

Recommendations for athletes returning to campus are based on current medical knowledge and are intended to create the safest possible environment for our athletes and staff. These recommendations are not a guarantee that an athlete will avoid being exposed to or contracting COVID-19.

Football Assumptions

- June 15, 2020 as the date to resume voluntary workouts.
- Athletics has developed a housing plan and aligns with the overall University policy regarding COVID positive students.
- Cleaning protocols are in place, including which cleaning agent is to be used and time required after cleaning before for next contact.

General Procedures and Pre-Return

1. Athletes that test positive for COVID-19 will need to be isolated for at least 10 days from symptom onset.
2. For consistency and safety, it is recommended that coaches and staff who will be in contact with players be tested for COVID-19 as well.
3. Contact tracing protocols will be in place and performed by trained individuals. Kansas Team Health will work in collaborations with the Douglas County Health Department for contract tracing.
4. There will be a restriction on the number of coaches, support staff and returning athletes who can arrive on campus. For safety purposes, we will institute a step-wise return. Returning athletes will be divided into 3 groups in order to accommodate safe arrival and timely testing. Football and support staff will be kept to the minimum needed.
5. Prior to returning, athletes will be asked to complete a mandatory digital COVID-19 survey in order to be eligible for return. To best assess each athlete's potential for exposure, the survey includes COVID-19 screening questions and whether the athlete was coming from or had travelled to a hotspot location within the previous 14 days. Screening results will be processed by the team's athletic trainer.
6. COVID-19 education materials will be included in the athlete's pre-arrival information packet.
7. It will be explained to each athlete that a return to campus does imply that each athlete assumes an element of risk.
8. Early return to campus is completely voluntary.

Return to Campus

1. Athletes will be assigned to specified living spaces.
2. Team Health will follow the [KDHE recommendations](#) for travel quarantine.
 - a. All asymptomatic athletes, coaches, and staff with a negative screening questionnaire who arrive from *undesignated* KDHE locations will *not* require quarantine upon arrival to campus.
 - b. Athletes, coaches, or staff:

- i. arriving from KDHE designated travel restriction locations *will* require a 14 day quarantine per current KDHE mandates. Flying through or driving through a hot spot does not require further quarantine unless the individual leaves airport or has multiple stops or extended period of stay when driving through.
 - ii. who have positive screening questionnaire *will* require on campus quarantine, duration will be dependent on multiple factors including reason for positive screen and current testing capabilities.
3. Athletes who arrive symptomatic or who develop symptoms after arrival will follow CDC/KDHE guidelines for isolation and return to activity.
4. Athletes will be assigned to small groups for return to campus testing, conditioning, weights and meetings. Group sizes will follow the State of Kansas and Douglas County Re-opening guidelines. The size of the room, number of athletes, and maintenance of at least 6 feet of physical distancing will be taken into account as group sizes and meetings are organized.

Arrival on Campus

1. Group 1 - Athletes currently living in Lawrence
 - a. *Monday, June 8th*: On campus nasal swab and blood collection must be scheduled and completed at designated testing locations. Coaches and staff may also be tested at this time up to daily limit of 60. No access to facilities.
 - b. *Tuesday, June 9th*: No access to facilities unless for specific medical reason. May do Zoom meetings, academics.
 - c. *Wednesday, June 10th*: Once testing results are back and negative, athletes will be assigned an appointment time in the training room for evaluations, physical exams if needed, additional testing if needed and nutritional and mental health evaluation. Athletes with positive test results will be isolated per CDC/KDHE guidelines. If test results are still pending, no access to facilities.
 - d. *Thursday, June 11th*: Same as Wednesday, June 10th.
 - e. *Friday, Saturday, Sunday June 12th - 14th*: No access to facilities.
 - f. *Monday, June 15th*: Team trainers can release athletes to sports performance for evaluation and clearance for graduated return to activity.
2. Group 2 – Approximately 40-60 individuals, chosen by football staff; including remaining untested staff and all newcomers in same group.
 - a. *Monday, June 8th*: Arrive at dorm/hotel, no access to facilities.
 - b. *Tuesday, June 9th*: Schedule and complete on campus nasal swab and blood collection at designated locations. No access to facilities.
 - c. *Wednesday, June 10th*: No access to facilities. Zoom meetings, academics.
 - d. *Thursday, June 11th*: If PCR swab results back and negative, athlete will get an appointment and be seen in training room in for evaluations, physical exams if needed, additional testing if needed and nutritional and mental health evaluation. Positive resulting athletes will be isolated per CDC/KDHE guidelines. If testing results are still pending, no access to facilities.

