

**Iowa Valley Community College- ECC/MCC**  
**Return to Athletics Protocol- COVID-19**

Updated 2/15/21

During the transition of athletics back to the Ellsworth Community College/Marshalltown Community College campuses, the focus of the Athletics Department is to protect all individuals. Establishing procedures and protocols to support current and future needs in line with the CDC, Iowa Department of Public Health, Hardin/Marshall County Public Health, and Ellsworth/Marshalltown Community College, as well as continuing efforts to mitigate the transmission of COVID-19 within athletics and ECC/MCC campus.

The phased return to campus protocol was created based on the guidelines from the following:

- CDC Recommendations and Guidelines
- Iowa Department of Public Health Guidelines
- Hardin/Marshall County Public Health
- ACHA Guidelines: Consideration for Reopening Institutions of Higher Education in the COVID-19 Era
- NATA Intercollegiate Council for Sports Medicine Pre-Return and Return-to-Campus Preparation and Communication Plan
- CSCCA and NSCA Joint Consensus Guidelines for Transition Periods: Safe Return to Training Following Inactivity
- NJCAA and ICCAC Recommendations and Guidelines

Until COVID-19 can be managed, specific protocols must be in place to help prevent the spread of the virus. Prior to ECC/MCC student-athletes returning to campus, a variety of measures must be put in place to help mitigate risk of infection and spread of COVID-19. ECC/MCC Athletics did not open facilities and did not begin a phased return to athletics until:

- ECC/MCC under the guidance from the organizations above can mitigate the risk of infection or illness of the student-athletes, coaching staff, and administration with the equipment, supplies, testing, and resources currently available.
- Decisions to return have been made by the NJCAA and ICCAC.

**Prior to the return of student-athletes:**

- Created ECC/MCC Athletics COVID-19 Action Team
  - Members: Nate Forsyth- ECC Athletic Director; Shawna Forsyth – ECC Athletic Trainer; John Kriebs- MCC Athletic Director
- Established PPE surplus/supply for sports medicine staff (gloves, mask and glasses)
- Established screening tools/supplies (thermometer and survey)
- Produced educational materials (online posters and/or video)
  - Athletic information provided may include, but is not limited to, the following: the introduction to athletics, student-athlete handbook, general CDC information about COVID-19, athletics protocols, and mental health information and resources

- Completed student-athlete pre-arrival questionnaire turned in upon arrival or at arrival
- Identified sports that will be allowed to return – Fall Sports First: ECC: VB/FB/Cheer MCC: Soccer/VB
- Established dates of return established by the NJCAA and ICCAC
- Secured face coverings for student-athletes
- Implemented additional requirements deemed necessary by sports medicine staff
- Created active infection policy: testing procedure in place, isolation protocol in place per CDC, Public Health, and McFarland guidelines.
- Implemented sanitation methods for all facilities in place

### **Student-Athlete Return Preparation Phase: June 2020 – Soft Opening of Iowa Valley Community College ECC/MCC**

#### Requirements to begin Preparation Phase

- ECC/MCC Athletics COVID-19 Action Team Protocols in development
- Dale Howard Activity Family Center protocol in place
- PPE and screening supplies have been acquired and maintained
- Supply of masks for staff and student-athletes acquired
- Sanitation procedures in place
- Progression is in line with College procedures and approved by IVCCD leadership
- Sports medicine staff has completed identification of vulnerable student-athletes, coaching staff, support staff, and athletics administration

#### Restrictions

- Daily centralized screening of student-athletes, coaching staff, and administration staff (includes temperature check)
- No voluntary workouts (only scheduled team or individual workouts)
- No locker room access
- Mask must be worn in all athletics facilities
- Athletic training room available by appointment only or scheduled times for teams with social distancing procedures in place
  - Operating under CDC: Infection Prevention and Control Assessment Tool for Outpatient Settings (2016)
- Mask worn in athletic training room by AT and student-athletes at all times.
- A limited number of the ECC/MCC athletics population on campus and in the community will be encouraged
- Time for medical monitoring and screening for COVID-19 related symptoms
- Time to complete pre-participation physical examination in a social distancing environment. (student-athletes must get physical before arriving on campus if feasible and submit the documentation to his or her coach)
- Centralized screening procedures and documentation implemented on a daily basis.

