

CCCAA Recommendations for Infection Control in Athletics

Introduction

This document is based upon the latest updates from the [NCAA](#) infection control in sports document. This document recommends that CCCAA membership institutions consider shifting to standard precautions for purposes of infectious disease management. Shifting to standard precautions means that socializing strategies are no longer based on surveillance testing or other testing strategies. **Each institution should get approval from their county and/or local health agencies before disbanding their current COVID procedures.** These recommendations could change as new guidelines comes out from the NCAA, CDC and the state of California.

Testing¹ ([CDC link for COVID-19 Community Level](#))

- Recommended for individuals that develop COVID-19 symptoms.
- Low to Medium community level – Masking and surveillance testing are no longer recommended.
- High community level – Masking indoors in public settings. Surveillance testing is recommended, please consult with your local county health agency to determine surveillance testing protocols if your county returns to high community level.

Masking^{1,5}

Is still recommended for health care facilities, like the athletic training facility.

Vaccination Recommendations^{1,2}

Stay up to date with your COVID-19 vaccines and follow the [CDC recommendations](#) on when you are considered up to date.

Quarantine and Isolation^{1,3,4}

- Quarantine is no longer [recommended](#) by CDPH, **if** a well fitted mask is worn around others for 10 days **or** if a mask cannot be worn, quarantine until a negative COVID test is taken 3 to 5 days after exposure.
- Isolation has not changed, follow [CDC recommendations](#) or your local county health agency.

Education¹

Consider including infection control strategies for all athletics personnel as part of yearly/eligibility meetings.

- Include symptoms for COVID, Flu, Cold.
- Encourage individuals to stay home when they are feeling sick and to seek appropriate care.
- Cover standard precautions that can help prevent disease transmission on your campuses.

Standard Precautions^{1,5}

- Performing hand hygiene.
- Using personal protective equipment whenever there is an expectation of possible exposure to infectious material.
- Following respiratory hygiene/cough etiquette principles.
- Ensuring appropriate patient placement.
- Properly handling, cleaning, and disinfecting patient care equipment and instruments/devices.
- Handling textiles and laundry carefully.
- Following safe injection practices.
- Ensuring health care worker safety including proper handling of needles and other sharps.

References

1. Infection Control in Sport. April 13, 2022. https://ncaaorg.s3.amazonaws.com/ssi/COVID/SSI_InfectionControlInSport.pdf
2. CDC Stay Up to Date With Your COVID-19 Vaccines, April 2, 2022. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html>
3. Guidance for Local Health Jurisdictions on Isolation and Quarantine for General Public. April 6, 2022. <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Guidance-on-Isolation-and-Quarantine-for-COVID-19-Contact-Tracing.aspx>
4. CDC Isolation and Quarantine. March 30, 2022. <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>
5. CDC Standard Precautions for All Patient Care. January 26, 2016. <https://www.cdc.gov/infectioncontrol/basics/standard-precautions.html>