

Athletic Trainer's Guide to Help Prepare for and Respond to COVID-19 in Your Athletic Training Facilities

What you should know about COVID-19

COVID-19 is the name of the respiratory illness or disease that was first reported in Wuhan, China in late 2019. The disease is caused by a coronavirus called SARS-CoV-2.

How it spreads:

- ▶ The primary mode of transmission is person-to-person. The virus spreads by being in close contact (within about 6 ft.) with an infected person through respiratory droplets produced when an infected person coughs, sneezes or talks. The droplets can then land on a person's mouth or nose or possibly be inhaled into the lungs. An infected person not exhibiting symptoms can also transmit the virus to other people.
- ▶ It is also possible that the virus may spread from touching a surface that has the virus on it and then touching your mouth, nose or eyes.

Symptoms:

According to the Centers for Disease Control and Prevention (CDC), the symptoms include fever, cough and shortness of breath. These symptoms may appear 2-14 days after exposure to the virus. The illness can be mild, but in more severe cases, infection can cause severe respiratory issues, pneumonia, kidney failure and even death.

Go to the [CDC website](#) for the most up-to-date information on COVID-19

Steps you can take to prepare your facilities

- ▶ **Help spread the word on everyday preventive actions**
 - ▶ **Stay home when you're sick**—If you're [showing COVID-19 symptoms](#), keep track of your symptoms and stay home except to get medical care.
 - ▶ **Cough and sneeze into a tissue or your elbow, and no spitting**—Throw away dirty tissues into a wastebasket and wash or sanitize your hands afterwards.
 - ▶ **Don't touch your eyes, mouth, nose with unwashed hands**
 - ▶ **Wash your hands often with soap & water**—Wash your hands for at least 20 seconds. If soap/water is not available, use a hand sanitizer that contains at least 60% alcohol.
 - ▶ **Wear a face mask when around others and social distance**—Stay at least 6 feet apart from other people. Provide physical guides and barriers such as signs and markings on the floor.
 - ▶ **Disinfect frequently touched surfaces daily**—Use EPA-registered products and get coaches, athletes and cleaning staff to help.
 - ▶ **Discourage sharing items, equipment and gear**—Allow adequate supplies of shared items, limit use of supplies and equipment to one group of players at a time, and clean and disinfect between use.
 - ▶ **Close communal spaces**—Close shared spaces such as locker rooms, if possible, or stagger use and clean and disinfect between use.



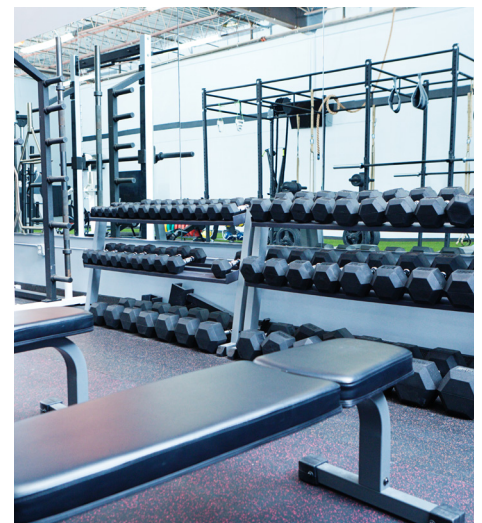
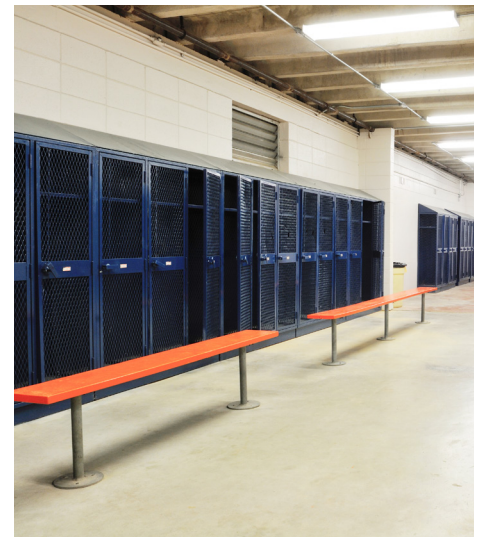
- ▶ **Put up posters in highly visible locations (e.g., at entrances and exits, restrooms) to encourage good hygiene practices**
 - ▶ **Hand washing posters** ([English & Spanish](#))
 - ▶ **How to Stop the Spread posters** ([English](#); [Spanish](#))
- ▶ **Understand which disinfecting products are effective against the coronavirus that causes COVID-19**
 - ▶ See the product manufacturer's website or contact them.
 - ▶ For CloroxPro and Clorox Healthcare products eligible for use against SARS-CoV-2, visit the [COVID-19 page](#) on [cloroxpro.com](#)
- ▶ **Review your surface cleaning and disinfecting protocols and update as needed**

