



## **COLONIAL STATES ATHLETIC CONFERENCE RETURN TO PLAY PLAN – SPRING 2022**

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#### **PURPOSE**

The Colonial States Athletic Conference (CSAC) Return to Play Plan, Spring 2022 was developed to create a safe return to practice and play environment during the COVID-19 pandemic. All CSAC institutions shall adhere to local, state and federal rules and regulations set forth by public health authorities as well as recommendations from the NCAA and the Sport Science Institute. Notably, no aspect of this plan will be implemented if activity conflicts with rules, orders, or regulations issued by the NCAA, CDC, federal, state and/or local government.

Although the CSAC will not be able to eliminate the risk of COVID-19 exposure and infection, the plan outlines how student-athletes, community participants, and staff members can work together to help reduce risk. The opportunity for our community to participate in sports during the 2021-22 academic year will depend in large part on a shared responsibility by everyone involved to follow guidance and make sound decisions.

As conditions dictate, this plan may be subject to changes / additions.

CSAC member Institutions agree to the following actions if the below guidance is not followed:

- 1) Notification will be sent to the President and Director of Athletics by the Commissioner.
- 2) Upon subsequent violations, review by the Standards and Ethics committee:
  - a. Sanctions could include:
    - a. Conference win vacated
    - b. Loss of championship participation



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### 1. EDUCATION AND COMMUNICATION

#### EDUCATION

The CSAC Return to Play Plan has been developed by a collaboration of conference athletics staff members which include:

Dr. Suzanne Nelson, Dean of Students, Director of Athletics, Bryn Athyn College  
Scott Jones, Director of Student Health and Wellness, Bryn Athyn College  
Salvatore Capone, Head Athletic Trainer, Bryn Athyn College  
Dr. Allen Snook, Director of Athletics, Cedar Crest College  
Mike Pawlusiak, Head Athletic Trainer, Saint Elizabeth University  
Vince Dicriscio, Head Athletic Trainer, Notre Dame of Maryland University

All CSAC athletics personnel and student-athletes will receive education regarding COVID-19 prior to engaging in athletic activity. Information will include signs and symptoms, strategies to reduce transmission, and steps to take if symptoms arise. (See COVID-19 General Guidelines for Health and Safety). Since the pandemic is a fluid situation, education will be updated accordingly. An Attestation Form (Appendix I) must be completed by host and opponent institutions prior to each contest. Athletic administrators at CSAC institutions shall communicate the expectations outlined in the COVID-19 Expectations and Pledge Form (Appendix II) with student-athletes who choose to participate. Signed forms should be obtained from the student-athletes and/or parents (if a minor) by the athletic administration.

1. The conference office will create a list of associated resources on the conference website and share this page with its member institutions, which will include the CSAC Return to Play Plan.
2. A copy of the CSAC Return to Play Plan will be available for distribution to athletics personnel.
3. All student-athletes and coaches are to contact their respective athletic trainer, head coach or Director of Athletics via text message or phone call in the event of a suspected illness.
4. The CSAC Return to Play Plan will be available to all competitors.
5. All CSAC members are to follow the same guidelines for both conference and non-conference play, unless their opponent places more restrictive measures based on local health authorities.

#### COMMUNICATION

CSAC member institutions will share with all opponents the CSAC Return to Play Plan. Each institution will mutually agree to the NCAA testing protocols by signing an attestation form prior to each contest. All protocols will be made available to medical staff, coaching staff, and/or athletic administration should contract tracing need to occur following an athletic contest.



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All athletic departments will share the name and contact information for the head of the institution's contact tracing team for their respective campuses. In the event of COVID-19 exposure, the contact tracers are expected to work in conjunction to identify the potential close contacts.

Athletics directors at CSAC institutions shall be responsible for staying current on CDC, local, and state guidelines and mandates concerning restrictions and shall communicate these restrictions with out-of-state opponents as appropriate.

### **2. PREVENTION AND MITIGATION**

In accordance with the State Department of Health and NCAA, the CSAC has developed the following policies and guidelines for the safe return to practice and competition for our student-athletes and coaches. CSAC institutions shall submit a Health and Safety Plan for Resuming In-Person Instruction to the conference office prior to the start of competition (via hard copy or website link).

