CNCC Spring 2021
Athletics Safety Plan

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Overview
Although the collegiate age athletic population is not considered to be a part of the high-risk population, the interactions involved with participating in sports have raised concerns. Student-Athletes are at risk for rapid transmission of the illness if all responsible parties do not follow the recommended guidelines. If a student athlete is uncomfortable with the risk associated with participation, they should be excused without ramification. Resocialization will be rolled out in a stepwise approach in an effort to minimize infection spread. A spike in cases of COVID-19 may cause a halt in the return to athletics until infection rates decrease. The resumption of athletics is contingent upon adherence to the policies and procedures established herein. These policies and procedures will be updated regularly to maintain compliance with local, state, and federal guidelines.

These policies and procedures have been developed in conjunction with Colorado Northwestern Community College’s COVID-19 policies, utilizing guidelines from the CDC, NCAA, NJCM, and comply with state and federal mandates.

Background
The novel coronavirus (COVID-19) can be transmitted in various ways. It is important that student-athletes, coaches, and staff members take on the shared responsibility of maintaining a sanitary environment. In addition, it is important that as an institution we build a culture of “if you are sick, then stay home.” Our objective is to create a safe and healthy environment to allow our Student-Athletes to continue to participate in athletics.

Covid-19 Symptoms
It is imperative that all Student-Athletes, coaches, and staff members are aware of and continually monitor for symptoms of COVID-19. Symptoms of the virus include:

- Cough
- Shortness of breath
- New loss of taste or smell
- Fever of 100.4 degrees or higher
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- Gastrointestinal symptoms (nausea, vomiting, diarrhea in the last 7 days not caused by a prescription medication)

Illness Prevention Guidelines

- Maintain social distancing
  - Maintain 6 feet distance from people whenever possible. If you cannot maintain appropriate social distance, face coverings are required for all Student-Athletes, coaches, and staff.
  - Avoid all activities that put you at increased risk.
  - Strict adherence to state guidelines is strongly recommended.
- Proper Hygiene
  - Wash hands with soap and water for at least 20 seconds. If soap and water are not available, use hand sanitizer (60% alcohol minimum and allow hands to air dry).
  - Hand sanitizer dispensers are present at various points within the athletic training room, gym, and throughout campus. They should always be used when entering or leaving a room or building.
  - Shower immediately after the conclusion of practice.
  - Do not touch your face. If contact is necessary, sanitize your hands immediately afterward.
  - Cover your mouth and nose with your elbow when you cough or sneeze.
- Athletes and coaches are required to wear masks at all times in the training room. Masks are required in all buildings on CNCC’s campuses and should be worn when on campus or in public.
- Custodial staff, coaches, athletic trainers, strength and conditioning staff, and athletes share the responsibility of sanitizing equipment and facilities.
- All equipment should be cleaned before and immediately after use with appropriate cleaning products that are effective against coronaviruses.
- Athletes are not to share water bottles. Water bottles can be filled at no touch bottle fillers. Coolers will be outfitted with no touch spouts for refill.
Disinfect all surfaces at home, including phones, with antiseptic cleansers frequently

Student Athlete and Staff Education
Education regarding COVID-19 prevention and intervention strategies will be provided to student-athletes, coaches, and staff. Education about COVID-19 at Colorado Northwestern Community College will be presented under the direction of Head Athletic Trainer, Norian Edwards, and will include:
- Defining COVID-19
- Prevention
- Symptoms
- Return to Play

Physicals and Return Screening
- Student-Athletes are required to get a pre-participation physical before returning to campus. Accommodations will be made for Student-Athletes who are still in need of a physical when arriving on campus. Baseline concussion testing will also be conducted in small groups or individually.
- Student-Athletes are expected to complete the COVID-19 Return to Campus Screening and Return to Campus Agreement as outlined in Appendix A. Students will also be required to complete the COVID-19 Return to Campus Screening upon return to campus from holiday breaks (Thanksgiving and Spring Break) and between semesters (Post Fall and Spring Semesters).