TIPS ON EFFECTIVE DISINFECTING PRACTICES

- ▶ Disinfect all frequently touched surfaces daily, at a minimum, including treatment and taping tables, touch screens, door handles, cabinet handles, weights, whirlpool tables, and water jug dispensing button.
- ▶ Remove any visible soil from the surface with a detergent-based cleaner or one-step cleaner disinfectant before disinfecting the surface.
- ▶ When disinfecting, ensure surfaces remain visibly wet for the contact time specified on the product label.
- ▶ Disinfect after your routine cleaning is complete, including emptying trash, dusting and vacuuming to minimize cross-contamination.
- ▶ Disinfect surfaces from high areas to low areas so that any dirt/dust that may contain microorganisms dislodged from above are removed when lower surfaces are cleaned.
- ▶ Disinfect surfaces from “clean” areas, such as countertops, to “dirty” areas, such as treatment tables, to minimize cross-contamination.
- ▶ Clean and disinfect surfaces starting along the edges and wipe the inside area in a S-shaped wiping pattern to not miss spots.
- ▶ Clean and disinfect a room in a methodical way (e.g., by dividing the space into sections and disinfecting one section at a time or disinfecting in one direction—clockwise or counterclockwise) to not miss any surfaces.

Steps you can take when illness levels start to rise in your facility

- ▶ **Isolate sick coaches, staff and athletes who cannot leave facility immediately**—Identify a space that can be used to separate the people showing symptoms. If possible, designate a nearby separate bathroom just for these people. To minimize the risk of transmission, provide them with a new disposable face mask to wear until they can leave the facility. Once they leave the facility, they should [self-isolate](#) and contact their healthcare provider.
- ▶ **Surface cleaning & disinfecting**
 - ▶ Close off areas used by the person who is sick.
 - ▶ Open doors and windows to increase ventilation.
 - ▶ If possible, wait up to 24 hours before cleaning and disinfecting.
 - ▶ Clean and disinfect all touchable surfaces in areas used by the sick person.
 - ▶ Reopen the areas.



- ▶ **Notify health officials and close contacts**—In accordance with state and local privacy laws, notify [local health officials](#), coaches, staff and families immediately. Advise those who have had close contact with a person diagnosed with COVID-19 to stay home and [self-quarantine](#) for 14 days.
- ▶ **Implement additional measures based on recommendations from national, state or local public health departments and, if applicable, the facility's emergency planning team**

EXAMPLES OF ADDITIONAL MEASURES

- ▶ **Increase the space between people to at least 6 feet**—Move or remove furniture to allow for social distancing and hold treatment and sessions outside.

Planning for your staff

- ▶ **Plan for staff absences**
 - ▶ Have a flexible attendance and sick-leave policy. Identify critical job functions and positions, and plan for alternative coverage by cross-training staff (similar to planning for holiday staffing).
- ▶ **Address the concerns of your staff who are at high risk for infection**
 - ▶ People who are generally considered a high risk for respiratory infections include:
 - Those aged 65 and older
 - Pregnant women
 - People with weakened immune systems
 - People with asthma
 - ▶ Encourage high-risk individuals to consult their healthcare provider on how to protect their health.



Stay informed

- ▶ Get up-to-date information about local illness activity from your local public health department.
- ▶ Local public health officials may recommend facilities be closed temporarily to allow time to gather information about how fast and severe the virus is spreading in your community.
- ▶ [Sign up](#) to receive alerts and updates directly from the CDC.

Other resources from the CDC

- ▶ **Communication tools** (videos, fact sheets and posters) on COVID-19
- ▶ **Cleaning and Disinfecting**—Plan, Prepare, and Respond
- ▶ **Considerations for Youth Sports**
- ▶ **Youth Sports Program FAQs**
- ▶ **Considerations for Events and Gatherings**
- ▶ **What to Do If You're Sick**



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