

COMPTON COLLEGE ATHLETICS

RESOCIALIZATION PLAN



COMPTON COLLEGE
ATHLETICS DEPARTMENT
1111 EAST ARTESIA BLVD.
COMPTON, CA 90221
EMAIL: ATHLETICS@COMPTON.EDU
WWW.COMPTONTARTARS.COM

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PLAN SUBJECT TO CHANGE

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MISSION STATEMENT

The mission of Tartar Athletics is to provide an equitable opportunity for all students to participate in intercollegiate athletics while succeeding in obtaining their academic or vocational goals. We believe that athletic participation helps promote leadership development, time management skills, sportsmanship, positive role modeling, peer group interaction, determination, risk-taking and perseverance. The athletic department strongly endorses a comprehensive program that encourages the development of each student-athlete's values and character, and sees its activities as an integral part of campus life, and as a positive aspect of the overall educational experience for its participants.

The Compton Community College District is committed to providing equal opportunity in which no person is subjected to discrimination on the basis of ethnic group identification, national origin, religion, age, sex, race, color, ancestry, sexual orientation, physical or mental disability or retaliation.



INTRODUCTION

The following document has been created by the Compton College Athletics department in collaboration with other departments on campus to create guidelines and policies and procedures for intercollegiate athletics to conduct the resocialization process to return back to practice and competition. Compton College should at all times remain in compliance with the local ordinances as those guidelines that show the most conservative measures to ensure the safety of the students and employees.

In the event that Compton College chooses to allow athletics to return to campus the information in this document should be considered. These guidelines are in accordance of the CCCAA Resocialization Back to Sport Guidelines and Best Practices.

PHASE 0: PRE-RESOCIALIZATION PERIOD

During Phase 0 the following policies and procedures and practices need to be established in order to host intercollegiate physical activity on campus.

1. Athletics COVID-19 Action Team that works closely with District Pandemic Coordinators. Athletics COVID-19 Action Team consists of the following individuals:
 - a. Andree Pacheco, Director of Student Development and Athletics
 - b. Jamie Castillo, Athletics Coordinator
 - c. David Berck, Athletic Trainer
 - d. Amankwa McKinzie, Facilities and Equipment Technician
 - e. Shannon Williams, Head Baseball Coach and Instructor
 - f. Cristian Reynoso, St. John's Clinic Coordinator
2. All aspects of the Core Principles of Resocialization are in place.
3. School must be operating in accordance with local and state public officials, the CCCAA and approval of school leadership regarding a return to campus, return to practice, and return to competition.
4. Ensure alignment with state, local, district guidelines.
5. Successfully procured all necessary Personal Protective Equipment (PPE) and proper disinfecting solvents and materials should begin in this phase.
6. Working with team physicians to ensure policies adhere to best practices and ensure the safety of all people involved.
7. Athletics must meet with other departments involved with infection control (facilities and custodial).
8. Essential staff will begin to work to implement policies and procedures set forth by the institution as well as the department of athletics.
9. All personnel should be screened in accordance with institutional policy and use safe social distancing practices.

STUDENT-ATHLETE ONBOARDING

1. Virtual Athletic Eligibility Session

Student-athletes, coaches, and staff are required to go through a virtual athletic eligibility session via Zoom. These presentations will educate everyone of the new guidelines and policies and procedures prior to being allowed to practice.

- a. Education to include prevention of spread of infectious disease, personal care, hygiene, and institution procedures.
- b. Complete Medical History via Sportsware.
- c. Information will be provided as to who identifies as a high-risk for COVID-19 according to the Centers for Disease Control and Prevention .
 - i. People 65 years and older
 - ii. People who live in a nursing home or long-term care facility
 - iii. People with chronic lung disease or moderate to severe asthma
 - iv. People who have serious heart conditions
 - v. People with severe obesity (body mass index [BMI] of 40 or higher)
 - vi. People with diabetes
 - vii. People with chronic kidney disease undergoing dialysis
 - viii. People with liver disease
- d. Student-athletes will reivew the *CCCATA COVID-19 Educational Session for Student-Athletes* (See Appendix C).
- e. Coaches will review the *CCCATA COVID-19 Educational Session for Faculty and Staff* (See Appendix D).
- f. Presentation will be conducted by the following staff:
 - i. Jamie Castillo, Athletic Coordinator
 - ii. Roberta Camacho, Athletic Specialist
 - iii. David Berck, Athletic Trainer

2. Student-Athlete COVID-19 Tests

All student-athletes are be required to be tested **monthly**.

- a. Student-athletes who do not get tested will not be allowed to participate in Compton College activities on campus, including but not limited to:
 - i. Classes/Practices
 - ii. Strength and Conditioning
 - iii. Medical Treatment
 - iv. Meetings

STUDENT-ATHLETE ONBOARDING (CONT.)

- b. Free tests are available for student-athletes via the St. John's Health Center at Compton College.
- c. Appointments must be set up through the head coach and the Athletics Department.
- d. Student-athletes may utilize another clinic for their COVID-19 test but must forward their results to Kenya Martinez, Human Resources Representative at klambertmartinez@compton.edu

3. Student-Athlete Physicals

In upcoming student-athlete physicals, the medical personnel should include whether or not that the student-athlete either has been vaccinated (when applicable) or if the student-athlete contracted COVID-19. All physicals must be signed off by an Medical Doctor (MD) or Doctor of Osteopathic Medicine (DO) via the Athletic Pre-Participation Examination (APPE) Forms.

- a. Prior to receiving a physical, the student-athlete must make an appointment with an Athletic Trainer via Sportsware to complete the orthopedic exam. Once that is done the student-athlete may then proceed to complete their physical.
- b. Student-athletes can receive a free physical at the Compton College Campus by calling the St. John's Health Center at (213) 226-7480. They will need to identify themselves as a Compton College student when they make their appointment
- c. If the student-athlete utilizes their own doctor, they must return APPE forms after they have been completely filled out, signed by an MD or DO and the student-athlete where appropriate.
- d. Student-athletes may participate in in-person instruction/practice without an updated an physical, but there will be restrictions to the medical treatment that can legally be provided.

STUDENT-ATHLETE ONBOARDING (CONT.)

4. During the eligibility process student-athletes will read and sign a waiver that shows the risks of possibly contracting the virus. This waiver will state that the student-athlete understands the risks especially if they do not have known records of immunity to the virus.

5. **Student-Athlete Onboarding Requirements Summary**

Required Prior to In-Person Instruction/Practices

- a. Virtual Eligibility Session
- b. COVID-19 Test

Required Prior to Season Practice Start Date

- a. Physical
- b. Impact Test
- c. Balance Test

TESTS POSITIVE FOR COVID-19

Student-Athlete or Athletics Personnel Tests Positive for COVID-19 the following policies and procedures will go into effect.

1. **Compton College Pandemic Outbreak Emergency Plan:**

- a. Inform Pandemic Coordinators and President/Chief Executive Officer (CEO).
- b. Work with the Los Angeles County Public Health Department to determine whether mandatory social isolation is appropriate for populations at high risk or whether closure of the college is necessary.
- c. If closure is ordered:
 - i. Declare a College State of Emergency.
 - ii. Reduce College operations to the critical functions outlined in Compton College Pandemic Outbreak Emergency plan.
- d. Clean and disinfect college in preparation for re-opening.

