



**ATHLETES
UNLIMITED**

SUGGESTED GUIDANCE FOR GAME PLAY AND BALLPARK

Prepared by Environmental Health & Engineering

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GENERAL GUIDELINES

Athletes Unlimited will provide in-market housing for all athletes and non-local staff members. Since sleeping and living density can be high in some hotel and apartment settings, it is important to implement controls associated with sleeping and living arrangements that may help reduce the risk of transmission of COVID-19.

Note: All decisions about implementing these considerations should be made according to state and local guidelines as they are updated and issued. AU officials can determine, in collaboration with state and local health officials if and how to implement these considerations while adjusting them to meet the unique needs and circumstances of AU and the local jurisdiction. Their implementation should also be informed by what is feasible, practical, and acceptable.

HOUSING

POLICY

- Maintain athlete and staff room assignments throughout the season; do not rotate athletes or staff between individual rooms or between buildings, unless determined to be necessary for health or safety reasons or in the best interests of athletes or staff members.
- Limit residential hotel room or apartment access to individuals who reside in that room or apartment. As feasible, limit access to building floors and floor sections/wings to individuals who reside in that floor and section/wing. If feasible, group athletes and staff to a floor or floors.
- Do not allow visitors to enter the residential hotel rooms or apartments during the season unless arrangements can be made for screening and testing with the AU Medical Team.
- All residents should use hand sanitizer containing at least 60% ethyl alcohol or wash their hands with soap and water, for at least 20 seconds, upon entry to their

hotel room or apartment. If living with others, residents should also clean hands frequently while in the residence, especially after contact with high touch surfaces (e.g., bathroom surfaces, refrigerator handles, door handles, etc.).

- ❑ Avoid sharing common items (cups, bedding, etc.) as well as sharing of individuals' items with anyone in the hotel or apartment building.
- ❑ Hotel rooms and common areas should be cleaned when athletes and staff are not present in rooms. Refer to the *Cleaning and Disinfection* section of this guide.
- ❑ Personal belongings should be limited to essential items plus a small number of non-essential items.
- ❑ Athletes and staff should keep personal belongings organized and separate from other athlete's and staff's belongings.
- ❑ If sharing a bathroom, personal items, especially tooth brushes should be stored outside of the bathroom.
- ❑ *Best practice:* All athletes and staff should be provided adequate individual personal storage spaces (i.e., dresser, footlocker, closet, etc.) for their personal belongings.

IN-MARKET RESIDENTIAL FACILITIES

CONFIGURATION

- ❑ Provide alcohol-based hand sanitizer containing at least 60% ethyl alcohol for each hotel room and apartment or have athletes and staff wash their hands with soap and water immediately upon entry.
- ❑ Post relevant posters and signage from the Centers for Disease Control and Prevention ([CDC](#)), World Health Organization ([WHO](#)), and/or other health agencies in trafficked areas to encourage behaviors that mitigate the spread of disease:
 - ❑ [COVID-19 information](#)
 - ❑ [Handwashing](#)
 - ❑ [Cough etiquette](#)
 - ❑ [Symptoms associated with COVID-19](#)
 - ❑ [Stop the spread of germs](#)
 - ❑ [Physical distancing](#)
 - ❑ [Cleaning and disinfecting](#)
- ❑ Athletes and staff must ensure they are not in the room during housekeeping service. AU will coordinate cleaning service for times when athletes and staff are



out of the building, likely approximately once per week. Personal belongings should be put away to minimize contact during cleaning.

- ❑ Ensure that residents have information readily available about who to notify at AU if they develop symptoms, and where to seek care and testing if they become symptomatic or have close contact with someone that tested positive or was diagnosed with COVID-19. Close contact is defined as being within 6 feet for a cumulative total of at least 15 minutes over a 24 hour period.
- ❑ Ensure that residents know how to isolate and quarantine effectively if they receive a positive COVID-19 test.

SLEEPING

- ❑ Assign each athlete and each staff member their own individual bedroom and bathroom.
- ❑ Notify the AU healthcare staff of any shared apartment assignments.
- ❑ Individuals in isolation should remain in isolation for 5 days after symptom onset and at least 24 hours after resolution of fever without fever-reducing medications and with resolution of other symptoms. For those without symptoms, they should remain in isolation for 5 days after the date of their first positive test.¹ Individuals should wear masks in public for a total of 10 days from symptom onset or positive test with no symptoms. Individuals should be given an antigen test on day 5. If the antigen test is positive, continue to isolate until day 10 from symptom onset or positive test if no symptoms or until 2 negative tests.
- ❑ As discussed in the *Testing* module, support will be provided to any athletes or staff members who need to quarantine or isolate. People should not enter/leave the residence during the time of quarantine/isolation, especially the person who is quarantined/isolated. Those individuals will have food delivered to their room, be provided with other necessities like medications, and have phone checks frequently by AU healthcare staff.
- ❑ Limit individual apartment access to individuals who reside in that apartment.
- ❑ During the initial time in-market before testing can be completed by the AU healthcare staff, limit time together in shared spaces in apartments and hotel rooms to less than 15 minutes. In addition, maintain at least 6 feet of physical distance, and wear a face covering. Staff and athletes should avoid spending time in shared spaces that are used by other hotel guests, including indoor bars, restaurants, and lobby or lounge areas. If staff and athletes spend time in outdoor

¹ <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>



common spaces, they should maintain physical distancing and wear a face covering.

