Sport Clubs COVID-19 Protocols

**Student COVID-19 Self-Certification:**
In order to be an approved sport club member, you must have completed your COVID-19 Self Certification in your Student Center certifying that you are fully vaccinated. Find more information on how to complete your self-certification by watching the COVID 19 Self-Certification Video (https://www.youtube.com/watch?v=EhFZYd4uZ2M)

In order to participate in in-person club activities, on or off-campus, students must be fully vaccinated against COVID-19.

**Booster Shots – COVID-19**
On 12/22/2021 the Chancellor’s Office announced it will require faculty, staff, and students to receive booster shots to be fully immunized against COVID-19 and comply with the CSU Vaccination Policy. The policy calls for eligible people to receive their booster shot by Feb. 28, or six months after receiving the final dose of the initial vaccination, whichever is later.

For more information on the booster shot requirement, please read the President’s full announcement. (https://t.e2ma.net/message/tywn9c/1oulxy)

**Coach/Instructor COVID-19 Self Certification:**
In order to be an approved coach or instructor, you must be fully vaccinated against COVID-19 and have completed your COVID-19 Self Certification in your Employee Center (https://my.csus.edu/).

**Booster Shots – COVID-19**
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For more information on the booster shot requirement, please read the President’s full announcement. (https://t.e2ma.net/message/tywn9c/1oulxy)
Masks/Face Coverings:

Outdoor Practices, Competitions and Club Activities
- Students, coaches and instructors are not required to wear masks

Indoor Practices, Competitions and Club Activities
- Starting 3/19/2022, students, coaches and instructors are not required to wear masks
  - If a facility requires masks, students/coaches/instructors must adhere to the facility’s policy.

Tryout/Trial Waivers:
- All students who are not listed on the club’s OneDrive as an “approved member” must bring proof of vaccination to the practice site in order to participate in tryouts/open practices during the tryout waiver period. Club officers must check that each student is fully vaccinated and that it has been at least 2 weeks since their last dose in order to allow the student to participate in tryouts/open practices. If the student does not meet this requirement, they are not permitted to tryout or attend open practices.
- Masks/Face Coverings
  - Outdoor Sports
    - All students & coaches must wear face coverings while not in active play. This includes during huddles, on the sidelines, during water breaks, etc.
  - Indoor Sports
    - All students & coaches must wear face coverings at all times, including during active play.
- The fall tryout/trial waiver period is September 14th-27th.
- The spring tryout/trial waiver period is February 7th-20th.

Competition and Travel:

There remains an inherent risk of exposure to COVID-19. To promote health and safety and reduce COVID-19 transmission, please ensure that:
- All participants wear a face covering indoors (except during active play) and in vehicles.
- Wash hands often with soap and water or sanitize hands.

You are advised to comply with campus, local and state directives, and adhere to the guidance from the CDC and the Department of Public Health.

In the event of team exposure students may need to:
- Self-monitor for symptoms and get tested if symptomatic
- May be asked to test 3-5 days after exposure. Isolation will be required if the test is positive.

Travel Safety Guidelines During COVID-19

Information pulled from https://www.csus.edu/administration-business-affairs/internal/accounts-payable/covid-19.html
Travel Guidance

- Apply hand sanitizer or wash hands with soap and water for 20 seconds upon exiting airplanes, buses, trains, or vehicles and maintain a 6-foot distance from others whenever possible.
- Check that all necessary supplies are available before travel. For instance, all travelers should have enough face coverings, hand sanitizer, and disinfecting wipes for daily use. Consider packing extra supplies in case of unexpected delays.
- Do not touch your face or face covering without first disinfecting your hands.
- Do not travel if you are sick or awaiting COVID-19 test results.
- Maintain physical distancing, whenever possible, when you enter and exit airplanes, buses, trains, or any area with crowds or lines.
- Stay informed of any current travel restrictions from the CDC and any implemented by local authorities for your intended destinations.
- Use touchless payment methods for reimbursable expenses, when possible.
- Avoid touch-surfaces commonly touched by others.
- Verify any requirements for isolation after travel to or from your destination. Also, verify routes and facilities that you will use are open, including gas stations, hotels, and restaurants.
- Avoid using public transportation during peak hours when possible.

Rental Cars

- Disinfect commonly touched surfaces before and after vehicle use, including cup holders, door handles, gearshift, lock and window controls, mirrors, seatbelts, steering wheel, stereo, and air conditioning controls, etc.
- Limit the number of occupants so that social distancing can be maintained. A face covering should be worn.
- Increase ventilation through the vehicle by opening windows or not recirculating air from the air conditioner.
- Use disinfecting wipes on all surfaces that will be touched before performing tasks, such as filling the vehicle with gas.

Airplanes

Note: Disinfecting wipes and up to a 12-ounce hand sanitizer are permitted in carry-on luggage.