Criteria for The Restart of Athletics
The following criteria must be satisfied prior to return to sports participation:
- The State of Colorado, the NJCAA, and the Scenic West Athletic Conference allow for athletics.
- Hospitals have adequate capacity to treat current volumes of COVID-19 patients and there is a testing program in place.
- Prior to arrival on campus, athletes will enter a 14-day quarantine period.

Phase One
Phase One will begin once restarting criteria have been satisfied for 14 days.
- At-risk Student-Athletes, coaches, and staff should remain in isolation. Vulnerable populations include individuals with serious underlying health conditions including:
  - High blood pressure
  - Chronic lung disease
  - Diabetes
  - Obesity
  - Asthma
  - Any persons who are immunocompromised due to other health conditions or medications.
- Student-Athletes will participate in daily symptom screening. Temperature checks will be performed on Student-Athletes, coaches, and game personnel prior to each competition.
- Social distancing of a minimum of 6 ft will continue.
- Cloth face coverings should be worn when social distancing is not possible.
- No more than 10 people in a gathering unless distancing and sanitization procedures are implemented as outlined in Appendix B. No more than 5 people in the Athletic Training Room at one time.
- Practices should consist of individual non-contact drills where social distancing can be maintained. No face-to-face drills or scrimmages should begin during this phase.
- In the weight room, encourage lifts that do not require spotters. If a spotter is necessary, it is recommended that they wear a mask.
- Gyms, locker rooms, weight rooms, athletic training rooms, and other common areas where Student-Athletes and staff are likely to congregate should remain closed unless strict distancing and sanitization protocols can be implemented.
- Virtual meetings are recommended (i.e. team meetings, film sessions, coaching meetings, etc.)
• All Student-Athletes, coaches, and staff will be educated on COVID-19 by the athletic trainer prior to the start of the school year.

Phase Two
If the restarting criteria and Phase One have been implemented successfully, with no evidence of upward trajectory of COVID-19 cases for a minimum of 14 days since the implementation of Phase One, then Phase Two may begin.
• At-risk Student-Athletes, coaches, and staff should continue to shelter in place.
• Appropriate personal protective equipment should be used while in public.
• Student-Athletes will participate in daily symptom screenings. Temperature checks will be performed on Student-Athletes, coaches, and game personnel prior to each competition.
• Social distancing of a minimum of 6ft will continue.
• Practices will consist of small group non-contact drills where social distancing can be maintained. Full team drills and scrimmages will not begin during this phase. Gatherings of more than 50 people should be avoided unless precautionary measures of social distancing and sanitization are in place as outlined in Appendix B.
• Gyms, locker rooms, weight rooms, athletic training rooms, and other common areas where Student-Athletes and staff are likely to congregate should remain closed unless strict distancing and sanitization protocols can be implemented.
• Virtual meetings are encouraged.

Phase Three
If restarting criteria in Phase One, and Phase Two have been implemented successfully with no evidence of rebound for a minimum of 14 days, then Phase Three may begin.
• At-risk Student-Athletes, coaches, and staff can resume in-person interactions but should practice social distancing and minimize exposure to settings where distancing is not possible.
• Student-Athletes will participate in daily symptoms screening.
• Full team drills and scrimmages may resume.
• Gyms, locker rooms, weight rooms, athletic training rooms, and other common areas where Student-Athletes and staff are likely to congregate can reopen if appropriate sanitization protocols are implemented.
• Everyone should minimize time spent in crowded environments, including individuals considered to be low risk.

Phase Four
Phase Four is dependent upon a widely available and successful treatment of COVID-19.
• Resumption of normal operations may begin with enhanced sanitization procedures as outlined in Appendix B.
• The athletic training room will be open for walk-ins and will resume normal operations.
• Any further restrictions will be based upon local, state, and federal guidelines.