- On-going COVID-19 education on a virtual platform from Athletic Director's, coaches, and sports medicine staff
  - ZOOM meeting with Athletic Director, ATC, Administration, and coaches as needed
  - Team ZOOM meetings with AD, ATC, Coaches and members of each athletic team
- Education of policy and procedures for support staff, coaching staff, and student-athletes

**Student-Athlete Return Preseason Phase: July/August 2020 – football student-athletes.**

**Requirements to begin Preseason Phase**

- Progression is in line with College procedures and approved by IVCCD leadership
- Pre-arrival questionnaire completed and on file with sports medicine staff
- Pre-arrival education materials delivered to student-athletes, support staff, coaching staff, and administrative staff
- Student-athletes have been given educational materials on COVID-19 and have had an opportunity to ask questions about any concerns they may have. Educational materials will include, but are not limited to, physical distancing, hand hygiene, cough hygiene, “stay at home if you are sick”, self-monitoring of symptoms, and self-report measures.
  - This will be done in athletic groups via ZOOM meetings prior to the student-athlete returning to campus and continuing in athletics throughout the year
- PPE and screening supplies have been maintained
- Daily screening of student-athletes, coaches, and athletics administration
  - Student-athletes will be screened at scheduled times per team
- Those living in shared spaces have been made aware of the risk of contracting the virus and carrying it back home or bringing it back with them if they travel home.
  - Athletes will be educated on the risk of traveling home on the weekends to visit family and friends; this could result in isolation or quarantine upon return if the student-athlete interacted with anyone that was symptomatic or tested positive for COVID-19 or if the student-athlete begins to show symptoms upon return

**Restrictions in Preseason Phase**

- Vulnerable student-athletes, coaches, support staff, sports medicine staff, or athletics administration personnel are not permitted to be in athletic facilities and should continue to shelter in place if feasible.
- No use of athletic facilities by unauthorized personnel. (No ECC/MCC staff or faculty use of weight room or training room.)
- Student-athletes required to wear masks at all times other than during practice or weight lifting/conditioning sessions
- Social distancing measures continue
- Strength and conditioning groups will be limited to cohorts/pods within specific teams and scheduled by sports medicine staff

- Athletic training room operations by appointment or scheduled by team with social distancing procedures in place
  - ECC: No more than 4 in ATR at a time (2 student-athletes to 1 ATC)
  - MCC: 2 student-athletes to 1 ATC
- Gyms and other common areas are frequently monitored and congregation strictly prohibited
  - All student-athletes, coaching staff, sports medicine staff, support staff, and athletics administration must wear masks in athletics facilities
  - No access to locker rooms
- Virtual meetings continued whenever feasible
- Non-essential travel should be minimized

#### Principles of Preseason Phase

- Integration of a limited number of student-athletes back into the ECC/MCC campus and specific communities
- Integration of a limited number of student-athletes back into strength and conditioning environments in groups less than ten
- Integration back into individualized sport-specific workouts in small groups
- Commuter student-athletes will be placed into PODs or cohorts within their team if feasible

#### **Student-Athlete Return Action Phase: Begin Fall Semester – All other student-athletes arrive on campus) Basketball, Wrestling, Baseball/Softball, Sports Shooting, Soccer, Volleyball, and Cheer/Dance)**

#### Requirements to progress to Action Phase

- Preseason Phase has been implemented successfully
- Progression is in line with College procedures and approved by IVCCD leadership
- Continued COVID-19 educational materials are made available to student-athletes, support staff, coaching staff, and athletics administration
- PPE and screening supplies have been maintained
- Sanitation methods for facilities deemed successful in previous phases
- Gyms and common areas are frequently monitored and congregation strictly prohibited
- Virtual meetings encouraged whenever possible

#### Restrictions

- Daily screening of student-athletes, coaches, and athletics administration
- Vulnerable student-athletes, coaches, support staff, and athletics administration are permitted to be in athletic facilities, but should continue to practice social distancing and minimize exposure to settings where distancing is not practical
- All visitors of athletic facilities must complete daily screening procedures prior to entrance of athletic facilities
- Media interviews will be conducted virtually if feasible

