



# CAP Fundamentals & G3 COVID Update

## COVID Basics

- COVID is primarily transmitted by aerosol, but also by touching contaminated surfaces.
  - o Sports/training may cause heavier breathing which can increase spread of aerosol & virus transmission.
- Student-athletes with high-risk conditions or household/close contacts with high-risk conditions may want to avoid and/or adjust participation to reduce risk of transmission. CDC list of risk: <https://www.cdc.gov/coronavirus/2019-ncov/needextra-precautions/people-with-medical-conditions.html>
- Symptoms of COVID:  
<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
- The foundations of reducing risk should always be kept in mind:
  - o Avoid participation and attendance if sick (fever and/or symptoms) – always discuss with your primary care provider if questions or concerns.
  - o Wearing a cloth mask or buff can help reduce the spread of your aerosol to others (the mask captures some of your aerosol and reduces transmission to other people).
    - Do not wear medical/surgical masks or N95 masks for exercise as these can decrease airflow.
    - Masks must be worn indoors according to the governor’s mandate while practicing or playing. Cloth masks are safe with exercise, they do not decrease oxygen levels, increase carbon dioxide levels, significantly restrict airflow, or cause heat illness. They will take time to get used to, as they can be uncomfortable and increase the perceived effort of exercise.
    - Athletes must wear a mask while participating.
    - Coaches and sideline personnel must wear masks at all times.
  - o Social distancing of at least 6 feet when not participating (sideline, waiting for turn, etc.)
    - Continue to train in smaller “pods” of athletes to reduce exposure risk.

-“Close contact” is based on the World Health Organization (WHO) recommendation that 15+ minutes of close (within 6 feet) exposure to another increases risk of transmission.

## Practice/Fundamental Requirements

### **Pre-Contest Screening**

- Athletes should check their temperature at home before attending practices or games. If a student-athlete or a coaching staff member has a temperature of 100.4 degrees or above, they should not attend practices or games.
- A record will be kept of all individuals present at team activities.

### **COVID-19 Coach**

- A designated coach will be responsible for relaying COVID-19 concerns to the CAP Director.
- Coaches will be shown the safety protocols of the program and how to safely operate this season’s new requirements. Handing out hand sanitizer, spacing out athletes etc...

### **Social distancing**

- **Practice** – Coaches are responsible for ensuring social distancing is maintained between players as much as possible. This means additional spacing between players while playing, chatting, changing drills so that players remain spaced out, and no congregating of players while waiting.
- **Hydration** – All students should bring their own water bottle. Water bottles must not be shared.
  - o Due to the importance of hydration during practice, athletes will not be allowed to practice if they do not have access to their own water bottle.
  - o Water fountains will not be usable.
  - o Water refill stations will be available.

- **Entering/Exiting** – Players must Enter and go directly to their practice area & Exit immediately after the conclusion of their practice.

- **Face covering** – **COACHES AND PARTICIPANTS ARE REQUIRED TO WEAR A FACE COVERING.**

**Spectators:**

- **Parents/Family** – Please keep the amount of family brought to the program as minimal as possible. We understand certain circumstances, but we would prefer to keep the traffic coming through the CHS as low as possible.

## Personnel Exposure or Positive Case of COVID

**Exposure:**

- **Team Exposure** – Follow the County Health Department Protocol / All players are recommended to be tested before returning to play & quarantine for a minimum of 14 days.

- **Single Player/Coach Exposure** – Personnel must follow the County Health Department Protocol & must quarantine for a minimum of 14 days

**Positive Case:**

- **Personnel Tests Positive** – All team activities will be suspended for a minimum of 14 days.