

# CCCAA Resocialization Back to Sport Guidelines Timeline

## Core Principles of Resocialization of CCCAA Athletics<sup>4</sup>

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. In accordance with the federal guidelines, such a plan assumes the following state/local **GATING CRITERIA** have been satisfied:
    - i. A downward trajectory of influenza-like illnesses reported within a 14-day period **and** a downward trajectory of COVID-like syndromic cases reported within a 14-day period.
    - ii. A downward trajectory of documented cases of COVID-19 within a 14-day period **or** a downward trajectory of positive tests as a percentage of total tests within a 14- day period.
    - iii. Hospitals can treat all patients without crisis care **and** there is a robust testing program in place for at-risk health care workers, including emerging antibody testing.
3. There should be a written plan in place at the university/college level for resocialization of students. In keeping with the federal guidelines, universities should consider guidance provided to employers to develop and implement appropriate policies regarding the following:
  - a. Social distancing and protective equipment.
  - b. Temperature checks.
  - c. Testing and isolating.
  - d. Sanitation.
  - e. Use and disinfection of common and high-traffic areas
  - f. School business travel.
  - g. Monitoring of workforce for symptoms and preventing symptomatic people from physically returning to work until cleared by a medical provider.
  - h. Workforce contact tracing after an employee’s positive test for COVID-19.
4. There must be a written plan in place at the university/college level for resocialization of student- athletes within athletics. In keeping with the federal guidelines, athletics should practice the following:
  - a. All student-athletes, athletics health care providers, coaches and athletics personnel should practice good hygiene.
  - b. All student-athletes, athletics health care providers, coaches and athletics personnel should stay home if they feel sick.
  - c. Guidance noted above for university employees should be in place within athletics.
5. There must be adequate personal protective equipment for athletics health care providers, and there must be sanitizers to manage infection control in all shared athletics space.
6. There must be the ability to assess immunity to COVID-19 at a regional and local level. This could include immunity at the college campus, plus a more focused assessment of herd immunity for athletics teams.
7. There must be access to reliable, rapid diagnostic testing on any individual who is suspected of having COVID-19 symptoms.
8. There must be in place a local surveillance system so that newly identified cases can be identified promptly and isolated, and their close contacts must be managed appropriately.
9. There must be clearly identified and transparent risk analyses in place. Such risk analyses consider issues such as economics, education, restoration of society, and medical risk of sport participation, including COVID-19 infection and possible death.
10. Reference NSCA attachment for best practices on safe return to training.<sup>7</sup>

PHASE 0	PHASE 1	PHASE 2	PHASE 3	PHASE 4
Pre-Resocialization	Resocialization with Major Social Distancing (Healthy group only): Minimum 14 days	Resocialization with Moderate Social Distancing (Healthy group only): Minimum 14 days	Resocialization of Healthy Groups + Appropriate Sanitation Resocialization of Vulnerable Group with Moderate Social Distancing: Minimum 14 days	Return to Regular Practice and Competitions

# PHASE 0

## Pre-Resocialization Period

### PHASE CHECKLIST

- 1. Create an Athletics COVID 19 Action Team that works in close coordination with district COVID 19 Action Team.<sup>2</sup>
- 2. All aspects of the Core Principles of Resocialization of Athletics are in place.<sup>4</sup>
- 3. School must be operating in accordance with local and state public officials, the CCCAA and approval of school leadership regarding a return to campus, return to practice and return to competition.<sup>1,2,4</sup>
- 4. Ensure alignment with state, local, district guidelines.<sup>1-2</sup>
- 5. Successfully procured all necessary PPE and proper disinfecting solvents and materials should begin in this phase.<sup>4</sup>
- 6. Working with team physicians to ensure policies adhere to best practices and ensure the safety of all people involved.<sup>4</sup>
- 7. Athletics must meet with other departments involved with infection control (facilities and custodial).<sup>4</sup>
- 8. Essential staff will begin to work to implement policies and procedures set forth by their respective institutions as well as the department of athletics.<sup>4,6</sup>
- 9. All personnel should be screened in accordance with their institutional policy and use safe social distancing practices.<sup>4</sup>

### EDUCATION:

- Identify who will be responsible for educating staff and student-athletes.<sup>2</sup>
- Educate all athletics staff (including medical staff, strength and conditioning staff, equipment managers, administrators, and all other athletics staff) on policies and procedures regarding infection control and new operational policies. Educate coaching staff on how to educate student-athletes.<sup>2,4,6</sup>
- Education of student-athletes begins. Student-athletes should be educated in the prevention of spread of infectious disease, policies and procedures set forth by the institution must be adhered to completely. Education should include personal care and hygiene.<sup>2</sup>
- Depending on specific district needs, education should take a multi-faceted approach based on current social distancing guidelines and district policies.
- It is the duty of athletics staff, teammates and individual student-athletes to report any possibility of self or others with symptoms of infection to appropriate medical staff. All student-athletes, athletics health care providers, coaches and athletics personnel should stay home and report remotely if they feel sick.<sup>1,4,9</sup>

### CRITERIA FOR PROGRESSION

- Above checklist is completed, and state and local gating criteria have been satisfied.<sup>4</sup>

