



SUGGESTED GUIDANCE ON TESTING AND CASE MANAGEMENT

Prepared by Environmental Health & Engineering

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GENERAL GUIDELINES

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.

During the week prior to traveling to market it's recommended that players and staff :

- Avoid spending time in public indoor spaces, including bars, restaurants, and gyms.
- Wear a high-quality mask or face covering when in public spaces.
- Maintain at least six feet of physical distance from all but household members.

Throughout the season, players and staff should:

- Avoid spending time in public indoor spaces, especially bars, restaurants, and community gyms.
- Wear a high-quality mask or face covering when in public spaces.
- Maintain at least six feet of physical distance, with allowances made for roommates, medically cleared Athletes Unlimited (AU) staff, medically cleared team members, and medically cleared household members.

ADDITIONAL GUIDELINES

- Players and staff should be trained on and agree to follow all AU health and safety policies, such as testing, consistent use of face coverings, physical distancing, and restrictions on gatherings.
- If a player or staff member comes in close contact with a SARS-CoV-2 positive individual (within 6 feet for a cumulative total of 15 minutes or longer over the

course of 24 hours), the player must notify AU healthcare staff by phone and/or email immediately upon becoming aware of the close contact.

- AU should make note of the most up-to-date information regarding local phased-reopening guidelines, health and safety policies, and recommendations from local and state health officials.

SYMPTOM TRACKING

All players and staff that lose their sense of taste or smell/have altered taste or smell, and/or feel ill with fever (greater than 100.4° F), cough, shortness of breath or difficulty breathing, chills, fatigue, muscle and body aches, headache, sore throat, new loss of taste or smell, congestion or runny nose, nausea, vomiting, or diarrhea must:

- Stay in their room and not attend practices, games, or events.
- Immediately notify AU healthcare team.
- Notify AU staff contact and team coordinator about the need for a replacement player or staff person.

If a player or staff person comes to a practice, game, or event with acute respiratory illness symptoms (i.e., cough, shortness of breath) or becomes sick during the event or day they will be:

- Sent back to their living quarters immediately, preferably with transportation arranged for solo transfer or by staff wearing respiratory protection. If medical attention is needed, they will be transported to a hospital or medical facility.
- Asked to remain in contact with AU healthcare staff and AU representatives regarding medical follow-up and presumptive or laboratory confirmed COVID-19 status.
- Provide all necessary information for contact-tracing, including close contacts dating to two days before the onset of symptoms.

If a player or staff member is at a higher risk for severe illness from COVID-19, they are strongly encouraged to self-identify with AU healthcare staff and/or AU representatives prior to the start of the season. According to the CDC, groups at increased risk of severe illness include those with the following:



- 65 years of age and older
- Cancer
- Chronic kidney disease
- COPD
- History of smoking
- Immunocompromised state from solid organ transplant
- Obesity (BMI of 30 or higher)
- Pregnancy
- Serious heart conditions such as heart failure, coronary artery disease, or cardiomyopathies
- Sickle cell disease
- Type 2 diabetes mellitus

The CDC also identifies the following as conditions that might put someone at increased risk for severe illness:

- Asthma (moderate to severe)
- Cerebrovascular disease
- Cystic fibrosis
- Hypertension or high blood pressure
- Immunocompromised state from blood or bone marrow transplant, immune deficiencies, HIV, use of corticosteroids, or use of other immune weakening medicines
- Neurologic conditions such as dementia
- Liver disease
- Overweight (BMI of 25 to 30)
- Pulmonary fibrosis
- Thalassemia
- Type 1 diabetes mellitus

TESTING

Four types of testing will be conducted during the season. They include:

1. Prescreening testing carried out within one day prior to arriving onsite – Athletes Unlimited recommends all players and staff to perform a test prior to departure.
2. Arrival testing conducted upon arrival



3. Screening testing carried out twice weekly during the season
4. Outbreak response testing carried out in response to potential cases

PRESCREENING - Recommended

- It's recommended that staff and players do an antigen or rapid PCR test at an accepted COVID-19 site no more than 24 hours prior to departure.
- Positive results for prescreening testing must be reported to AU. We recommend scheduling tests with sufficient time.
- Players and staff must not travel if 1) they are sick or experiencing any COVID-like symptoms, or 2) have had a positive test for SARS-CoV-2 in the previous five days. For detail on travel guidelines, see AU Travel Policy.
- For the week prior to travel to the site, it is highly recommended to:
 - Wear a high-quality mask or face covering when in indoor public spaces and outdoor public spaces where physical distancing cannot be maintained.
 - Do not visit bars, restaurants, or gyms.
 - Avoid gatherings of any size, including outdoor parties.
 - Maintain physical distance of at least 6 feet from non-household members to the greatest extent possible prior to traveling to the site.
 - Avoid using public transportation.
 - Wash or sanitize hands after touching shared surfaces in public, when returning home, and before eating.
 - Practice good hygiene: cough or sneeze into your elbow and avoid touching your mouth, nose, and eyes.
 - Be on the alert for COVID-like symptoms.