- No use of athletic facilities by un-authorized personnel (non-ECC/MCC) in accordance with the DHFAC/MCC Student Activity Center phased return to activity protocol
- Student-athletes must wear masks at all times other than practice or strength and conditioning workouts
- All student-athletes, coaching staff, sports medicine staff, and athletics administration must wear masks when in athletics facilities
- Strength and conditioning groups and times will be determined by the Strength and Conditioning Coordinator/AD in accordance with weight room availability
- Athletic training room will be by appointment or scheduled by the teams with social distancing procedures in place
- Gyms and common areas will be frequently monitored and congregation strictly prohibited
- Virtual meetings will be continued if feasible
- Non-essential travel may resume with Athletic Department clearance

#### Principles of Action Phase

- Slowly increase number of student-athletes training together
- Slowly decrease restrictions in practice while continuing to maintain social distancing whenever possible.
- Increase number of student-athletes in strength and conditioning environment.
- Integration of vulnerable student-athletes, coaches, supports staff, and athletics administration.

#### **Student-Athlete Return Action Phase: Begin Spring Semester- Jan 2021**

##### Requirements to Start Phase

- Progression is in line with College procedures and approved by IVCCD leadership
- Pre-Participation Student-Athlete COVID-19 Screening is turned in upon arrival
- Once athletes pass Covid-19 Screening upon arrival they will be required to quarantine a minimum of 72 hours. (International students will follow CDC/County Health guidelines).
- Continued COVID-19 educational materials are made available to student-athletes, support staff, coaching staff, and athletics administration
- PPE and screening supplies have been maintained
- Sanitation methods for facilities deemed successful in previous phases
- Gyms and common areas are frequently monitored and congregation strictly prohibited
- Virtual meetings encouraged whenever possible

##### Restrictions

- Daily screening of student-athletes, coaches, and athletics administration

- Vulnerable student-athletes, coaches, support staff, and athletics administration are permitted to be in athletic facilities, but should continue to practice social distancing and minimize exposure to settings where distancing is not practical
- All visitors of athletic facilities must complete daily screening procedures prior to entrance of athletic facilities
- Media interviews will be conducted virtually if feasible
- No use of athletic facilities by un-authorized personnel (non-ECC/MCC) in accordance with the DHFAC/MCC Student Activity Center phased return to activity protocol
- Student-athletes must wear masks at all times other than practice or strength and conditioning workouts
- All student-athletes, coaching staff, sports medicine staff, and athletics administration must wear masks when in athletics facilities
- Strength and conditioning groups and times will be determined by the Strength and Conditioning Coordinator/AD in accordance with weight room availability
- Athletic training room will be by appointment or scheduled by the teams with social distancing procedures in place
- Gyms and common areas will be frequently monitored and congregation strictly prohibited
- Virtual meetings will be continued if feasible
- Non-essential travel may resume with Athletic Department clearance

#### Principles of Action Phase

- Slowly increase number of student-athletes training together- PODs
- Slowly decrease restrictions in practice while continuing to maintain social distancing whenever possible.
- Increase number of student-athletes in strength and conditioning environment.
- Integration of vulnerable student-athletes, coaches, supports staff, and athletics administration.

## ECC/MCC Athletics

### Daily COVID Screening Procedures

All student-athletes and coaches will be screened daily prior to practice at specific time set by sports medicine staff (screening will involve temperature checks). All other individuals (including, but not limited to: support staff, sports medicine staff, athletics administration, facilities staff, visitors, etc.) may be screened daily upon entrance into athletic facilities, if feasible. Individuals only need to be screened once per day. Entrance into athletic facilities will be restricted to one entrance and exit if possible.

