

# CCCAA COVID-19 Minimum Requirements for Athletics

## Introduction

This document is based upon the latest updates from the [NCAA](#), [CDC](#) and the [CDPH](#). This document serves as minimum requirements for all CCCAA membership institutions for athletic activities. **Institution or county guidelines that are stricter will supersede the requirements in this document.** Each institution should get approval of their COVID protocols by their county and/or local health agencies. If the county does not want to review and/or approve your COVID protocols, then the leadership of the institution needs to approve them. These requirements could change as new guidelines comes out from the NCAA, CDC and the state of California.

## Medical clearance for return to activity after COVID-19

- Recommends following the [updated exercise recommendations](#) from the American Society for Sports Medicine and the American College of Cardiology.
- Medical evaluation is not required for individuals that are asymptomatic or have mild illness. However, medical evaluation is still recommended for individuals with moderate or more severe illness. Consider using the [COVID-19 Medical Clearance and Return to Activity form](#) for those individuals and/or return to play progression.
- A medical professional should determine the severity of an individual’s illness (asymptomatic, mild, moderate, or severe).
- A return to play progression should be individualized and followed for each student-athletes based on the symptoms experienced, severity of symptoms, length of symptoms, and medical evaluation.

## Definitions

- A fully vaccinated individual is one that is 14 days after the last shot in the vaccine series.
- A Booster Eligible individual is one that is 5 months after 2<sup>nd</sup> dose of Moderna and Pfizer or 2 months after 1<sup>st</sup> dose of Johnson & Johnson.
- Date of positive test and/or start of symptoms is considered Day 0, the next day is considered Day 1.

## Vaccination Categories

- **Fully vaccinated and Up to Date** – Fully vaccinated & has received booster, fully vaccinated & not booster eligible and individuals with a documented COVID-19 infection in the past 90 days
- **Fully vaccinated and Not Up to Date** – Fully vaccinated & booster eligible but has not received booster
- **Unvaccinated** – not vaccinated or not fully vaccinated

	Fully Vaccinated and Up-To-Date	Fully Vaccinated and Not Up-To-Date	Unvaccinated
Baseline Testing	PCR test and negative result, or two antigen tests and negative results on nonconsecutive days for <b>all</b> student-athletes (regardless of whether they are in season or not) and <b>all</b> athletics personnel, administered within a MAXIMUM of five (5) days of report date or before return to campus, whichever is earlier.		
Out of Season Surveillance Testing	No testing required, unless symptomatic and/or close contact exposure	<ul style="list-style-type: none"> <li>• Low to Moderate <a href="#">County Transmission Level</a>: PCR or antigen 50% of all student athlete and athletic personnel weekly.</li> <li>• Substantial to High <a href="#">County Transmission Level</a>: Weekly PCR or 3x weekly antigen on nonconsecutive days for all student athlete and athletic personnel.</li> </ul>	
In Season/ Competition (Including NTS) Testing	No testing required, unless symptomatic and/or close contact exposure	<ul style="list-style-type: none"> <li>• Weekly PCR or 3x weekly antigen on nonconsecutive days for all student athlete and athletic personnel.</li> <li>• PCR test and negative result within three days prior to the first competition of the week <b>or</b> antigen test and negative result within one day prior to each competition. (continue antigen test 3x weekly if fewer than three competitions)</li> </ul>	

