



Grant Community High School Athletic Training Room COVID-19

Policies & Procedures

As the State of Illinois continues with Phase 4 of the Return to Play Protocol from the IHSA; the Athletic Training Department has instituted policies and procedures to ensure the utmost safety for our student-athletes and staff. We strive to provide the best athlete care possible and doing so under the current health care crisis has caused us to change the way our care is provided to the athletes. If these guidelines are followed, we will be able to care for our athletes safely.

Athletic Trainers and Protective Equipment

- All athletic trainers (ATs) will have face masks and gloves while treating all athletes.
- All facilities will be cleaned at the start of the day, after each patient encounter, and the conclusion of each day.
- All athletes and staff should practice appropriate hygiene at all times; including hand washing before entering and leaving the training room.
- Hand sanitizer will be available for all athletes, staff and ATs and should be used upon entering and leaving the athletic training room.
- Masks/face coverings will be required upon entering the athletic training room, and while waiting in the hallway. Athletes are required to wear their own mask.

Athletic Training Facility Procedures

- All student-athletes must complete a temperature screen and symptom check prior to entering the athletic training facility. The screening results will be documented by the AT staff.
 - Any athlete or staff member reporting symptoms consistent with COVID-19, or presents with a temperature of $>100.4^{\circ}$ will not be allowed to participate in an athletic practice or contest, or be able to receive treatment.
 - Any athlete or staff member exhibiting any symptoms of COVID-19 or will be sent home and recommended to follow-up with a physician. A written clearance from COVID-19 is required by a physician to continue with athletics.
- 6-foot social distancing measures will be followed, so there will be a limit of people allowed in the athletic training facility.
 - ***A 3-4-person maximum is allowed in the main campus athletic training room excluding athletic trainers while keeping 6-foot social distancing.***
 - ***A 1-2-person maximum is allowed in the Fieldhouse athletic training room.***
 - ***A 1-person maximum is allowed in the BAC athletic training room.***
- Markings outside the athletic training room or signage will be placed in order to ensure appropriate 6-foot social distancing while waiting for treatment.
- Prior to practice, only necessary tapings will take place. If an athlete has not been seen for injury, taping will be at the discretion of the athletic trainer.

- Certain taping tables and treatment tables will not be used in order to maintain appropriate 6-foot social distancing.
- All treatments for injuries will take place during scheduled practice times.
- Acute injuries will be treated as they occur and may limit the amount of people that will be allowed to obtain service while ATs are evaluating injuries.

Rehab Equipment and First Aid Supplies

- Training room bikes will not be used by athletes that want to get a “workout”. Bikes will only be used by athletes who have documented an injury with the AT staff.
- Athletes will be able to use foam rollers, rehab equipment, etc. in the hallway outside the athletic training facility, if they do not require assistance from ATs.
 - Athletes will need to request rehab equipment and is not to be shared with teammates. Rehab equipment will be sanitized by the student athlete before and after each use.
- Treatment tables will be reserved for one on one treatments with the athletic trainer
- Whirlpools will be used for injury purposes only. Whirlpools will be drained and sanitized prior to each athlete’s use.
- Ice will be available as needed, and will be at the discretion of the athletic trainer. Only the athletic trainer will be allowed to dispense ice bags to athletes in the training room. Athletes and coaches will be prohibited from getting their own ice bags.
- First aid supplies and hand sanitizer will be available outside of the athletic training facility on a cart, as needed, to help maintain social distancing measures and avoid excessive groups of athletes in the athletic training facility.

Treatment and Rehab Scheduling

- All student-athletes must complete temperature screen and symptom checks prior to being able to enter the athletic training facility. The screening process prior to practice will meet this requirement and they must go through screening even if they are not participating due to injury.
 - Any athlete reporting symptoms consistent with COVID-19, or presents with a temperature of $>100.4^{\circ}$, will not be allowed to receive treatment.
 - Any athlete exhibiting any symptoms of COVID-19 or will be sent home and recommended to follow-up with a physician.
- Athletes are required to wear a face covering during the course of treatment.
- Athletes will be required to maintain 6-foot social distancing whenever possible in the athletic training facility.
- If an athlete sustains an injury that requires rehabilitation, they will need to schedule a rehab time with the athletic trainer. A 30 min time slot will be given, but is at the discretion of the athletic trainer.
 - Athletes must coordinate an appointment time with the AT staff, and must communicate this to the head coach.
 - Athletes are expected to arrive for their scheduled appointment on time and may be denied access if they are late.
 - If there is a conflict with scheduling, ATs have the discretion to change appointment times as needed.
 - Acute injuries will not need to be scheduled and will be treated as they occur.