

Missouri Western State University Athletics

COVID-19 Policy (updated 1/19/21)

Introduction

The purpose of this document is to provide guidance regarding the issues and protocols specific to the clinical function of the Sports Medicine staff at Missouri Western State University. These recommendations fall within the [COVID-19 Response Policy for MWSU](#).

Missouri Western State University COVID-19 Athletic Task Force

Rachel Petty - Acting Head Athletic Trainer

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Phased Resocialization of Athletes

MWSU Athletics uses the “Core Principles of Resocialization of Collegiate Sport” documents provided by the NCAA, the MIAA’s Return to Competition Protocols and guidance from the U.S. Council for Athletes Health to assist with developing policies and procedures surrounding the resocialization of student-athletes on campus. The COVID-19 Athletic Task force meets on a regular basis to determine and make sure recommendations are followed as appropriate.

MWSU Athletics will also follow all local ordinances as provided by the City of St. Joseph and Buchanan County when determining the policy of resocialization of student-athletes.

Training Load Ratios

The majority of athletes will have likely experienced significant de-training upon return to campus. The athletic trainer, coaches, and strength and conditioning coach will carefully monitor physical workloads to safely ramp-up and periodize athletes in order to ensure athlete health and safety. Coaches should consult with athletic trainers and strength and conditioning coaches as they are developing their plans. Sports medicine staff shall have the unchallengeable authority to cancel or modify the workout for health and safety reasons.

Education

Education is critical for athletic staff, administrators, student-athletes, and coaches to understand the specifics of COVID-19 including risks, symptoms, procedures, and care given. Education will be administered to all parties by the following methods.

- In-person education
- Online presentations
- Webinars

Upon their return to campus in Fall 2020, student-athletes must attend an in-person COVID-19 presentation from the MWSU athletic training staff and complete a COVID-19 online training module from the U.S. Council for Athletes Health prior to participating in team practices.

Facilities Controls

Faculty, AT clinical staff, coaches, administrators, AT students, and student-athletes share the responsibility of keeping all athletics facilities clean and safe. Guidelines have been adapted from the CDC and the National Athletic Trainers' Association, and are listed below, but will vary depending on the facility.

Daily screening will be required for all student-athletes and staff utilizing athletic facilities via the MIAA/USCAH mobile app

- Athletic Training Rooms
 - All student-athletes will be screened and have temperatures taken upon entering the athletic training facility. Facemasks will be required.
 - All Staff will be screened and have temperatures taken upon entering the athletic training facility. Facemasks will be required.
 - Sanitation Stations will be available for student-athletes to use as they deem necessary.
 - Tables will be disinfected after each use by a student-athlete.
 - Tables will be six feet apart from each other or marked off as not usable.
 - Hot and Cold tubs will have social distancing practiced at all times.
 - Student-athletes will not congregate in the AT facility unless being treated.
 - Rehabilitation times will be scheduled and managed for social distancing as feasible.
- Weight Rooms
 - All student-athletes and strength and conditioning staff must wear a facemask inside the weight room.
 - Lifting and conditioning apparatus should be cleaned and disinfected after each use by a student-athlete.
 - Cleaning solution should be in spray bottles with disposable towels to be thrown away after each use.
- All other athletic facilities and equipment will be cleaned on a regular basis.

Mask Policies

- Facemasks will be required in all indoor spaces except as indicated below:
 - Student-athletes are not required to wear facemasks when engaged in strenuous exercise and/or team practices (excluding the weight room). However, athletes are encouraged to wear facemasks during periods of non-strenuous exercise when social distancing is difficult to maintain (e.g. team walk-thrus). Coaches are expected to communicate practice plans and mask expectations in advance of each session.
- Student-athletes will receive gaiters and should wear these at each practice, allowing for easy transition between sessions to require or do not require face coverings.
- Coaches and staff must wear facemasks or gaiters during all group interactions with student-athletes (e.g. classroom, team meetings and practices). This is mandatory for both indoor and outdoor activities.
- Coaches and staff must wear facemasks or MWSU-supplied gaiters during all NCAA competition.
- Face coverings are required during all team transportation (e.g. bus and van trips).
- MWSU Athletics follows all mask policies outlined in the MIAA Return to Competition Protocols.

COVID-19 Testing Procedures for Student-Athletes

Missouri Western State Athletics consults with team physicians regarding COVID-19 testing and follows all MIAA and NCAA requirements for teams engaging in outside competition.

Team physicians have unchallengeable authority on all testing procedures and COVID-19 return-to-play decisions. Care plans are developed case-by-case based on history, symptoms, local health policies, team championship segments and physician guidance.

MWSU Athletics will pay for student-athlete testing, ordered at the direction of the team physician. However, student-athletes must adhere to stated insurance policies for expenses covered within Sports Medicine Policy and Procedures.

Positive Cases and Close Contacts

MWSU Sports Medicine follows federal, state, and local guidelines pertaining to reporting positive COVID-19 cases.

