



DE ANZA COLLEGE ATHLETICS

RETURN TO CAMPUS - CONDITIONING PROPOSAL

Revised 04/27/2021

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PURPOSE

Our nation was changed drastically since 2020 with the sudden appearance of the COVID-19. In the United States, a meager 405 new daily cases were reported in the first week of March 2020 and by October, over 7 million cases had been reported. The infection rate is clearly alarming and even more so in epicenters, like that of Santa Clara County. Because of this the State of California issued a mandatory shelter-in-place order on March 19, 2020 and for the sake of the safety and well-being of our student-athletes the California Community College Athletic Association Board of Directors voted to postpone intercollegiate competitions indefinitely. The following week, De Anza College moved forward with a transition away from in-person instruction and by the end of the month our campus was closed to most students and personnel.

The following document has been created by the De Anza College Sports Medicine Staff to provide strategies for the safest way to re-introduce intercollegiate athletics onto campus following the COVID-19 pandemic. This is intended to be a fluid working document that will be revised as new information and recommendations are published. The following suggestions are designed to follow all federal, state and local regulations and guidelines, as well as the CCCAA and NATA guidelines.

This document is designed to work in conjunction with the following documents:

1. Foothill-De Anza Community College District – Return to Campus Plan. ([link](#))
2. Foothill-De Anza Community College District – COVID Prevention Program (CPP). ([link](#))

STAFF PREPARATIONS

This section is designed to provide guidelines in conjunction with the De Anza College COVID-19 Task Force in regard to its Athletics Department administrators, faculty, classified staff, and volunteers. The following outlines the roles the staff need to take in our plan.

1. In accordance with the NATA and CCCAA, an institutional work group needs to be established with the following parties considered: administrators, faculty, classified professionals, and students.
2. An educational session led by the sports medicine staff via Zoom must be conducted for the intercollegiate coaching staff (including faculty and volunteers). This session must include, but not limited to the following:
 - a. The health risks posed to themselves and their student-athletes by

participating in large group activities, vulnerable staff will have a one-on-one meeting with the sports medicine staff if they are interested in returning to campus.

- b. Pertinent information on how to limit the spread of illnesses and their personal responsibility in mitigating exposure.
 - c. The “new normal” procedures of the department. It must be understood that in the midst of a pandemic, we cannot and will not be the same.
 - i. We will be under stricter time constraints.
 - ii. Students feeling ill are not allowed at practice, period.
 - iii. We cannot make up for 3 months of SIP with 2 weeks of conditioning.
 - d. YouTube videos and PowerPoints are available by the CCCATA.
1. Staff will be responsible for at home self-screening using the provided questionnaire. They are instructed to remain at home for 72 hours if they or someone in their household has a fever. At risk staff are recommended to stay at home and can return in the appropriate phase discussed below.
 2. Coaches are expected to complete and maintain a CPR/AED and First Aid certification from an accredited program (i.e., American Red Cross or American Heart Association). Training will be hosted by the Sports Medicine Staff to certify individuals at their own expense. This is meant to allow life saving measures to be performed more promptly, if the sports medicine staff is unavailable to be on site.
 3. Appropriate Personal Protective Equipment (PPE) shall be purchased and used in accordance with the District plans and this document.

FACILITY PREPARATIONS

Facility preparations will be done in accordance with the Return to Campus Plan and the CPP. Specific requirements for the Athletics Program will be directed to and in coordination with the De Anza College Director of Operations.

SPORTS MEDICINE PRE-SEASON PREPARATIONS

This section is designed to provide guidelines in conjunction with the De Anza College COVID-19 Task Force in regard to its Athletic Department procedures. The following outlines what prerequisites need to be fulfilled with the De Anza College Sports Medicine Team prior to partaking in intercollegiate athletics.