		<b>Note:</b> If getting PCR results within 3 days is not possible and access to antigen is limited/not possible, institutions may adopt a consistent seven-day window for testing by sport or sports for the regular season and may adjust the testing cycle for post-conference competition.	
Team Outbreak Testing	<p>If sustained increased transmission (Outbreak) on a team, test <b>ALL</b> symptomatic individuals or individuals with close contacts within 5 days of exposure, regardless of vaccination status.</p> <p>Sustained increased transmission is likely occurring if:</p> <ul style="list-style-type: none"> <li>• Team of &lt; 50: Concurrent positive cases of three or more</li> <li>• Team of &gt; 50: Concurrent positive cases of five percent or more</li> </ul>		
	<b>Fully Vaccinated and Up-To-Date</b>	<b>Fully Vaccinated and Not Up-To-Date</b>	<b>Unvaccinated</b>
Quarantine (Exposure)	<p>Quarantine is not necessary if symptoms are not present, wear a mask when not doing athletic activities. Diagnostic test on day 5</p>	<p>Quarantine can end:</p> <ol style="list-style-type: none"> <li>1. After day 5 if symptoms are not present <b>and</b> a negative PCR or Antigen test from day 5 or after <b>and</b> a mask is worn around others for another 5 days. *</li> </ol> <p><b>*Participation in athletic activities between days 6 to 10 can be considered without a mask following a negative PCR or Antigen test.</b></p> <ol style="list-style-type: none"> <li>2. After day 10 if unable or choose not to test <b>and</b> symptoms are not present.</li> </ol>	
Isolation (Positive Test)	<p>Isolation can end:</p> <ol style="list-style-type: none"> <li>1. After day 5 if symptoms are not present or resolving <b>and</b> a negative PCR or Antigen test from day 5 or after <b>and</b> a mask is worn around others for another 5 days. *</li> </ol> <p><b>*Participation in athletic activities between days 6 to 10 can be considered without a mask following a negative PCR or Antigen test.</b></p> <ol style="list-style-type: none"> <li>2. After day 10 if unable or choose not to test <b>and</b> symptoms are not present or resolving.</li> </ol> <p><b>Note:</b> Isolation should continue if fever is present until it resolves, even if that is longer than 10 days. If symptoms other than fever are not resolving, continue to isolate until symptoms resolve or until after day 10.</p>		
Training and Competition Masking	<ul style="list-style-type: none"> <li>• Indoors: All participants within the athletic department will wear appropriate face coverings when not on playing surface or participating in activities or as directed by your county/local health agencies</li> <li>• Outdoors: No masking requirements are required or as directed by your county and/or local health agencies</li> </ul>		
Team Travel Masking	Wear a well fitted mask at all times during travel		
Other Athletic Activities Masking (team mtgs, advising, etc.)	Wear a well-fitting mask in Indoor settings or as directed by your county and/or local health agencies		
Non-Athletic Activities	Wear a well-fitting mask in Indoor settings or as directed by your county and/or local health agencies		

## References

1. CDC Updates and Shortens Recommended Isolation and Quarantine Period for General Population. January 9, 2022. <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>
2. CDPH, Guidance for Local Health Jurisdictions on Isolation and Quarantine of the General Public. January 8, 2022. [https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Guidance-on-Isolation-and-Quarantine-for-COVID-19-Contact-Tracing.aspx?TSPD\\_101\\_R0=087ed344cfab2000f774fe9ee5bc4a51fcd893b3e8dfa7ba6171fbaeebd0ab717fb0bff11efbe50f085d5012cf1430004cd5c8c0c6ce600d3eac05eeabd0032cf2a89141b3b54844e5a7f76a1fcbcc595aab0e237b5f842c88e8839dd66c337d](https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Guidance-on-Isolation-and-Quarantine-for-COVID-19-Contact-Tracing.aspx?TSPD_101_R0=087ed344cfab2000f774fe9ee5bc4a51fcd893b3e8dfa7ba6171fbaeebd0ab717fb0bff11efbe50f085d5012cf1430004cd5c8c0c6ce600d3eac05eeabd0032cf2a89141b3b54844e5a7f76a1fcbcc595aab0e237b5f842c88e8839dd66c337d)
3. NCAA Resocialization of Collegiate Sport: 2022 Winter Training and competition for Tier 1 Individuals. January 6, 2022. [https://ncaaorg.s3.amazonaws.com/ssi/COVID/SSI\\_ResocializationWinter2022.pdf](https://ncaaorg.s3.amazonaws.com/ssi/COVID/SSI_ResocializationWinter2022.pdf)