2. **Home Isolation according to the Los Angeles County of Public Health**

a. If symptoms are observed, the student-athlete or employee must stay home until:

- i. There has been no fever for at least 24 hours (without the use of medicine that reduces fevers) AND
- ii. Any respiratory symptoms have improved (for example, cough or shortness of breath) AND
- iii. At least 10 days have passed since your symptoms first appeared

b. If a student-athlete or employee has tested positive for COVID-19 but never had any symptoms:

- i. They must stay home for 10 days after the test was taken, but If they develop symptoms, then instructions above are to be followed.

3. Definition of a Close Contact according to the Los Angeles County of Public Health

a. **“close contact” is any of the following people who were exposed to an “*infected person” while they were infectious:**

- i. An individual who was within 6 feet of the infected person for more than 15 minutes
- ii. An individual who had unprotected contact with the infected person’s body fluids and/or secretions, for example, being coughed or sneezed on, sharing utensils or saliva, or providing care without wearing appropriate protective equipment.

*An infected person is anyone with COVID-19, or who is suspected to have COVID-19, and is considered to be infectious from 48 hours before their symptoms first appeared until they are no longer required to be isolated. A person with a positive COVID-19 test but no symptoms is considered to be infectious from 48 hours before their test was taken until 10 days after their test.

4. Operate in accordance with the Compton College Eventual Return to Campus Plan as it continues to be updated.

INTERCOLLEGIATE COURSES

1. Face coverings are required for all upon entrance to all athletic facilities.

Those without a face covering will not be allowed to enter a facility.

a. As of August 11, 2020 and per the County of Los Angeles Department of Public Health ([LACDPH](#)), face coverings are not required while engaged in outdoor activities requiring heavy exertion, but at least 8 feet of distance from others are required during these activities.

2. Student-Athlete Daily Check-In via Sportsware

a. Prior to practice and on the same day, student-athletes are required to login to their Sportsware account and complete the online questionnaire for symptoms. Doing so will also expedite the check-in process for practice.

3. Temperature Checks

Athletic Trainers to conduct temperature readings (Temporal artery thermometers) of each student-athlete and coach as they enter the playing facility during the first 10 minutes of practice. Student-athletes that arrive late will not be allowed to practice that day. Athletic Trainers will complete the *Compton College Daily Team Check-In Sheet* (See Appendix A) so every practice is documented.

a. **Temperature reading too high (100.4 F or higher):** In some cases, a person's temperature may be high due to excessive climate heat. That person will be allowed to wait 5 minutes outside the entrance to take another temperature reading to see if it has lowered to a safe temperature. If the temperature is deemed safe, they will be allowed to practice, if it is not deemed safe then they will not be allowed to practice.

b. **Temperature reading too low (94 F or lower):** In some cases, a person's temperature may be low due to excessive climate cold. That person will be allowed to wait 5 minutes outside the entrance to take another temperature reading to see if it has risen to a safe temperature. If the temperature is deemed safe, they will be allowed to practice, if it is not deemed safe then they will not be allowed to practice.

c. **Person with symptoms:** Please see Test Positive for COVID-19 section of this plan and show proof of a negative COVID-19 lab test. Temperature to be taken by Athletic Training staff upon return.

d. **Person has someone in their household with symptoms:** Please see Test Positive for COVID-19 section of this plan and show proof of a negative COVID-19 lab test. Temperature to be taken by Athletic Training staff upon return.

4. Blood Oxygen Reading

In addition to a temperature check, an athletic trainer will take blood oxygen reading by use of a pulse oximeter.

- a. If the student-athlete has no prior history of respiratory disease or a condition that would affect blood oxygen levels (e.g. sickle cell anemia), a reading of less than 95% will cause removal from play or practice until a negative diagnosis for COVID-19 and clearance to resume regular activity from a licensed physician is submitted.
- b. If the student-athlete has prior history of respiratory disease or a condition that would affect blood oxygen levels, a reading of -5% from baseline value or <90% will cause removal from play and practice until a negative diagnosis for COVID-19 and clearance to resume regular activity from a licensed physician is submitted.

5. Student-Athlete Not Allowed to Practice

When the student-athlete arrives to practice and is not allowed to participate due to the parameters mentioned on page. 10, the following will occur:

- a. Athletic Trainer will inform the head coach and provide the coach the *Compton College Handout for Student-Athletes with Suspected or Confirmed COVID-19* (See Appendix B) detailing next steps for the student-athlete take.
- b. Head Coach informs student-athlete of the situation, provides the handout, and escorts the student-athlete out of the athletic facility and ensures they exit the campus.
- c. Athletic Trainer is to document the occurrence and inform the Director of Student Development and Athletics and Athletic Coordinator.

6. When it comes to taping, it will be at the Athletic Trainer's discretion whether taping or a brace will suffice and proceed accordingly. In order to aid with social distancing, bracing may be the preferred option.

7. For serious injuries, Athletic Trainers are to use their training and experience to determine when it is appropriate to directly administer to injuries that occur during competition and practice. If social distancing cannot be observed, the injured student-athlete must be given a face covering and the athletic trainer is required to wear a face covering, gloves, and protective eye wear during injury assessment and care.

INTERCOLLEGIATE COURSES (CONT.)

8. When it comes to taping, it is at the Athletic Trainer's discretion whether taping or a brace will suffice and proceed accordingly. In order to aid with social distancing, bracing may be the preferred option.
9. Practices are to be held in small groups of ten or less, coaches are included in the count for groups. Coaches are to have assistant coaches run groups/drills to help with this procedure. Teams are required to utilize the whole playing surface to keep the bodies spread out from one another as much as possible. Coaches are required to coach with a face covering on and gloves.
10. Personal water bottles and disposable cups are to be used for water replacing the team water bottles that were previously used. Each practice, one designated coach is responsible for supplying water to the student-athletes, thus limiting the amount of people that come into contact with the water cooler.
11. Balls and other items are to be sanitized before and after practice. Coaches are required to send out daily practice plans so equipment and facility usage is known and documented.
12. All student-athletes are required to arrive to practice already dressed in appropriate attire as locker rooms will not be accessible.

12. Indoor Operations

- a. As of June 12, 2020 and per the [LACDPH](#), all gym and fitness establishment operations must be conducted outdoors until further notice.
- b. Employees may continue to access indoor areas of the gym/fitness establishment to use the restroom or take breaks, to conduct essential office operations and to move supplies and materials in and out of the building each day. Patrons, including student-athletes, may not enter the gym/fitness establishment at any time or for any reason.
- c. When gym activity is permitted, gym occupancy is limited to 50% or less. Only those that are actually exercising should be at in the facility. All others must wait until their practice/class begins.

13. Outdoor Operations

- a. As of June 12, 2020 and per the [LACDPH](#), outdoor operations may be conducted under a canopy, or other sun shelter but only as long as the sides are not closed and there is sufficient outdoor air movement.