#### **PREVENTION**

Each CSAC institution shall provide the name of the assigned institutional staff member that communicates with state and local health departments to the conference office. CSAC institutions shall review the policies for each of its competition venues, whether on-campus or off-campus. The areas reviewed or developed in this plan include:

- cleaning/disinfecting practices and schedules
- online payment options
- venue entrance and exit routes
- arrival and exit timing
- locker room availability for indoor sports
- social distancing measures
- use of masks in facility and outdoors

#### **COVID-19 Screening Protocol – Student-Athletes and Staff**

CSAC student-athletes and staff will follow procedures that are consistent with each institution's COVID-19 screening protocol and procedures.

#### **Game Day Arrival Policies**

All CSAC institutions shall outline and communicate specific entry and parking guidelines for officials and team vehicles.



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**Vaccinated Definition:** This document describes three categories of vaccination status: (1) unvaccinated or not fully vaccinated; (2) fully vaccinated and booster eligible; (3) fully vaccinated and up-to-date with booster vaccine.

1. Unvaccinated or not fully vaccinated:
  - a. No COVID-19 infection within 90 days, and
  - b. No vaccination with J&J vaccine, or
  - c. No vaccination or only one dose of vaccination with mRNA Pfizer or Moderna vaccine, or
  - d. Not having completed the primary series of a vaccine approved as part of the World Health Organization emergency use listing.
  
2. Fully vaccinated and booster eligible:
  - a. No COVID-19 infection within 90 days; and
  - b. More than two months since completion of the primary series of the J&J vaccine (one dose), or
  - c. More than five months since completion of the primary series of the mRNA Pfizer or Moderna vaccine (two doses);
  - d. More than recommended time since completion of the primary series of a vaccine approved as part of the WHO emergency use listing; and
  - e. No booster vaccine.
  
3. Fully vaccinated and up-to-date:
  - a. Within 90 days of documented COVID-19 infection, or
  - b. Within two months of having completed the primary series of the J&J vaccine (one dose), or
  - c. Within five months of having completed the primary series of the mRNA Pfizer or Moderna vaccine (two doses), or
  - d. Within the recommended time since completion of the primary series of a vaccine approved as part of the WHO emergency use listing, or
  - e. Following a booster vaccine for those who are beyond two months of the J&J vaccine, beyond five months of the mRNA Pfizer or Moderna vaccine, or beyond the time for a WHO emergency use listing vaccine.



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**Masking Policy:**

		UNVACCINATED OR NOT FULLY VACCINATED	FULLY VACCINATED AND BOOSTER ELIGIBLE (NOT UP-TO-DATE)	FULLY VACCINATED AND UP-TO-DATE OR DOCUMENTED INFECTION IN PAST 90 DAYS
<b>ATHLETIC ACTIVITIES</b>	Training and Competition	No restrictions for asymptomatic individuals who are not following quarantine or isolation protocols.		
	Team Travel	<p>All members of travel parties should wear a <a href="#">well-fitting mask</a>.</p> <ul style="list-style-type: none"> <li>• For those with a positive test who have been in isolation for five days:               <ul style="list-style-type: none"> <li>○ Travel in days six through 10 of an isolation period may be considered following a negative PCR/NAAT or antigen test.</li> </ul> </li> <li>• For those in quarantine:               <ul style="list-style-type: none"> <li>○ If fully vaccinated and up-to-date or infection in the past 90 days, wear a <a href="#">well-fitting mask</a> during travel.</li> <li>○ For all others, no travel for first five days. Test on day six or if symptomatic before day six. If negative, travel with a <a href="#">well-fitting mask</a>.</li> </ul> </li> </ul>		
	Other Athletic Activities (e.g., team meetings)	Consider wearing a <a href="#">well-fitting mask</a> in indoor settings.		
<b>NONATHLETIC ACTIVITIES</b>	Nonathletic Activities	<p>Consider wearing a <a href="#">well-fitting mask</a> in public indoor settings.</p> <p>Large crowd avoidance or masking where community immunity is unknown or vaccination status cannot be determined.</p>		
	In-Person Interactions	Consider wearing a <a href="#">well-fitting mask</a> in indoor settings.		