Athletic Facilities Access
The following guidelines should be implemented until normal operations can begin in phase 4.
It is important that as an institution we develop a culture of, "if you are sick, then stay home" in order to prevent the spread of disease. All individuals should assume they have been exposed to COVID-19 and continuously monitor for symptoms.
• Student-Athletes will be expected to complete a brief symptom screening daily through an online form accessible on the CNCC Athletics website. This practice will remain in effect until Phase Four.
• Student-Athletes who do not comply with this guideline will not be allowed to participate.
• Athletic training room access will be granted based on the completion of the daily symptom screening. Individuals exhibiting any signs or symptoms will be denied entry to the facility and referred to Campus Life personnel.
• Capacity in the athletic training room will be limited to a maximum of 5 Student-Athletes.
• Pre-practice taping will also occur during scheduled times.
• Prompt attendance to scheduled treatments is mandatory.
• Failure to arrive on time may result in forfeiting treatment.
• Acute injuries will be given priority.
• More specific procedures for the athletic training room can be found in Appendix C.
Response to a Sick Athlete

If a student athlete is experiencing any symptoms, he/she will reach out via text, phone call, and/or email to Campus Life personnel and Athletic Trainer.

- The Athletic Trainer will report to the Campus Life personnel.
- Student-Athletes are to Self-Isolate and not enter the athletic training room, or other campus facilities until approved by Campus Life.

If the Student-Athlete has any of the following COVID symptoms, contact Campus Life ASAP

- Cough
- Shortness of breath
- New loss of taste or smell
- Fever of 100.4 degrees or higher
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- Gastrointestinal symptoms (nausea, vomiting, diarrhea in the last 7 days not caused by a prescription medication)

The student-athlete will contact Campus Life immediately if they have symptoms or if they come in contact with someone diagnosed with COVID-19 within the last 14 days.

The referral process for COVID-19 testing is outlined in Appendix D.

If a student athlete tests NEGATIVE for COVID-19

If a student athlete tests negative for COVID-19 and is symptomatic, they will be expected to enter self-isolation for 72 hours from the time of onset of symptoms.

- Recovery is defined as resolution of fever for 72 hours without the use of fever-reducing medications and improvement in respiratory symptoms (e.g., cough, shortness of breath).
- If a student athlete is instructed to pick up over the counter medications from the training room, they will arrange to pick them up at a designated location. They should wear a mask and avoid contact with other people.
- A student-athlete will be cleared to return to play by a physician or nurse practitioner from Rangely District Hospital or Rio Blanco County Health.
- COVID-19 testing will be documented in the Student-Athletes’ ATP file.

If a student athlete tests POSITIVE for COVID-19

If a student athlete tests positive for COVID-19, he/she will quarantine for at least 10 days from the time of symptom onset and there has been 72 hours with no fever without the use of fever reducing medications.

- The student athlete should report a complete list of their signs and symptoms to their athletic trainer at least once daily. The athletic trainer will report any new or worsening symptoms to Campus Life.
- The student athlete should make a list of all individuals they have been in contact within the last 14 days, to the best of their ability, and notify them of their infection status.
- If a student athlete has been in contact with teammates and/or athletic department personnel within 14 days of testing positive for COVID-19, those individuals should be monitored closely and tested immediately if symptoms develop.
- Campus Life will notify the Athletic Trainer and coaches of test results.
- COVID-19 testing will be recorded in the Student-Athletes’ ATP file.
- As supplies exist, the student athlete will be given a thermometer, symptoms log, and instructions for self-monitoring.

Return-to-Play after testing positive for COVID-19

Once the 14-day quarantine period is over and all signs and symptoms have resolved for at least 72 hours, the student athlete will follow up with the team physician.

Student-Athletes will need to be cleared by the team physician prior to returning to athletics. The
athletic training staff will supervise re-conditioning and appropriate return to full participation.

**Travel Guidelines**
- All Student-Athletes and coaches will be screened before departure, including a symptom questionnaire and temperature screen.
- Coaches, staff, and Student-Athletes should wear masks at all times during travel.
- Limit time spent in public places. Teams should eat meals at their hotel or on the bus whenever possible.
- Limit time spent in contact with other athletes, coaches, and fans at each facility at home and away games until Phase Four.

**Visiting Team Guidelines**
- All athletes, coaches, and staff will be screened for symptoms and have their temperatures taken prior to traveling to Rangely.
- Visiting teams are expected to provide their own water bottles. There will be a central location for water. A water cooler will be provided for that team only and only Student-Athletes from the visiting school will have access to their assigned water cooler. If refills are needed, only athletic training staff can refill the water coolers and return it to the sidelines.
- Athletic trainers will be available pregame for visiting team needs.
- Visiting teams will be provided with a dedicated area for athletic training services and will have limited access to the training room.
- All athletes and staff should avoid crowd interactions.