PHASE 1: MAJOR SOCIAL DISTANCING (HEALTHY GROUP ONLY): DAYS 1-14

During Phase 1 the following are to be implemented:

- a. Practices with major social distancing mentioned in the Intercollegiate Courses section will need to be implemented for at least 14 days.
 - i. Gatherings of more than **10** people should be avoided unless precautionary measures of physical distancing and sanitation are in place.
 - ii. Hand sanitizer must be available.
 - iii. Physical practices will not take place on back to back days.
- b. All high-risk persons, including student-athletes, coaches, and athletics personnel should continue to shelter in place and not be on campus.
- c. Weight room will remain closed unless appropriate distancing and sanitation protocols are implemented.
- d. Virtual meetings/coaching will take place whenever possible.
- e. Per the National Strength and Coaching Association (NSCA) Conditioning Recommendations: Weekly volumes and/or workloads for conditions in the first 2-4 weeks of return to training following of inactivity.
 - i. Week 1: 50%
 - ii. Week 2: 70%
 - iii. Week 3: 80%
 - iv. Week 4: 90%
 - v. Week 5: 100%

**PHASE 2: MODERATE SOCIAL DISTANCING
(HEALTHY GROUP ONLY): DAYS 15-28**

Phase 2 goes into effect **only** if Phase 1 has been implemented successfully, with no evidence of a rebound and criteria was satisfied for at least 14 days.

- a. Practices with moderate social distancing mentioned needs to be implemented for at least 14 days.
 - i. Gatherings of more than **50** people should be avoided unless precautionary measures of physical distancing and sanitization in place.
 - ii. Hand sanitizer must be available.
 - iii. Physical practices will not take place back to back days.
- b. All high-risk persons, including student-athletes, coaches, and athletics personnel should continue to shelter in place and not be on campus.
- c. Weight room will remain closed unless appropriate distancing and sanitation protocols are implemented.
- d. Virtual meetings/coaching should take place whenever possible.
- e. Per the National Strength and Coaching Association (NSCA) Conditioning Recommendations: Weekly volumes and/or workloads for conditions in the first 2-4 weeks of return to training following of inactivity.
 - i. Week 1: 50%
 - ii. Week 2: 70%
 - iii. Week 3: 80%
 - iv. Week 4: 90%
 - v. Week 5: 100%

SPORT ACTIVITY DESCRIPTIONS

Sport Activity Descriptions	Phase 1 Individual Skill Development and Workouts Maintain Physical Distancing: No contact with others, no sharing of equipment, no grouping. *Note: Local county guidelines must be followed.	Phase 2 Modified Team Practice May Begin No contact with other teams. *Note: Local county guidelines must be followed.
Cross Country	Runners should maintain at least 6 feet of distancing between individuals, no grouping (i.e. starts and finishes).	Runners should maintain at least 6 feet of distance between individuals, no grouping (i.e. starts and finishes).
Track & Field	Runners should maintain at least 6 feet of distancing between individuals, no grouping (i.e. starts and finishes). No sharing of equipment. Clean equipment. Padded equipment should be cleaned between use.	Runners should maintain at least 6 feet of distancing between individuals, no grouping (i.e. starts and finishes). No sharing of equipment. Clean equipment. Padded equipment should be cleaned between use.
Badminton	Conditioning, no sharing of birdies, each player may use own can of birdies to serve and uses racket to pass other birdies (singles only). Players may do individual drills and serves. Wipe down rackets and equipment after.	No sharing of birdies, each player may use own can of birdies to serve and uses racket to pass other birdies (singles only).
For all of the sports below, given that social distancing requirements remain in effect, the only activities permitted are those listed below unless local county guidelines permit otherwise.		
Football	Conditioning and individual drills. A player should not participate in drills with a single ball that will be handed off or passed to other teammates. Contact with other players is not allowed, and there should be no sharing of tackling dummies/donuts/sleds. Protective equipment prohibited.	
Soccer	Conditioning, individual ball skill drills, each player has own ball, feet only (no heading/use of hands), no contact.	
Basketball	Conditioning, individual ball skill drills, no contact or sharing of balls. A player may shoot with a ball(s), but a team should not practice/pass a single ball among the team where multiple players touch the same ball.	
Baseball/Softball	Conditioning and tee work. Players should not share gloves or bats or throw a single ball that will be tossed among the team. A single player may hit in cages, throw batting practice (with netting as backstop, no catcher). Prior to another student-athlete using the same balls, they should be collected and cleaned individually.	

PHASE 3: HEALTHY & VULNERABLE GROUPS
WITH SOCIAL DISTANCING: DAYS 29-42

Phase 3 goes into effect **only** if Phase 2 has been implemented successfully, with no evidence of a rebound and criteria was satisfied for at least 14 days.

a. Practices with moderate social distancing mentioned needs to be implemented for at least 14 days.

i. Gatherings of more than **50** people should be avoided unless precautionary measures of physical distancing and sanitization in place.

ii. Hand sanitizer must be available.

b. **All high-risk persons, including student-athletes, coaches, and athletics personnel can now resume in-person interactions, but should practice physical distancing.**

c. Weight room can safely reopen if appropriate distancing and sanitation protocols are implemented.

PHASE 4: RETURN TO REGULAR PRACTICE AND COMPETITION

Phase 4 goes into effect **only** if Phase 3 has been implemented successfully, with no evidence of a rebound and criteria was satisfied for at least 14 days.

- a. Consideration of spectator modifications (i.e. no spectators, physical distancing, etc.) to ensure safety of student-athletes, support staff, and spectators.
- b. Return to normal practice.
- c. Return to normal competition.
 - i. Compton College Athletics game day personnel are to work in collaboration with the visiting athletic team to ensure policies and procedures stated in this plan are followed as well as those enforced by Compton Community College District and the California Community College Athletic Association (CCCAA).

Athletic Competition with No Spectators ([Per Higher Education Guidance](#))

1. Only permitted if Compton College can provide COVID-19 testing and results within a 72 hour period in advance of competition in high contact risk sports.

2. Athletics departments have considered how best to secure reasonable assurance that the same risks have been adequately considered and addressed by other teams. This includes consideration of how to share testing results and related safety assurances to opposing teams before the start of an event in a manner consistent with applicable health information and education privacy laws. Further, in conjunction with local public health officials and contact tracers, schools must have in place a mechanism for notifying other schools should an athlete from one team test positive within 48 hours after competition with another team.

3. Athletics departments, in consultation with institutional leadership, must evaluate the availability of, and accessibility to, local contact tracing resources. Where the availability of local contact tracing resources is inadequate, schools must train on-site personnel or procure contact tracing resources.

PHASE 4: RETURN TO REGULAR PRACTICE AND COMPETITION (CONT.)