Masking shall be required for spring sports based on the recommendation of the NCAA in the chart above. Tier 1 personnel will be required to mask while on the sidelines during training/competition if not engaging in athletic activity. This includes travel, indoors regardless of vaccination status, with the exception of those actively participating in the training and competition. The mask-wearing exception is also applicable to the warm-up/cool-down period immediately preceding/following the contest. Any student-athlete may wear a mask during warm-ups and / or during active competition if they so choose. The proper use of a well-fitting mask as a mitigation strategy requires that the mask must completely cover both the nose and mouth such that neither nostrils nor the tip of the nose is visible.



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### **COVID-19 Guidelines Events (Practice or Contests-Conference/Non-Conference)**

1. The CSAC Attestation Form must be completed by both the host and opponent institutions within 24 hours prior to contest.
2. Failure to complete attestation form will result in sanctions as described above.
3. Officials must adhere to institutional visitor and entry policies prior to arrival to campus.
  - a. Failure to meet institutional entry standards will result in dismissal of the official.
  - b. Officials who meet institutional entry standards will be permitted to continue with the contest and will be instructed to report directly to the venue, dressed and ready to go. If a restroom or changing facility is needed, the official must communicate this need to the host institution. The host will, to the best of its ability, provide a separate restroom area or separate locker room area for use.
5. For indoor events only - if the visiting team needs a locker room pre/post contest, the visiting athletics director will need to submit this request to the host athletics director 48 hours prior to the contest. Failure to do so will result in the lost opportunity for a locker room.
  - a. Locker rooms will be pre-cleaned (evening before) and post-cleaned with COVID-19 disinfecting procedures, in the event a request for a locker room is made and granted.
  - b. Sanitation products will be provided by the host institution to wipe down bench/chair surfaces pre/post contest.
  - c. Locker room availability shall be confirmed by the host athletics director.
6. Show and go will be the recommended process for pre/post contest preparation.
  - a. The host institution will provide a detailed list of available rooms and supplies.
7. Student-athletes/coaches presenting symptoms of COVID-19 pre-contest:
  - a. If any student-athlete or coach shows signs of illness, a member of the host sports medicine staff will communicate with/inform the game day administrator and director of athletics. The host athletics director will communicate this information to the visiting administrator.
  - b. The host institution will attempt to isolate the suspected individual safely in a designated area.
  - c. Any contest cancellation/suspension decisions will be made by both campus administrators/ board member in accordance with their campus procedures.
8. Student-athletes/coaches presenting symptoms of COVID-19 during the contest:
  - a. If a home or visiting student-athlete or coach shows signs of illness, a member of the host sports medicine staff will communicate with/inform the game day administrator and the director of athletics. The host athletics director will communicate this information to the visiting athletics director/team representative.



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- b. The host institution will attempt to isolate the suspected individual safely in a designated area.
  - c. The designated isolation area must be communicated to both teams prior to the start of the contest.
9. For outdoor contests (Baseball, Men’s Lacrosse, Women’s Lacrosse, Softball, Women’s Tennis, Outdoor Track & Field)
- a. All Tier I personnel (student-athletes, coaches, officials, sports information personnel, ball runners, athletic trainers, timekeepers, etc.) will not be required to mask, regardless of vaccination status, while actively engaged in a contest.
10. For indoor contests (Men’s Basketball, Women’s Basketball, Men’s Volleyball, Women’s Tennis)
- a. Student-athletes, head coaches and officials may choose to not wear masks while actively participating in physical activity related to a contest. All other Tier 1 personnel (assistant coaches, sports information personnel, ball runners, athletic trainers, timekeepers, etc.) must mask regardless of vaccination status.

### Mitigation Strategies Summation

Along with NCAA guidelines set forth in the chart below, CSAC institutions will adhere to CDC, local, and state regulations.