- e. *Friday, June 12th*: Same as Thursday, June 11th. Otherwise, no access to facilities except for scheduled medical purposes.
 - f. *Saturday, June 13th and Sunday, June 14th*: No access to facilities.
3. Group 3 – Approximately 40-60 individuals, chosen by football staff; including all newcomers in same group.
- a. *Tuesday, June 9th*: Arrive at dorm/hotel, no access to facilities.
 - b. *Wednesday, June 10th*: Schedule and complete on campus nasal swab and blood collection at designated locations. No access to facilities.
 - c. *Thursday, June 11th*: No access to facilities. Zoom meetings, academics.
 - d. *Friday, June 12th*: If PCR results back and negative, will get an appointment and be seen in training room in for evaluations, physical exams if needed, additional testing if needed and nutritional and mental health evaluation. Positive resulting athletes will be isolated per CDC/KDHE guidelines. If testing results are still pending, no access to facilities.
 - e. *Saturday, June 13th*: Same as Thursday. Otherwise, no access to facilities except for scheduled medical purposes.
 - f. *Sunday, June 14th and Monday, June 15th*: No access to facilities.
4. Monday, June 15th
- a. If negative PCR and if the following not previously performed, individuals will be seen in training rooms in small groups for evaluations, physical exams, EKG if needed, nutritional and mental health evaluations.
 - b. If positive PCR, individual will be isolated per guidelines followed by evaluation and clearance for graduated return to exercise by sports performance.
 - c. If not otherwise cleared on Monday, June 15th, will require evaluation and clearance for graduated return to activity by sports performance.
5. Newcomers
- a. Newcomers may not be ready for activity on the above schedule pending more involved initial evaluation. Also, any exposure to COVID-19 or positive PCR or antibody test for COVID-19 will delay return to activity.
6. Medical Processing in Small Groups
- a. If symptomatic for infectious disease, place mask (if not already on), perform hand hygiene and refer to Watkins Health Service or LMH Health. Isolate per guidelines.
 - b. Review interval history and COVID questions. If history of positive COVID-19 infection or testing, will need cardiac evaluation.
 - c. Mental health screen with emphasis on COVID-19 pandemic.
 - d. Physical exam if warranted.
 - e. Additional lab if warranted.
 - f. For new athletes, usual CV screen, lab, mental health, nutritional screen.

7. Mandatory education on COVID-19 symptoms and spread reminding of their responsibility as part of the team to abide by social distancing/mask guidelines and limit contact with people outside of team.
 - a. Importance of physical distancing
 - b. Good hygiene, especially hand hygiene
 - c. Proper use of face coverings in public and in facilities
 - d. Importance of staying home and self-quarantine
 - e. Reporting of any symptoms
 - f. How virus transmits
 - g. Facility specific changes
 - i. Checkpoints for symptom checks (or online) and temperature checks
 - ii. Limit number of people in facility

Testing

1. Entry Testing
 - a. Per above, following proposed Big 12 guidelines, all athletes will get PCR via nasopharyngeal swab and antibody testing via blood draw.
2. Test Results
 - a. Negative PCR/Negative antibody
 - i. May progress into slowly graduated physical activity in small groups (estimate about one week after arrival) with appropriate social distancing and face masks
 - b. Negative PCR/Positive antibody
 - i. If symptomatic, refer with mask for further evaluation
 - ii. EKG with review by cardiologist
 - iii. Further lab, cardiac evaluation as indicated
 - iv. Restriction of exercise for at least 14 days after date of exposure/infection if known. Otherwise, restriction of exercise for 14 days after arrival on campus. May participate in meetings.
 - c. Positive PCR, Asymptomatic
 - i. Isolation
 - ii. Record symptoms and temperature
 - d. Positive PCR, Symptomatic
 - i. Isolation
 - ii. Daily check-ins via phone/zoom with ATC
 - iii. Record symptoms and temperature
 - iv. If symptoms worsen or athlete becomes short of breath, refer to LMH Health for evaluation
 - v. Return to facilities
 1. ≥ 10 days since symptom onset and ≥ 3 days without fever (without the use of antipyretics) and ≥ 3 days of improvement in symptoms

OR

2. Two negative PCRs via nasopharyngeal swab ≥ 24 hours apart, ≥ 10 days after symptom onset
3. Follow up cardiac testing with appropriate lab work
4. Restriction of exercise for 14 days after initial test, with graduated return after that if cleared with cardiac evaluation