Athletic Competition with No Spectators (Resocialization Plan)

1. Only essential staff shall be allowed at home games until social distancing restrictions are lifted. **Essential staff** includes athletic trainer, coaches, security, statistician, athletic administrator, referees, and score board personnel. Athletic trainers to assess injuries from a distance, if the injury is deemed to be serious they are then to assist while wearing a face covering, gloves, and protective eyewear.

a. For serious injuries, Athletic Trainers are to use their training and experience to determine when it is appropriate to directly administer to injuries that occur during competition and practice. If social distancing cannot be observed, the injured student-athlete must be given a face covering and the athletic trainer are required to wear a face covering, gloves, and protective eyewear during injury assessment and care.

2. On competition date all student-athletes and athletics personnel should undergo temperature readings (Temporal artery thermometers) and blood oxygen reading prior to the start of warm-up. Student-athletes who show symptoms should not be allowed to compete. These tests are to be administered by the Athletic Training staff.

Away Competition

1. Transportation are to follow that of the local guidelines. Including but not limited to:

- a. All passengers are be required to enter and exit the bus at least six feet apart and crowding near the door is prohibited.
- b. All passengers are required to wear a face covering on the bus. Those without a face covering will not be allowed to enter the bus and travel with the team.
- c. All passengers are to sit at least six feet apart from one another.
 - i. If needed, additional buses are to be reserved in order for the team to comply with this policy.

2. Athletic jerseys are to be immediately collected and washed after every home and away game.

a.. On evening or weekend away games, the head coach is responsible for ensuring uniforms are collected and placed in their respective office in a closed container. Container to be provided.

**PHASE 4: RETURN TO REGULAR
PRACTICE AND COMPETITION (CONT.)**

- b. Head Coach must email following personnel that the uniforms are in the office so staff is aware and uniforms can be washed in a timely manner:
- i. Facilities and Equipment Technician
 - ii. Athletic Coordinator
 - iii. Director of Student Development and Athletics

Athletic Competition with Spectators

1. Once restrictions on sporting events have been lifted, spectators will be required to have their temperature taken with a non-contact thermometer upon entry. Temperature reading shall be conducted by Campus Police/security personnel. Spectators will be required to wear a face covering.
2. Inside the facilities, sections of the seating area are to be sectioned off to ensure social distancing.
3. Hand sanitizer are be placed at the entrance and in team locker room areas.

ATHLETIC FACILITIES

1. No public access to the track. The intention is to limit the usage of the stadium/track to lessen the footprint of human presence.
2. Practice times are to not overlap for any one facility, including but not limited to: football/soccer stadium, outdoor track, gymnasium, weight room, baseball and softball fields.
3. During intercollegiate courses/practices, benches are to be removed to prevent multiple people from sitting next to each other, only individual chairs separated 6 feet apart are to be allowed. Chairs are to be wiped and sanitized down before and after each practice by the coaching staff.
4. **Athletic Offices:** Implement cleaning schedule in collaboration with the Maintenance and Operations department. The following are to be implemented:
 - a. Observe social distancing:
 - i. Face coverings required for all.
 - ii. Maintain 6 foot spacing between individuals
 - b. Head Coaches Offices
 - i. Office usage is limited to 30 minutes before and after instruction/practice time.
 1. Outside of the allowed office time, all work is to be completed remotely.
 - ii. No coaches or student-athlete meetings can take place in the head coaches office.
 - c. Persons gathering in the lobby is prohibited.
 - i. Lobby computer and benches to be removed.
5. **Locker Rooms:** Only utilized for athletic competition (i.e. pre-game, halftime, and post-game). Locker rooms are not to be utilized for practices.
 - a. Student-athletes are to be required to change in campus restroom stalls. If student-athletes are arriving to practice having not previously been on campus then they are required to come to campus already dressed appropriately for practice.

ATHLETIC FACILITIES (CONT.)

6. **Athletic Training Facility:** Implement cleaning schedule that includes morning and evening sanitation. In addition to regular cleaning after each student-athlete appointment.

- a. Observe social distancing:
 - i. Maintain 6 foot spacing between individuals
 - 1. Spacing/limiting treatment tables
 - 2. No whirlpool usage
 - 3. Schedule appointments only
 - 4. Utilize other empty areas in the Athletics Building
 - 5. Signage
 - 6. Will last for Phases 1-2

7. **Weight room:** Implement cleaning schedule in collaboration with the Maintenance and Operations department. When determined safe to reopen for athletic purposes the weight room are to be thoroughly wiped down with disinfectant after use by the coaching staff. This includes items and/or machines that were not utilized.

- a. Observe social distancing:
 - i. Maintain 6 foot spacing between individuals
 - 1. Limit lifts that require spotters
 - 2. Use every other rack if possible
 - 3. Signage
 - 4. Limit amount of persons according to the phase.
 - 5. Keep workouts short to limit time of exposure
 - 6. Will last for Phases 1-2
 - b. *The Matrix Approved Cleaners, Disinfectants, and Lubricants (Appendix E) to be followed.*

OTHER ATHLETIC OPERATIONS

1. Uniforms and Equipment

Team appointments are to be made between the Head Coach and the Facilities and Equipment Technician.

- a. Coaching staff is required to be present during uniform and equipment distribution to help ensure social distancing.
 - i. If a coach is not present then uniforms and equipment distribution will not take place.
- b. All persons are required to wear a face covering during distributions and fittings.
 - i. If a student-athlete does not wear a face covering then they will be denied uniform and equipment during that time.

Compton College Daily Team Check-In Sheet

- 1. Take temperature and blood oxygen readings for each student-athlete and staff member entering prior to beginning of each practice or game.
- 2. Fill in temperature and pulse-ox readings and check the appropriate boxes based on the Symptom Checklist on SWOL.
- 3. Sign form when it is completed.

Team: _____ **Date:** _____

Examiner Name: _____ **Signature:** _____

Name	Temperature	Blood Oxygen %	Any reported symptoms on the checklist?	If Yes; # of symptom(s) reported	Have you had direct contact with anyone who has had any of the symptoms on the checklist?
			<input type="checkbox"/> Yes		<input type="checkbox"/> Yes
			<input type="checkbox"/> Yes		<input type="checkbox"/> Yes
			<input type="checkbox"/> Yes		<input type="checkbox"/> Yes
			<input type="checkbox"/> Yes		<input type="checkbox"/> Yes
			<input type="checkbox"/> Yes		<input type="checkbox"/> Yes
			<input type="checkbox"/> Yes		<input type="checkbox"/> Yes
			<input type="checkbox"/> Yes		<input type="checkbox"/> Yes
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			<input type="checkbox"/> Yes		<input type="checkbox"/> Yes
			<input type="checkbox"/> Yes		<input type="checkbox"/> Yes
			<input type="checkbox"/> Yes		<input type="checkbox"/> Yes

Compton College Handout for Student-Athletes with Suspected or Confirmed COVID-19

Current COVID-19 Information from CDC Updated May 8, 2020

If you have a fever, cough or other symptoms, you might have COVID-19. Most people have mild illness and are able to recover at home. If you think you may have been exposed to COVID-19, contact your healthcare provider.