#### Screening Procedure:

- Screening will take place at a predetermined place and time for student-athletes specific to their practice times and sport subgroup
- All student-athletes must be screened during their assigned screening time prior to workouts on a daily basis, otherwise admission to athletic facilities will not be permitted
- Screenings will take place in a walk up format at an assigned time and location by the sports medicine staff
  - Athletic trainers and/or coaches in PPE will be at the station
  - Temperature checks (IR no-touch forehead thermometer)
  - Pre-Participation Student-Athlete COVID-19 screening upon arrival
  - NJCAA Student-Athlete COVID-19 Daily Questionnaire completed and reviewed by sports medicine staff on game days
- Individuals disclosing any of the classic symptoms and/or with a fever (temperature greater or equal to 100.4) will be denied entry to the facility and will immediately be given an appropriate PPE and the McFarland Clinic phone number.
  - Potentially ill individuals will be placed in an isolation room *immediately* for further evaluation/directions by our local Medical Clinic and/or nurse onsite (**Do not** go into the Athletic Training room or building unless it is the designated isolation area)
  - The potentially ill individuals will be asked to call McFarland Clinic or Hansen Family Hospital immediately while following protocol
    - ECC- McFarland Clinic: 641-648-2586
    - ECC- Hansen Family Hospital Covid-19 Hotline: 641-648-7113
    - MCC- McFarland Clinic: 641-752-0654
  - Anyone in the same vehicle with the potentially ill individual or living with the potentially ill individual will not be permitted into the athletic facilities and will need medical clearance prior to entry. CDC guidelines will be followed to the best of IVCCD's ability to isolate identified individuals until medically cleared by MD
  - Individuals at screening areas who have been identified with potentially ill individual will be isolated on site
- Individuals should utilize hand sanitizer upon entering screening location and after being screened
- Individuals **required** wear masks upon entering screening location
- Individuals who develop symptoms, at some point after the screening, should immediately notify his or her coach and athletic trainer

- Contact via phone if possible to decrease possible exposure
- Isolation of potentially ill individual
- Immediately given appropriate PPE
- Contact McFarland Clinic/Hansen Family Hospital for further guidance.
- Supplies needed at screening station: IR no-touch thermometers, hand sanitizer, disinfectant wipes/spray, masks, administrative educational material and tape to identify social distancing
- All student-athletes will be screened prior to leaving for an athletic event as well as upon the return from the event (most likely the next day depending on the time of his or her return)
  - Any student-athlete showing a fever (100.4\* or above) or symptoms will be given appropriate PPE, withheld from travel, and put into isolation protocol following IVCCD guidelines
- All student-athletes from visiting teams that are competing at ECC or MCC will also be screened prior to departure (within 6 hours of competition) and withheld from traveling if they do not pass NJCAA/ICCAC Event Screening.
  - Any visiting student-athlete showing a fever or symptoms while at ECC/MCC will be given appropriate PPE, withheld from competition, and not allowed to enter the facility (must be isolated in isolation room or visiting team travel vehicle)
  - Following ICCAC guidelines

**If I take a temperature and it is HIGH (100.4 Or Above) what should I do?**

- Immediately give appropriate PPE if not being worn
- The individual will be given directions to call one of these Public Health numbers
  - ECC- McFarland Clinic: 641-648-2586
  - ECC- Hansen Family Hospital Covid Hotline: 641-648-7113
  - MCC- McFarland Clinic: 641-752-0654
  - Ames Covid Hotline: 515-500-6711
  - Test Iowa with questions about testing: 515-575-2131 or 844-844-1561
- Send individuals back to their rooms or other assigned area to isolate until further instructions by Clinic/Health Provider
- Follow the protocol that has been given to them by their Clinic/Health Care Provider
- Identify any individuals that may be considered Close Contact to that individual
- Follow CDC/Iowa public health and Physicians guidelines to the best of IVCCD's ability



## Iowa Valley Community College- ECC/MCC Illness Management during the COVID-19 Pandemic

Patients that report the following symptoms will be referred to the team physician or Public Health Care to determine the need for medical evaluation versus stay-at-home telemedicine evaluation as well as the need for testing:

1. Temperature greater or equal to 100.4 degrees Fahrenheit (38.0 degrees Celsius)
2. Cough
3. Shortness of Breath (SOB)
4. Rigors (severe chills causing the whole body to shiver) OR Myalgia's
5. Loss of the sense of smell and taste

Patients with less distinctive symptoms (e.g. headache, runny nose, sinus pressure, scratchy throat, diarrhea, and nausea) will be evaluated by their team athletic trainer and referred to a physician.

### Isolation for Symptomatic or Asymptomatic Patients with POSITIVE Test

Will follow current CDC guidelines. <https://www.cdc.gov/coronavirus/2019-ncov/index.html> (2/15/21)

Currently student- athlete can return after these requirements: 10 days from onset of symptoms/or test date if asymptomatic, improvement of symptoms, no fever for 24 hours (without fever reducing meds) AND clearance from Health Care Provider

CDC and Iowa Public Health guidelines will be followed to the best of our ability.

