

# USCAH Checklist: Creating Your Roadmap for Return to Campus

Category 5: Training and Practice Modifications—General and Sport Specific

Please use the following CDC Risk Assessment Principles as you prepare your sport specific risk assessment checklists:

1. Lowest Risk: Performing skill-building drills or conditioning at home, alone or with family members.
2. Increasing Risk: Team-based practice
3. More Risk: Within-team competition
4. Even More Risk: Full competition between teams from the same local geographic area.
5. Highest Risk: Full competition between team from different geographic areas.

Additionally, when you create your sport specific training and practice facility guidelines be sure to include for each item in your guidelines the following Risk Assessment Determiners:

☐ Low Risk

☐ Medium Risk

☐ High Risk

## General Requirements

- ☐ Have a plan and implement it
- ☐ Encourage and reinforce social norms and health etiquette
- ☐ Promote daily health checks
- ☐ Promote a safe Program Environment
  - o Suggestions for evaluation prior to entering facility
  - o Suggestions for in-training protocols
  - o Suggestions for post-training protocols
- ☐ Personnel
  - o Identify Essential and Non-Essential staff
  - o Minimize opportunities for mixing between groups
  - o Limit travel

## Indoor Facilities

- ☐ Social Distancing Protocols
- ☐ Personnel
- ☐ Operations
- ☐ Communication
- ☐ Risk Mitigation
- ☐ Personal and Group Hygiene
- ☐ Training equipment Protocols

## Outdoor Facilities

- ☐ Personnel
- ☐ Operations
- ☐ Communication
- ☐ Risk Mitigation
- ☐ Personal and Group Hygiene
- ☐ Training equipment Protocols

