

## **TRACK 757 Health Policy**

As we return to track & field, TRACK 757 remains committed to the safety of our runners, coaches, officials, families and communities. We believe it is imperative that everyone commit to adhere to this Policy and Procedure which has been created with the information learned from the Governor of Virginia, AAU, USATF, the Virginia Department of Health and Safety (VDH), Virginia Beach Health Department (VBHD) and the Centers for Disease Control and Prevention (CDC).

Compliance with the policies and procedures listed below are mandatory for all athlete, coaches and staff members to ensure all of our participants can continue to train and develop safely. If parents are not comfortable having their child return to play or their child is at a higher risk for severe illness, please stay home.

### **General Information**

Mitigation of the spread of COVID-19 relies on the whole community following the policies and procedures put in place to promote everyone's health and safety. The policies and procedures will be communicated via email to staff and families, as well as available on the TRACK 757 website.

TRACK 757 will adhere to the physical distancing guidelines, cleaning and disinfection practices, and workplace safety practices provided by the Governor of Virginia. TRACK 757 program size will be determined based on the current recommended standards/phase guidelines put in place by the Governor of Virginia.

TRACK 757 will ensure anyone who has symptoms of, has tested positive for, or has been exposed to COVID-19 follows appropriate guidelines for quarantine or isolation as discussed below.

TRACK 757 will continually monitor guidance and information provided by AAU, USATF, CDC, VBHD, and federal and state officials as it relates to COVID-19. Policies and procedures for all activities will be adjusted as needed in order to provide our services while making every effort to mitigate the spread of COVID-19 to the best of our ability.

### **General Hygiene Practices to Mitigate the Risk of Spread of Infection**

All runners, coaches, and staff members are expected to follow the following practices to mitigate transmission of any communicable disease.

- Avoid touching your face.
- Frequently wash hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer.
- Cover mouth and nose (with arm or elbow, not hands) when coughing or sneezing and wash hands afterward.
- Wear a face mask or covering when outside if you have any symptoms of upper respiratory infection.
- Frequently clean commonly used surfaces (doorknobs, for example) with an antiseptic cleanser.
- Avoid contact with other individuals (i.e. shaking hands, high-fives, etc.).
- Maintain a distance of ten(10) feet between you and others.
- Stay home if you feel sick and contact your health care provider.

### **Symptoms of COVID-19 Infection:**

Individuals with COVID-19 can exhibit signs and symptoms which range from mild to life-threatening. The most common symptoms associated with COVID-19 infection include:

- Fever (  $\geq 100.4$  degrees F)
- Cough
- Shortness of breath

Less common symptoms that may still be evidence of COVID-19 infection include:

- Sore throat
- Congestion
- Nausea and vomiting
- Diarrhea
- Headache
- Muscle / joint pain
- Sudden loss of taste or smell
- Chills

### **Required Participation Waivers and Protocols**

Prior to participation in any **TRACK 757** related events or activities, a

## Communicable Disease Release of Liability and Assumption of Risk Agreement must be submitted by parents, athletes and coaches.

All athletes, coaches and staff members must perform a temperature check and conduct a health screening prior to attending any TRACK 757 related events or activities. The temperature check and health screening can be performed by the coach or parents of minors and may be reinforced by a coach or staff member in order to look for signs of infection. This includes:

- (1) **Temperature Check** – all athletes, staff or family members with a temperature of 100.4 or greater are prohibited from attending any event.
- (2) **Health Screening** – The following are to be asked of oneself or by a parent of a minor prior to attending any TRACK 757 activities or events:
  - (i) Is your current temperature 100.4F or greater?
  - (ii) Have you been diagnosed with COVID-19 within the last fourteen (14) days?
  - (iii) Have you exhibited any signs or symptoms of COVID-19 in the last fourteen (14) days?
  - (iv) Have you been in close contact (within 6 feet for at least 15 minutes) of anyone that has been diagnosed with or has symptoms of COVID-19 in the last fourteen (14) days?

If the answer to any of the above questions is “yes,” you are not allowed to attend the TRACK 757 event or activity and you must follow the Return to Play Protocols listed below.