**Spectator Guidelines**
- Spectators will not be allowed at events during Phases One and Two.
- Spectators may attend during Phase Three.
- All spectators will be required to wear masks throughout the duration of the event.
- Seating capacity at all venues will be limited based on current local, state, and federal regulations. Spectators are expected to follow social distancing guidelines.
- No seating should be allowed in the bottom 2 rows to avoid crowd/athlete interactions.
- Failure to comply with proper social distancing requirements may result in removal from the event.

**Communication**
- CSI athletic training staff will contact athletic training staff from opposing teams if a student athlete tests positive for COVID-19 within 14 days of games being played.
- If the CSI athletic training staff is made aware of an opposing team’s student athlete testing positive for COVID-19 they will immediately contact Athletic Director, coaches, and athletes.

**Other CNCC Plans**
1. CNCC Spring 2021 Open Campus Safety Plans
2. CNCC Spring 2021 Open Campus Safety FAQ
3. CNCC Spring 2021 Athletics Safety Plan
4. CNCC Spring 2021 Food Services Safety Plan
5. CNCC Spring 2021 Rangely Housing Safety Plan
6. CNCC Spring 2021 Craig Housing Safety Plan
7. CNCC Spring 2021 Facilities Cleaning and Safety Plan
8. CNCC Spring 2021 Offices & Employee Safety Plan
Appendix A- Forms
Student COVID-19 Initial Screening
Colorado Northwestern Community College Athletic Training Agreement
Colorado Northwestern Community College Athletics Return to Campus Agreement

Initial/Return to Campus Screening Agreement

Name (Last, First) ______________________________________

CNCC S #: _______________________________

Date of Birth ________________________

Age: ________________________ (MM/DD/YYYY)

Cell#: ____________________________

Gender: Male or Female

Sport(s): ____________________________________

During your time away from CNCC did you experience or are you currently experiencing any of the following:

<table>
<thead>
<tr>
<th>SYMPTOMS</th>
<th>YES</th>
<th>NO</th>
<th>Date of Onset</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cough</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shortness of Breath</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fever</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chills or Repeated Shaking with Chills</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Muscle Pain (Body Aches)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Headache</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sore Throat</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>New Loss of Taste or Smell</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gastrointestinal Symptoms (Nausea, Vomiting, Diarrhea)</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Questions

In the past 14 days, have you been in contact with anyone known or suspected to have COVID-19?

Have you had any direct contact with anyone who lives in or has visited an area reporting an increased number of COVID-19 cases (i.e., “hot spots”)?

During your time away from CNCC, have you lived in or visited an area reporting an increased number of COVID-19 cases (i.e., “hot spots”)?

During your time away from CNCC, did you self-quarantine due to symptoms or exposure to COVID-19?

Have you been currently diagnosed with COVID-19?

DATE OF DIAGNOSIS:
Colorado Northwestern Community College Athletic Training Agreement

Name (Last, First) ______________________________________

S#_________________   Sport_______________________

Phone #________________________   Email_______________________

Do you have medical documentation to support the diagnosis and treatment of COVID-19?  YES or  NO

PHYSICIAN Name ___________________________

PHYSICIAN LOCATION: ______________________________

Please list any countries/states/cities you have traveled to since March 15, 2020 and the dates you were there:

Location:   Date of Travel:
________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________

Student Athlete Signature_______________________________________ Date_____________________

FORM MUST BE COMPLETED AND RETURNED TO TEAM ATHLETIC TRAINER PRIOR TO USING ANY ATHLETIC

FACILITIES

Date Received:________________________   ATC Signature_______________________________
Colorado Northwestern Community College Athletics Return to Campus Agreement

In order to safely return CNCC athletics to campus, it is necessary to have policies in place to keep all Student-Athletes, coaches, and staff healthy. Returning to athletics will require a team effort, and Student-Athletes will need to agree to the following in order to return to athletics.

