



## COVID-19 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 4, 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 Delta and Omicron variants.

**\*\*\*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](mailto:covid@angelina.edu). Remember to notify your instructors 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
  - 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.
- Wearing 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 5<sup>th</sup>-7<sup>th</sup> 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 – Contact with someone infected with SARS-CoV-2, the virus that causes COVID-19, in a way that increases the likelihood of getting infected with the virus.

### Guidelines:

#### 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 at least 5 full days after symptom onset and after the resolution of fever for minimum 24 hours without using fever-reducing drugs, while monitoring their symptoms. For the next days 6-10, double surgical masks or an N95 mask must be worn on campus (ACCHD). If one chooses not to wear a mask, they may continue to isolate at home for the remaining days 6-10.
  - If an individual never develops symptoms, isolation can be ended after 5 full days from their first positive RT-PCR test result for SARS-CoV-2/COVID-19. For the next days 6-10, double surgical masks or an N95 mask must be worn on campus (ACCHD). If one



chooses not to wear a mask, they may continue to isolate at home for the remaining days 6-10.

- Individuals who have been exposed to someone with COVID-19:
  - Wear double masks or N95 for 10 days
    - For 10 days after your last close contact with someone with COVID-19, watch for fever (100.4°F or greater), cough, shortness of breath, or other COVID-19 symptoms .
    - If you develop symptoms, get tested immediately and isolate until you receive your test results. If you test positive, follow isolation recommendations.
    - If you do not develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.
- **Fully vaccinated or unvaccinated** 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 at least 5 days and then wear double surgical mask or N95 mask for days 6-10, if returning to campus (ACCHD).

***Individuals who were in close contact in a classroom/work setting to a positive COVID-19 case may remain in the classroom/work setting IF ALL individuals are consistently wearing masks. If a classroom/work setting has had one or more positive Covid cases, all exposed individuals should wear a mask around others for 10 days and watch for symptoms.***

## 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 in order to properly track the duration of quarantine/isolation
- Monitor symptoms and look out for emergency signs and symptoms of COVID-19.

#### **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.
    - Double surgical masks or one N95 mask to avoid infecting others (ACCHD)
- If an individual becomes symptomatic, they are to leave campus and seek testing, or remain off campus for at least 5 days after symptom onset, and at least one day fever-free without medication and improved symptoms.
- **If they choose not to wear a mask**, they should remain in quarantine for the recommended 10-day period.
- Any individual who tests positive can return 5 days after symptom onset (or positive test date for asymptomatic) and at least one day no fever without medication, and with symptoms improving. Mask to be worn days 6-10 (ACCHD).

#### **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 at:  
[tutoring@angelina.edu](mailto: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.

### Residence Hall

- 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 residence hall 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.](#)
  - [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 should 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
- [https://www.amssm.org/Content/pdf-files/COVID19/NCAA\\_COVID-19\\_30-APR-2021.pdf](https://www.amssm.org/Content/pdf-files/COVID19/NCAA_COVID-19_30-APR-2021.pdf)



## **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](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](https://d2o2figo6ddd0g.cloudfront.net/USCAH_COVID_Safety_Team_Travel_and_Non_Sport_Activities_-_Feb_2021.pdf)  
([d2o2figo6ddd0g.cloudfront.net](https://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 are 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.