- Masks must be worn in accordance with NCAA recommendations with the exception of active athletic activities.
- PPEs and cleaning products will be provided by the host institution. Athletic trainers from participating institutions shall communicate prior to the contest to establish what will be provided for the visiting team.
- The host institution must outline and communicate its sanitation and disinfection method.
- Sanitation/disinfection will take place in between contests for all common areas: benches, scorer’s tables, film area, court, locker rooms and isolation rooms.
- During breaks student-athletes must maintain a safe social distance of six feet.
- Student-athletes are asked to bring at least one full water bottle. A water cooler will be provided; however, minimal use of refilling bottles at the cooler is recommended for health and safety reasons.
- Student-athletes must limit the social congregation pre- or post-practice.

### Facility Layout/Setup

1. Team benches
  - a. Must be positioned in accordance with current social mitigation strategies.





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- b. Water, towels and ice will be provided as per CSAC Guidelines.
2. Scorer's table
  - a. The scorer's table will be extended if needed to allow for physical distancing.
  - b. The table will be placed a minimum of six feet from the playing area.
  - c. It is highly encouraged that only Tier 1 or Tier 2 staff be allowed at the scorer's table: Shot Clock operator, Game Clock Operator, Official Scorer.
  - d. Masking outdoors is not required for unvaccinated workers, but is required indoors regardless of vaccination status.
3. Player substitution area
  - a. Will remain bench side, in front from the scorer's table.
4. Film crew
  - a. Shall be positioned in accordance with physical distancing guidelines at each institutional venue.
  - b. It is strongly recommended that, where allowable, a minimum of 12 feet spacing between benches, substitution area and film crew will be maintained.
5. Medical Area
  - a. Tables, first aid supplies and ice available.
  - b. Institutional medical staff will inform visiting teams of policies/procedures prior to contests.

### SPECTATORS

Each institution shall dictate, monitor and enforce its own spectator policy for each competition venue. Refer to the [CSAC spectator policy page](#) for more information.

### GAME DAY OFFICIALS

Coordinators should track the vaccination status of officials, and those with prior infections within 90 days.

- Indoor sports: Fully vaccinated individuals will not have to test and will be required to wear a mask indoors, except while actively engaged in officiating a contest.
  - Outdoor sports: Fully vaccinated individuals will not have to test. Masking regulations for outdoor venues will be based on individual campus regulations.
- A. Vaccinated Officials
    - Officials who have been fully vaccinated must provide proof to their coordinator prior to officiating any contest.





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- **Previous COVID-19 Infection**
  - i. Officials who have tested positive within the past 90 days must provide proof of their infection with their coordinator and will not have to test. When the 90-day exemption period expires, the identified individual will have to show proof of vaccination or a negative test.
- B. Unvaccinated, or Not Fully Vaccinated Officials
  - CSAC Member Institutions will not be providing COVID tests for officials. All costs associated with tests will be the responsibility of the individual official in the event they are not fully vaccinated.
  - Officials who are not fully vaccinated will be responsible for providing results from a PCR test either within 72 hours of the contest, or within 24 hours of the contest using a rapid antigen test. These results, for non-vaccinated officials, will be sent to the coordinator of officials prior to the arrival at the site of competition and may be required to be presented at the site of competition.
  - If an official's results are positive, they will not be allowed to work the contest.

### Masking of Officials (Unvaccinated/Not Fully Vaccinated)

- **Officials who are not fully vaccinated are not expected to mask during competition.**

### Best Practices for All Officials

- Officials will be expected to bring their own masks, water bottles and towels for each contest and will follow the following prescribed CSAC policies for pre-competition.
- Each official is expected to screen themselves daily and not travel to a contest if they believe they may be ill.
- Officials should not travel if they are experiencing any symptoms or have a temperature of 100.4°F or above.
- Officials should not travel together to the site of competition to avoid the possibility of more than one official being disqualified for a competition.
- If the minimum number of officials are cleared by testing to officiate the competition then competition will be played. However, if the minimum number of officials (as permitted in the rules) is not available, the contest may be postponed. Efforts will be made to identify officials locally who may be able to reach the site of competition and work the contest after being tested. A final decision on conducting the competition will be made by both competing schools' athletics administrations and/ or the CSAC conference office



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- Officials will be supplied with access to a hand washing station or hand sanitizer while they are at each institution.



