing access to the vaccine to those who want it.
  - Being fully vaccinated will not only protect yourself, but also protects those around you who are not fully vaccinated or may be at high risk of health complications associated with COVID-19.

- **Wear a mask.**
  - Executive Order GA-38 declares that no governmental agency in Texas may require a person to wear a face covering.
  - It is encouraged that individuals continue to wear a mask to prevent the spread of infection even if fully vaccinated.

- **Physical/Social distancing when possible**
  - It is recommended that faculty, staff, and students socially distance 6 feet when on campus if possible.

- **Wash your hands often with soap and water for **AT LEAST 20 SECONDS**. If soap and water are not available, use alcohol-based hand sanitizer.

- **Testing for COVID-19 and Contact tracing**
  - Fully vaccinated faculty, staff, and students do not need to undergo routine COVID-19 screening testing.
  - If a fully vaccinated person is exposed to someone with COVID-19 or exhibiting COVID-19 symptoms, it is recommended that they get tested upon onset of symptoms or on the 5th-7th day after exposure for asymptomatic.

- **Maintaining healthy environments (increased ventilation and cleaning)**

- **Maintaining healthy operations (communication, supportive policies, and health equity)**

**Definitions:**

- **Isolation** – keeping an individual who has become infected with the virus/COVID-19 away from others.
  - Isolation is most effective if the infected person stays isolated in a sick room and uses a separate restroom, if available.

- **Quarantine** – Keeping an individual who has been exposed to the virus/COVID-19 away from others while monitoring their health and symptoms, if any.

- **Close Contact** – An individual who has been within 6 feet of someone who has COVID-19 for a total of 15 minutes or more.
  - OR being directly exposed to infectious secretions.

- **Exposure** – And individual who has come into contact with a cause of, or possessing a characteristic that is a determinant of, a particular health problem.
Guidelines–

Arrival to Campus

- Prior to arriving:
  - It is encouraged to be vaccinated.
  - If not vaccinated, it is recommended to quarantine/stay-at-home for 10 days.
- Upon Arriving:
  - Take steps to maximize mitigation and spread reduction wherever and whenever possible (see prevention strategies listed above)
  - If not vaccinated for COVID-19, become vaccinated, if able.

Isolation and Quarantine

If someone develops flu-like symptoms or is exposed to a person who has COVID-19:

- If an individual develops symptoms of COVID-19 while on campus, it is recommended that they get tested for COVID-19.
  - For an individual with COVID-19, they will be required to Isolate for 10 days after symptom onset and after the resolution of fever for minimum 24 hours without using fever reducing drugs while monitoring their symptoms.
  - If an individual never develops symptoms, isolation and other precautions can be ended after 10 days after their first positive RT-PCR test result for SARS-CoV-2/COVID-19.
  - For individuals who come into close contact to an individual with COVID-19, they will be required to quarantine. The quarantine may end when ALL the following criteria have been met:
    - At least 14 days have passed
    - At least 24 hours have passed since resolution of fever without the use of fever reducing medications
    - Other symptoms have improved
- Individuals who are fully vaccinated with no COVID-like symptoms do not need to quarantine or be restricted from work following close contact to someone with suspected or confirmed COVID-19.
- Fully vaccinated people should get tested 5-7 days after their exposure, even if they don’t have symptoms and wear a mask indoors in public for 14 days following exposure or until their test result is negative.
- Individuals who are fully vaccinated and test positive for COVID-19 will need to isolate for 10 days.

Individuals who are in close contact in a classroom/work setting to a Positive COVID-19 case may remain in the classroom/work setting IF ALL individuals were consistently wearing masks.
If the Positive COVID-19 individual was NOT wearing a mask, then other factors are considered. I.e....
coughing, length of contact, environment (indoors/outdoors/vehicle/etc.) and the guidance is given
based on those factors and may deem necessary to exclude those in the classroom/work setting for
the required quarantine period. (ACCHD 08-05-21)

International Students

Before boarding a flight to the United States, you are required to show one of the following:

- If you are **fully vaccinated**: Proof of vaccination and a negative COVID-19 test result taken no
  more than 3 days before travel.
- If you are **NOT fully vaccinated**: A negative COVID-19 test result taken no more than 1 day
  before travel.

