

# USCAH Checklist: Creating Your Roadmap for Return to Campus

Category 3: Personnel Development and Training—Medical Personnel, Coaches and Staff

*The following criteria (items 1-6) should be used as a guideline for the development and implementation of all return to sport participation education and programming.*

## 1. Personnel and programming

- Define Essential Personnel (Medical, coaches, staff)
  - o Define and identify Highly Essential
  - o Define and identify Lower Essential
- Develop appropriate policies & procedures for COVID athletic environment
  - o Review all facilities, determine Highly Essential & Lower Essential areas
  - o Consider laminated identification tags like those used at athletic events
  - o Rethink and revise existing Athletic Training room model and access to healthcare staff
  - o Create more treatment spaces to allow for fewer student athletes in a “treatment space”
- Produce training for essential personnel - PPE, hygiene, social distancing, symptom monitoring, appropriate reporting
  - o Ensure all training meets institution and state requirements
  - o Consider partnering with an organization that can deliver and monitor the education and training

## 2. Testing and Monitoring

- Testing - appropriate criteria for testing
  - o Mandate anti-body testing for all healthcare professionals, student athletes, coaches and staff prior to access to any facilities
  - o Establish clear guidelines for daily temperature and symptom testing
- Policy for symptom monitoring for all essential personnel
  - o Establish single entrances to facilities to ensure daily monitoring is established prior to entering any of the facilities
  - o Implement daily personal health history questionnaires to check for symptoms
- Policy for contact tracing
  - o Identify personnel who will monitor and evaluate those exposed to the virus
- Policy for quarantine/isolation
  - o Establish and implement strict quarantined procedures
  - o Isolation protocols for all athletic, healthcare, housing and nutrition facilities

## 3. Risk Mitigation

- Collaborate with risk management and legal staff regarding obligations for testing, monitoring, symptoms reporting, quarantine, isolation
  - o Partner with the experts to create institution specific requirements
- Collaborate with local & state health departments to meet required guidelines
  - o NATA
  - o State Department of Health



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For additional information and programming to ensure your institution is prepared for a return to campus and a return to sport collaborate with USCAH. Contact USCAH at [info@uscah.com](mailto:info@uscah.com) or visit the website at [uscah.com](http://uscah.com).

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## 4. Social Distancing

- Identify appropriate social distancing recommendations
  - o Limit in person meetings and interactions to very small groups
  - o Recommend 6-10 feet between individuals
- Determine procedures to maintain social distancing (facility procedures)
  - o Assign medical and facility staff to monitor student athletes and coaches
  - o Align with all institution and state monitory mandates

## 5. Personal and Group Hygiene

- Develop recommended policy for hygiene
  - o Frequent hand washing remains the #1 deterrent
  - o Mask wearing mandatory
- Provide adequate resources for hygiene (i.e. hand sanitizer stations)
- Provide facility cleaning and disinfectant plan
  - o Individual cleaning after each piece of equipment is used
  - o Daily facility sanitizing and disinfection
- Identify high risk hygiene areas and develop procedures for this area
  - o Limit access to modalities such as hot and cold tubs
  - o Locker rooms
  - o Communal showers
  - o Athletic training room

## 6. Quarantine Procedures

- Define criteria for quarantine and isolation
- Define contact tracing plan
- Identify Chief Infection Officer—decision maker for return to work
- Identify return to work criteria and procedures



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