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**3. TESTING**

		UNVACCINATED OR NOT FULLY VACCINATED	FULLY VACCINATED AND BOOSTER ELIGIBLE (NOT UP-TO-DATE)	FULLY VACCINATED AND UP-TO-DATE OR DOCUMENTED INFECTION IN PAST 90 DAYS
<b>TESTING</b>	Upon Arrival to Campus, or Return to Campus from a Winter Break	<p>Single polymerase chain reaction/nucleic acid amplification test within three to five days of arrival, or two antigen tests on non-consecutive days within three to five days of arrival.</p> <p>No team training or competition until single PCR/NAAT or both antigen tests are negative.</p>	No testing unless symptomatic or based on a risk assessment of a documented close contact with COVID-19.	
	Surveillance Testing	<p>Based on level of community immunity, community spread, and local public health official recommendations.</p> <p>If community spread is <u>substantial or high</u>, weekly PCR/NAAT testing or three-times-week antigen testing.</p>	No testing unless symptomatic or based on risk assessment of a documented close contact with COVID-19.	
	During Competition Season	<p>During a week with no competition:</p> <ul style="list-style-type: none"> <li>Weekly PCR/NAAT testing or three-times-a-week antigen testing.</li> </ul> <p>During a week with competition:</p> <ul style="list-style-type: none"> <li>PCR/NAAT test within three days of first competition of the week; or</li> <li>Antigen test within one day of each competition (continue three-times-a-week antigen testing if fewer than three competitions).</li> </ul>	No testing unless symptomatic or based on a risk assessment of a documented close contact with COVID-19.	
	Sustained Increased Transmission	<p>If sustained increased transmission occurs on a team, test all symptomatic individuals and consider testing individuals with close contacts or apply a similar risk mitigation strategy.</p> <p>Sustained increased transmission is likely occurring if:</p> <ul style="list-style-type: none"> <li>Team of <math>\leq 50</math>: Concurrent positive cases of three or more.</li> <li>Team of <math>&gt; 50</math>: Concurrent positive cases of 5 percent or more.</li> </ul> <p>When sustained increased transmission is occurring, decisions about continued team activity should be made at the local level and with consideration given to ongoing risk of team transmission or transmission to another team during competition.</p>		



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The CSAC will test in accordance with the current NCAA guidance listed in the chart above. This includes, arrival to campus/breaks, surveillance testing in addition to institutional surveillance testing, testing during competition, and if a CSAC member sustains an increased transmission. These guidelines will be for both conference and non-conference (traditional/non-traditional seasons)

Testing Polymerase chain reaction (PCR) is the current standard testing method; however, rapid antigen tests are an acceptable alternative to conduct testing, provided that positive antigen test results are confirmed via PCR as noted above. *(Reference: Page 17, NCAA Sport Science Institute Resocialization of Collegiate Sport: Developing Standards for Practice and Competition, Second Edition (Updated December 15, 2020))*

**In the event of a positive test on either participating team within 24 hours of the scheduled day of the contest, the medical team and administrators of the participating institutions must determine the status of the upcoming event. The decision to cancel the contest or not must be clearly communicated to the visiting team, their athletic administration and the conference office.** The Sport Science Institute states that it is common practice for positive antigen tests to be followed by a confirmatory PCR test. The confirmatory PCR test is considered **the final result**. *(Reference: Page 17, NCAA Sport Science Institute Resocialization of Collegiate Sport: Developing Standards for Practice and Competition, Second Edition (Updated December 15, 2020))*

For conference contests not able to be conducted due to COVID-19, rescheduling and cancellation of contests shall follow the 2022 CSAC COVID-19 Rescheduling Policy document guidelines.



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### 4. ISOLATION AND QUARANTINE

The CSAC will follow the NCAA guidelines set forth in the in the chart below along with CDC, local, and state regulations.

