

2020 HEART PROMISE

RETURN TO PLAY



Heart of America Athletic Conference

It is the goal of the Heart of America Athletic Conference Task Force to develop a plan that not only allows a safe return to competition but also honors the autonomy and the flexibility of each institution in a way that is mutually beneficial to all parties. The following procedures will be followed for all Heart of America Athletic Conference events.

FACILITIES AND SANITIZATION

Each institution should take appropriate measures to provide applicable cleaning

Facilities

- Disinfect all touchable surfaces prior to a visiting team entering the host venues locker room with at least minimal time allowed for the disinfection to set in. (approximately 10-15 minutes)
- Once cleaned, no one may enter the locker room except the visiting team
- It is recommended visiting locker rooms be blocked off for the day of a game on game days.
- Includes all facilities used on gameday (locker rooms, official's rooms, press box, etc.)
- Each institution must have a designated self-isolation area if someone needs to be quarantined from a visiting team.
 - *What designates a "self-isolation area"?*
 - Isolated bathroom facility available
 - Temperature controlled environment
 - Transportation to return to home campus

Equipment

- Discontinue use of community towels and use paper towels instead.
- Provide sanitizing wipes for the nozzles on water coolers before and during the games.
- Teams must provide their own water bottles
- No community water stations will be provided

TRAVEL PROTOCOL

- Athletes, Coaches and Support Staff traveling to and from athletic events will be required to wear a mask while in vehicles/buses.
- Transportation vehicle will include:
 - Additional facemasks (as needed)
 - Hand Sanitizer
 - Disinfectant wipes

QUESTIONS

- 1. Capacity on buses.
- 2. Decrease amount of people traveling (NAIA roster size only) for *both home and visiting teams*?

Suggested for overnight trips: Travel with an extra vehicle in case of positive Temperature and Screening

COMPETITIONS

All Heart Institutions must complete the following prior to competitions

- Temperature/Symptoms check will be conducted by Certified Athletic Trainer for all student athletes for game day screenings.
- Must be in a temperature-controlled environment
- Must Complete Temperature/Symptoms check form (Appendix A) for clearance
- Day trips
 - Temperature/Symptoms check must be completed before getting on the bus
- Overnight Trips
 - Temperature/Symptoms check must be complete before getting on the bus and as soon as the team arrives at the venue site.
- Positive Temperature/Symptoms Check:
 - 100.4 or higher
 - Any combination **of three or more** of the following symptoms:

▪ Cough	Shortness of Breath or difficulty breathing
▪ Fatigue	Muscle or Body Aches
▪ Headache	New loss of taste or smell
▪ Sore Throat	Congestion or runny nose
▪ Fever or chills	

- First Elevated Temperature Reading
 - Quarantine in a temperature-controlled environment for 10-20 minutes and recheck
- Second Elevated Temperature Reading or **more than three symptoms: Remove** from participation
 - Before getting on bus- does not travel and follow institutions testing protocol
 - Overnight- sent to designated quarantine areas and follow the team institution's quarantine protocol for return to campus and testing
- A roster must be provided to the host school on overnight trips to record Temperature/Symptoms check the next morning for the host AT or medical staff.
- **DISCUSS: When is a contest cancelled? NAIA reviewing**
 - During an overnight trip if a member of the travel party is suspected to have Covid-19?
 - (On overnight trips, if a student-athlete has signs and symptoms as well as a positive temperature check the student-athlete and the roommate (from the hotel) need to be quarantined and will not be allowed to compete in the competition.
 - Recommend 2 people per hotel room

Game Officials and Game Day Personnel:

- Must pass temperature/symptoms checks before competition
- Wear masks to and during temperature/symptoms check
- Must follow mask rules for specific venues

MASK USE:

Teams must wear to, during, and from temperature/symptoms checks to venue

- Outdoor Sports:
 - Masks are not required on sidelines (team and personnel).
- Indoor Sports:

ATHLETIC TRAINING FACILITIES:

- Host institutions will determine the treatments/equipment available for use pre-game and/or post-game and guidelines for using them.
- Must be communicated in a timely manner to visiting teams

Sport Specific Guidelines

- All fall sports
 - No handshaking prior, during, or after the game
 - No pre-game or post game inter-team gathering - teams must stay separated
 - Teams bring their own equipment (responsible for cleaning prior to use).
 - Contact host institution for equipment that will be provided
 - No shared water bottles, PowerFlos, waterboys, towels, etc
 - Water Coolers stay with the assigned team throughout the entirety of competition.
 - No community water stations
 - Must make prior arrangements for cooler usage
 - All student athletes must be clean (showered) before using the athletic training facilities
 - Must follow specific venue guidelines
 - Official Game Day Rosters are not submitted to officials, game day administration, sports information personnel, etc., until after clearance from temperature/symptoms checks is complete
 - All sports will follow **CDC** guidelines
- Men's and Women's soccer
 - Do not go to the bench after the first game until clearance is given
 - Bench must be cleaned between games
 - Water coolers must be changed between games
- Volleyball
 - **Teams will not switch benches between sets.**
 - Tournaments must give ample time for cleaning between games

COMMUNICATION AFTER POSITIVE COVID-19 TEST

- The Head Athletic Trainer and the Athletic Director of a visiting team need to be contacted if a member of the travel party is going to get tested for COVID-19.
Continue review

Game Day

If during any of the steps for participation, a student-athlete and/or team personnel present with signs and symptoms, they are MEDICALLY DISQUALIFIED (MDQ). Once someone is determined MDQ, follow the communication protocol provided. It is imperative that appropriate terminology is used during communication for HIPAA requirements.

- Identify the MDQ individual
- If a visiting team is not traveling with an athletic trainer
 - Notify visiting team Head coach and Game Day administrator
 - Contact visiting team AT
- If a team is traveling with an athletic trainer
 - Notify Game Day Administrator for self-isolation purposes

Individual Institutions

If a member institution has a positive COVID- 19 test, the following communication protocol is required.

- Notify Heart Commissioner of positive tests immediately with specific sport played and the teams competed against within the last two weeks
 - No name needed
 - Positive test is MDQ until clearance from physician
 - Individual institutions must have appropriate documentation of clearance for proof if needed.
- Heart Commissioner will communicate to exposed institutions Athletic Director and Head Athletic Trainer.

RETURN TO PLAY AFTER POSITIVE COVID-19 TEST

- Follow CDC guidelines on return-to-play status.
- Any student-athlete who has tested positive for COVID-19 has to be cleared by a physician in order to return to athletics.

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