**\*\*Upward spikes in infection spread may cause resocialization efforts to halt or even retreat until infection spikes lower again. Consult state, local and district authorities for current directives.<sup>4</sup>**

# PHASE 1

## Resocialization with Major Social Distancing (Healthy Group Only): Minimum 14 days

### PHASE CHECKLIST

In accordance with the federal guidelines, resocialization of sport for Phase One assumes the following:

- 1. Gating criteria have been satisfied for a minimum of 14 days.<sup>4</sup>
- 2. Vulnerable student-athletes, athletics health care providers, coaches and athletics personnel 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 and asthma, and those whose immune system is compromised, such as by chemotherapy.<sup>1,4</sup>
- 3. Those living in dorms and other residences where vulnerable individuals reside should be aware that by returning to work or other environments where distancing is not practical, they could carry the virus back home, and appropriate isolating precautions should be taken.<sup>4</sup>
- 4. Physical distancing should continue.<sup>1,3,4</sup>
- 5. Gatherings of more than 10 people should be avoided unless precautionary measures of physical distancing and sanitization are in place.<sup>4,5</sup>
- 6. Gyms and common areas where student-athletes and staff are likely to congregate and interact, should remain closed unless strict distancing and sanitation protocols can be implemented.<sup>1,4</sup>
- 7. Virtual meetings/coaching should be encouraged whenever possible and feasible.<sup>2,4,5</sup>
- 8. Nonessential travel should be minimized, and Centers for Disease Control and Prevention guidelines regarding isolation after travel should be implemented.<sup>1,4</sup>
  
- Continue to educate athletics staff and student-athletes on current best practices for infection control. Continue to implement policies and procedures put in place by your individual institution.<sup>2,5</sup>
- It is the duty of athletics staff, teammates and individual student-athletes to report any possibility of self or others with symptoms of infection to appropriate medical staff. All student-athletes, athletics health care providers, coaches and athletics personnel should stay home and report remotely if they feel sick.<sup>1,4,9</sup>

### **NATIONAL STRENGTH & CONDITIONING ASSOCIATION (NSCA) CONDITIONING RECOMMENDATIONS FOR PHASE 1:**

- Healthy group only, **small groups**, social distancing: Due to inability to ensure at-home training during shelter in place across the CCCAA, coaches must assume student-athletes are coming off of a period of inactivity as outlined by the National Strength and Conditioning Association. The 50/30/20/10 reduction provides recommended percentages of weekly volumes and/or workloads for conditioning in the first 2-4 weeks of return to training following periods of inactivity. Week 1: 50%, Week 2: 70%, Week 3: 80%, Week 4: 90%, Week 5: 100%.<sup>7</sup> Be aware that environmental conditions (i.e. heat) require a minimum of a 2 week acclimatization period.<sup>6,8</sup>

### **CRITERIA FOR PROGRESSION**

- Above checklist is completed, and state and local gating criteria continue to be satisfied

**\*\*Upward spikes in infection spread may cause resocialization efforts to halt or even retreat until infection spikes lower again. Consult state, local and district authorities for current directives.<sup>4</sup>**

# PHASE 2

## Resocialization with Moderate Social Distancing (healthy group only): Minimum 14 days

### PHASE CHECKLIST

In accordance with the federal guidelines, if Phase One has been implemented successfully, with no evidence of a rebound, and gating criteria have been satisfied for a minimum of 14 days since the implementation of Phase One:

- 1. Vulnerable individuals should continue to shelter in place.<sup>1,4</sup>
- 2. Awareness and proper isolating practices related to vulnerable individuals in residences should continue.<sup>4</sup>
- 3. Physical distancing should continue.<sup>1,4</sup>
- 4. Gatherings of more than 50 people should be avoided unless precautionary measures of physical distancing and sanitization are in place.<sup>1,5</sup>
- 5. Gyms and common areas where student-athletes and staff are likely to congregate and interact should remain closed, or appropriate distancing and sanitation protocols should be implemented.<sup>4</sup>
- 6. Virtual meetings should continue to be encouraged whenever possible and feasible.<sup>4</sup>
- 7. Nonessential travel may resume.<sup>1,4</sup>
  
- Continue to educate athletics staff and student-athletes on current best practices for infection control. Continue to implement policies and procedures put in place by individual institution.<sup>2,5</sup>
- It is the duty of athletics staff, teammates and individual student-athletes to report any possibility of self or others with symptoms of infection to appropriate medical staff. All student-athletes, athletics health care providers, coaches and athletics personnel should stay home and report remotely if they feel sick.<sup>1,4,9</sup>

### **NSCA CONDITIONING RECOMMENDATIONS FOR PHASE 2:**

- Healthy group only, **larger groups**, social distancing: Due to inability to ensure at-home training during shelter in place across the CCCAA, coaches must assume student-athletes are coming off of a period of inactivity as outlined by the National Strength and Conditioning Association. The 50/30/20/10 reduction provides recommended percentages of weekly volumes and/or workloads for conditioning in the first 2-4 weeks of return to training following periods of inactivity. Week 1: 50%, Week 2: 70%, Week 3: 80%, Week 4: 90%, Week 5: 100%.<sup>7</sup> Be aware that environmental conditions (i.e. heat) require a minimum of a 2 week acclimatization period.<sup>6,8</sup>