According to the CDC, isolation and quarantine help protect the public by preventing exposure to people who have or may have a contagious disease. The CDC defines isolation and quarantine as follows:

**Isolation** separates sick people with a communicable disease from people who are not sick. Isolation will be used for individuals who are a suspected positive, test positive or are awaiting test results. Individuals in isolation should not have contact with other people. If a student-athlete tests positive, he/she will:

- Isolate for at least 5 days. If no symptoms or symptoms are resolving after 5 days, isolation may end.
- Continue to wear a well-fitting mask around others for 5 additional days.
- Consider athletic activities without a mask in days 6-10 following a negative PCR/NAAT or antigen test.
- Follow the updated exercise recommendations of the expert panel with members from the American Medical Society for Sports Medicine and the American College of Cardiology.

**Quarantine** separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick. Individuals in quarantine may continue to reside and interact with members of their “household.” Quarantine will be used in the following circumstances:

- Symptomatic employees or student-athletes (length will vary)
- Employees or student-athletes who have been exposed to a close contact of a confirmed positive case.
- Current NCAA and CDC recommendations will be used based on vaccination status.
- The CDC recommends that individuals who have tested positive for COVID-19 within the past 90 days and recovered do not have to quarantine or get tested again as long as they do not develop new symptoms. *(Reference: CDC Guidance, updated December 10, 2020)*



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		UNVACCINATED OR NOT FULLY VACCINATED	FULLY VACCINATED AND BOOSTER ELIGIBLE (NOT UP-TO-DATE)	FULLY VACCINATED AND UP-TO-DATE OR DOCUMENTED INFECTION IN PAST 90 DAYS
<b>QUARANTINE &amp; ISOLATION</b>	Quarantine Protocol for Close Contacts (defined as within six feet of an infected individual for a cumulative total of 15 minutes or more over a 24-hour period).	<p>Quarantine at home for five days. After that, continue to wear a <a href="#">well-fitting mask</a> around others for five additional days.*</p> <p>*During days six through 10 of quarantine: Participation in athletic activities without a mask can be considered following a negative PCR/NAAT or antigen test.</p> <p><a href="#">Previous considerations</a> regarding activity during quarantine (e.g., individual exercise if it does not cause cardiopulmonary symptoms) continue to apply.</p>		<p>No quarantine. Wear a <a href="#">well-fitting mask</a> socially when not actively training/competing for 10 days. Test on day five, if possible, and test symptomatic individuals.</p> <p>Athletic activities permitted without a mask. Try to mask socially.</p>
	Positive Test Protocol	<p>Isolate for five days. If no symptoms or symptoms are resolving after five days, isolation may end. Continue to wear a <a href="#">well-fitting mask</a> around others for five additional days.***</p> <p>If there is a fever, continue to isolate until fever resolves.</p> <p>***Participation in athletic activities between days six and 10 without a mask can be considered following a negative PCR/NAAT or antigen test.</p> <p>Follow the <a href="#">updated exercise recommendations</a> of the expert panel with members from the American Medical Society for Sports Medicine and the American College of Cardiology.</p>		

**Student-Athletes with Suspected COVID-19 or Confirmed Positive Case**

1. The student-athlete is to be prohibited from participation in any athletics activity for a minimum of 5 days from the first reported symptom or positive test. (CDC Isolation Guidelines).
2. Clearance per Institutional policy required prior to the student-athlete returning to full participation.
3. If a team member, coach, support staff member, official, or any other member of the travel party or Tier I personnel develops symptoms of or tests positive for COVID-19 within two (2) days of the conclusion of a competition, it is the institution’s responsibility to inform the other team’s institution of this information so appropriate contact tracing can be done with resulting quarantine of potentially infected individuals. Participation charting in game statistics programs can be used to identify potentially exposed individuals.

**Cardiac Considerations for Student-Athletes During COVID-19**





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Institutions shall adhere to Sport Science Institute recommendations and considerations related to pre-participation cardiac screening, testing and exercise as detailed in the [American Medical Society for Sports Medicine algorithm](#). Practice and conditioning activities during the period of re-acclimation to exercise should be determined collaboratively by medical staff, strength and conditioning staff, athletics trainers and coaching staff.

