

Covid-19 Infection and a Safe Return to Sports

As communities in the United States begin youth sports activities again, it is important to consider ways that organizations can protect players, families, and communities to slow the spread of the Coronavirus Disease 2019 (COVID-19). LVHN-CH is working to achieve a safe return to sport for your student athletes.

We are working together to achieve the following goals:

- a) Adherence to appropriate social distancing
- b) Practice of good hygiene
- c) Adequate supply and availability of protective equipment and sanitizers to manage infection control
- d) Ability to perform screening and temperature checks.
- e) Appropriate sanitation measures including disinfection of common and high-traffic areas.
- f) Access to reliable, rapid diagnostic testing on any individual who is suspected of having COVID-19 symptoms.
- g) Presence of a tracking system so that new cases can be identified promptly and isolated, and their close contacts managed appropriately.

Q: What is LVHN-CH providing to our district to help facilitate a safe return to activity?

A: Parents, coaches, and athletes can expect the following:

- Discussions and educational material to increase awareness of COVID-19 facts and best practice guidelines to reduce the risk of exposure
- Immediate access to medical professionals for screening, evaluation, and consultation
- Easy access to COVID-19 lab testing if warranted (details regarding testing below)
- Skilled and experienced athletic training staff
- Expand options to provide all athletes a Pre-Participation Physical Exam (PPE) prior to the new academic year sports participation.
 - Information regarding the Per-Participation Physical process for Fall 2020 will be sent by your athletic director soon.
- Athletic trainers will be conducting daily screens of athletes, coaches, and staff
 - Any positive responses would trigger an evaluation by a medical provider prior to any sports participation.
 - Athletes with a prior diagnosis of COVID-19, symptoms suggestive of COVID-19 or close-exposure to someone with COVID-19 (Member of the household with COVID-19 or exposure of >10minutes within 6 feet of a person with COVID-19) would be screened by a medical provider to determine if further evaluation is needed prior to starting/resuming any sports-related activity

Q: What will the athletic training staff be doing on a daily basis to assess risk?

A: Players, coaches, and staff will be assessed using the following tools:

Temperature Screen and Symptom Checklist:

- Fever (>100.0)
- Cough
- Shortness of breath/difficulty breathing
- Chills
- Muscle ache
- Headache
- Sore Throat
- New Loss of Taste or Smell

Q: What happens if my student athlete has COVID-19 symptoms?

A: If a player, coach, or other staff member has symptoms of possible COVID-19 infection, they will be directed to contact a healthcare provider for further management and will be excluded from play until they are assessed and a note from a medical profession is provided to the coach.

Q: What should I do if my student athlete is experiencing symptoms or has a fever before he/she goes to practice?

A: Any athlete, coach, or staff member exhibiting symptoms should not report to practice/workouts. Contact your athletic trainer and they will provide guidance on your next steps.

Q: Can LVHN-CH help connect us with a provider to be evaluated?

A: Lehigh Valley Health Network (LVHN) offers free COVID-19 screenings online and by phone if you live in the state of Pennsylvania via one of the following options:

- **Complete an E-Visit** (detailed questionnaire visit submitted to a provider) by visiting MyLVHN.org or your MyLVHN app.
- **Call the MyLVHN Nurse Information line** at 1-888-402-LVHN.
- **Complete an LVHN Video Visit** by downloading the MyLVHN app.

Q: What can we expect from a COVID-19 evaluation visit?

A: During the screening, a medical professional will determine if you have COVID-19 symptoms and if you fall into one of the high-risk categories. Due to the limited numbers of tests available in the region and throughout the county, testing is currently recommended for only people who have the highest risk of complications. If needed, you will be directed to one of LVHN's stand-alone COVID-19 Assess and Test locations. The COVID-19 test only detects active disease and cannot determine if you have been exposed in the past. It is important to note that tests are reserved for those who need them most.

Q: If there is no need for further evaluation, what do we need to provide to return to activity?

A: If a student is cleared through a telemed or in person appointment via LVH-CH the athletic training team will be notified that the athlete is cleared for participation. If an athlete is seen at another facility, you will need to provide a clearance note before the athlete can return to practice.

Q: What is the recommendation if my student athlete becomes sick with suspected or confirmed COVID-19 infection?

A: Sick coaches, staff members, or athletes should not return to activity until they have met CDC's criteria to discontinue home isolation. Currently, if a patient becomes sick with suspected or confirmed COVID-19 infection, they should remain on home isolation for 10 days from symptom onset AND be without symptoms for 3 days prior to return to play. Athletic training staff will monitor symptoms and recovery when athlete returns to activity. Athlete will need to provide a clearance note from treating physician before returning to practice/workout.

Q: What if another coach/athlete/staff member on my child's team has a confirmed COVID-19 infection?

A: Exposed coaches, staff members, umpires/officials, or players should not return until they have met CDC's criteria to discontinue home quarantine. Currently, exposed individuals should remain at home for 14 days from their exposure. Testing is not currently offered to exposed individuals because it detects active disease and cannot confirm if you were exposed.