### **CRITERIA FOR PROGRESSION**

- Above checklist is completed, and state and local gating criteria continue to be satisfied

**\*\*Upward spikes in infection spread may cause resocialization efforts to halt or even retreat until infection spikes lower again. Consult state, local and district authorities for current directives.<sup>4</sup>**

# PHASE 3

## Resocialization of Healthy Groups + Appropriate Sanitation

### Resocialization of Vulnerable Group with Moderate Social Distancing: Minimum 14 days

#### PHASE CHECKLIST

In accordance with the federal guidelines, if Phase Two has been implemented successfully, with no evidence of a rebound, and gating criteria have been satisfied for a minimum of 14 days since the implementation of Phase Two:

- 1. Vulnerable student-athletes, athletics health care providers, coaches and athletics personnel can resume in-person interactions, but should practice physical distancing, minimizing exposure to settings where such distancing is not practical.<sup>1,4</sup>
- 2. Gyms and common areas where student-athletes and staff are likely to congregate and interact can reopen if appropriate sanitation protocols are implemented, but even low-risk populations should consider minimizing time spent in crowded environments.<sup>1,4</sup>
- 3. Unrestricted staffing may resume.<sup>1,4</sup>
  
- Continue to educate athletics staff and student-athletes on current best practices for infection control. Continue to implement policies and procedures put in place by individual institution.<sup>2,5</sup>
- It is the duty of athletics staff, teammates and individual student-athletes to report any possibility of self or others with symptoms of infection to appropriate medical staff. All student-athletes, athletics health care providers, coaches and athletics personnel should stay home and report remotely if they feel sick.<sup>1,4,9</sup>

#### **NSCA CONDITIONING RECOMMENDATIONS FOR PHASE 3:**

- Healthy group only, unrestricted group size, social distancing. Vulnerable group added with social distancing: Due to inability to ensure at-home training during shelter in place across the CCCAA, coaches must assume student-athletes are coming off of a period of inactivity as outlined by the National Strength and Conditioning Association. The 50/30/20/10 reduction provides recommended percentages of weekly volumes and/or workloads for conditioning in the first 2-4 weeks of return to training following periods of inactivity. Week 1: 50%, Week 2: 70%, Week 3: 80%, Week 4: 90%, Week 5: 100%..<sup>7</sup> Be aware that environmental conditions (i.e. heat) require a minimum of a 2 week acclimatization period.<sup>6,8</sup>

#### **CRITERIA FOR PROGRESSION**

- Above checklist is completed, and state and local gating criteria continue to be satisfied

**\*\*Upward spikes in infection spread may cause resocialization efforts to halt or even retreat until infection spikes lower again. Consult state, local and district authorities for current directives.<sup>4</sup>**

# PHASE 4

## Return to Regular Practice and Competitions

### PHASE CHECKLIST

- 1. The transition from the previous core principles to a relaxation of these principles can occur when COVID-19 can be managed in a manner like less virulent influenza strains. COVID-19 has essentially shut down society because it is highly contagious and has an unacceptably high death rate. More common strains of influenza do not close society because society has learned to adapt to and develop acceptable management strategies for influenza. For COVID-19, future phases are dependent on the successful development of widely available treatment, including prophylactic immunotherapy, coupled with widespread, effective vaccination.<sup>4</sup>
- 2. Consideration of spectator modifications (i.e. no spectators, physical distancing, etc.) to ensure safety of student-athletes, support staff and spectators.<sup>1,3</sup>
- 3. Return to normal practice
- 4. Return to normal competitions
  
- Continue to educate athletics staff and student-athletes on current best practices for infection control. Continue to implement policies and procedures put in place by individual institution.<sup>2,5</sup>
- It is the duty of athletics staff, teammates and individual student-athletes to report any possibility of self or others with symptoms of infection to appropriate medical staff. All student-athletes, athletics health care providers, coaches and athletics personnel should stay home and report remotely if they feel sick.<sup>1,4,9</sup>

### NSCA CONDITIONING RECOMMENDATIONS FOR PHASE 4:

- All groups back to regular practice and competition: Vulnerable group added with social distancing: Due to inability to ensure at-home training during shelter in place across the CCAA, coaches must assume student-athletes are coming off of a period of inactivity as outlined by the National Strength and Conditioning Association. The 50/30/20/10 reduction provides recommended percentages of weekly volumes and/or workloads for conditioning in the first 2-4 weeks of return to training following periods of inactivity. Week 1: 50%, Week 2: 70%, Week 3: 80%, Week 4: 90%, Week 5: 100%.<sup>7</sup> Be aware that environmental conditions (i.e. heat) require a minimum of a 2 week acclimatization period.<sup>6,8</sup>

**\*\*Upward spikes in infection spread may cause resocialization efforts to halt or even retreat until infection spikes lower again. Consult state, local and district authorities for current directives.<sup>4</sup>**