### **Student-Athlete with a Defined Close Contact**

1. The student-athlete who is unvaccinated or not fully vaccinated, or fully vaccinated and booster eligible (not up-to-date) is to quarantine for a period of 5 days from all athletic activity.

Local public health authorities determine and establish the quarantine options for their jurisdictions. CDC currently recommends a quarantine period of 5 days. After the quarantine period close contacts should continue to wear a mask around others for 5 additional days.

- During days 6-10 of quarantine, participation in athletic activities without a mask can be considered following a negative PCR/NAAC or antigen test.
  - A student-athlete does not need a medical note to end quarantine.
2. A student-athlete who is fully vaccinated and up-to-date or has a documented infection in the past 90 days will have to wear a well-fitting mask when not actively training/competing for 10 days, unless actively training or competing. Testing should occur on day 5, if possible, and on symptomatic individuals.





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### **5. GENERAL GUIDANCE FOR HEALTH AND SAFETY**

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth.
- Avoid close contact with people who are sick, even inside your home. If possible, maintain 6 feet between the person who is sick and other household members.
- Ensure appropriate social distance between yourself and other people outside of your home. Remember that some people without symptoms may be able to spread viruses. Stay at least 6 feet from other people.
- Stay out of crowded places and avoid mass gatherings. Remember that players have unique considerations due to the contact inherent in most sports, and that behavior appropriate for others may not be appropriate for players. Keeping distance from others is especially important for people who are at higher risk of getting sick.
- Cover your mouth and nose with a face cover when around others, including when you go out in public. Note that you should always engage in appropriate social distancing when possible; the face covering is not a substitute for social distance. You could spread COVID-19 to others even if you do not feel sick. The face cover is meant to protect other people in case you are infected.
- Cover coughs and sneezes. If you are in a private setting and do not have on your face covering, remember to always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Throw used tissues in the trash. Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.
- Monitor your health and be alert for symptoms. Watch for fever, cough, shortness of breath, or other symptoms of COVID-19. Take your temperature if symptoms develop. Don't take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen. Report symptoms to staff immediately.
- In the event a student-athlete, coach, or official falls ill, this plan will govern; each CSAC institution will describe the specific action steps to involved individuals as appropriate and necessary while respecting confidentiality required by law.
- Each CSAC institution will educate all players and employees about the symptoms of COVID-19, when to stay home, and appropriate hygiene practices in accordance with this Plan; the Plan will be distributed to parents. Signage at events will further educate all attendees.



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- Coaches and student-athletes must maintain appropriate social distancing at all times to the extent possible, including in the field of play, locker rooms, sidelines, dugouts, benches, and workout areas. During down time, athletes and coaches should not congregate.
- Each CSAC institution will monitor and screen players according to their individual institution's protocols for symptoms prior to and during contests and practices. If individuals participating in sporting activities show symptoms, have a temperature of 100.4 degrees or higher, or are sick, they must be sent home.
- All student-athletes, coaches, and officials must bring their own water and drinks to team activities. Team water coolers for sharing through disposable cups are not allowed. Fixed water fountains should not be used (except for fixed water-bottle filling stations).
- Activities that increase the risk of exposure to saliva must not be allowed, including chewing gum, spitting, licking fingers, and eating sunflower seeds.
- Student-athletes and coaches will be educated to avoid handshakes, fist bumps, or high fives before, during or after contests and practices, and to limit unnecessary physical contact with teammates, other athletes, coaches, officials, and spectators.
- Whenever possible, equipment and other personal items should be separated and not shared. If equipment must be shared, all equipment should be properly disinfected between users to the extent possible.
- If multiple contests are to be held at the same facility, adequate time shall be scheduled between contests to allow for facilities to be cleaned and disinfected, and to minimize interaction between athletes. Each individual contest or practice at a complex must adhere to the local and state gathering occupancy limits if they are in place.



## COLONIAL STATES ATHLETIC CONFERENCE RETURN TO PLAY PLAN – SPRING 2022

### APPENDIX I CSAC COVID-19 EXPECTATIONS AND PLEDGE

Athletic administrators shall be required to communicate the expectations outlined below and shall obtain a signed form from all participants. Any student-athlete who tests positive for COVID-19 will not be able to return to athletic participation until fully cleared by institutional medical personnel (e.g., team physician, athletic trainer).