- ▶ **Keep track of your symptoms.** Use CDC.gov for self-checker guides to help you make decisions and seek appropriate medical care.
- ▶ **When to Seek Emergency Medical Attention.** If someone is showing any of these signs, seek emergency medical care immediately
 - Trouble breathing**
 - Persistent pain or pressure in the chest**
 - New confusion**
 - Inability to wake or stay awake.**
 - Bluish lips or face**

*Not complete list of signs when to seek medical care, please call your medical provider for any symptoms that are severe or concerning you.

Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.

GUIDELINES ABOVE FROM THE CENTER FOR DISEASE CONTROL AND PREVENTION (CDC)

What if you Have Symptoms Associated with COVID-19 or think you were in contact with someone who has.

- If on campus: **Don face mask to help protect others.** You will be escorted to isolation station for health assessment or you may be asked to go home immediately, stay home, and **contact your primary care physician** or county health services for consultation about an office visit, testing, and self-quarantine.
- If escorted from campus: Escort's Name _____ Date _____
Time _____
- Campus contact person made available. Name: _____
- Monitor Symptoms and Keep a Daily Log** of any symptoms you may have. Symptoms may appear 2-14 days after exposure to the virus. Use CDC.gov for self-checker guides to help you make decisions and seek appropriate medical care. Follow care instructions from your medical provider.
- CCCATA Information Handout about COVID-19 made available.

COVID-19 testing near me:

<https://www.anthem.com/ca/microsites/covid19-assessment/covid-finder.html>

Compton College Handout for Student-Athletes with Suspected or Confirmed COVID-19

SEEK CARE

- GO HOME, STAY HOME**, except to get medical care. Follow CDC guidance on steps to take.
- SELF-ISOLATE** stay away from other people in your home, apartment, dorm, etc. If advised by your health care **SELF-QUARANTINE**
- STAY IN TOUCH** Establish a communication with medical providers, your athletic trainer, and coaches.
- COMMUNICATE INFORMATION** with college athletics staff via school policy. Be prepared to identify locations you visited and people with whom had close contact with e.g. school personnel and TEAMMATES OR OTHERS.
(Close contact within 6- feet and within the past two weeks). Close Contact Alerts via phone or email will be issued to those identified.
- WE WILL Protect your confidentiality**, in turn, please **DO NOT** identify any positive individuals you know.
- Monitor Symptoms and Keep a Daily Log** of any symptoms you may have. Symptoms may appear 2-14 days after exposure to the virus. Use [CDC.gov](https://www.cdc.gov) for self-checker guides to help you make decisions and seek appropriate medical care. Follow care instructions from your medical provider.
- SEEK EMERGENCY MEDICAL ATTENTION IF:** you have trouble breathing or persistent pain or pressure in chest, inability to wake or stay awake, bluish lips or face.

RETURN TO CAMPUS CRITERIA:

1. Clearance from physician on [CCCATA Physician's Referral Form](#)
2. Written documentation of COVID-19 test results

Per CDC Guidance: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/return-to-work.html>

Symptom-based strategy. Exclude from CAMPUS until:

- At least 3 days have passed since recover defined as resolution of fever without the use of fever-reducing medications and improvement in respiratory symptoms; and,
- At least 10 days have passed since symptoms first appeared.

Test-Base Strategy Exclude from CAMPUS until:

- Resolution of fever without the use of fever-reducing medications and
- Improvement in respiratory symptoms (e.g., cough, shortness of breath), and
- Negative on COVID-19 test from at least two consecutive respiratory specimens collected ≥ 24 hours apart (total of two negative specimens).

WHAT IF YOU HAVE NO SYMPTOMS BUT TEST POSITIVE (Either strategy is acceptable depending on local circumstances):

Time-based strategy. Exclude from CAMPUS until:

- 10 days have passed since the date of first positive COVID-19 test assuming they have not developed symptoms since their positive test. If symptoms developed, then the *symptom-based* or *test-based strategy* should be used. Note, because symptoms cannot be used to gauge where these individuals are in the course of their illness, it is possible that the duration of viral shedding could be longer or shorter than 10 days after their first positive test.

Test-based strategy. Exclude from CAMPUS until:

- Note, because of the absence of symptoms, it is not possible to gauge where these individuals are in the course of their illness. There have been reports of prolonged detection of RNA without direct correlation to viral culture.

WHAT IF YOU WERE SICK BUT COVID-19 was ruled out and have an alternate diagnosis (e.g., tested positive for influenza), criteria for return to CAMPUS should be based on that diagnosis.

COVID-19 Educational Session

For Student-Athletes

Overview

- ▶ COVID-19
- ▶ Prevention
- ▶ Myth Buster
- ▶ Treatment
- ▶ Personal Responsibility
- ▶ Fluidity

COVID-19

- Coronaviruses are a large family of viruses common in both people and animals, most common coronaviruses cause the common cold in humans
- COVID-19 is caused by a virus that has been named SARS-CoV-2, which is in the same family of viruses as SARS and MERS
- COVID-19 is a respiratory disease that is being spread by a new coronavirus that emerged in the 2019.
 - It affects both the upper and lower respiratory tract
- It is a virus, meaning that there is no medication or drug to “cure” COVID-19.
 - Medication can only be used to treat symptoms

COVID-19 Signs and Symptoms

These are the most common signs and symptoms but they are not the only ones that present with illness

- Cough
- Fever
- Repeated shaking with chills
- Headaches
- Loss of smell
- Severe vomiting
- Shortness of breath
- Chills
- Muscle pain
- Sore throat
- Loss of taste
- Diarrhea

High Risk Individuals

- Just because you are not in the high risk group does not mean that you cannot contract COVID-19 and suffer complications. **EVERYONE CAN CONTRACT COVID-19** and transmit it.
 - Chronic lung disease, moderate to severe asthma
 - Serious heart conditions (ex.coronary artery disease, congenital heart disease, cardiomyopathies)
 - Immunocompromised individuals
 - Severe obesity
 - Diabetes
 - Chronic kidney disease
 - Liver disease

High Risk Individuals

- Just because you are not in the high risk group does not mean that you cannot contract COVID-19 and suffer complications. **EVERYONE CAN CONTRACT COVID-19** and transmit it.

People who are more likely to suffer severe illness from contracting COVID-19

- people 65 years or older
- people who live in nursing homes or long term care facilities

Note-many of you may live with, know or come in contact with these high risk category people.

COVID-19 Complications

- COVID-19 can cause complications that affect multiple systems in the body, the complications include, but are not limited to:
 - Acute respiratory failure
 - Acute respiratory distress syndrome
 - Viral pneumonia
 - Acute kidney injury
 - Acute liver injury
 - Secondary viral and bacterial infection
 - Septic shock
 - Abnormal blood clots- can lead to pulmonary embolisms or stroke

COVID-19 Transmission

Person- to Person

- Between people who are in close contact with one another
- Respiratory droplets produced when an infected person coughs, sneezes, or talks
- Droplets can land in the mouths or noses of people who are nearby, or possibly be inhaled into the lungs
- **COVID-19 can be spread by individuals who are not showing symptoms**

Contact Spread

- By touching a surface or object that the virus is on and then touching their own mouth, nose, or eyes
- The amount of time that the virus can live on surfaces depends on the material of the surface
 - 72 hours on plastic and stainless steel
 - less than 4 hours on copper
 - less than 24 hours on cardboard.



