



## **Foothill College Athletics**

### **Resocialization Plan**

#### **Table of Contents**

- I. Overview**
- II. Guiding Principles of Resocialization Plan**
- III. Timelines**
- IV. Education**
- V. Vaccine Education and Facilitation**
- VI. Screening**
- VII. Personal Protective Equipment**
- VIII. Sanitization**
- IX. Facility Plans**
- X. Sport-Specific Plans**
- XI. Reaction to a Positive Test**
- XII. Contact Tracing**
- XIII. References**



## OVERVIEW

- Foothill Athletics Return-to-Campus plans will follow Guiding Principles based on State and County Guidelines in order to promote a safe and equitable return to in-person activities
- Foothill Athletics will follow a phased-approach to returning to in-person activities
- Foothill Athletics students and staff will complete education regarding COVID 19 information, risks and mitigation strategies
- Foothill Athletics will provide education materials in regards to COVID 19 vaccines and work with federal, state and county resources to promote vaccine implantation when authorized
- All Foothill Athletics student-athletes will complete Pre-Participation Physical Exams prior to participating in athletic activities
- All Foothill Athletics student-athletes and staff will complete preliminary and regular PCR COVID 19 testing as required by State Guidelines
- All Foothill Athletics student-athletes and staff will complete daily screening for symptoms and temperature prior to entering Foothill College and participating in athletic activities
- Personal Protective Equipment will be used as required by State and County Guidelines
- All facilities and equipment will be sanitized regularly, daily and throughout the day with use as required by State and County Guidelines
- Individual Facility Plans will be developed and followed within State and County Guidelines
- Each sport will have specific plans for conditioning and practice activities that meet the State Guidelines for Collegiate Athletics
- Plans will be in place and implemented in case of identification of a positive COVID 19 Test
- Plans for Contact Tracing will be in place and coordinate with county contact tracing efforts



## Guiding Principles of Resocialization Plan

In order to provide as safe an environment as possible for Foothill College students and staff, the following Guiding Principles will be considered throughout the Resocialization Plan:

1. **Consideration for the health and safety of students and staff will always be the number one concern in any decision or planning**
2. **In all cases, Santa Clara County Centers for Disease Control (CDC) guidelines will be adhered to. Any plans put in to place by Foothill College will meet or exceed the level of safety provided by Santa Clara County.**
3. Equity – By preserving athletics, we are preserving the opportunity for student-athletes (in which nearly 80% are in a disproportionately impacted group) to close the achievement gap at Foothill College
4. Planning will be based on referenced material supplied by professional organizations and adapted to fit within the framework of Foothill College
  - a. [California Department of Public Health Guidance for Institutions of Higher Education](#)
  - b. [California Community College Athletic Trainers' Associations \(CCATA\) Resocialization Back to Sport Guidelines Best Practices](#)
  - c. Other local, state and national organizations (NCAA, ICSM, Professional Sports, etc)
5. Flexibility and Adaptability will be considered as new recommendations are handed down from the state and county.
6. Participation in face-to-face conditioning activities will be voluntary for all students, coaches and staff. Those who are not willing or able to participate in face-to-face conditioning activities will be allowed to continue virtual training with no negative impact on their grade or potential team standing.



## TIMELINES

Phasing will follow the recommendations of the [California Community College Athletic Trainers' Associations \(CCCATA\) Resocialization Back to Sport Guidelines Best Practices](#)

### Highlights

#### Phase I

- May 3 – 14, 2021
- Conditioning Groups 1 x per week – 90 minutes
- Protocols will be maintained for appropriate social distancing and masking at all times.
- All conditioning sessions will be outdoors

#### Phase 2

- May 17 – 28
- Conditioning Groups 2 x per week – 90 minutes each
- Protocols will be maintained for appropriate social distancing and masking at all times.
- All conditioning sessions are preferred outdoors. Indoor conditioning sessions are allowable by guidelines and will follow county and state guidelines for social distancing, masking and ventilation.

#### Phase 3

- May 31 – June 11
- Conditioning and Skill Acquisition Groups 4 x per week – 90 minutes each
- Protocols will be maintained for appropriate social distancing and masking at all times.
- All conditioning sessions are preferred outdoors. Indoor conditioning sessions are allowable by guidelines and will follow county and state guidelines for social distancing, masking and ventilation.

