



OFFICIAL SPORTS MEDICINE PROVIDER

COVID SAFETY PRECAUTIONS AND EXPECTATIONS

With the current climate surrounding COVID, there are additional measures that need to be taken to ensure the safety of our staff, patients, and their families. Below are current recommendations based on current available evidence. Any TCO staff members covering events or working in an outreach setting must adhere to these recommendations. If the group that you are working with has additional precautions, those should be followed.

Please stay up to date on current CDC and Minnesota Department of Health guidelines for PPE and social distancing as these may be updated at any time.

EHS Certified Athletic Trainers: PPE

1) Masking Indoors:

N95 mask must be worn at all times.

2) Masking Outdoors:

Cloth or surgical mask must be worn at all times when close contact with others is necessary. Mask may be removed when others are a safe distance from you. TCO will provide staff with surgical masks. If the group you are working with requires masking at all times, the expectation is that you will follow their requirements.

3) Gloves:

Gloves may be worn when performing evaluations and working with patients. Hands should be washed/sanitized after every patient contact.

4) Eye protection:

Eye protection may be worn when interacting with patients; although, not required.

Other Athletic Training Room Considerations:

Follow social distancing guidelines | Don't allow training room to be overcrowded | Utilize sign-in sheets to assist with contact tracing | Athletes should wash/sanitize hands when entering and exiting | Eliminate use of Ice Bath/whirlpool for non-emergencies.

Sanitizing Procedures:

Treatment tables and equipment should be cleaned between each patient use | Other frequently touched surfaces should be cleaned regularly | Be familiar with your current products. What is the "wet" time? How long does it take to kill viruses?

Note: If bottles/coolers are being used they must be thoroughly cleaned after each use | Consider single use products when available | Wipes, paper towels, etc.



COVID SAFETY PRECAUTIONS, PROTOCOLS, AND EXPECTATIONS – RETURN TO PLAY (RTP)

Student-Athlete: Positive Covid PCR+/Symptomatic

I think or know I had COVID-19, and I had symptoms

You can be around others after:

- 10 days since symptoms first appeared **and**
- 24 hours with no fever without the use of fever-reducing medications **and**
- *Other symptoms of COVID-19 are improving
- Meet with ATC to determine RTP progression.

**Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation*

Note: These recommendations **do not** apply to persons with severe COVID-19 or with severely weakened immune systems (immunocompromised). These persons should follow the guidance below for “I was severely ill with COVID-19 or have a severely weakened immune system (immunocompromised) due to a health condition or medication. When can I be around others?”

I tested positive for COVID-19 but had no symptoms

If you continue to have no symptoms, you can be with others after **10 days have passed since you had a positive viral test for COVID-19**. Most people do not require testing to decide when they can be around others; however, if your healthcare provider recommends testing, they will let you know when you can resume being around others based on your test results.

If you develop symptoms after testing positive, follow the guidance above for “**I think or know I had COVID-19, and I had symptoms.**”

I was severely ill with COVID-19 or have a severely weakened immune system (immunocompromised) due to a health condition or medication. When can I be around others?

People who are severely ill with COVID-19 might need to stay home longer than 10 days and up to 20 days after symptoms first appeared. [Persons who are severely immunocompromised](#) may require testing to determine when they can be around others. Talk to your healthcare provider for more information. If testing is available in your community, it may be recommended by your healthcare provider. Your healthcare provider will let you know if you can resume being around other people based on the results of your testing.

Your doctor may work with [an infectious disease expert or your local health department](#) to determine whether testing will be necessary before you can be around others.



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COVID SAFETY PRECAUTIONS, PROTOCOLS, AND EXPECTATIONS – RETURN TO PLAY (RTP)

What to do if you have an athlete with a “Known Exposure?”

“Known Exposure”- People identified as exposed (close contact) are those who spent at least 15 minutes within 6’ of the case; NO MASK, while the case was infectious (the infectious period starts 2 days before the case was tested, if they did not present with symptoms).

- Self-Quarantine for 14 Days after their last exposure to that person.
- May Have PCR test at any time. If positive revert to COVID + process.
- If symptoms arise during quarantine period, a PCR Test would need to be administered.

However, anyone who has had close contact with someone with COVID-19 and who:

- developed COVID-19 illness within the previous 3 months **and**
- has recovered **and**
- remains without COVID-19 symptoms (for example, cough, shortness of breath) **does not** need to stay home.





COVID SAFETY PRECAUTIONS AND EXPECTATIONS – RETURN TO PLAY (RTP)/PHYSICIAN RELEASE

If a student-athlete wishes to be seen by our TCO MD's regarding RTP medical considerations.

Here is what the student athletes need:

- 1) Copy of positive test with date of positive.
- 2) Contact Mairead Griffin, TCO Clinical Navigator, 952-456-7415 (maireadgriffin@tcomn.com) and she will be able to schedule the visit once these criteria are met. Patient cannot be scheduled until 10 days symptom free and a documented negative COVID test a minimum of day 11 from positive test.
- 3) Any school specific requirements for RTP clearance. This will be more applicable for college & pro. At the HS level, required evaluation will be guided by the managing physician unless the school, district, or MSHSL has a higher level of precedence for required testing (e.g. labs, echo, stress test).
- 4) Meet with ATC to discuss progression into exertional activities.

Return to Play (RTP) / Physician's Release.

Note: If the student-athlete is Covid PCR+ he/she will need a **PHYSICIANS MEDICAL CLEARANCE** prior to RTP (MSHSL by Law 107.00). ***See Page 7. Please obtain this at the time of initial testing with the directives for Return to Play criteria outlined in this document.***



Team Physician: Covid-19 Return to Sport

Dr. David Olson, MD

Fellowship: Sports Medicine

TCO Locations: Eagan- Viking Lakes

David Olson, MD, is a primary care sports medicine physician specializing in a wide range of sports medicine concerns; including, Covid-19 management, diagnosis and management of concussions, and acute and chronic musculoskeletal issues. Dr. Olson is an experienced sports medicine physician who has worked with various levels of athletes, from professional/elite athletes to the weekend warrior.

*Team Physician: Minnesota Twins

*Team Physician: Minnesota Vikings

*Medical Director and Team Physician: University of St. Thomas

*Team Physician: U.S. Weightlifting

*Team Physician: U.S. Soccer

*Team Physician: Roseville High School



Current COVID-19 Resources for Coaches, Student-Athletes, and Families:

What to do if you have COVID-19

<https://www.health.state.mn.us/diseases/coronavirus/case.pdf>

COVID-19: When can you be around others after you have had or likely have Covid-19

https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprevent-getting-sick%2Fwhen-its-safe.html

COVID-19 Testing Locations. Pdf

<https://mn.gov/covid19/for-minnesotans/if-sick/testing-locations/index.jsp>

COVID-19 Sports Guidance for Youth & Adults. Pdf

<https://www.health.state.mn.us/diseases/coronavirus/sportsguide.pdf>

COVID-19 Prevention Guidance for Youth and Student Programs. Pdf

<https://www.health.state.mn.us/diseases/coronavirus/schools/socialdistance.pdf>

COVID-19 What to do if you're waiting for test results? Pdf

<https://www.health.state.mn.us/diseases/coronavirus/waiting.pdf>

COVID-19 MSHSL NOTICE. Pdf

<https://www.mshsl.org/sites/default/files/2020-08/mshsl-covid-final-notice.pdf>

COACHES SAFETY CHECKLIST: FOR SPORTS PARTICIPATION DURING COVID-19

https://www.nata.org/sites/default/files/general_sports_safety_checklist_during_covid-19.pdf