ARRIVAL TESTING

- If upon arrival a player or staff member feels any symptoms consistent with COVID-19, remain in room isolation until testing can be conducted.
- Players will receive an at home PCR test to be performed upon arrival.
- All tests will be done using a nasal swab or a swab of both nasal and throat and on-site rapid-screen antigen testing method that has been approved for use under the U.S. Food and Drug Administration's Emergency Use Authorization. Positive tests will be confirmed by an at home PCR test.



- ❑ All players and staff must wear face coverings when being tested and keep physically distanced from all individuals, except healthcare staff wearing personal protective equipment.

SCREENING TESTING

All players and staff will be tested using the rapid screen nasal swab or a swab of both nasal and throat method once a week to quickly identify cases and contain potential spread by trainers. In addition, players and staff will be required to perform an antigen self-test once a week and report results to Athletes Unlimited via a form.

All players and staff must wear masks when being tested and keep physically distanced from others, except healthcare staff wearing personal protective equipment. Positive tests will be confirmed by PCR.

Testing schedules are determined by the league competition schedule, but players and staff (including trainers) should expect to be tested on Monday and Thursday. Any game staff that is close to the court, umpires/referees, will be screened on game days.

MITIGATION TESTING

Testing will be done on an as-needed basis to contain spread related to a potential case by testing anyone that is symptomatic or asymptomatic but has had close contact with an identified or suspected case. Appendix B provides an infographic of a potential COVID-19 case management plan.

For a symptomatic player or staff member, a rapid antigen test will be carried out with a follow-up PCR test, if the rapid antigen test is negative. Those exposed to COVID-19, should wear a mask for 10 days after the exposure as well as additional testing required for SARS-CoV-2 at day 5 after exposure. If symptoms occur, individuals should immediately isolate until a negative test confirms symptoms are not attributable to COVID-19.

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¹ <https://www.cdc.gov/media/releases/2021/s1227-isolation-quarantine-guidance.html>



For an asymptomatic case, the player or staff member can return to work, play, or practice after 5 days without symptoms and a negative COVID-19 test, but should continue to wear a mask for another 5 days, including game days.

CASE OR SUSPECTED CASE RESPONSE

SYMPTOMATIC COVID-19 CASE

If a player or staff member becomes ill, or became ill overnight after participating in a practice, game, or event:

- Send the player or staff member to their housing quarters immediately, if applicable. If the person is sharing a housing unit with another person, AU staff must plan to relocate the roommate.
- Notify AU health care staff, AU management, and the team coordinator (for players).
- AU healthcare staff will arrange for PCR testing of the player or staff member.
- AU healthcare staff will interview the player or staff member to determine when initial exposure may have occurred. They will also identify close contacts who may have been exposed, dating from two days before the onset of symptoms until a diagnosis was made.
- CDC defines close contacts as individuals that have been within less than 6 feet for more than a cumulative total of 15 minutes within 24 hours.²
- Clean and disinfect (ensuring those that perform the cleaning are provided with and use appropriate personal protective equipment) using disinfectants recommended by the U.S. Environmental Protection Agency (EPA) for use against SARS-CoV-2. Ensure the following cleaning and disinfection takes place:
 - The individual's locker, training area, or workspace and an area extending 12 feet in all directions from the areas used, focusing on high touch objects (e.g., fitness equipment, chairs, computers, keyboard, mouse and telephone).
 - Bathrooms, kitchens, and other shared spaces.
 - Other high touch objects in common areas used by the player or staff member such as gym equipment, stairwell handrails, door handles, cabinet handles, beverage dispensers, etc.

² <https://www.cdc.gov/coronavirus/2019-ncov/php/public-health-recommendations.html>
<https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>



Any player or staff member who became symptomatic and was presumed or confirmed positive case of COVID-19 will be excluded from work, practice, games, or events until the following conditions recommended by CDC have been met:

- At least 24 hours have passed since recovery, which is defined as resolution of fever without the use of fever-reducing medications (e.g., Tylenol) **and**
- At least 5 days have passed since onset of symptoms.
- A negative antigen test
- Player must mask for the following 5 days even if they meet the criteria above.

After returning to work, the player or staff member will continue to wear masks or face coverings, use respiratory hygiene, practice frequent handwashing, and monitor themselves for any recurrence of respiratory symptoms.

Players must be cleared by AU healthcare staff prior to return to practices, games, and/or events.

CLOSE CONTACT OF COVID-19 CASE

In the event a player or staff person is identified as a close contact of a person who was confirmed or presumed to be positive for COVID-19, the person must wear a mask for 10 days. Testing may be administered during the days following exposure. AU medical staff will check in with the person to monitor for new symptoms.

