



## **COVID-19 Considerations and Resources for SSATs**

**Disclaimer: AzATA and Secondary School Committee are not COVID-19 experts and provide the following information for your review and consideration when implementing a plan for this pandemic at your local level.**

**Information provided is current as of the revision date found in footer.**

### **COVID-19 Return to Sports Policies**

- Athletic Trainers should have input when developing district/school return to sports guidelines  
Communication with district/school officials is vital
  - Districts with multiple athletic trainers may select a lead AT to communicate with district administrators
  - Customize email template below to communicate with district/school administrators
- Do the guidelines include return to sports after quarantine or positive test?
- Review AIA, NFHS, NATA, and district/school return to sports guidelines, including Athletic Training Facility information
- Communicate/collaborate with your directing physician about COVID policies and procedures being implemented at your school
- Update standing orders and emergency action plans to include COVID information

#### **Resources:**

- [AIA Recommended Guidelines for Returning to Athletic Activity](#)
- [AT/Admin Email Template](#)
- [BJSJ Graduated Return to Play Guidance Following COVID-19 Infection](#)
- [NATA COVID 19 Return to Sports](#)
- [NATA Integrating Athletic Trainers into Health Care System during COVID](#)
- [NATA Return to Campus](#)
- [NATA Telemedicine Guidelines for Secondary Schools Athletic Trainers](#)
- [NATA Temperature Flow Chart](#)
- [National Federation of High Schools Guidance for Opening Up High School Athletics](#)
- [NFHS-AMSSM Guidance for Assessing Cardiac Issues in High School Student-Athletes with COVID-19 Infection](#)

## Pre-Participation Physical Exams and Neuro-cognitive Baseline Testing for 20-21 School Year

- Discuss with directing physician any changes to the baseline testing protocol due to COVID restrictions at their site.
  - Examples include changing testing protocols or not providing baseline tests in the fall
  - It is important that baseline testing is completed in a controlled environment that is supervised. If it is decided that athletes will complete baseline testing at home, it is vital that the directing physician has approved this plan..
- AIA is waiving physical requirements for 20-21 with a few exceptions
  - Review the AIA Recommended Guidelines for Returning to Athletic Activity, located in previous section resources
  - Communicate with on-site Athletic Director to discuss district/school clearance procedures for athletes
  - If district/school is adopting the AIA PPE policy, work with site AD and district to develop a process to confirm that previous year's PPEs meet the AIA guidelines
  - If district/school is recommending or requiring 20-21 physicals, discuss options for athletes to obtain a PPE with directing physician and communicate information with on-site AD or district administrator

### Resources:

- [Sports Neuropsychology Society Statement on Supervised Test Administration](#)
- [USA Today Opinion Article-At Home Baseline Testing](#)

## High School Student Volunteer and College Intern Considerations

- Will high school sports medicine students/volunteers be allowed at practices/games?
- Will waiver forms be required? (Suggest sports med volunteers/parents complete same waivers, etc as athletes)
- Will university athletic training interns be allowed on campus?
- Will any new documentation be needed from the university and/or high school for university athletic training interns?

## Budget and Supply Considerations

- What supplies are district/school using for locker rooms/weight rooms sanitizing and disinfecting?
- Who will be performing the additional cleaning, sanitizing and disinfecting in the Athletic Training Facility?
  - Do sanitizing and disinfecting products require additional training?
  - Can students use the sanitizing and disinfecting products?
- Where is funding for increased cleaning and personal protective equipment (PPE) supplies coming from?

### Resources:

- [CDC Cleaning and Disinfecting Your Facility](#)
- [EPA Disinfectants for Use Against SARS-CoV-2 \(COVID-19\)](#)

## Mental Health Considerations

- Discuss with school personnel (school nurse, guidance counselors, social workers, etc) to determine what mental health resources and support are available for staff and students

### Resources

- [AT Cares Mental Health Card Helping Patients/Athletes in Crisis Infographic](#)
- [AT Cares Support During COVID-19](#)
- [CDC Support for Teens and Young Adults](#) (includes links to a variety of other resources)
- [CDC Coping with Stress](#)