#### Phase 4

- June 14 – 25
- Return to full practice activities
- Masking and social distancing protocols as mandated by the State and County for full practice activities
- Allowance for CCCAA authorized Non-Traditional Season scrimmages and practices



## TIMELINES

### Preparation to come back to campus

- Approximately 4 weeks prior to athletes coming to campus
- Tasks that need to get done on campus:
  - Rat abatement services for 2800 Building (ATC, Equipment Room, etc)
  - Professional deep cleaning services for ATC, Equipment Room
  - Disinfecting of all facilities
    - Athletics Facilities Staff coordinate with college and district Facilities
- Staff and Student Education
  - COVID-19 information
    - Students and staff take quiz on COVID-19 information – need to pass before they are allowed to come back on campus
- Create and post signage
- Medical Screening Paperwork must be submitted before allowed back on campus
- Pre-Participation Physical Exams completed
- Preliminary PCR COVID 19 Test administered and documented
- Facilities evaluated and restored to safe participation levels
  - Pool needs to be heated several days before athletes come back
  - All facilities cleaned and restored to safe, functional status



## Testing

### California Athletic Trainers' Association (CCCATA) COVID 19 Testing Summary

<https://secureservercdn.net/50.62.195.83/m2o.b2f.myftpupload.com/wp-content/uploads/2021/02/COVID-19-Testing-Strategy-Summary-2-21.pdf>

### CCCATA Testing Flow Chart

<https://secureservercdn.net/50.62.195.83/m2o.b2f.myftpupload.com/wp-content/uploads/2021/02/CCCAA-Testing-Guidelines-Flow-Chart-2-13.pdf>

### Highlights:

- COVID 19 Testing – Preliminary Testing
  - All student-athletes will complete a preliminary PCR COVID 19 test prior to participation
  - Foothill College will collaborate with available resources to determine testing availability and process.
- PCR testing of 25%-50% of all student-athletes and staff every 2 weeks
  - Foothill Sports Medicine will direct all student-athletes and staff to community resources for testing
- Foothill Sports Medicine will document all testing for appropriate record keeping.



## **EDUCATION**

Foothill College will follow the recommendations outlined in the CCCATA Resocialization Back to Sport Guidelines Best Practices for Education, in accordance with State and County guidelines

- All Staff Members will complete the COVID-19 Educational Session for Administrators, Faculty and Staff (Power Point) prior to beginning face-to-face conditioning activities
- All Student-Athletes will complete the COVID-19 Educational Session for Student Athletes (Power Point) prior to beginning face-to-face conditioning activities
- Signage will be posted in all athletic facilities identifying appropriate safety measures (social distancing, sanitization, personal protective equipment requirements, etc)

## **VACCINE EDUCATION AND FACILITATION**

Foothill College Athletics will provide educational information to student-athletes and staff regarding COVID 19 Vaccines

Foothill College Athletics will work with federal, state and county resources to facilitate access to vaccines when authorized by the state and county.



## SCREENING

Foothill College will follow the recommendations outlined in the CCCATA Resocialization Back to Sport Guidelines Best Practices for Screening, in accordance with State and County guidelines

- Pre-Season Conditioning Period
  - All student-athletes and staff will complete the Pre-Participation Questionnaire (PPQ)
  - All student-athletes will sign COVID Acknowledgement of Risk form
  - All Student-athletes will complete the Pre-Participation Physical Exam Paperwork
    - Health History
    - Record of Other Insurance
    - Agreement to Participate and Assumption of Risk (non-COVID)
    - Insurance Information, Consent and Release Form
  - Pre-Participation Questionnaire (PPQ) and Pre-Participation Physical Exam Paperwork will be reviewed by medical staff
    - Identification of recovered positive COVID cases
      - Additional medical clearance by MD required
    - Identification of vulnerable populations
      - Considerations for modifications to conditioning activities
  - Pre-Participation Physical Exam
    - All student-athletes will complete a Pre-Participation Physical Exam with a licensed physician per CCCAA Bylaws.
  - COVID 19 Testing – Preliminary Testing
    - All student-athletes will complete a preliminary PCR COVID 19 test prior to participation
    - Foothill College will collaborate with available resources to determine testing availability and process.