### Quarantine for Close Contacts of a Patient with COVID-19

What counts as close contact? (CDC)

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

***\*ICCAC will abide by the following: An individual is considered to have close contact when they have been within 6 feet of the COVID-19 positive individual for 15 consecutive minutes.***

- *Individuals who are in close contact due to exposure to a household member are required to quarantine for at least 14 days.*
- *Individuals who have COVID-19 must isolate for at least 10 days.*

## **Close Contact quarantine:**

Will follow the recommendations of our local public health department the best of our ability.

### **2 Options for Return to Sport following Close Contact with Positive Covid-19 individual:**

#### **1. Day 10- NO TESTING**

- a. Return to sport after Day 10 (Day 11)
- b. No RTP needed if conditioning occurred during quarantine
- c. No Symptoms have occurred during quarantine
- d. Wear mask during all activities until after Day 14 (including competition)

#### **2. Day 7- With negative test result (test must occur on day 5 or later)**

- a. Return to sport after Day 7 (Day 8)
- b. No RTP needed if conditioning occurred during quarantine
- c. No symptoms occurred during quarantine
- d. Wear a mask during all activities until after Day 14 (including competition)

After stopping quarantine, you should:

- Watch for symptoms until 14 days after exposure
- If you have symptoms, immediately self-isolate and contact your local public health authority or healthcare provider.
- Wear a mask, stay at least 6 feet from others, wash their hands, avoid crowds, and take other steps to prevent the spread of COVID-19.

**Individuals tested due to close contact should wait for results before leaving campus.**

### **Exceptions to Close contact quarantine:**

- People who have tested positive for COVID-19 within the past 3 months and recovered do not have to quarantine or get tested again as long as they do not develop new symptoms.
- People who develop symptoms again within 3 months of their first bout of COVID-19 may need to be tested again if there is no other cause identified for their symptoms.
- People who have been in close contact with someone who has COVID-19 are not required to quarantine if they have been fully vaccinated against the disease within the last three months and show no symptoms.

Due to the variations of contact among the sports; the sports medicine and administrative staff, in consultation with public health, will determine further action needed based on the variables per sport.

Isolation will be determined by on campus housing policies.

### **Isolation for Symptomatic Patients with High-Risk COVID-19 Symptoms with NEGATIVE Test**

- High Risk symptoms include new cough, shortness of breath or difficulty breathing, new loss of taste of smell, chills and fever of 100.4 or above.
- Will be allowed to return following a negative test when they are 24 hours symptom free (with no medicine), while following most updated CDC guidelines.
- Leaving on campus housing will require 72 hour quarantine upon returning
- Begin progressive return to activity if isolated for more than 7 days
- Anyone quarantined due to close contact with this individual may return to normal activity once a Negative test result has been reached.
- Will follow CDC/Iowa Public Healthy guidelines to the best of IVCCD's ability

<https://www.cdc.gov/coronavirus/2019-ncov/index.html> (2/15/21)

### **Isolation for Patients with Low-Risk Symptoms with NEGATIVE test or NOT TESTED**

- Low Risk symptoms include low-grade fever below 100 degrees Fahrenheit, headache, muscle and body aches, runny nose, sore throat, sinus congestion, nausea, diarrhea, or vomiting.
  - Isolation requires staying at home and not attending classes, meetings, or practice; not having visitors to the residence; having home cooking or contact-free food delivery; and wearing a mask if close contact with roommates cannot be avoided.
  - Daily telephone evaluation to track twice-a-day temperature and monitor for onset of symptoms.
  - Will follow CDC/Iowa Public Healthy guidelines to the best of IVCCD's ability.
- Student-athlete that tests **NEGATIVE**
    - Return when they are 24 hours fever/symptom free (without meds)
    - Begin progressive return to activity if isolated more than 7 days
  - Student-athlete **NOT TESTED**
    - Return when they are 10 days from when symptoms started, 24 hours fever free (without meds), symptoms improving and MD clearance
    - If athletes chooses to leave campus without testing (if available) may be required to quarantine for 14 days upon returning to campus
    - **OR**
    - Return with alternative diagnosis by Health Care Provider
    - Begin progressive return to activity