Please initial each item to agree and sign below:

- Student-Athletes will report truthfully about any symptoms they may be experiencing and will not attend workouts or visit facilities if they feel sick. "Toughing it out" is not acceptable. If you are sick, then you need to stay at home and contact the athletic trainers and your coach. Any student-athlete testing positive for COVID-19 agrees to follow all recommendations for treatment and quarantine.

- Student-Athletes will undergo daily COVID-19 symptom screening.

- Student-Athletes will wear masks when on campus and in the community and will practice social distancing. Student-Athletes will also use hand sanitizer, follow appropriate handwashing guidelines, and practice good hygiene.

- Student-Athletes agree to not use locker rooms (except for restrooms) until further notice and will use provided cleaning supplies to help keep high touch areas (like door handles) clean.

- Athletic training room, weight room, and practice sessions will be scheduled. Student-Athletes agree to abide by scheduled times and will not show up unannounced to these facilities. Student-Athletes will clean all equipment using provided cleaning supplies.

- Where possible all meetings will remain virtual until approved (this includes any team led or captain's meetings).

If Student-Athletes do not follow these policies, they could lose the privilege of participating in athletics.

Please sign and date this form to acknowledge that you understand and will abide by these policies.

Print Name (Last, First) ______________________________________

Signature:_____________________________________________ Date__________________________

Sport: ________________________________________________
Appendix B - Sanitization Procedures Sanitization Products

Only cleaning products that are effective against coronaviruses should be used for sanitization within the athletic training facility and other athletics facilities. Proper dwell times will be followed per product instructions.

Sanitation Procedures

- High touchpoints, including door handles, sinks, hand sanitizer stations, light switches, etc. should be cleaned at 4-hour intervals throughout the day.
- Treatment tables should be cleaned on arrival each morning, after use, and before leaving each day.
- Student-Athletes will be taped one at a time at the taping station. The table will then be sanitized. The next athlete will be taped on an alternate table to allow the sanitizing agent time to dwell.
- All rehab equipment should be sanitized as described above upon arrival, after use, and prior to leaving the athletic training room each day.
- Student-Athletes will be given an individual Theraband as needed. They will be responsible to bring the band to each therapy session.
- Athletes will share responsibility of sanitizing equipment used using appropriate sanitation agents.

Heat Packs

- Heat packs will be used with the covers in place.
  - A towel will be placed between the athlete and the pad cover.
- Towels will be washed between each use.
- Pad covers will be washed daily.

Electrical Stim/Ultrasound

- Electrical stim pads will be sanitized with alcohol after each use and placed back on the protective covering for reuse.
- Ultrasound heads will be cleaned after each use and allowed enough time to properly sanitize before re-use.

Appendix C - Athletic Training Room Procedures

During phases 1 through 3 of the reopening processes, access to the athletic training room will be limited to pre-screened Student-Athletes. Students will sign in and take their temperature using the hands-free temperature scanner. Capacity will be limited to 5 Student-Athletes in the training room at a given time.

The following precautions have been implemented to maintain social distancing and sanitation requirements:

- Only one athlete will be allowed in the whirlpool at any given time.
- Heat packs will be used with the covers in place.
- A towel will be placed between the athlete and the pad cover.
- Towels are not to be reused and will be washed after each use.
- Pad covers will be washed daily.
- Access to the ice machine and sink will be limited to staff only and work studies.
- Athletes will bring their own water bottles to all practices and games. Athletes are not to share water bottles.

Appendix D - Referral Process for COVID-19 Testing

1. The student athlete reports symptoms or illness to Campus Life (Jen Rea or John Anderson). The Athletic Trainer will be notified.
2. If student has not reported symptoms to Campus Life personnel, encourage student to go home or back to their dorm and contact Campus Life.
3. Campus Life will contact the student athlete, assess their symptoms, and recommend visiting their physician's office, the Student Clinic on Rangely Campus, Rangely District Hospital, or Rio Blanco County Health. Craig students can schedule visits with Memorial Hospital, Rapid Care, or UCHealth Craig Medical Clinic.
4. The student-athlete will present to facility of choice for scheduled COVID-19 test. They will remain in quarantine until results are received and reviewed by the team physician and they are cleared to return to team activities.
5. Self-isolation will continue for a minimum of 14-days if symptoms are present regardless of the test result.