- ❑ Limit access to building floors and floor sections/wings to individuals who reside in that floor and section/wing.
- ❑ Use bedding (e.g., sheets, pillows, blankets) that can be washed and dried in a mechanical air dryer. After laundering, keep each individual's bedding separate.
- ❑ Bedding should be cleaned at least weekly.
- ❑ Store extra bedding in individually-labeled bins or bags.

BATHROOM

- ❑ Ensure that each athlete or staff member has their own bathroom.
- ❑ Avoid sharing common bathroom supplies (towels, soap, toothpaste, etc.).
- ❑ If athletes or staff members need to share a bathroom, instruct each individual to bring their own bathroom supplies and a container in which to store toiletries for the duration of the season (for example, a bathroom tote or a plastic bag).
- ❑ If athletes or staff members need to share a bathroom, individuals should keep personal items in their bag or tote and store their bag or tote in a designated area of their bedroom.
- ❑ Keep hand soap, toilet paper, facial tissues, and paper towels in the bathroom stocked at all times.
- ❑ Toilet lids, if available, should be closed when flushed.
- ❑ Encourage that any shared bathroom be cleaned and disinfected at least daily. If athletes or staff members need to share a bathroom, encourage cleaning and disinfecting of high touch surfaces between users.
- ❑ Provide disinfecting cleaning wipes for athletes and staff members.
- ❑ Ensure ventilation rates and bathroom exhaust systems are optimized, see Building Systems section of this guide.

COMMON SPACES

- ❑ Athletes should avoid indoor dining or lobby areas of the hotel or apartment building. Any common spaces should be configured to maintain physical distancing. Mask use should be required in any indoor spaces other than residences or while eating. It should also be highly encouraged or required in outdoor spaces when physical distancing may be difficult. Athletes should not use the fitness center or workout areas in a hotel or apartment building.



- ❑ Restrict access to each reserved common space only to the athletes and staff assigned to that space.
- ❑ Provide and encourage the use of outdoor common spaces for athletes and staff to socialize with adequate physical distancing.
- ❑ Prioritize use of outdoor and common spaces at the competition venue that have already been reserved for use by AU for the season.

VENTILATION

- ❑ Increase ventilation:
 - ❑ Naturally by keeping windows open if weather permits, and using a box fan in the window facing outwards to circulate the air, or
 - ❑ Mechanically, by running heating, ventilating, and air-conditioning (HVAC) systems, bathroom exhaust fans, etc. Keeping the fans on, rather than on automatic, will increase the frequency of air exchange.
 - ❑ During occupied periods for areas with mechanical ventilation, if it is possible, increase outdoor air ventilation by operating HVAC systems at increased outdoor air rates (i.e., increase the percentage of outdoor air). The percentage of outdoor air delivered will be limited to the cooling capacity of the HVAC system and its ability to provide an appropriate discharge air temperature while also controlling for humidity.
 - ❑ Consider the use of portable high efficiency particulate air (HEPA)-filtered air cleaners in shared and common spaces of double occupancy apartments and hotel suites.



REFERENCES AND RESOURCES

American Society of Heating, Refrigerating, and Air Conditioning Engineers, Inc. ASHRAE Epidemic Task Force, *Building Readiness*, Updated May 5, 2020.

<https://www.ashrae.org/file%20library/technical%20resources/covid-19/ashrae-building-readiness.pdf>

CDC. When to Quarantine.

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Multnomah County. *COVID-19 Guidance for Shelter Settings*.

<https://multco.us/novel-coronavirus-covid-19/covid-19-guidance-shelter-settings>

U.S. Centers for Disease Control and Prevention. *Considerations for Institutes of Higher Education*.

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U.S. Centers for Disease Control and Prevention. *Coronavirus Disease 2019: Disinfecting Your Facility*.

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U.S. Centers for Disease Control and Prevention. *Coronavirus Disease 2019: Living in Shared Housing*.

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/shared-housing/index.html>

World Health Organization. *Roadmap to improve and ensure good indoor ventilation in the context of COVID-19*. <https://www.who.int/publications/i/item/9789240021280>

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