## Contact Tracing for Covid-19

### Summary of COVID-19 Specific Practices

- Contact tracing will be conducted for close contacts (**any individual within 6 feet of an infected person for at least 15 minutes**) of **laboratory-confirmed or probable COVID-19 patients**
- Remote communications for the purposes of case investigation and contact tracing should be prioritized; in-person communication may be considered only after remote options have been exhausted
- Testing is **recommended** for all close contacts of **confirmed or probable COVID-19 patients**
- Those contacts who test positive (symptomatic or asymptomatic) should be managed as a confirmed COVID-19 case
- If testing is not available, **symptomatic** close contacts should self-isolate and be managed as a probable COVID-19 case
- If testing is not available, **asymptomatic** close contacts should self-quarantine and be monitored for 14 days after their last exposure with linkage to clinical care for those who develop symptoms
- Will follow CDC/Iowa Public Health guidelines to the best of IVCCD's ability

<https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/contact-tracing.html> (2/15/21)

## **Iowa Valley Community College- ECC/MCC**

### **Terminology**

#### **Quarantine**

Quarantine is used to keep someone who might have been exposed to COVID-19 away from others. Quarantine helps prevent the spread of the disease that can occur before individuals know they are sick or if they are infected with the virus without feeling symptoms. People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their doctor and state or local health departments.

#### **Isolation**

Isolation is used to separate people infected with the virus (those who are sick with COVID-19 and those with no symptoms but have tested positive) from people who are not infected. People who are in isolation should stay home until it is safe for them to be around others. In the home, anyone sick or infected should separate themselves from others by staying in a specific “sick room” or area and using a separate bathroom (if available).

#### **Presumptive Positive**

As used in terms of our ECC/MCC policy, this is when IVCCD will err on the side of caution and treat the situation as if the person in question has COVID-19 whether or not he or she has been tested as long as he or she have signs and symptoms of illness.

#### **Positive COVID-19 testing**

This happens when faculty/staff/students/visitors have a positive lab test that has been verified by local public health officials.

#### **Contact Tracing**

The process of supporting faculty/staff/students/visitors and warning contacts of possible exposure in order to stop chains of transmission. This is done in coordination with Iowa Department of Public Health and Local Public Health.

#### **Exposure**

Exposure is based on recommendations of CDC and local state agency officials. The current definition is exposure of less than 6 feet for more than 15minutes without CDC approved PPE.

## **Iowa Valley Community College - ECC/MCC** **COVID-19 Travel Vehicle Policy**

If transportation is needed for ill student-athletes, the driver will follow MD's guidance on transporting/attending patients' appointments. The passengers will not be permitted in the vehicle without a face mask. The student-athletes' coaches/administrators will be in charge of transporting their student-athletes per MD guidance.

The ECC/MCC staff member will make sure there is a proper social distance of six feet or more.

The driver and passenger should practice proper hand hygiene and avoid touching their faces.

Drivers will stay in the vehicle.

If traveling with a patient that is positive for COVID-19, a N95 Respirator will be worn with goggles according to CDC guidelines. The passenger should wear a face mask or cloth face covering. There also needs to be a six-foot spacing between the patient and the driver.

Athletic Directors will confirm with the local Department of Health office that transportation is permitted. Employees must volunteer to drive.

### **Cleaning and Disinfecting**

Staff members will clean the vehicle immediately before using and after returning to campus. The cleaning products and hand sanitizer will be available in each vehicle or upon checking out a vehicle.

Gloves and any other disposable PPE used for cleaning and disinfecting the vehicle should be removed and disposed of after cleaning.

Staff will wash hands immediately with soap and water for at least 20 seconds after the removal of gloves and PPE, or they will use an alcohol-based hand sanitizer with at least 60% alcohol if soap and water are not available.

If a disposable gown was not worn, work uniforms/clothes worn during cleaning and disinfecting should be laundered afterwards using the warmest appropriate water setting. Items should be dried completely. Hands should be washed after handling laundry.

### **Team Travel Guidelines**

#### **STAY HOME IF YOU FEEL SICK!!!**

- Meals should be all takeout with no sit down meals in restaurants
- Bus travel will be allowed as normal after the initial cohort resocialization period
- Hotels
  - Clean hotel surfaces as they enter the room
  - One person per bed/two per room
- Screening of student-athletes and all personnel/staff will take place before travel to the game, the morning of game, after the overnight stay, and upon return to campus if feasible