COVID-19 remains a highly contagious virus that can cause major health problems and even death. The risk of COVID-19 exposure and infection cannot be eliminated; however, consistent adherence to the following expectations can help to reduce risk. The CSAC has developed the following expectations for all student-athletes and coaches to promote health and safety during athletics participation. Our highest priority is the safety of student-athletes and the campus community.

To participate in athletic and academic activities, including meetings, strength and conditioning sessions, practices, or competitions, as a student-athlete, you pledge to be an active participant in managing your own health and helping to maintain the safety of others by following the recommendations below.

I, \_\_\_\_\_, pledge/agree to the following:

- To timely, report of any exposures to COVID-19 to the Athletic Training Staff; To fully participate in the institutional COVID-19 Testing Protocol.
- If I develop symptoms of any illness, to contact my athletic trainer, and cooperate with any follow up requirements, including being tested for COVID-19 and self-quarantining while the test results are pending, and/or being evaluated by the athletic training staff;
- If I am determined to be positive for COVID-19, to self-isolate in a designated location until my symptoms have improved consistent with then-current guidelines, and it has been at least **five days** since the start of my symptoms.
- To participate fully and honestly with the athletics staff and/or local public health officials for contact tracing to determine whom I might have potentially exposed to COVID-19;
- To wear a face covering (based on vaccination status) in all designated spaces, including any public spaces, to practice social distancing as much as possible, and to frequently wash and/or sanitize my hands. I will abide by any additional safety standards recommended by the athletic training staff;
- To agree to a protocol, which may include testing for COVID-19 and potential subsequent self-quarantining, if I am identified as a contact of anyone who has been determined to be positive for COVID-19.
- I understand this is a highly contagious virus and it is possible, even when athletics practices follow all of the appropriate safety precautions, and I practice all safety precautions, that I could still be exposed to and infected by the COVID-19 virus, and, if exposed or infected, I may expose and infect others with the COVID-19 virus. By signing below, I acknowledge that I have read, understand, and agree to follow the expectations detailed in this document.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_  
*(only for minors)*



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**Appendix II  
Testing Attestation Form**

**Director of Athletics or Sport Administrator** and the **Team Physician or Head Athletic Trainer** must complete this document within 24 hours of the scheduled contest. By signing and dating this form, you attest that your institution has satisfied the policy requirements outlined below:

1. Your institution has complied fully with the requirements for screening, testing, surveillance, quarantine protocol and isolation protocols developed by the Colonial States Athletic Conference Return to Play Committee.
  - a. *Note: This excludes those who are post-positive and are within 90 days of the date of testing positive.*
2. All student-athletes, coaches, support staff, medical staff and anyone in the travel party has been screened according to Institutional protocol prior to contest.
3. No member of the travel party has a verified positive test within the prior 10 days of competition. No member of the competition group has been identified as being a close contact with subject to quarantine under COVID-19 Return to Play Plan and requirements.
4. At a minimum: Testing is in accordance with NCAA guidelines as presented in the CSAC return-to-play document.
5. Upon date and time of signature, no member of the travel party has developed symptoms that might indicate an infection of SARS-CoV-2 between the time the most-recent test was collected and the beginning of the contest. Should any individual report such symptoms at any point prior to the contest, he/she will be tested and confirmed to be negative using a PCR. If the student-athlete tests positive or testing is not performed before the competition, he/she will be held out of the contest and contact tracing performed.
6. In the event any member of the institution's competition group has a positive test for SARS-CoV-2 within 72 hours after the completion of a contest, the opposing institution will notify the opposing team as soon as possible.

**Institution:** \_\_\_\_\_

**Sport:** \_\_\_\_\_

**Competition Date:** \_\_\_\_\_

**Administrator Name:** \_\_\_\_\_

**Administrator Signature:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

***NON-CONFERENCE INSTITUTIONS SHALL ALSO BE RESPONSIBLE FOR SUBMITTING THIS FORM.***