1. All student-athletes must attend a Zoom meeting with the Sports Medicine Staff; the following will be included in the presentation:

- a. Athletic training facility rules
 - b. Pre-season prerequisites
 - c. Concussion Education (signs and symptoms, inherent risk, return protocol)
 - d. COVID-19 Education (signs and symptoms, mitigating spread, inherent risk)
 - i. YouTube videos and PowerPoints are provided by the CCCATA.
2. All student-athletes must have a completed profile on Healthy Roster.
 3. All student-athletes must have completed the documents on Healthy Roster.
 - a. Demographics.
 - b. Medical History & Authorization.
 - i. This now includes a section in regard to COVID-19.
 - ii. Any student-athlete marking a positive test themselves or in their household will be required to receive a note from their treating physician that they are cleared to participate in sports and large group activities; further cardiac work-up may be deemed necessary and will be the financial responsibility of the student-athlete.
 - iii. This will identify the vulnerable student-athletes.
 - c. Concussion Management Plan Acknowledgement.
 - d. COVID-19 Education Acknowledgement Form.
 - e. Mental Health Screening Form.
 - f. Insurance cards if applicable.
 4. All student-athletes must complete a baseline concussion exam via SWAY.
 5. All student-athletes must have a health screening completed by a MD/DO. An onsite exam will be provided at the expense of the student-athlete.
 - a. Mass screening will be by appointment only.
 - b. The fitness center will be utilized.
 - c. All of the above must be completed prior to scheduling an appointment.
 - d. Student-athletes will be expected to shower prior to their appointment.
 - e. Student-athletes will be expected to use a facial covering during their appointment.
 - f. Hand sanitizer will be used in between student-athletes by the sports medicine team.

RESOCIALIZATION PHASES

This section is designed to provide guidelines in conjunction with the Return to Campus Advisory Committee in regard to resocialization of intercollegiate athletics. The following outlines the core principles and a progressive return of intercollegiate athletics.

Phase details in this document are to supplement Stage and Phase information in the Return to Campus Plan and the De Anza Welcome Back Plan and is not intended to replace those sections.

CORE PRINCIPLES

1. There must not be directives at the national level that preclude resocialization
2. State and local authorities must have in place a plan for resocialization.
 - a. Such plans include a downward trajectory of illnesses reported within a 14-day period.
 - b. Hospitals can treat all patients without crisis care and there is a robust testing program in place for at risk health workers.
3. There should be an institutional plan for resocialization for all students, including but not limited to.
 - a. Social distancing and protective equipment when possible.
 - b. Testing and isolating.
 - c. Sanitation.
 - d. School business travel.
 - e. Monitoring workforce and contact tracing.
4. There should be a departmental plan for resocialization for student-athletes.
5. There must be adequate personal protective equipment.
6. There must be ability to assess immunity to COVID-19 at a regional and local level.
7. There must be access to reliable and rapid diagnostic testing.
8. There must be in place a local surveillance system.
9. There must be clearly identified and transparent risk analyses in place.
10. All pre-season prerequisites must be completed.

PHASE 1: NON-CONTACT TRAINING PRINCIPLES

In order to begin this phase of resocialization all of the Core Principles must be met.

1. Vulnerable athletic department administrators, staff, faculty, volunteers, and student-athletes should continue to shelter in place. Vulnerable populations include individuals with serious underlying health conditions such as high blood

pressure, chronic lung disease, diabetes, obesity, asthma, and those whose immune system is compromised.

2. Those living in residences where vulnerable individuals reside should be aware that the student-athletes participating in training can bring the virus home.
3. Physical distancing should continue.
4. Gatherings of more than 10 should be avoided.
5. Gyms and common areas should remain closed.
6. Virtual meetings should be encouraged.
7. Non-essential travel should be minimized.

PHASE 1: NON-CONTACT TRAINING PROTOCOLS

1. All individuals will be screened upon arrival.
2. Non-vulnerable staff and student-athletes will be allowed in groups of 10.
3. Training outside with physical distancing will be allowed.
4. Face coverings are required by all individuals on campus, unless 6 feet of distance can be maintained.
5. Strength training and sport specific training outside without equipment exchange will be allowed.
6. Access to showers and lockers will not be available.
7. The athletic training facility will only be accessible for emergent cases and scheduled appointments.
8. It is not expected that EQ will wash dirty laundry.
9. Coaches should design their program in accordance with the National Strength and Conditioning Association's 50→ 30→ 20→ 10→ reduction recommendation. Environmental acclimatization should also be considered in program design.