### Reporting of COVID-19 Exposure

Any athlete, coach or staff member who has tested positive for COVID-19, are exhibiting signs or symptoms of COVID-19, or have come in close contact with someone who has tested positive for or is displaying signs or symptoms of COVID-19 are required to report this to TRACK 757 by completing the Google Form at **TBD**

If you have any other questions, you may email those to TRACK 757 at [TRACK757@TRACK757.NET](mailto:TRACK757@TRACK757.NET).

In accordance with the Americans with Disabilities Act (ADA) and the Health Insurance Portability and Accountability Act (HIPAA) the identity of the individual and all medical information will be kept confidential and will only be shared with

local health officials, if required.

Any athlete, coach or staff member who has tested positive for COVID-19, are exhibiting signs or symptoms of COVID-19, or have come in close contact with someone who has tested positive for or is displaying signs or symptoms of COVID-19 must follow the Return to Play Protocols listed below.

## **Return to Play Protocols**

These Protocols are intended to guide decision-making regarding athletes, coaches, and staff members who have tested positive for COVID-19, are exhibiting signs or symptoms of COVID-19, or have come in close contact with someone who has tested positive for or is displaying signs or symptoms of COVID-19 in order to mitigate the risk of disease transmission.

### **Case 1: Symptomatic - Return to Play Following Confirmed or Suspected COVID-19 Infection:**

Any symptomatic athlete, coach or staff member with a suspected or laboratory-confirmed COVID-19 infection cannot attend any TRACK 757 related events or activities until:

- At least ten (10) days have passed since symptoms first appeared, AND
- At least twenty-four (24) hours with no fever without use of fever-reducing medication, AND
- Other symptoms have improved; OR
- At least two (2) consecutive negative viral tests, collected  $\geq 24$  hours apart, are received AND
- At least twenty-four (24) hours with no fever without use of fever-reducing medication, AND
- Other symptoms have improved

### **Case 2: Laboratory-Confirmed/Asymptomatic - Return to Play Following Laboratory-Confirmed COVID-19 Infection Who Have Not Had Any Symptoms:**

Any asymptomatic athletes, coach or staff member with a laboratory-confirmed COVID-19 infection who has not had any symptoms cannot attend any TRACK 757 related events or activities until:

- At least ten (10) days have passed since the date of the first positive COVID-19 diagnostic test; AND

- A continuation of no symptoms since the test. If symptoms develop, then management should be guided according to symptomatic individuals as listed in Case 1 above.

**Case 3: Household Exposure - Return to Play Following Exposure to a Suspected or Diagnosed COVID-19 Infection Within the Same Household:**

Any asymptomatic athlete, coach or staff member who lives in a household with an individual with a suspected or diagnosed case of COVID-19 is restricted from participation in any TRACK 757 related events or activities until:

- Fourteen (14) days from the time the infected household member is released from a health care practitioner as no longer contagious; OR
- Twenty-four (24) days after the infected household member gets his or her first positive COVID-19 test or first onset of symptoms (10 days of infectious period plus 14 days of potential incubation period); OR
- The athlete, coach or staff member provides a note from a health care provider stating the athlete, coach or staff member is safe to return to work or play; OR
- At least two (2) consecutive negative viral tests, collected  $\geq 24$  hours apart, are received.

**Case 4: Non-Household Exposure - Return to Play Following Exposure to a Suspected or Diagnosed COVID-19 Infection Outside of the Household:**

Any asymptomatic athlete, coach or staff member who has close contact with an individual with a suspected or diagnosed case of COVID-19 who does not live in the same household is restricted from participation in any TRACK 757 related events or activities until:

- Fourteen (14) days from last contact; OR
- The athlete, coach or staff member provides a note from a health care provider stating the athlete, coach or staff member is safe to return to work or play; OR
- At least two (2) consecutive negative viral tests, collected  $\geq 24$  hours apart, are received.

Here, “close contact” means any one of the following:

- Providing care for a sick person with a suspected or confirmed COVID-19 infection; OR
- Being within six (6) feet of an individual with a suspected or confirmed COVID-19 infection for fifteen (15) minutes or more; OR

- Having exposure to respiratory secretions from an individual with a suspected or confirmed COVID-19 infection (e.g., being coughed or sneezed on, sharing a water bottle or utensils, kissing, etc.).

UPDATED 28 Oct, 2020