



SLUH

SLUH Athletics COVID-19 Protocols (Updated 11/3)

Overview Statement

This document is an evolving document that reflects the general best practices for SLUH Athletics in an effort to prioritize safety of student-athletes, coaches, athletics staff, and the SLUH community as a whole. As required by the City of St. Louis Department of Health, each of our 19 sports will have a set of unique protocols that must be approved prior to that sport beginning competition against opponents outside the SLUH community. Further, for sports that host contests on the SLUH campus, a set of home contest protocols will be designed and shared with SLUH coaches, coaches and administrators for our opponent, and the officials for that contest.

Protocols outlined in this document reflect recommendations made by the National Federation of State High School Associations (NFHS), Missouri State High School Activities Association (MSHSAA) and state and local government and health organization recommendations and policies. Please note that, except for scheduled athletic activities organized and attended by our coaches, all athletic facilities will continue to be off limits.

SLUH will expect staff and student-athletes to take steps to protect themselves and those around them from the spread of COVID-19. It is critical to everyone's health and safety that all student-athletes, coaches and staff fully understand this objective at all times and take responsibility for following these guidelines seriously. Anyone with an underlying condition that could be at greater risk of COVID-19 should consult a physician prior to participating. If a student-athlete and his family do not feel comfortable with participation in any activity, please contact the appropriate coach prior to the next scheduled session.

On Campus Activities

Prior to Arrival

> All student-athletes/families need to complete all forms, signatures, and document uploads on PRIVIT.

> To complete these items on the SLUH PRIVIT page, please use this link:

<https://sluh-mo.e-ppe.com/index.jspa>

> For questions or concerns related to the forms or PRIVIT, please contact our athletic trainers: Kim Bruhn (kbruhn@sluh.org) and Jon McCutchen (jmccutchen@sluh.org)

Entry and Exit Procedure

- > Unless otherwise stipulated, all student-athletes are required to enter SLUH facilities from the Science Center lot or the Drury Plaza dropoff area.
- > No student-athlete will be allowed to participate until his PRIVIT account is marked clear by a member of the SLUH medical staff.
- > Parents must stay in their cars during the dropoff and pickup processes, as well as on the parking lot (the Science Center lot for campus activities) should they elect to remain on site during a session.
- > No congregating by student-athletes is permitted before, during, or after a session.

Off Campus Activities

- > Coaches leading activities under the umbrella of SLUH Athletics at an off-campus venue must:
 - > Verify that all student-athletes in attendance have all forms, signatures, and document uploads on PRIVIT.
 - > Contact the facility in order to be aware of and create a plan that adheres to the protocols of the facility.
 - > Share the protocols of the facility with student-athletes and families in advance of your sessions.
 - > Become familiar with the directives of the government and health department for the county in which the venue resides.
 - > If there is not a screening process prior to entry at the venue, implement the same screening process followed for SLUH Athletics activities that take place on campus.
 - > At a minimum, send a list to Chris Muskopf, Kim Bruhn and Jon McCutchen of all coaches and student-athletes in attendance on particular dates of sessions. This list will be needed if contact tracing needs to occur within our community.
 - > Follow the same criteria as specified in this and subsequent documents issued by the SLUH administration.

Screening Process for All Activity Sessions

- > Student-athletes should arrive approximately 10-15 minutes before a scheduled session to give time to complete the screening process.
- > Student-athletes and coaches/staff will be screened every time they arrive at an activity session in order to track who is participating and when they are participating.
- > Student-athletes and coaches/staff will use their phone to scan in when they arrive on campus and complete an online questionnaire based on CDC guidelines in regards to symptoms.
- > If student-athletes do not have a device or encounter difficulty with the screening survey, a device will be available at the entrance and an adult staff member will work with the student-athlete to complete the screening survey.
- > Everyone will also have their temperature checked and the results of the temperature check will be included on the questionnaire.
- > If anyone answers "YES" to any of the questions, manifests symptoms during the screening process, or has a temperature over 100.4, they will be sent home immediately.

The screening questions will be:

- > Have you had any contact with a person who is/was positive for COVID-19?
- > Are you exhibiting any signs of new or worsening cough or shortness of breath/difficulty breathing?
- > Are you exhibiting any symptoms of the following: chills, repeated shaking with chills, muscle pain, headache, sore throat/congestion/runny nose (not caused by allergies), new loss of taste or smell, or diarrhea?
- > Was your temperature at or over 100.4 at the time it was checked on campus?