- Daily Screening
  - All student-athletes and staff will complete a Daily Screening before entering Foothill College. Check-In station in Parking Lot 1.
  - Temperature Check
  - Symptom Screening
    - Consider digital screening application that can be completed prior to arriving on campus
    - Student-Athletes and staff exhibiting signs and symptoms of possible COVID-19 will not be allowed entry in to Foothill College and will be directed for further care and quarantine (see Response to a Positive Test section)
    - Education on procedure for students and staff who are exhibiting symptoms at home
      - Do not come to Foothill College for screening
      - Contact Foothill Medical Personnel
      - Foothill Medical Personnel will provide guidance for further care and quarantine (see Response to a Positive Test Section)
  - Daily Screening will be performed by qualified and authorized personnel



## **PERSONAL PROTECTIVE EQUIPMENT (PPEs)**

All Foothill College student-athletes and staff will wear personal protective equipment as outlined in the Santa Clara County CDC Guidelines

- Personal Protective Equipment (PPEs) will be available for all students and staff for use when required
  - Face Coverings
  - Nitrile Gloves
  - Advanced PPEs when required for medical procedures
    - N95 masks
    - Gowns
    - Face Shields
- All student-athletes, staff and Foothill Sports Medicine personnel will wear appropriate PPEs as outlined by the Santa Clara County CDC at the Daily Screening station
- All student-athletes and staff will continue to wear PPEs in accordance with Santa Clara County CDC guidelines throughout the day.
  - Face Coverings will be required at all times when not actively exercising for student-athletes
  - Face Coverings will be required at all times for all coaches and staff
- Foothill Sports Medicine personnel will wear appropriate PPE's for all medical services, as outlined by the Santa Clara County CDC.
- A 3 month supply of PPE's have already been procured to allow for a start of conditioning activities. Further PPEs will be purchased to ensure adequate access to safety equipment for all students and staff.



## SANITIZATION

Foothill College will implement vigorous sanitization protocols to ensure the least amount of risk of contamination of surfaces and within the Santa Clara County CDC recommendations.

- Foothill Athletics personnel, within their job descriptions, will perform daily sanitization procedures
- Daily treatment with long-term sanitization products in all facilities
  - Locker Rooms (if utilized) - not used for conditioning
  - Athletic Treatment Center – outdoor for basic evaluation of injuries, mainly used for staging and emergency situations, use of computers
  - Athletic Facilities
  - Restrooms
- Regular wipe-down sanitization of all high contact surfaces such as door handles, tables, counters and equipment
  - Athletic Treatment Center
  - Locker Rooms
  - Weight Rooms
  - Restrooms
- Regular wipe-down sanitization of all equipment after each use.  
“Use a piece of equipment, wipe-down a piece of equipment!”
  - Sport-Specific Equipment
  - Hydration Equipment (water hoses, coolers, etc)
  - Weight Room Equipment (when use authorized)
  - Rehabilitation Equipment in the Athletic Treatment Center (when use authorized)
- Hand Sanitizer will be available at all facilities to allow for use upon entrance and exit of the facility
  - Sanitize In / Sanitize Out
- Regular hand washing will be encouraged, in accordance with Santa Clara CDC guidelines



## FACILITY PLANS

### All Facilities

- Social Distancing will be maintained within the Santa Clara County CDC guidelines
- PPEs will be worn in accordance to Santa Clara County CDC guidelines
- Hydration
  - All athletes will be given their own individual water bottles.
  - Athletes are encouraged to bring their own hydration. No sharing of bottles.
  - Limited-touch water hoses may be available at outdoor facilities
    - Wiped-down after each use
  - Water coolers may be available at practices and games
    - Individual-use cups available
    - Spigot wiped-down after every use
- Hand sanitizer will be available at all facilities to “Sanitize In / Sanitize Out”.

### Athletic Treatment Center

- Foothill Sports Medicine personnel will set up outdoor facilities to allow for injury evaluation and treatment
- Level of medical services available dependent on staffing, scheduling and safety factors
- When indoor facility use authorized, appointments will be scheduled for injury evaluation and treatment to ensure appropriate spacing and staffing needs.
- Equipment, tables, counters and high-touch areas will be wiped-down after every use.
- Entire facility will be sanitized daily.