## Iowa Valley Community College- ECC/MCC Game Day Procedures

### Game Day/Scrimmage Procedures:

- All facilities and equipment will be cleaned/disinfected before and after each event
- All individuals (including, but not limited to: Student-athletes, coaching staff, support staff, athletic health care professionals, administrative staff, officials, facility staff, visitors, spectators, ect.) will be screened prior to all events
  - It is required on game day to temperature check and fill out the NJCAA Daily Screening
  - The traveling team will check the temperature of travelers before departing and fill out the NJCAA Daily Screening/Event Certification
  - The traveling team ATC will notify the home team ATC and AD of possible positive COVID-19 student-athletes
  - If there are possible positive COVID-19 student-athletes prior to event, the ADs and ATCs will determine if the event will still be played
  - **NJCAA/ICCAC Event Certification papers MUST be completed and exchanged upon arrival before team can enter facility**
- Screening will take place at an assigned location by the member of the sports medicine staff
  - An ATC in PPE (Face mask, face shield/safety glasses and gloves) will be at the screening station
  - Temperature checks (Infrared no-touch thermometer)
  - The NJCAA questionnaire will be completed by each team's AT Staff and communicated with the other team
  - Anyone displaying any symptoms or fever will not be allowed into the facilities
- The visiting team will have limited access to locker rooms
- The visiting ATC will communicate with the home ATC for required treatment(s) of student-athletes at a scheduled time upon arrival
- ECC/MCC will provide water coolers (no cups), ice, ice bags and the traveling team will bring its own water bottles and towels
- ECC/MCC will supply the visiting team with disinfecting solution/wipes and paper towels for their benches
- No spectators until further notice: only teams, coaches, the ATC and workers will be allowed and must practice social distancing
- ECC/MCC will suspend pre/post game handshakes between games

**Iowa Valley Community College- ECC/MCC**  
**Practice Procedure**

**Practice Procedures:**

- Each student-athlete/coach/staff will be screened daily before each activity is scheduled by the ATC and coach
- Masks are required unless you are in game or competitive practice
- Practice facilities and equipment should be cleaned/disinfected before and after every practice
- Treatment time will be scheduled with the ATC and prioritized by the severity of the injury
  - There will be no heating, whirlpool, stretching, or rolling out in the ATR
  - Please see ATR Procedures for further information
- Each team will have their own med kit: the coach will be responsible for keeping this clean and organized
  - Coaches will email AT staff if restocking is needed
- There will be no taping unless there is an acute injury, post op and/or at the discretion of the ATC
  - Braces are encouraged to decrease traffic and exposure
- Post-practice ice will be supplied in a cooler with premade ice bags
  - No wrapping unless cleared with the ATC on site
- If the ATC is on site, he or she will practice social distancing unless an injury/emergency occurs
  - The ATC will have a mask, safety glasses, and gloves
  - The ATC may ask student-athletes to put on a mask before getting evaluated
- If the ATC is not on site, the coach can call the ATC for guidance and evaluation in the AT room.



**Ellsworth Community College**  
**Athletic Training Room Protocol COVID-19**

Daily Responsibilities of Student-Athletes

- Every student-athlete will get his or her temperature checked before the first daily activity at his or her specific location of screening procedures. (until notified differently)
- Report any changes or COVID signs/symptoms to the AT/coaching staff immediately
- Responsible for their own bottle every day at every practice
- Responsible for making sure clothes are clean each day
- Athletes will be screened with temperature checks prior to each event and travel

Athletic Training Room Entry/Exit

- There will be specific entrances and exits in the Dale Howard and into the AT room
- Temperature check will be done before entrance
- Student-athletes will make an appointment with the AT staff to enter the AT room
- Individuals will distance themselves six feet apart on the taped locations

Daily Appointments for Treatment/Evaluation

- Coaches/student-athletes will have to schedule appointments with their ATC.
- Coaches/student-athletes will need to limit the student-athletes seen daily by severity of injury. After the student-athlete has been evaluated by the Athletic Trainer (ATC), the ATC will decide how many times per week an in-person visit is necessary and will schedule those times. The student-athlete will be given any necessary rehabilitation equipment along with rehabilitation protocols that they will need to complete as scheduled by ATC.
- Teams/student-athletes will be prioritized by season versus out of season sports.
- ATC staff will be required to wear masks, gloves, and eye protection when feasible during all treatments with student-athletes.