Parameters/Protocols for SLUH Sports

- > Under current conditions, all SLUH sports with sport-specific protocols approved by the City of St. Louis Department of Health are allowed to conduct full practices, intra-squad competitions, and contests against other schools in the St. Louis region (defined as St. Louis City, St. Louis County, Jefferson County, Franklin County, and St. Charles County).
- > It is recommended that all SLUH sports still conduct activities in smaller groups, when possible, in order to facilitate contact tracing and avoid quarantine for the entire team/program in response to exposures to and/or positive tests for COVID-19
- > Start times for sports utilizing campus facilities will be staggered by at least 15 minutes so that traffic flow of cars and student-athletes can be monitored and so that medical and administrative staff can support each group's entry and screening processes.
- > Since classes have begun, no student-athlete should be active on campus for more than 2 hours each day.
- > In order to minimize the risk of the spread of COVID-19, coaches and student-athletes will be expected to wear masks and remain physically-distanced at 6 feet apart for as much of their activity session as possible, including any group conversations at the beginning or end of the session.
- > Sport-specific equipment is allowed to be used during sessions only if the equipment can be sanitized between reps by individuals in the group.
- > If possible, equipment used during a session should be supplied by the student-athletes participating in the session.
- > If any equipment belonging to the school is used during a session, it should be returned after the session and thoroughly wiped down by the coach with the group in which it was used.
- > Only students and coaches will be allowed at any session.
- > Parents/guardians need to remain in their vehicle during each session.
- > All individuals will need to avoid physical contact with others during each session, including high fives, huddles, or other close contact occurring before, during, and after skills sessions unless the contact is for the purpose of safety or treatment of an injury.
- > Coaches are expected to wear masks throughout each session for which they are present.
- > Student-athletes are expected to wear a mask while in attendance at a session, except for the parts of the session during which they are physically active in training or drills. Student-athletes may choose to continue to wear a mask during these portions of their session.
- > Student-athletes and coaches are expected to provide their own water and ice for hydration purposes during the sessions.

- > Water and any bags that participants bring to a session need to be set away from the playing surface in a manner that allows for physical-distancing during water breaks and the changing of shoes and clothes before or after the session.
- > All participants, except swimmers and divers, must wear a shirt and shorts throughout each session.
- > Hand sanitizer and disinfectant will be provided at each venue. It is recommended that coaches handle the containers of sanitizer and disinfectant and provide student-athletes with the opportunity to use hand sanitizer before each session, after each session, and during breaks of each session.

Protocol for Biweekly Testing of Participants in Moderate and High Risk Sports

- > In partnership with the City of St. Louis Department of Health, including access to available testing resources, participants in athletics at SLUH will be tested for COVID-19 on a biweekly basis.
- > As testing resources are available, the highest priority for testing will be participants in high risk sports.
- > Once participants in high risk sports are adequately tested, additional available testing resources will be utilized to test participants in moderate risk sports.
- > Once participants in moderate risk sports are adequately tested, additional available testing resources will be utilized to test participants in low risk sports.
- > **If a coach or student-athlete tests positive, protocols outlined below will be implemented.**
- > **At this time, there are no protocols in place that would facilitate a reduced quarantine and/or early return to activity. This includes negative results from PCR swab retesting or positive results from antibody testing.**

Protocol Related to Instances of a Participant in SLUH Athletics Activities Experiencing Possible COVID-19 Symptoms

Symptoms that, if exhibited, could suggest that the individual exhibiting the symptoms has contracted COVID-19 include:

- Cough
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat/congestion/runny nose (not caused by allergies)
- Loss of taste or smell
- Diarrhea
- Feeling feverish or a measured temperature greater than or equal to 100.4 degrees Fahrenheit

- > These symptoms and/or known close contact with a person who is lab confirmed to have COVID-19 should keep a student-athlete or coach at home.
- > If the symptoms are exhibited at any SLUH Athletics activity, the individual exhibiting the symptoms will immediately be sent home.
- > If the symptoms are exhibited away from a SLUH Athletics activity, **the individual and/or his/her family should let the SLUH administration know immediately.**
- > Once symptoms are exhibited, it is recommended that the coach, staff, or student-athlete contact his primary care physician for potential diagnosis and next steps.

- > If a test for COVID-19 is administered and the test results are negative, the coach, staff, or student-athlete may return to activity when he has no fever (without the aid of a fever suppressant) AND improved symptoms, including respiratory symptoms of cough and/or shortness of breath AND a doctor's note to clear the individual for return to activity.
- > If a test for COVID-19 is administered and the test results are positive, the coach, staff, or student-athlete may return to activity after 72 hours with no fever (without the aid of a fever suppressant) AND improved symptoms, including respiratory symptoms of cough and/or shortness of breath AND a span of 14 days after the onset of the symptoms AND a doctor's note to clear the individual for return to activity.
- > If a coach/staff member or student-athlete experiences any of the symptoms of COVID-19 listed above while in the midst of a session, all other members of the attendee's group who were not wearing a mask throughout the session will be released from activity for the remainder of that session. If members of the symptomatic individual's group do not develop symptoms of their own, they would be permitted to return to the next team activity.
- > Per local medical guidelines, exceptions to the protocols listed above may be made for those who were wearing masks throughout training sessions and who were exposed to someone who was experiencing symptoms.