Prevention

- Avoid large events and mass gatherings
- Avoid close contact (6ft) w/ sick individuals
- Wash hands with soap and warm water for 20 seconds, or use alcohol based hand sanitizer made with at least 60% alcohol
- Avoid touching your mouth, eyes, and nose
- Avoid sharing personal items (ex: water bottles)
- Clean and disinfect high touch surfaces as needed (Tables, door knobs, desk, sports equipment)
- **Avoid going to work, school, gatherings if you are sick**

Prevention



Prevention

How to properly wear a face mask

- 

ENSURE THE PROPER SIDE OF THE MASK FACES OUTWARDS
- 

SECURE THE STRINGS BEHIND YOUR HEAD OR OVER YOUR EARS
- 

PRESS THE METALLIC STRIP TO FIT THE SHAPE OF THE NOSE
- 

COVER MOUTH AND NOSE FULLY MAKING SURE THERE ARE NO GAPS
- 

WEAR MASK
- 

DO NOT TOUCH THE MASK WHILE USING IT, IF YOU DO WASH YOUR HANDS
- 

REMOVE THE MASK FROM BEHIND BY HOLDING THE STRINGS WITH CLEAN HANDS

FACTS. ■■■
OVER FEAR
COVID-19

Incorrect



COVID-19 VS Flu/Allergies

Source: Mayo Clinic

CORONAVIRUS

- Fever
- Cough
- Shortness of breath, or difficulty breathing
- Symptoms appear 2-14 days after exposure

FLU

- Fever
- Cough
- Muscle aches
- Fatigue & weakness
- Chills & sweats
- Congestion
- Sore throat

ALLERGIES

- Sneezing
- Itchy nose, eyes or roof of the mouth
- Runny, stuffy nose
- Watery, red or swollen eyes

Mythbuster

- There are currently no drugs licensed for treatment or prevention
- Adding pepper to your soup or other meals does not prevent or cure COVID-19
- COVID-19 is not transmitted through house flies or mosquitos
- Spraying and introducing bleach or other disinfectant into your body will not protect against COVID-19
- Drinking methanol, ethanol, or bleach does not prevent or cure COVID-19
- Cold weather and snow cannot kill the new coronavirus
- High temperatures or humid environment does not prevent the spread of COVID-19
- Drinking alcohol will not protect against COVID-19

Treatment

What if you get sick?

- Stay home except to get medical care
 - Most people have a mild illness and can recover at home. Do not leave unless it is to seek medical care. Avoid public areas
 - Get rest and stay hydrated. Take over the counter medicines (ex. acetaminophen) to help w/ symptoms
 - Stay in touch with your doctor
 - Avoid Public Transportation
- Separate yourself from other people
 - As much as possible, stay in a specific room and away from people and pets in your home. If you must be around other people, wear a face covering

Treatment

- Monitor your symptoms
 - Keep track of all your symptoms and be aware if they worsen
- If your symptoms worsen or you believe you have an emergency warning sign, seek medical attention right away
 - trouble breathing
 - persistent pain or pressure in the chest
 - new confusion
 - inability to wake or stay awake
 - bluish lips or face

Personal Responsibility

- If you are sick, even just a “cold”, **STAY HOME & Stay away from teammates!**
- Notify athletic training staff and coaching staff about any illness or exposure that may have happened
- Sneeze and cough into your elbow or tissue
- Wash your hands often, or use hand sanitizer if soap and water aren't available
- Wipe down high touch areas such as door knobs, cell phone, tablet and tables, as well as shared practice and game equipment



Personal Responsibility

- Wear a mask if you must be outside while sick. Ensure that the mask covers your nose and mouth
- Be honest about how you're feeling and who you've been in contact with
- Follow rules/restrictions of the Athletic Training Clinic at all times
- **When in doubt, ASK!**

Fluidity

- Remember COVID-19 is an illness caused by a novel coronavirus. New information is constantly emerging and guidelines are continuously changing, because of that education will be ongoing.
- To stay up to date, you can visit the Center for Disease Control website, [CDC.gov](https://www.cdc.gov), or the World Health Organization website, [who.int](https://www.who.int).

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COVID-19 Educational Session

Administrators, Faculty and Staff

Overview

- COVID-19
- Prevention
- Myth Buster
- Treatment
- Responsibility to Team
- Fluidity



COVID-19 (1-5)

- Coronaviruses are a large family of viruses common in both people and animals, most common coronaviruses cause the common cold in humans
- COVID-19 is caused by a virus that has been named SARS-CoV-2, which is in the same family of viruses as SARS and MERS
- COVID-19 is a respiratory disease that is being spread by a new coronavirus that emerged in the 2019.
- It affects both the upper and lower respiratory tract
- It is a virus, meaning that there is no medication or drug to “cure” COVID-19.
- Medication can only be used to treat symptoms

COVID-19 Signs and Symptoms

(4,5)

These are the most common signs and symptoms but they are not the only ones that present with illness

- Cough
- Fever
- Repeated shaking with chills
- Headaches
- New loss of taste/smell
- Severe vomiting
- Shortness of breath
- Chills
- Muscle pain
- Sore throat
- Loss of taste
- Diarrhea

COVID-19 Complications

- Acute respiratory failure
- Acute respiratory distress syndrome
- Viral pneumonia
- Acute kidney injury
- Acute liver injury
- Secondary viral and bacterial infection
- Septic shock
- Abnormal blood clots- can lead to pulmonary embolisms or stroke

When to Seek Medical Attention

Look for emergency warning signs* for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

COVID-19 Transmission

Person- to Person

- Between people who are in close contact with one another
- Respiratory droplets produced when an infected person coughs, sneezes, or talks
- Droplets can land in the mouths or noses of people who are nearby, or possibly

COVID-19 can be spread by individuals who are not showing symptoms

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- By touching a surface or object that the virus is on and then touching their own mouth, nose, or eyes
- The amount of time that the virus can live on surfaces depends on the material of the surface
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 - less than 24 hours on cardboard.

Prevention

- Avoid large events and mass gatherings
- Avoid close contact (6ft) w/ sick individuals-social distance
- Wash hands with soap and water for 20 seconds, or use alcohol based hand sanitizer made with at least 60% alcohol
- Avoid touching your mouth, eyes, and nose
- Avoid sharing personal items (ex: water bottles)
- Clean and disinfect high touch surfaces as needed (Tables, door knobs, desk, sports equipment)
- Use approved disinfectants
- Avoid going to work, school, gatherings if you are sick and encourage student-athletes to do the same!