### Weight Room

- All conditioning activities will be performed outdoors.
- Appropriate social distancing will be maintained at all times
- Student-athletes will bring their own equipment for conditioning activities
- All equipment will be wiped-down after every use
- All equipment will be wiped-down between teams or workout groups
- When indoor facility use authorized, protocols will be put in place meeting Santa Clara County CDC Guidelines
- Entire facility will be sanitized daily.



### **Locker Rooms**

- Locker rooms will be unavailable / limited when restrictions from the Santa Clara County CDC prohibit or limit their use.
- When available, Santa Clara County guidelines will be followed
- Entire facility will be sanitized daily.

### **Restrooms**

- Restrooms will be made available as required at facilities in use
  - Football Field House
  - 2900 Building
  - Soccer/Softball Field House
  - Pool Restroom
- Restrooms high touch areas will be wiped down between each team/cohort use.
- Entire facility will be sanitized daily

### **Cleaning**

<b>Facility</b>	<b>Person Responsible</b>
ATC	Voyce/Schukraft
Football Field house	Custodial Services
2900	Custodial Services
Pool	Custodial Services
Soccer Field house	Custodial Services



**SPORT SPECIFIC PLANS**

**All Teams**

- Teams will develop conditioning cohorts within the Santa Clara County CDC Guidelines
- Cohorts will remain stable throughout the conditioning phase
- Cohorts will participate in a phased approach to return to conditioning (see Timelines)
- Ample time will be allowed between cohort conditioning sessions to allow for facility sanitization and to prevent the cohorts from interacting with other groups.
- Conditioning activities to be held outdoors
- No shared equipment
- Social distancing of 6 feet or greater will be maintained at all times
- Face Coverings worn at all times when not actively exercising

**Examples – Draft Version Only (actual times TBD)**

**Field Usage - Sample**

Facility	Monday	Tuesday	Wednesday	Thursday	Friday
Football Field	12:30 – 2:00 PM	12:30 – 2:00 PM	12:30 – 2:00 PM	12:30 – 2:00 PM	12:30 – 2:00 PM
Track	2 – 3:30 PM				
Tennis Courts		2 – 3:30 PM			
Pool		Noon – 1:30 PM	3:00 – 3:45 PM		3:00 – 3:45 PM
Soccer Field			Noon – 3:30 PM	11 AM – 2:30 PM	
Futsal Field			10:00 AM – 11:30 AM		
Softball Field	1:00 – 2:30 PM				



**Pod breakdown – Sample**

<b>Sport</b>	<b># of athletes</b>	<b>Facility</b>	<b>Time</b>	<b>Coach</b>	<b>Bathroom</b>
Football Pod 1	12	Football Field	M 12:30 – 2 PM	Edwards	Field house
Football Pod 2	12	Football Field	T 12:30 – 2 PM	Edwards	Field house
Football Pod 3	12	Football Field	W 12:30 – 2 PM	Raivio	Field house
Football Pod 4	12	Football Field	Th 12:30 – 2 PM	Raivio	Field house
Football Pod 5	12	Football Field	F 12:30 – 2 PM	Edwards	Field house
Men's soccer Pod 1	14	Soccer Field	Th 11 AM – 12:30 PM	Sharabi	Soccer field house
Men's soccer. pod 2	14	Soccer Field	Th 1:00 – 2:30 PM	Sharabi	Soccer field house
Women's soccer pod 1	12	Soccer Field	W Noon – 1:30 PM	Flannery	Soccer field house
Women's soccer pod 2	12	Soccer Field	W 2:00 – 3:30 PM	Flannery	Soccer Field house
Women's Basketball	9	Track	M 2 – 3:30 PM	Harp	2900
Women's Volleyball	12	Futsal Field	W 10 AM – 11:30 AM	Taylor	Soccer Field house
Tennis	5	Tennis Courts	T 2 – 3:30 PM	Macias	2900
Swimming	5	Pool	T noon – 1:30 PM	Bissell	Pool
Water Polo	12	Pool	W/F 3 – 3:45 PM	Quan	Pool
Softball	12	Softball Field	M 1 – 2:30 PM	Brown	Soccer field house