ASYMPTOMATIC COVID-19 POSITIVE CASE

If an asymptomatic player or staff member tests positive for COVID-19 using the rapid antigen test:

- AU healthcare staff will perform an additional antigen test.
- If the second antigen test is positive, then a PCR will be conducted and the protocol for a positive test implemented until the results from the PCR test are received
- If the second antigen test is negative, then a third antigen test will be performed
- If the third test is positive, then a PCR test will be conducted and the protocol for a positive test implemented until the results from the PCR test are received
- If the second and third test are both negative, then the first test will be deemed a false positive.



- ❑ The player or staff member will be sent to their housing quarters immediately. If the person is sharing a housing unit with another person, AU staff must plan to relocate the roommate.
- ❑ Notify AU management and the team coordinator (for players).
- ❑ AU healthcare staff will interview the player or staff member to determine when close contact may have occurred, looking back two days prior to the test. AU healthcare staff will identify potential close contacts. CDC defines close contacts as individuals that have been within less than 6 feet for a cumulative total of more than 15 minutes over 24 hours.³
- ❑ Clean and disinfect (ensuring those that perform the cleaning are provided with and use appropriate personal protective equipment) using disinfectants recommended by the U.S. Environmental Protection Agency (EPA) for use against coronavirus. Ensure the following cleaning and disinfection takes place:
 - ❑ The individual's locker, training area, or workspace and an area extending 12 feet in all directions from the areas used, focusing on high touch objects (e.g., fitness equipment, chairs, computers, keyboard, mouse and telephone).
 - ❑ Bathrooms, kitchens, and other shared spaces.
 - ❑ Other high touch objects in common areas used by the player or staff member such as gym equipment, stairwell handrails, door handles, cabinet handles, beverage dispensers, etc.

Any player or staff member who tests positive on an antigen test but remains asymptomatic will be excluded from work, practice, games, or events until two follow-up tests conducted more than 24-hours apart are negative or the person has been in self-isolation for 5 days without symptoms.

If the player or staff person develops symptoms, they must follow the isolation and testing protocol for symptomatic COVID-19 case, discussed above.

Subsequently, the asymptomatic player or staff member will continue to wear a mask or face covering, use respiratory hygiene, practice frequent handwashing, and monitor themselves for any development of symptoms.

³ <https://www.cdc.gov/coronavirus/2019-ncov/php/public-health-recommendations.html>



Players must be cleared by AU healthcare staff prior to return to practices, games, and/or events.



REFERENCES AND RESOURCES

CDC. Interim Guidelines for Collecting, Handling, and Testing Clinical Specimens for COVID-19.

<https://www.cdc.gov/coronavirus/2019-ncov/lab/guidelines-clinical-specimens.html>

CDC. Criteria for Return to Work for Healthcare Personnel with Suspected or Confirmed COVID-19 (Interim Guidance).

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/return-to-work.html>

CDC. Overview of Testing for SARS-CoV-2.

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/testing-overview.html>

CDC. Quarantine and Isolation.

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

Food and Drug Administration. FAQs on Testing for SARS-CoV-2.

<https://www.fda.gov/medical-devices/emergency-situations-medical-devices/faqs-testing-sars-cov-2>

Infectious Diseases Society of America (IDSA). Guidelines on the Diagnosis of COVID-19. IDSA, 5/6/2020.

<https://www.idsociety.org/practice-guideline/covid-19-guideline-diagnostics/>

Limitations: EH&E's advice, recommendations, guidance, and work product is intended to augment and supplement all existing local, state and federal, laws, by-laws, regulations, and ordinances that may apply to AU's work, workforce, and places of work, such as, without limitation, all employment laws, and all U.S. Occupational Safety Health Administration (OSHA), EPA and Americans with Disabilities Act (ADA) laws and regulations; therefore where EH&E's advice, recommendations, guidance, and work product may overlap or touch upon existing laws and regulations, such advice and recommendations should be construed and interpreted in a manner which further defines existing duties and obligations, and assists in the implementation of policies and procedures to discharge those duties and obligations, and should not be construed or interpreted in a manner that lessens or diminishes existing duties and obligations.



APPENDIX B

Sample Case Management Plan

Day -2	Day -1		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Contract Tracing (back 2 days)* • Conduct Interviews to identify close contacts • Personal Interactions • Locations Visited * Per CDC Guidance		 Symptomatic Positive COVID-19 Person	Start of Symptoms	Isolate and Recover at Home or Hospital									Return to Play/Work • 10 days after onset of symptoms AND • At least 3 days since recovery, no fever AND • Improvement in respiratory symptoms (e.g., cough, shortness of breath) • Viral load is believed to be minimal at this point.			
Contract Tracing (back 2 days)* • Conduct Interviews to identify close contacts • Personal Interactions • Locations Visited * Per CDC Guidance		 Asymptomatic COVID-19 Positive Person	Date of Test (Specimen Collection)	Quarantine in Housing									Return to Play/Work (10 days after test date)			
		 Close Contact (Exposed to a COVID-19 Positive Person)	Date of Last Potential Exposure to COVID-19 Positive Person	Quarantine in Housing (14 days)												