Prevention



Prevention

How to properly wear a face mask

- 

ENSURE THE PROPER SIDE OF THE MASK FACES OUTWARDS
- 

SECURE THE STRINGS BEHIND YOUR HEAD OR OVER YOUR EARS
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- Sore throat

ALLERGIES

- Sneezing
- Itchy nose, eyes or roof of the mouth
- Runny, stuffy nose
- Watery, red or swollen eyes



California Community College Athletic Trainers Association

Mythbuster

- There are currently no drugs licensed for treatment or prevention
- Adding pepper to your soup or other meals does not prevent or cure COVID-19
- COVID-19 is not transmitted through house flies or mosquitoes
- Spraying and introducing bleach or other disinfectant into your body will not protect against COVID-19
- Drinking methanol, ethanol, or bleach does not prevent or cure COVID-19
- Cold weather and snow cannot kill the new coronavirus
- High temperatures or humid environment does not prevent the spread of COVID-19
- Drinking alcohol will not protect against COVID-19

Treatment

What if you get sick?

- Stay home except to get medical care
 - Most people have a mild illness and can recover at home. Do not leave unless it is to seek medical care. Avoid public areas
 - Get rest and stay hydrated. Take over the counter medicines (ex. acetaminophen) to help w/ symptoms
 - Stay in touch with your doctor or athletic trainer
 - Avoid Public Transportation
- Separate yourself from other people
 - As much as possible, stay in a specific room and away from people and pets in your home. If you must be around other people, wear a face covering.



Treatment

- Monitor your symptoms
 - Keep track of all your symptoms and be aware if they worsen
- If your symptoms worsen or you believe you have an emergency warning sign, seek medical attention right away
 - Trouble breathing
 - Persistent pain or pressure in the chest
 - New confusion
 - Inability to wake or stay awake
 - Bluish lips or face

Personal Responsibility

- Communicate with medical staff prior to going to campus
 - Operating procedures have changed. This will affect availability, scheduling, facility use, etc.
- Understand your role and procedures in an emergency, non and COVID related.
 - PPE-acquiring, know location and appropriate use
 - Identify Isolation area
- Prevention will only happen with your help. You may be required to perform new tasks and responsibilities.

Responsibility to Your Team

Educate

- Present accurate and up to date information to your athletes during the first orientation meeting and/or have them view online presentation (Title)
- Go over prevention techniques and mandate they be followed.
- Discuss responsibility that each student-athlete has to each other, the athletic training staff and the coaching staff as well as your responsibility to them.

Responsibility to Your Team

Provide a safe environment to train and compete

- What can be changed about:
 - Meetings/Film viewing (virtual?)
 - Training/Conditioning - weight room
 - Practice times, activity/drills
- Are the facilities/venues being maintained and disinfected according to new standards
- Any shared equipment needs to be cleaned appropriately



Responsibility to Your Team

Communication

- With athletic trainer about signs & symptoms prior to getting on campus (follow institution policies)
- Training/practice/competition participation
 - Encourage/enforce the “stay home” standard for SA and staff when experiencing any symptoms
 - Foster an open and honest environment that doesn't put down SA for staying home
- Mental health
 - Be a resource for your SA mental wellbeing



Responsibility to Your Team

In Case of an Emergency

- Role and Responsibility
 - Updated EAP plans regarding COVID precautions
 - Use of PPE at onset of activating EAP
 - What to do if your SA gets sick
 - Be honest
 - Be timely
 - Isolate per institution policy (at each venue)



Fluidity

- Remember COVID-19 is an illness caused by a novel coronavirus. New information is constantly emerging and guidelines are continuously changing, because of that education will be ongoing.
- To stay up to date, you can visit the Center for Disease Control website, [CDC.gov](https://www.cdc.gov), or the World Health Organization website, [who.int](https://www.who.int).

Resources to Consider:

- CDC: Infection Prevention and Control Assessment Tool for Outpatient Settings (2016)
- BOC Facility Principles (2015)
- CDC Guideline for Isolation Precautions: Preventing Transmission of Infectious Agents in Healthcare Settings (2019)
- NCAA Core Principles of Resocialization of Sport
- American College Health Association (ACHA) COVID-19 Resources
- ACHA Guidelines: Student Health Considerations & Guidelines for Re-opening Higher Education Institutions

Resources to Consider:

- EPA List N: Disinfectants for Use Against SARS-CoV-2 (2020)
- CDC: Guidance for the Selection and Use of Personal Protective Equipment in Healthcare Settings
- Interassociation Recommendations: Preventing Catastrophic Injury and Death (2019)
- CSCCa and NSCA Joint Consensus Guidelines for Transition Periods (2019)
- Websites for Local, County or Regional Board of Health governing bodies responsible for administering and enforcing state public health laws and regulations

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Date accessed: May 21, 2020

MATRIX

**APPROVED
CLEANERS,
DISINFECTANTS
AND LUBRICANTS**



1	Cleaning Your Matrix Equipment	3
2	Understanding the Difference Between Cleaning and Disinfecting Fitness Equipment	4
3	Approved Cleaners and Disinfectants	6
4	Understanding Active Ingredients	8
5	Electrostatic or Fogging Equipment	9
6	Approved Lubricants	10

1

Cleaning Your Matrix Equipment

When cleaning your equipment, it is recommended to spray your approved cleaning solution directly on the cleaning towel and NOT directly onto the equipment.

Matrix recommends cleaning bodily residues off the equipment after each use and wiping clean the full frame weekly.

2

Understanding The Difference Between Cleaning and Disinfecting Fitness Equipment

According to the CDC, cleaning removes germs, dirt, and impurities from surfaces or objects. Cleaning works by using soap (or detergent) and water to physically remove germs from surfaces. This process does not necessarily kill germs, but by removing them, it lowers their numbers and the risk of spreading infection.

Disinfecting uses chemicals to kill germs on surfaces or objects. This process does not clean dirty surfaces but kills germs on a surface after cleaning. It can further lower the risk of spreading infection.

Matrix recommends that you both clean and disinfect your Matrix fitness equipment.

RECOMMENDED PROCEDURE FOR CLEANING AND DISINFECTING FITNESS EQUIPMENT

- ▶ First, wash surfaces on the machine to remove germs. Matrix recommends the following cleaners: mild dish soap and water (1:10 dilution); vinegar and water (1:20 dilution); or cleaning wipes (e.g., Athletix cleaning wipes).
 - ▶ Be sure to apply the cleaner first to a clean cloth, and then use the cloth to wipe down the equipment.
 - ▶ Always avoid spraying a cleaner directly on equipment as it may penetrate openings and cause corrosion or damage to electronic components.
- ▶ After thoroughly wiping the cleaner off the machine, follow with an EPA-registered disinfectant to kill any remaining germs. Some popular disinfectants include: Simple Green d PRO 3, Virex II 256, Puregreen 24, or disinfecting wipes (e.g., Athletix disinfecting wipes).

Ensure the solution you are using is appropriate for the surface you are disinfecting. Improperly diluted disinfectants can dull the finish on your fitness equipment and cause irreversible corrosion. Disinfectants usually require the product to remain on the surface for a certain period (e.g., 3 to 5 minutes). Be sure to remove the disinfectant once the time has elapsed. Failure to remove disinfectant can cause corrosion.

Use disinfecting wipes on electronic items that are touched often, such as consoles and speed/incline buttons. It may be necessary to use more than one wipe to keep the surface wet for the stated length of contact time.