ATC open from 10:00 AM – 4:00 PM on Mondays – Fridays



### **Typical Conditioning Day**

- Students and staff evaluate their own symptoms at home
  - Those exhibiting symptoms DO NOT report to Foothill College
  - Contact Foothill Medical personnel for guidance
- Students and staff arrive at Foothill Screening Station – Parking Lot 1
  - Lack of symptoms reviewed and verified
  - Temperature measured
  - Documented
    - Complete rosters for teams and cohorts verified daily
      - Any missing student or staff will be verified and followed up on by medical staff
- Students and staff proceed to conditioning site for conditioning activities
  - Face Coverings at all times when not actively exercising
  - Own water bottle – no sharing of water bottles
- Upon completion of conditioning activities, students and staff immediately return home
- Facility cleaned before next cohort begins





## REACTION TO A POSITIVE TEST

- Student-athletes or staff identified at risk for possible COVID-19 exposure will be referred for follow-up care and quarantine
  - Identification of signs and symptoms
  - Exposure to a known positive case
  - Follow-up Care
    - Removal from the facility
    - Referral to medical provider
    - Considerations for testing
    - Distribute information sheet for potential exposure
    - Contact tracing for other possible exposures (teammates, staff, family members, etc)
- Student-athletes or staff will be allowed to return to athletics with authorization from appropriate medical personnel
  - Physician Referral Form
  - CCCATA Resocialization Back to Sport Best Practices recommendation or Response to a Positive Test
- Develop resources with local testing and treatment facilities to facilitate diagnosis and care
- Planning and resources should be identified in case a staff person (coach, medical staff, support staff) is identified as potentially exposed to COVID-19
  - Substitute Pool for coaches, athletic trainers and support staff



## CONTACT TRACING

### Case vs. Contact

- Case is defined as someone who has Covid-19 (Positive Test)
  - Could also be someone who was exposed and has developed signs and symptoms of Covid-19 before being tested.
- Contact is someone who had contact with a CASE while they were infectious
  - During illness or 2 days prior to the illness

### Isolation & Quarantine

- In order to engage in contact sports practice or competition, Institutions of Higher Education, athletic team administrators and athletes must commit to adherence with appropriate isolation and quarantine procedures.
- All symptomatic athletes and staff must remain in isolation until test results are available, and repeat testing should be considered if initial testing is negative and symptoms continue and are consistent with COVID-19 symptoms.
- All athletes and staff who test positive or are clinically diagnosed with COVID-19 disease must isolate:
  - For 10 days after symptoms first appeared (or 10 days after specimen collection for their first positive test), AND
  - At least 24 hours have passed with no fever (without use of fever reducing medications), AND
  - Other symptoms have improved.
- Individuals who test positive for SARS-CoV-2 who never develop symptoms, may return to work or school 10 days after the date of specimen collection for their first positive test for SARS-CoV-2.
- Individuals identified as close contacts (within 6 feet for at least 15 minutes) must follow state and local public health directives or orders for quarantine, regardless of the frequency of testing for those in the cohort or footprint.



## Contact Tracing

- Steps to Investigate Cases and Trace their Contacts
  - Identify a positive case or contact
    - Contact Athlete
      - Inquire
        - Cases infectious period
        - When/if symptoms began
        - When was the test administered/results received
    - Identify Contacts
      - Ask about contact during infectious period
        - Family member
        - Friends
        - Co-workers
        - Cohorts
        - Athletic Staff
      - Isolate/Quarantine Athlete and Family/Roommates
        - Information about services available
      - Initiate Contact Tracing
        - Contact potential Cases/Contacts
  - Implement regular check ins on Health Status
  - Coordinate with physicians
    - Determine if further Covid-19 tests required
    - Determine if follow up Cardiac appointments are needed
    - Provide Full clearance to return to play



## REFERENCES

California Department of Public Health Industry Guidance: Institutions of Higher Education

<https://files.covid19.ca.gov/pdf/guidance-higher-education--en.pdf>

California Community College Athletic Trainers' Association Resocialization Back to Sport Guidelines

<http://cccata.org/wp-content/uploads/2020/06/CCCATA-COVID-19-RTP-Workgroup-6-16-2020-1-1.pdf>