Protocol Related to Notification of Exposure to a Confirmed Positive Test or Diagnosis of a Confirmed Positive Test

Should someone participating in SLUH Athletics activities be exposed to an individual who has tested positive or test positive for COVID-19, the following measures will take place:

- > The individual and/or his family should let the SLUH administration know immediately.
- > **If a participant in SLUH Athletics activities reports being exposed to someone who tested positive for COVID-19, that individual will be expected to self-quarantine for 14 days and must get tested within the second week of the quarantine period.**
- > Provided that other participants in the exposed individual's small group have not had close contact (less than 6 feet for more than 15 minutes while wearing or not wearing a mask) with the infected individual, those group members will be notified of the positive exposure but will not need to be quarantined.
- > If an individual that has been exposed to someone who has tested positive for COVID-19 progresses through the entire 14-day quarantine without manifesting symptoms and receives a negative COVID-19 test, the individual is eligible to return at the end of the 14-day quarantine.
- > If an individual that has been exposed to someone who has tested positive for COVID-19 does exhibit symptoms, gets tested, and the test results are negative, the individual may return to activity following the 14-day quarantine provided that the last 72 hours of the quarantine are fever-free (without the aid of a fever suppressant) AND the individual's symptoms have improved, including respiratory symptoms of cough and/or shortness of breath AND the individual has obtained a doctor's note to clear the individual for return to activity.

> If a participant in SLUH Athletics activities reports having tested positive for COVID-19, all members of that individual's small group who were not wearing a mask throughout the sessions will be expected to self-quarantine for 14 days.

> If an individual participating in SLUH Athletics activities tests positive for COVID-19, the individual may return to activity after 72 hours with no fever (without the aid of a fever suppressant) AND improved symptoms, including respiratory symptoms of cough and/or shortness of breath AND a span of 14 days after the onset of the symptoms AND a doctor's note to clear the individual for return to activity.

> Upon clearance from a physician to return to activity, the individual who tested positive must work in conjunction with the SLUH Medical Staff to progress through the mandated "Return to Play" protocol.

> Per local medical guidelines, exceptions to the requirement of a 14-day quarantine prior to returning to campus may be made for those who were wearing masks throughout training sessions and were exposed to an individual who tested positive.

Protocol for Notifying Community and Team Members of an Exposure or Positive Case

When SLUH is notified of a student-athlete or coach that has tested positive or has been exposed to an individual who has tested positive, the following members of the SLUH staff will take on specific roles in notifying facets of the SLUH community:

> The coaching staff of the team on which the student-athlete is a member or for which the coach is on staff will provide an accurate attendance list from the most recent activity attended by the exposed or infected individual.

> A member of the SLUH Medical Staff will utilize the attendance list to complete the City of St. Louis contact tracing spreadsheet document and submit that document to the City Health Department.

> A member of the SLUH athletic department administration will notify the families of team members of the exposure or positive test and delineate any necessary action or quarantining that needs to occur.

> A member of the SLUH academic administration will notify teachers of the exposed or positive student and the families of his classmates delineate any necessary action or quarantining that needs to occur.

Weather Protocols

> Wet bulb globe thermometer readings will be taken on campus and the standards for heat protocols will be enforced for outdoor sessions - on and off campus.

> SLUH Athletics activities will abide by MSHSAA standards and protocols for thunder and lightning.

> In the case of inclement weather, the arched entry to Drury Plaza and the arched entry to the Joe Schulte Theater will be the initial locations for attendees to seek shelter.

Cleaning and sanitizing

> Athletic facilities will be disinfected and sanitized, as needed, per industry guidelines, before, during, and after activities.

> Student-athletes will use the provided CDC-approved hand sanitizer upon entry to any facility.

Frequently Asked Questions:

- > Do I have to wear a mask? Will coaches and staff be wearing masks?
 - > Local medical professionals from SSM, BJC, and Mercy recommend the wearing of face coverings for all coaches, staff, and student-athletes. SLUH policy is that masks WILL BE WORN at all times except by student-athletes when they are engaged in physical activity.

- > What if a coach, staff member, student-athlete, or parent does not follow the guidelines set forth in this document?
 - > If attendees are found to be deviating from our guidelines and protocols, they will first receive a verbal warning.
 - > If they are found to be in violation of protocols and policies for a second time, they will be asked to leave the current session and they will have to meet with a SLUH administrator before returning to SLUH Athletics activities.
 - > If an attendee continues to disregard guidelines and protocols after the meeting with a SLUH administrator, he/she will be asked to not return to SLUH Athletics activities for the remainder of the season.

- > What if someone in my son's training group gets sick?
 - > We are taking every precaution possible to minimize the risk of cross-contamination between student-athletes in different sports or participating at different training times.
 - > If an attendee exhibits symptoms possibly related to COVID-19, that attendee and all members of his/her group not wearing masks throughout sessions will be released from the training session.
 - > If an attendee does end up testing positive for COVID-19, all members of the attendee's group not wearing masks throughout sessions will be placed in a 14-day self-quarantine.
 - > At the conclusion of the two weeks, all members of the quarantined group must meet the return to activity protocol.

- > **Further questions: please contact Chris Muskopf - Athletic Director - cmuskopf@sluh.org, Fr. Ian Gibbons - Principal - igibbons@sluh.org, Kim Bruhn - Head Athletic Trainer - kbruhn@sluh.org, or Jon McCutchen - Athletic Trainer/Director of SLUH Performance Program - jmccutchen@sluh.org**