- Children under 2 years old do not need to test. There is also an option for people who have
  documented recovery from COVID-19 in the past 90 days.
- If you recently recovered from COVID-19, you may instead travel with documentation of recovery
  from COVID-19 (i.e., your positive COVID-19 viral test result on a sample taken no more than 90
days before the flight’s departure from a foreign country and a letter from a licensed healthcare
  provider or a public health official stating that you were cleared to travel).

Make sure to plan ahead:

- Check the current [COVID-19 situation at your destination].
- Follow all airline requirements as well as any [requirements at your destination], including mask
  wearing, proof of vaccination, testing, or quarantine. Requirements may differ from U.S.
  requirements. If you do not follow your destination’s requirements, you may be denied entry
  and required to return to the United States.

If a Student Becomes Ill or Develops COVID-19

- Notify their instructors to ensure as little material is missed as possible for classes.
- Note the date so as to properly track the duration of quarantine/isolation

As of Aug-11-2021 Angelina College Staff/Management Personnel are deemed “essential.”
Guidance for AC Staff/Management Essential Personnel are:

- ALL individuals when exposed to a COVID-19 positive person can:
  - Remain on campus and continue their regular duties while FULLY MASKED at all times when in the presence of others.
    - Preferably an N-95 or two surgical masks to avoid infecting others.
- If an individual becomes symptomatic, they are to leave campus and seek testing, or remain off campus for at least 10 days after symptom onset, and at least one-day symptom free without medication.
- If they choose not to wear a mask, they should remain in quarantine for the recommended 14-day period.
- Any individual who tests positive can return 10 days after symptom onset (or positive test date for asymptomatic) and at least one-day symptom free without medication.

In AC Facilities:

Classroom

- GA-38 states Texas school systems cannot require students or staff to wear masks.
- Individuals are allowed to wear masks if they so choose to.

Library/Tutoring

- Angelina College currently accepts walk-ins or email reservations for computers.
- Students can visit the Angelina College library to reserve a computer: https://www.angelina.edu/ac-library
- Free Tutoring is available. Students can walk-in or send an email to request a tutor. They can do so at: tutoring@angelina.edu

Cafeteria

- Currently, there is little evidence to suggest that COVID-19 is spread by handling or eating food. However, consuming refreshments, snacks, and meals with persons not from the same household may increase the risk of getting and spreading COVID-19 among people who are not fully vaccinated because masks are removed when eating or drinking.
- Promote prevention measures.
  - Wash hands for at least 20 seconds before and after eating.
  - Avoid crowding.
    - In indoor dining areas, people who are not fully vaccinated should wear a mask when not actively eating or drinking and physically distance.
  - Consider to-go options and/or outdoor dining.
**Dormitory**

- In the event that someone living on campus thinks or may have a confirmed case of COVID-19, they are encouraged to be tested.
- Angelina College should work to notify those who may have had close contact with the sick individual while maintaining the confidentiality of the individual.
- Angelina College should provide the ill person with information on how to care for themselves and when to seek medical attention.
- Encourage residents with COVID-19 symptoms and their roommates and close contacts to self-isolate and limit their use of shared spaces as much as possible.
- Encourage staff, other residents, caregivers, and others who visit persons with COVID-19 symptoms to follow recommended precautions to prevent the spread.
  - The Cafeteria will provide three takeout meals per day to the dorm rooms with individuals who are in quarantine.
- Those who have been in close contact (i.e., less than 6 feet for 15 mins or longer) with a resident who has confirmed or suspected COVID-19 should monitor their health and call their healthcare provider if they develop symptoms suggestive of COVID-19.
- Angelina College should be prepared for the potential need to transport persons with suspected or confirmed COVID-19 for testing or non-urgent medical care.
  - Avoid using public transportation, ride-sharing, or taxis. Follow guidelines for cleaning and disinfecting any transport vehicles.
- For student athletes living on campus who are in quarantine/isolation:
  - The student athlete’s coach should regularly follow-up with their student athletes in quarantine/isolation.

**Weight Room**

- Access to the facility will be given by athletics/PHED personnel.
- ALL students will adhere to weight room rules.
- Every piece of equipment used must be cleaned re-racked when finished with use.
- Wash hands before and after use of facility.
- Door MUST remain opened if in use; it will remain closed and locked when not in use.

**Locker Rooms**

- Access to these facilities will be given by the appropriate member of the athletics/PHED department.
- Individuals who are fully vaccinated not required to wear a mask while in the locker rooms.
  - Individuals who are not vaccinated are encouraged to wear a mask.
• Individuals who are fully vaccinated are not required to social/physical distance while in the locker rooms.
  o Individuals who are not vaccinated are encouraged to social distance, if able.
• Routine hygiene and sanitation are encouraged to prevent spread of possible infection (COVID-19, MRSA, Tinea Corporis, Staphylococcus, etc.)