PHASE 2: EQUIPMENT CONTACT TRAINING PRINCIPLES

In order to begin this phase of resocialization all of the Core Principles and Phase One Principles must be met without a rebound for 14 days.

1. Vulnerable individuals should continue to shelter in place.
2. Physical distancing should continue.
3. Gatherings of more than 50 people should be avoided.
4. Gyms and common areas should remain closed.
5. Virtual meetings should be encouraged.
6. Non-essential travel may resume.

PHASE 2: EQUIPMENT ONLY CONTACT TRAINING PROTOCOLS

1. All individuals will be screened upon arrival.
2. Non-vulnerable staff and student-athlete will be allowed in groups of 50
3. Training outside & inside with physical distancing will be allowed. Indoor facilities should keep the doors open to encourage ventilation.
4. Face coverings are required by all individuals on campus, unless 6 feet of distance can be maintained when outdoors.
5. Sport specific training with minimal equipment exchange will be allowed (ie balls for specific position group).
 - a. Equipment must be cleaned daily.
6. Equipment will be sanitized by training groups following use or between users
 - a. Sanitizing equipment – spray, wipes, etc. – will be provided to each training group and replenished as needed.
 - b. Following use, athletes and coaches will disinfect and clean equipment as directed by the product being used.
 - i. When using SaniGuard 24/7 or Cell Block 64, spray the items and then let air dry, do not wipe dry.
7. Team strength training can resume in small groups if physical distancing can be maintained. Equipment must be cleaned between student-athletes. Minimize lifts that require a spotter.
8. Access to showers and lockers will not be available.
9. The athletic training facility will only be accessible for emergent care and scheduled appointments.

PHASE 3: CONTACT TRAINING PRINCIPLES

In order to begin this phase of resocialization all of the Core Principles, Phase One and Phase Two Principles must be met without a rebound for 14 days.

1. Vulnerable individuals can resume in-person interactions but should practice physical distancing and wear a mask when distancing is not feasible.
2. Gyms and common area can reopen if appropriate sanitation methods are implemented.
3. Unrestricted staffing may resume.

PHASE 3: CONTACT TRAINING PROTOCOLS

1. All staff and student-athletes will be allowed with no group limit.
2. Normal training will be allowed.
3. Teams will be responsible for washing their own equipment daily, including but not limited to balls, racquets, football pads, etc..

4. Team strength training can resume, with cleaning in between teams, completed by the team before leaving.
5. Access to showers and lockers will be available for an hour before and after practice.
6. The athletic training facility will be accessible for pre-practice preparations, emergent care, and scheduled appointments.
7. It is expected that Facility Managers will wash school issued gear.

ATHLETIC TRAINING DAILY OPERATIONAL PROCEDURES

This section is designed to provide guidelines in conjunction with the De Anza College COVID-19 Task Force in regard to the operation procedures of the Athletic Training department. The following outlines how the athletic trainers are expected to function during resocialization.

1. Student-athletes will be screened prior to arrival by completing a symptom checklist (8-part questionnaire submitted via Sway) and will have their temperature measured onsite. A temperature above 100.4 degrees Fahrenheit will be considered a positive finding and managed as if the student-athlete has COVID-19.
2. Student-athletes will still need to use the Modo app in addition to Sway.
3. Appropriate PPE will be worn by anyone in the athletic training facility.
4. Student-athletes using the facility will be required to wash their hands with soap and water before receiving treatment and before leaving the facility.
5. Physical distancing in the athletic training facility will be observed in Phases One and Two.
6. Hands on treatment will be minimized in Phases One and Two.
7. Home exercise rehabilitation programs will be provided, and the athletic trainers will be available for telehealth appointments via Healthy Roster.
8. All pieces of equipment will be stored away behind locked doors.
9. Mitigation of spread between teams will be the number one priority; therefore, team separation protocols will be adapted.
10. Two facilities will be utilized to maintain team separation. The athletic training facility will serve football, men's & women's soccer, and men's & women's cross country. PE 15 will serve volleyball and men's & women's water polo.
11. The maximum number of individuals in either facility in accordance with the Return to Campus Plan and COVID Prevention Program documents.
12. Training schedules should be strategically planned to allow for team separation
*see appendix for an example schedule.
13. The athletic training facility will be appropriately cleaned between team use by