The following is the current procedure for **student-athletes and staff who have symptoms of COVID-19**:

- Anyone who has a red flag on screening will not be allowed to enter athletic facilities.
- Student-athletes and staff must be, and remain, symptom-free for a period of 72 hours before being allowed to re-enter athletic facilities.
- Student-athletes and staff will be asked to quarantine until a testing decision has been made in counsel with a team physician
 - If a student-athlete or staff member is not willing to comply with a quarantine request, they will not be allowed to re-enter athletic facilities for the period of the quarantine or until otherwise cleared to do so by a team physician.
- The patient will be encouraged to see a primary care physician or team physician.
 - Testing will be directed by the team physician on a case-by-case basis depending on symptoms and patient history.
- In addition to support from MWSU sports medicine and team physicians, patients can call the following numbers for follow-up care:
 - Mosaic Nurse Line- 816-271-4000
 - Northwest Health- 816-596-2301
- Student-athletes and staff **who have symptoms of COVID-19 and get a negative test**, may re-enter athletic facilities after being fever free (without medication) and symptom free for 24 hours.

The following is the current procedure (*always subject to change - please continue to monitor for updates*) for **Sports Medicine Staff who have been in physical contact with a patient with positive COVID 19 Test**:

- Staff members who take the following precautions **will not be defined as a direct exposure. Therefore they do not have to quarantine.**
 - Practiced social distancing of six feet or more;

- Were within six feet of the patient for less than 15 minutes;
- Limited touching as deemed necessary;
- Wore a mask during interaction; and
- Washed hands immediately or wore gloves.

The following is the current procedure for student-athletes who are **considered a direct contact to a confirmed case of Covid-19.**

- A direct contact is defined as being within six feet of the confirmed case for more than 15 minutes.
- Student-athletes who are roommates of a positive COVID-19 will be defined as a direct contact.
- Student-athletes will have the option to self-quarantine at the residence halls or at permanent residence for 10days.
- Student-athletes will also have the option to quarantine for 7days and get a PCR test on the 5thday. If the test is negative, they will be released from quarantine at the end of Day 7.

The following is the protocol for **student-athletes** who have been **confirmed to have COVID-19 by a positive test.**

- The Student-Athlete will be asked to go into a 10-day self-isolation starting from the test date.
- Per University policy, the student-athlete will be asked to go to their permanent residence for self-isolation.
- If it is not possible to return to their permanent residence, the student-athlete will be moved to a separate residence hall for the 10-day self-isolation.
- Before returning to campus and/or athletic facilities, the student-athlete must be fever free (without medication) and symptom free for 24 hours, and be seen via telemedicine with a team physician for a consult and clearance.

Return to Play Protocol for a student-athlete who has been **confirmed to have COVID-19 by a positive test.**

- Asymptomatic/mild Symptoms
 - Rest/no exercises during the isolation.
 - Required to see team physician for clearance to be allowed to return to exercise (via Zoom).
 - Return to Play protocol will be determined on a case-by-case basis in conjunction with the overseeing team physician. An example of a return to play may include the following activities:
 - Walk for 30 Minutes.
 - Walk/Jog for 45 Minutes
 - Jog 20 minutes. Body Weight workout 30-40 Minutes
 - 30 minutes of practice. No full activity.
 - 60 minutes of practice. Weights.
 - Full Practice.
- Significant symptoms resulting in hospitalization
 - Following release from hospitalization, no activity while having any symptoms.
 - Required to see Team Physician for clearance to be allowed to return to exercise.
 - Return to Play protocol will be determined on a case-by-case basis in conjunction with the overseeing team physician. An example of a return to play may include the following activities:
 - Walk for 30 minutes.

- Walk for 45 minutes.
- Walk Jog for 30 minutes.
- Walk/Jog for 45 minutes.
- Jog 20 minutes. Body Weight workout for 30-40 minutes.
- 30 minutes of practice. No full activity.
- 60 minutes of practice. Weights.
- Full Practice.

The following is the protocol for a **staff member** who has been **confirmed to have COVID-19 by a positive test**.

- The staff member will be asked to go into self-isolation starting from the test date and follow MWSU employee guidelines.
- Before returning to work, the staff member must be symptom free for 72 hours.

Hydration/Cooling

Hydration and cooling for student-athletes is a priority. Measures have been taken to help ensure that the transmission of COVID-19 are mitigated to the best of our abilities.

- Each student-athlete will have their own water bottle for practice and competition.
- The athletic training staff will assist with sanitizing water bottles.
- Single use cups will be available for hydration.
- If hydration units are used, sanitation methods will be utilized to help ensure they are sanitized after each use.
- Water fountains will be turned off during times of COVID-19 peaks.

PPE Stock Recommendations

MWSU Sports Medicine will carry a supply of the following PPE for Sports Medicine Staff to use or give as deemed necessary:

- Disposable masks
- Gloves
- Surface Disinfectant
- Hand soap
- Specialized hand soap (Hibicleans).
- Hand Sanitizer
- No touch thermometers

Visiting Team Controls

Visiting teams shall operate in the locker rooms, AT facility, courts, mats, and fields according to the rules put in place by the MIAA. There will be a combined effort by both parties to ensure compliance. Teams that do not travel with an AT should appoint a staff member (e.g. Assistant Coach) to monitor the team to make sure policies are followed by the SAs of their institution.