Isolation Guidelines

1. Positive test, Symptomatic
 - a. ≥ 10 days since symptom onset and ≥ 3 days without fever (without the use of antipyretics) and ≥ 3 days of improvement in symptomsOR
 - b. Two negative PCRs via nasopharyngeal swab ≥ 24 hours apart, ≥ 10 days after symptom onset
2. Positive test, Asymptomatic
 - a. If remains without symptoms, ≥ 10 days after the test

Contact Tracing

1. High risk/Close contacts definition:
 - a. Household contact OR close contact (≤ 6 feet for ≥ 15 minutes) of an individual with confirmed or suspected COVID-19 during the 48 hours before the individual became symptomatic or was diagnosed
 - b. Direct contact with respiratory secretions of infected individual (cough)
 - c. For athletics, physical contact/face to face
2. Low risk contacts definition:
 - a. Brief contact (≤ 6 feet for < 15 minutes) with someone with COVID-19 with both parties wearing cloth facial covering or other approved mask
 - b. No contact with infected person's oral or nasal discharges
3. Contacts of infected person
 - a. Low risk
 - i. May continue in functional small groups with appropriate physical distancing and face mask
 - ii. Monitor and immediately report any concerning symptoms or fever
 - b. High risk
 - i. Quarantine
 1. Quarantine at home for 14 days after exposure
 - ii. Immediately report any concerning symptoms or fever
 - iii. Return to activity if no symptoms develop and has quarantined by above guidelines. Consider antibody testing to determine need for cardiac evaluation and more gradual return to activity.

- iv. Those in high risk groups of infections (age, co-morbidities) may consider more conservative approach.

Other Guidelines

1. Guidelines while in facilities
 - a. ACCESS TO LOCKER ROOM AND SHOWERS WILL BE LIMITED AND TIMES WILL BE ASSIGNED ACCORDING TO GROUP. Clothing exchange will be performed by equipment managers and handled/laundered within appropriate hygiene guidelines.
 - b. USE OF THE TEAM LOUNGE WILL NOT BE PERMITTED.
 - c. THERE WILL BE NO ACCESS TO THE HYDROTHERAPY ROOM EXCEPT FOR MEDICAL TREATMENTS APPROVED BY TEAM PHYSICIANS.
 - d. Symptom screening and temperature check each time the facility is entered
 - e. Small assigned groups; no visitors
 - f. Appropriate distancing for conditioning, weights (10 feet for both) with disinfection between groups
 - g. While in buildings, facemasks required at all times, including meetings. May take off during exercise.
 - h. Masks should be cleaned daily and removed only by straps. (DO NOT TOUCH FRONT OF MASK.)
 - i. Masks should ONLY be worn over nose and mouth. If mask needs to be removed for any reason, it should be placed outer side down on paper towel, tissue, etc.
 - j. Frequent hand washing/sanitizing
 - k. Do not touch face
2. Illness
 - a. Contact ATC by phone for guidance. DO NOT come to facility if ill.
 - b. Depending on symptoms, may be referred to Watkins or LMH Health for evaluation.
3. Meetings
 - a. Meetings should be limited to groups of 10 or smaller with >6 feet separation and face masks.
 - b. Meeting rooms should be appropriately cleaned between groups
 - c. Use of Zoom, etc. as much as possible in place of face to face.
4. Conditioning
 - a. Conditioning should be done only in groups of 10 or less (including sports performance)
 - b. Recommend spacing of at least 10 feet
 - c. Cleanse hands frequently
 - d. Mask use not required during exercise if space as above. Replace mask after exercise BEFORE moving to next activity, meeting, facility.
5. Weights
 - a. Masks in place if tolerated
 - b. Spacing of at least 10 feet
 - c. "Spotters" must wear mask and goggles

- d. Clean equipment between uses
 - e. Hand hygiene between sets and when changing stations
 - f. Clean goggles frequently; do not touch front of goggles unless wearing gloves, which are then removed and disposed, or immediate hand hygiene is performed after touching.
6. Hydration and Nutrition
- a. Only single or individual use hydration, no “pumpers”
 - b. Only unit dose energy/nutrition. No community use stations or blender use.
 - c. All meals served in facilities will be individual “box” lunches. No buffet style.
 - d. All drinks served will be individual or “no touch”
7. Living Spaces
- a. If aligned with University policies, one person for bedroom and bathroom. All apartment or suite roommates are considered close contacts.
 - b. Restrict or minimize outside visitors into living spaces. Keep lists of visitors.
 - c. Restrict presence in public spaces, especially areas with crowds with lack of social distancing, such as clubs, bars, restaurants, etc. Keep list of close contacts (≤ 6 feet for ≥ 15 minutes).