Laundry Room

Due to the risk of COVID-19 potentially spreading by way of contact with surfaces it is recommended that gloves and masks be worn when washing, clothes, uniforms, towels, and practice gear that are not your own.

Athletic Training Clinic

• 4 patients maximum
• A facemask must be worn before entering the athletic training clinic and during the duration of treatment, rehabilitation, etc.
• If more than 4 patients need treatment, some modifications can be made
• Treatment tables will be sanitized after every use
• 1 person at a time in the whirlpools.
• Whirlpool rim and benches will be wiped down in between uses.
• Temperature checks before entering the clinic
• Washing or sanitizing hands before and after visits is encouraged.

Student Athletes who have recovered from COVID-19:

• Cardiac Considerations for College Student-Athletes during the COVID-19 Pandemic

COVID SAFETY RECOMMENDATIONS Return to Exercise Following COVID-19 Disruption

• https://d2o2figo6ddd0g.cloudfront.net/7/9/wxt4n9fq6plt8n/USCAH_COVID_Safety__Return_to_Play_-_Feb_2021.pdf

COVID Safety recommendations for Team Travel and Logistics

The following comes from the US Council for Athletes’ Health:
USCAH_COVID_Safety__Team_Travel_and_Non_Sport_Activities_-_Feb_2021.pdf (d2o2figo6ddd0g.cloudfront.net)
Athletes and coaches should not participate if they:

- Exhibit any symptoms of COVID-19.
- Have been in contact with someone with COVID-19 in the last 14 days.
- Are a vulnerable individual
  - a vulnerable individual is an elderly individual and/or an individual with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma and those whose immune system is compromised such as by chemotherapy for cancer and other conditions requiring such therapy.

Travel Recommendations

- Maintain masking and recommended social distancing in all travel vehicles.
- Discourage eating while on planes, buses, cars, etc.
- Have hand sanitizer and additional personal protective equipment available in all travel vehicles
- Consider strategies to increase ventilation when possible for all travel vehicles.
- Limit overnight travel whenever possible.
- Maintain roommate consistency in hotels; ensure that masking and social distancing continues in hotel rooms.
- Maintain travel logs and seating charts in the event that contact tracing needs to occur.
- Institutions should have an approved plan in place for returning a medically stable student athlete, that is suspicious for COVID-19, back to campus.

Team Meals

- Limit and discourage eating in travel vehicles.
- Limit use of dining-in at restaurants and maintain social distancing during team meals.
- Meals should be individualized. Buffet/family style meals should be avoided.
- Plan to have individually wrapped sacks available at game site

Team Meeting and Media Interactions

- Utilize virtual options whenever possible, even while traveling.
- Maintain masking and recommended social distancing for all in person meetings and interviews.
- Limit in person meeting attendance to necessary personnel with small group meetings preferred.
- Maintain masking and recommended social distancing in locker rooms; only necessary personnel should be admitted.
- Time spent in enclosed areas should be limited.
Screening and Testing Around Travel

- Travel party should undergo symptom screening prior to departure.
  - If a team is in a COVID-19 testing protocol, the most recent COVID-19 test result should be known for all travel party members prior to departure.
- Teams should be prepared to provide the host institution with current screening and testing status.
- Teams should complete screening required by host institution, if requested.

Practices and Competitions

To maximize mitigation efforts to prevent and control the spread of COVID-19 the follow guidelines are recommended:

- If possible, practice sessions should be broken up and their schedules staggered to allow for smaller groups.
- All equipment should be routinely sanitized.
- Water will be provided by way of disposable non-reusable cups for both home and away benches.
  - Individualized/personal water bottles is also acceptable.
- When indoors and not participating in drills, a mask or face shield is encouraged.
  - Individuals who are fully vaccinated need not wear a mask or shield.
- Follow the safe RTT (Return to Training) program implementation
- Wash hands before and after participation.
- Equipment sanitized after use.
Region XIV Athletic Conference Game Day Covid Protocols

1. Traveling teams will be asked to abide by the policies in place by the host school including what facilities are available and guidelines of use per specific facility. Host school should notify visiting teams in advance of any pertinent guidelines per facility. Facility guidelines must be uploaded to the shared Region 14 Google Drive folder by January 15, 2021.