- the athletic training facility. Student-athletes will continue to use disinfectant wipes on tables or equipment that they use before and after their individual use.
14. Student-athletes will be expected to bring their own water in Phases One and Two. Hydration systems will be assigned to a team in Phase Three and will be thoroughly cleaned and sanitized daily.
 15. Premade ice bags will be available in the garage to limit traffic through the athletic training facility. Hand sanitizer will be used before applying the ice.
 16. Treatment documentation will be done completely online and entirely by the sports medicine team.
 17. Information and updates from the CPHD, SCCPHD, and CCCAA will be sent to student- athletes via Healthy Roster.

GAME MANAGEMENT PROCEDURES

This section is designed to provide guidelines in conjunction with the De Anza College COVID- 19 Task Force in regard to the operational procedures during events. The following outlines what changes need to occur on competition days.

1. Screening will be done upon arrival and before leaving for away games for all travelers (including staff).
2. Communication with the host site athletic trainer will be expected.
3. Officials are expected to screen at home and communicate with game management staff the day of the event to ensure no symptoms are exhibited.
4. Depending on the current Phase according to the Return to Campus Plan, fans may be prohibited from attending.
5. Post-game handshakes are not recommended.
6. Appropriate supplies of PPE need to be considered (ie on game days more supplies need to be on hand in the event of a possible exposure, gear must be given to all in attendance).
7. An appropriately sized room will need to be identified as the area to vacate to, in the event of an emergency such as lightning.
8. A non-communal area will need to be designated for the visiting team. This room will have a time limit and will need to be cleaned before another team uses it
9. Teams will be provided minimal treatment by host site athletic trainer when travelling.
10. Visiting teams will be provided treatment at the event site if needed. Do not send visiting teams to the Athletic Training Facility.
11. Medkits will be assigned to a team and needs to be disinfected after travelling and before being returned to the athletic trainers.

RESPONSE TO POSITIVE COVID TEST

These procedures are in addition to procedures outlined in the District Return to Campus Plan.

1. In response to a positive test, it will be the Athletic Director's responsibility to notify the college, the department, and those who may have been exposed
2. The fitness center conference center will be designated as the isolation room. In the event that a student-athlete or staff member becomes acutely symptomatic, they will be immediately placed in this room and asked to be transported for self-isolation or rapid testing.
3. Self-isolation procedures will be told to all staff and student-athletes
4. Student-athletes and staff that may have been exposed will need to self-quarantine for 14 days from the last time of exposure and will not be allowed on campus during this time.
5. Return to sport from a positive test will be a progressive return. As much of the long-term effects of COVID-19 are still unknown it is important to implement a slow and controlled return.

CONTINGENCY CHANGES TO MORE RESTRICTIVE PHASES/STAGES

Should Federal, State, or Local guidelines change to more restrictive regulations that will impact the Athletics/PE program, the following guidelines will be implemented to meet the more restrictive requirements:

1. In-person classes will revert to the appropriate Phase/Stage based upon the updated State of California Tier and local regulations. Changes may include a reduction of occupancy numbers within a room/facility/area, or a complete return to online instruction.
2. The change to a more restrictive Phase/Stage shall be implemented as soon as possible when increased COVID protection is required.
3. When restrictions are lifted/eased, the College will evaluate and coordinate returning of individual programs/classes to the less restrictive requirements.

REFERENCES

The below documents were used in the preparation of this document:

COVID-19 INDUSTRY GUIDANCE – Institutions of Higher Education – California Department of Public Health – September 30, 2020.

<https://files.covid19.ca.gov/pdf/guidance-higher-education--en.pdf>

Outdoor and Indoor Youth and Recreational Adult Sports – California Department of Public Health – February 19, 2021

https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/outdoor-indoor-recreational-sports.aspx?fbclid=IwAR1feOxpV_-O22ct7m5A51WukOE4qtdoRXAkpaj315iYjYKY7_QRVJWMQ4

Mandatory Directive: Collegiate and Professional Athletics – Santa Clara County Health Department – October 10, 2020, Revised February 28, 2021.

sccgov.org/coronavirus