Check-in Procedure

- Student-athletes will need to check in **promptly** at their scheduled appointment time
  - If late, they will not be seen that day
- If waiting, there will be spacing in the hallway distanced at six feet apart
- Visitors will use the hand sanitizer located outside the AT door
- **Student-athletes will be required to wear a mask in the athletic training room**
- Backpacks will NOT be allowed
- The student-athletes must come prepared for treatment with proper attire

- Phones and headphones/ear buds are allowed but must be OFF and put AWAY during treatment
- Each student-athlete will be screened at the door before entering
  - Their temperature will be checked (100.4°F or above) and they will be asked if they are experiencing a sore throat, cough, shortness of breath (or any other symptoms deemed appropriate to ask following the CDC guidelines at the time) that would lead one to believe that they may need to be directed for further COVID-19 screening
  - If student-athletes have a temperature and/or any other distinctive COVID symptoms; they will be supplied with PPE, told to return to their room, isolate, and call McFarland Clinic for further care
- Once screened at the door and checked in, the student-athletes will wash their hands at the sink with soap and water and then proceed to their assigned area for treatment/rehabilitation
- Social distancing will be expected and enforced

#### Acute/Emergency Situations

- In case of an acute/emergency situation, the coach will need to alert the ATC on the severity of the injury at which time the student-athlete will be able to be seen immediately in the AT room

#### Sanitation Stations

- Each table will have a spray bottle, a towel wipes, and hand sanitizer for proper sanitation before, during, and after every student-athlete's treatment time.
- The athletic training room will be cleaned/disinfected upon arrival and departure daily

#### ATR will NO LONGER

- The ATR will no longer be able to accommodate student-athletes for warm up, heating pads, foam rollers, stretching out, or whirlpool in an effort to decrease traffic flow and maintain a sanitary environment (home exercise programs will be given when needed)

#### Practice Set-up

- Student-athletes will need to have their own water bottle (each team/individual is responsible for cleaning their own bottles)
- A coach or designated person will be responsible for helping to fill bottles by controlling water flow/social distancing when no-touch fill stations are not available. If using a water station, it will need to be wiped down and sanitized immediately following fill up
- Football may use A-frames with water hose if feasible/accessible (it must be sanitized after each use)

### Tape

- All student-athletes that need their ankles taped daily will be required to purchase an ankle brace either prior to reporting or from the ATC upon arrival (this will help cut back on the student-athletes' contact and sanitation of the taping tables after every use)
- The ATCs will only tape during game days at the ATCs' discretion for any injury that would need extra support
- If teams would like tape for individual student-athletes that are able to tape themselves (wrist/fingers), please notify the AT staff and it can be delivered
- Exceptions to these rules can be changed at any time with the ATC's discretion depending on the individual's severity of injury/situation

### Post Practice Ice

- When arranged, there will be grab and go ice bags located outside the AT room door
- For Football, the ice machine and bags will be available in the locker room exit location

### ATC Responsibilities

- AT staff will have direct contact with the MD for any questions and instructions for care
- AT staff will wear masks, gloves, and eye protectors (if available) when working with student-athletes in the AT room
- AT staff will have mask/eye protection (when available) accessible during all outdoor athletic activities for injury evaluation and treatment as needed
- AT staff will continue to monitor the COVID-19 updates and adjust protocols as needed
- AT staff will supply coaches, student-athletes, and all other staff with educational materials when needed

**Iowa Valley Community College- ECC/MCC**  
**Resources- COVID-19**

**Ellsworth Community College**

**McFarland Clinic**

Dr. Aaron Heiar  
701 Washington Ave  
Iowa Falls, Ia 50126  
641-648-2586

**Hardin County Public Health**

2411 Edgington Ave,  
Eldora, IA 50627  
641-939-8444

**Kelly Hartwig**

McFarland Clinic  
Employee Health Coordinator | Human Resources  
1220 Duff Ave  
Ames, Iowa 50010  
515-239-4706

**Iowa Department of Public Health**

Lucas State Office Building  
321 E. 12th Street - Des Moines, IA 50319-0075  
Phone: (515) 281-7689

**Marshalltown Community College**

**McFarland Clinic**

312 East Main Street  
Marshalltown, IA 50158  
641-752-0654

**Marshall County Public Health**

E Main St,  
Marshalltown, IA 50158  
641-754-6370

**Iowa Department of Public Health**

Lucas State Office Building  
321 E. 12th Street - Des Moines, IA 50319-0075  
Phone: (515) 281-7689