

Karns City Sports Medicine

Athletic Health Care Facility Infection Control Policy Guidelines

Updated 7-29-2020

Athletic training facilities typically are shared environments with multiple individual and groups of athletes all seeking the attention of the certified athletic trainer or other member of the Sports Medicine Team during a short consolidated period of time as the athletes prepare 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 this risk. Infection control in and around the athletic training room is a shared responsibility among the certified athletic trainer, members of the Sports Medicine Team, the student athletes, and the school.

Hygiene and Common Materials

- Athletic trainers and members of the Sports Medicine Staff will use and demonstrate appropriate face coverings before contact with each athlete.
- Athletic trainers and members of the Sports Medicine Staff will use and demonstrate appropriate hand hygiene, by thorough hand washing or the use of approved hand sanitizer, before and after contact with each athlete.
- Athletes entering the athletic training room are required to wear masks/face coverings while in the athletic training room and use hand sanitizer before entering and after exiting the athletic training room. Sanitizer stations will be located outside the athletic training room door.
- To minimize the volume of athletes who need to enter and exit the athletic training room, common individual items/products (band-aids, tape, under-wrap, etc.) will be available for athletes outside the athletic training room door. Athletes should use hand sanitizer prior to accessing common products.

Athletic Training Room Physical Space and Equipment Cleaning Standards

- **Social Distancing will be encouraged at all times (6 feet at a minimum).**
- Floor markings will be located outside the athletic training room for student athletes to wait until directed by the athletic trainer to enter the athletic training room.
- Student athletes will enter and exit the athletic training room through different doors which will be labeled.
- Spacing in the athletic training room will be encouraged by limiting the number of people, treatment tables used and barriers between taping / treatment areas.
- All exposed surfaces (desks, counter tops, chairs) will be cleaned with CDC approved anti-viral and anti-bacterial cleaners at the start and end of each day.
- Treatment surfaces will be cleaned with appropriate anti-viral and anti-bacterial cleaners after an athlete has been treated utilizing that surface.
- Excess unpacked supplies will not be stored in the athletic training room where athletes typically are treated.
- Coolers and extra team medical kits will not be stored in the athletic training room area where athletes typically are treated.

- The inside and outside of coolers should be cleaned after each use/day they are checked out. Cleaning should be done by team members/ coaches based on procedures set up and outlined by athletic trainers.
- There should be no sharing of athletic equipment (towels, clothing, water bottles etc.)
- The outside of travel medical kits (often used by individual teams) will be cleaned upon return. The inside should be inspected by the athletic trainer and cleaned as appropriate based on that inspection.
- Floors and other hard surface areas will be cleaned at the end of each day with approved disinfectant(s) by school custodial staff.

Personal Protective Equipment (PPE)

- Personal protective equipment, including but not limited to gloves, gowns, masks and protective eyewear, will be available for use by the athletic trainer(s) and members of the Sports Medicine Staff at their discretion, based on the athlete(s) they are treating.
- Used PPE and contaminated materials (such as used PPE, sharps, contaminated medical waste) are to be discarded in appropriately labeled containers and disposed of through appropriate methods.

Illness Protocol

- Encourage individuals who feel sick to stay at home.
- Should an individual present with symptoms, have a temperature of 100.4 or higher, or are sick will be immediately removed from the group, team etc., masked if not already and isolated in their individual space. The parent or guardian will be notified right away.
- Parents/Guardians are encouraged contact their physician or appropriate health care provider for direction.

Return of a student athlete or staff member following a COVID-19 Diagnosis

- Any student athlete or staff member MUST have medical clearance from their physician or appropriate healthcare provider, determined to be non-contagious, fever free (without fever reducing medicine), improvement in respiratory symptoms (cough, shortness of breath) no vomiting or diarrhea in order to return to their respective activity or position.

Resources:

- Jim Zachazewski, ATC, PT, DPT and Michael Belanger, ATC, PT; Athletic Training Services, Brigham and Women's Hospital Department of Orthopedic Surgery Sports Medicine Service, Boston, MA.
- National Athletic Trainers Association-“ *COVID 19 Return- to- Sport Considerations for Secondary School Athletic Trainers*”.
- National Federation of High School Associations – “Guidance for opening up high school athletics and activities”.
- Center For Disease Control – “*Considerations for youth sports.*”
- Pennsylvania Department of Education and Pennsylvania Interscholastic Athletic Association – “*Preliminary guidance for phased re-opening of PRE K to 12 schools*”
- UPMC – “*UPMC Sports Medicine Playbook: Return to sports during COVID-19 Minimum Guidelines (High School)*”
- Karns City Area School District – “*Athletics Health and Safety Plan*”