- Avoid sitting next to another passenger when possible. In open-seating situations, select a seat to maintain social distancing when possible. If seat selection is minimal, try to sit where social distancing can be maintained.
- Disinfect all surfaces of the seating area with disinfecting wipes. Disinfect all surfaces you will touch, including armrests, tray tables, seats, and airflow controls.
- Limit the number of carry-on items that will be removed for security checkpoints. Disinfect any items that are removed from bags and placed in bins before returning to your carry-on luggage.
• Maintain social distancing from others when checking in for flights, especially in security checkpoint lines, open waiting areas, and lines for boarding the flight.

• Upon claiming checked baggage, disinfect handles and exterior surfaces with disinfecting wipes.

• Use electronic tickets to check-in when possible. If not possible, clean kiosks with disinfecting wipes before use and apply hand sanitizer following use.

• Verify requirements for face coverings when visiting airports and while on airplanes.

**Dining and Hotels**

• Avoid restaurant dine-in services. Use curbside pickup or drive-thru takeout when possible.

• Verify your chosen hotel’s cleaning standards to ensure that rooms are disinfected between guests and are held for 72 hours between guests. Common hotel chains are reportedly utilizing these precautions.

• Maintain physical distancing while traveling and staying overnight. Use the stairs when elevators are crowded or wait for the next elevator.

**What to do When Returning from Business Travel**

Those who have recently traveled throughout the state and the greater U.S. should decide whether they need to self-isolate based on state and local travel restrictions and the rate of community spread to which they have been exposed. Up-to-date information and travel guidance are available from state and local health departments.

**If you are ill and have traveled out of the country or to a high-risk location in the last two weeks:**

• Notify your local health care provider as soon as possible.

• Stay home and do not come to campus for classes or for work.

• Students with fevers, cough, or severe illness should call their appropriate Student Health & Wellbeing Services team before visiting their Student Health Centers.

• Staff and faculty should contact their health care providers or seek medical attention as applicable.

**References**


COVID-19 Reporting and Isolation Procedures

What do I do when I test positive for COVID-19?

- Stay home and isolate
- **Immediately** report the result to Student Health and Counseling Services by completing the [Student COVID-19 Report Form](https://csus.co1.qualtrics.com/jfe/form/SV_6X3nCX7hnWAEKeG).
  - A student health professional will reach out and assist with next steps regarding accessing medical care and how long to self-isolate
- **Immediately** email Bailey Espiritu (athletic Trainer for Student Health and Counseling Services and Sport Clubs) and inform her that you have tested positive.
  - Bailey.espiritu@csus.edu

What do I do after my isolation period has ended?

- Bailey will schedule a Telehealth visit with the Dr. Diaz, the Sports Medicine physician at student health and counseling services
  - Dr. Diaz will determine the Return to Play guidelines
- Bailey will assist in the RTP progression
- You are not cleared for full coemption with no restrictions until a clearance email is sent to the club president, safety coach, coach, and sport clubs office

What are the guidelines for isolation and quarantine?

- The guidelines that CSUS follows can be found at this link [https://www.csus.edu/student-affairs/emergency-student-information/_internal/_documents/covid-isolation-guidance.pdf](https://www.csus.edu/student-affairs/emergency-student-information/_internal/_documents/covid-isolation-guidance.pdf)

**COVID-19 Return to Play (RTP) Progression/Reacclimization Update**

<table>
<thead>
<tr>
<th>Description</th>
<th>Asymptomatic</th>
<th>Mild</th>
<th>Moderate/Severe</th>
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<tbody>
<tr>
<td>No symptoms during infection period</td>
<td>Common cold-like symptoms, fever &gt;100.4 for less than 2 days, GI symptoms, or loss of taste/smell</td>
<td>Fever &gt;100.4 for more than 2 days or flu-like symptoms, chest pain, SOB, palpitations.</td>
<td></td>
</tr>
<tr>
<td>Must participate in at least one full practice prior to competition/game</td>
<td>Modified Return to Play</td>
<td>Full return to play</td>
<td></td>
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</tbody>
</table>

**COVID-19 Modified Return to Play (RTP)**

*Athlete may start stage 1 of modified RTP protocol prior to MD Evaluation.

If at any point during either RTP protocol a student athlete experiences symptoms of chest pain, excessive SOB, palpitations, or unexplained exercise intolerance, they are to stop progression immediately and be evaluated by the team physician ASAP.
<table>
<thead>
<tr>
<th>Stage 1:</th>
<th>Stage 2:</th>
</tr>
</thead>
</table>
| - Light cardio  
- up to 30 min  
- <70% max HR | - Contact activity and/or simulated game  
- up to 120 min  
- no max HR |

**COVID-19 Full Return to Play (RTP)**

**Athlete must be seen and cleared by team physician prior to starting full RTP protocol.**

<table>
<thead>
<tr>
<th>Stage 1:</th>
<th>Stage 2:</th>
<th>Stage 3:</th>
<th>Stage 4:</th>
</tr>
</thead>
</table>
| - Light cardio  
- up to 30 min  
- <70% max HR | - Noncontact activity  
- Can add resistance training  
- up to 60 min  
- <80% max HR | - Noncontact activity  
- High intensity training  
- up to 90 min  
- no max HR | - Contact activity and/or simulated game  
- up to 120 min  
- no max HR |

*This PDF will continue to be updated as things change and/or develop throughout the academic year.*