Always follow a manufacturer's label instructions for cleaning products and disinfectants.

RECOMMENDED CLEANING AND DISINFECTING FREQUENCY

Matrix recommends cleaning each piece of equipment before and after use. Trained staff members should disinfect the machines once or twice daily. Frequency should vary with facility traffic. It is also recommended that your staff use the appropriate protective clothing (e.g., gloves, mask) as specified by the product's manufacturer.

3

Approved Cleaners and Disinfectants

CLEANERS

(member use or used by staff during maintenance)

- ▶ Athletix Wipes (see below)
- ▶ Mild dish soap and water mixture in spray bottle (10:1 water to soap)
- ▶ Vinegar and water mixture in spray bottle (20:1 water to vinegar)
- ▶ Computer/LCD screen cleaner and micro-fiber cloth for touchscreen consoles
[Screen Cleaner Kit](#)

DISINFECTANTS

(ensure disinfectants are properly diluted or diluted in a closed-loop system)

- ▶ Simple Green d PRO 3
- ▶ Puregreen 24
- ▶ Virex II 256

CAUTION

Using concentrated cleaners without proper dilution is not recommended.

Concentrated cleaners must be diluted to manufacturer's instructions. Over-concentrated solutions will cause corrosion and damage consoles, plastics, pads, aluminum parts and hardware.



ATHLETIX CLEANING WIPES AND DISPENSERS



WIPES:

- ZMD4009014 – Cleaner Wipe (4 rolls per case)
- ZMD4009015 – Disinfectant Wipe (2 rolls per case)



DISPENSERS:

- ZMD4009016 – Wall Dispenser



DISPENSERS:

- ZMD4009017 – Stainless Steel Dispenser



DISPENSERS:

- ZMD4009140 – Wire Stand
(can mount a wall dispenser to this)

To order Athletix wipes or dispensers:

Phone: 866-693-4863

Text to chat: 608-208-6926

Email: pm@matrixfitness.com

4

Understanding Active Ingredients

WHERE CAN I FIND IMPORTANT ACTIVE INGREDIENT INFORMATION?

Active ingredients are the chemicals that kill germs in a disinfectant. You can find this information on either the label or Safety Data Sheet (SDS). It is required by OSHA's Hazard Communication Standard (HCS) that chemical manufacturers, and distributors, provide an SDS for any hazardous chemical. These documents hold important information about active ingredients, material compatibility, PPE and methods of application.

ACTIVE INGREDIENTS

Active ingredients can be found in section 3 of an SDS. Although disinfectants use similar active ingredients (i.e. quaternary ammonium chlorides (Quats), peroxides, etc.) they can interact differently with substrates when they are mixed with other active ingredients or at different concentrations, making each disinfectant slightly different. This makes it important to understand your disinfectant's dilution ratio and surface compatibilities. Improper dilution can lead to long term damage of your equipment.

MATERIAL COMPATIBILITY

Material compatibility, if any, can be found either on the manufacturer's label or in Section 10 of the SDS. We suggest calling the disinfectant manufacturer to confirm the solution is safe for use on materials found on our equipment: painted surfaces, zinc plating, plastics, rubber and vinyl. Phone numbers can be found on the SDS.

REQUIRED PPE

Required PPE can be found in section 8 of the SDS, if concentrated there will be different requirements for proper handling when dealing with the concentrate and diluted solution.

METHODS OF APPLICATION

Lastly, methods of application, approved by the EPA will be found on the manufacturer's label and these methods should only be used when applying that chemical. Your disinfectant manufacturer should be contacted if you have any questions or if the above information can't be found.

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Electrostatic or Fogging Equipment

UNDERSTANDING THE DIFFERENCE BETWEEN ELECTROSTATIC SPRAYING AND FOGGING CLEANING

Prior to fogging or electrostatic spraying be sure to read and follow the products instructions including the approved EPA application methods. Failure to follow EPA label instructions could result in a violation of federal law. If you are unsure if your disinfectant is compatible with a fogger or electrostatic sprayer, please contact your products manufacturer before use.

ELECTROSTATIC SPRAYING



Electrostatic Spraying consists of a low-pressure spray which places a charge on chemical droplets that helps provide better delivery to surfaces. Disinfectants can then be more directly applied to the surface you are wanting to disinfect, rather than needing to fill a room.

Multiple passes might be needed to ensure that the disinfectant meets its recommended dwell (kill) time. This is the preferred method if fogging or electrostatic spraying will be used.

FOGGING



Fogging consists of a fine mist being dispensed throughout the entire space, which is blocked off, to disinfect all surfaces in a specific room. This process not only involves containment of the fog in a space being disinfected but this can take hours to complete disinfecting.

This is not a recommended method due to a long completion time and a lack of control with dispersing the chemicals.

Prior to fogging or electrostatic spraying ensure to read and follow the product's instructions – including EPA-approved application methods – before use. Failure to follow EPA label instructions could result in a violation of federal law. If you are unsure if your disinfectant is compatible with a fogger or electrostatic sprayer, please contact the product manufacturer before use.

It is important to always follow the manufacturers label when diluting a disinfectant, unless it is ready to use (RTU). Also, check the manufacturers label as required personal protective equipment (PPE) may be needed. A clean cotton cloth should be used to wipe down any extra disinfectant left on the frame or electronic parts after the approved dwell time is complete.



Approved Lubricants

LUBRICANTS AND GREASE

Super Lube with PTFE pump spray and grease

- ▶ PTFE is Polytetrafluoroethylene (Teflon)
- ▶ Super Lube w PTFE pump spray: order here [Super Lube Pump Spray](#)
- ▶ Super Lube w PTFE grease: order here [Super Lube Grease](#)

Tri-Flow with PTFE pump spray and grease

- ▶ Tri-Flow w PTFE pump spray: order here [Tri-Flow Pump Spray](#)
- ▶ Tri-Flow w PTFE grease: order here [Tri-Flow Grease](#)

Mobil 1 Synthetic grease for ClimbMill chain

- ▶ Order here [Mobil 1 Synthetic Grease](#)

Anti-seize lubricant [tube, stick or jar]

- ▶ Order here [Anti-seize stick](#)

Silicon lubricant for S-Drive [Matrix logo belt only]

- ▶ Matrix part # 1000384124 – 100ml, 2 applications per bottle
- ▶ Matrix part # 1000431357 – 2-liter bottle, 40 applications per bottle

3-in-One oil for Krankcycle brake pad and S-Force magnet carriages

OTHER SUPPLIES

- ▶ Blue Vibra-Tite® Threadlocker (use on cardio bolts if they come loose)
 - ▶ Matrix part #ZMS3000087 or order here [Vibra-Tite Threadlocker \(Blue\)](#)
- ▶ Red Vibra-Tite® Threadlocker (use on strength bolts if they come loose)
 - ▶ Matrix part # ZMS4000792 or order here [Vibra-Tite Threadlocker \(Red\)](#)

Note: Matrix does not recommend aerosol sprays for guide rods. Pump spray lubricants with PTFE out-performed and lasted longer than PTFE-based aerosol sprays.