2. Temperature checks and symptom assessments are required for all student-athletes, coaches, and game personnel prior to each competition. Visiting teams are required to have Athletic Trainer or designated school representative check temperatures (At or above 100.4 d/f not allowed to enter, travel or participate in sanctioned activities) and do symptom (CDC recommended symptoms) assessments before departing from their home location for all coaches, athletes, and other team personnel. Screening should take place inside a building to ensure temperature accuracy.
   - Any persons with symptoms related to illness will not be allowed to board transportation or travel to away competition.
   - Assessment results must be recorded on the day of competition on the Region 14 Team Party Screening Form and submitted to the host school's Game Administrator or Athletic Trainer upon arrival to the host competition site.
   - Traveling teams who fail to provide documentation of athlete screening may not be allowed to compete.
   - Visiting teams will be required to check temperatures as the team gets off the bus at the game site.

3. Athletes should dress/receive treatment at home campus in order to minimize locker room and athletic training room use if at all possible. If a visiting locker room facility is not available, the home team must notify the visiting team at least 24 hours advance of game time. If locker room access is not available for the visiting team, that team should arrive at games with uniforms on and dressed ready to play.

4. Each team should bring water bottles for their team. Water coolers will be provided. Home team will show visiting teams where to access water. Each team will be responsible for filling their own water bottles.

5. Support groups, (cheer, band, pom squads, media, ect.) have a marked off section in the stands and not on the sidelines/court.
6. Limit student-athlete fan engagement before and after competition by allowing where applicable approximately 15 feet between the team benches and the fans and block off rows of bleachers to allow for a 15 foot parameter around the playing court.

7. Fans are not allowed on the playing areas or locker room area at any time, and team personnel are not allowed in the fan areas of the facility.

8. All spectators will be expected to clear the competition facility immediately at the conclusion of each contest.

9. Encourage 6 foot social distancing for fans during the event according to CDC policy. (For example, marking off every other row in the stands.)

10. Face Coverings will be required for all indoor sporting events for fans and game day personnel. Players will only be exempt from this requirement when actually on the court during warm-up or on the court during the game. (For example, only the 10 players on the court in basketball do not have to wear face coverings.) All players and staff will be required to wear face coverings when on the bench. Face coverings will only be required during outdoor events when social distancing is not possible outside of the playing surface, such as in the dugout or team bench.

11. Teams will provide their own warm-up balls per specific sport guidelines.

12. No touch rule – players should refrain from high fives, handshakes, and other physical contact with teammates, opposing players, coaches, and officials at all times.

13. Pre-game meetings should be limited to essential personnel only and face covering/social distancing required.

14. **Positive COVID-19 Test of a Region XIV Student-Athlete or Staff Member**

   - The process of contact tracing, isolating, sample testing etc. should be adhered to by the guidelines set forth by the Centers for Disease Control and Prevention, State, and Local policies.
   - If a Region XIV student-athlete or athletics staff member that participates in any way in competition tests positive for COVID-19, the Athletic Director at that school must complete the required online form to notify the ADs in that sport of the positive case.
     - The online form can be accessed at [https://forms.gle/pJrqS1oQkLBExW36](https://forms.gle/pJrqS1oQkLBExW36)
   - Any individual that has been adversely affected by COVID-19 (positive test, exposure, symptoms, etc) may not participate in any NJCAA competition for a minimum of 7 days per CDC guidelines and until the requirements of that individual’s institution are met to return from quarantine.
Region XIV Athletic Conference Team Travel Roster
COVID-19 Screening Form - Student-Athletes & Staff

This form MUST be completed prior to leaving campus and signed by the school's ATC or other designated representative. The travel roster MUST be given to the host administrator or host athletic trainer upon arrival. If not provided to host school, the visiting team may not be allowed to compete.

School Name: ____________________________________________

Sport: ____________________________________________________

Date: _____________________________________________________

All individuals travelling with team must be listed and sign below. If individual is a not a participating player, put a checkmark on the column marked "Non-Player". By signing, each individual is confirming that he/she is not currently experiencing any symptoms indicative of COVID-19 (fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea).

<table>
<thead>
<tr>
<th>Name</th>
<th>Non-Player</th>
<th>Signature</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

I attest that the above list of individuals has been temperature checked and such check did not indicate a temp of 100.4 or above for any individual listed.

Designated Signator's Name:

Signature: _____________________________________________

Date: ________________________________________________