

# USADSF Return to Play Guidelines following the COVID-19 pandemic: Precautionary Measures

Created by USADSF Medical Commission

Based upon CDC recommendations and adapted from USAV Return to Play Guidelines

**OVERVIEW** – This is the first in a series of *Return to Play Guidelines* that the USA Deaf Sports Federation (USADSF) has prepared for National Sport Organization (NSO) leaders, team leaders, coaches, members, and families to provide guidance for athletic-related activities. The following guidelines will ensure precautionary measures in the “return to play” process.

These guidelines apply to domestic events only, including but not limited to training camps, tryouts, practices, and scrimmages. The following recommendations are not intended or implied to be mandates. Many of these recommendations are based upon current guidelines set forth by the Centers for Disease Control and Prevention (CDC) and other Federal government agencies. The knowledge surrounding COVID-19 is constantly changing and circumstances are different based on geographic region. Therefore, NSO leaders, team leaders, and coaches should adhere to their state and local guidelines when determining their own reopening policies and procedures.

Until COVID-19 is either eradicated, a vaccine is developed, or a cure is found, there is no way to completely eliminate the risk of infection. As a result, USADSF strongly encourages all participants to follow these recommendations as safety precautions. The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment, nor does USADSF or NSOs assume any liability or responsibility for the recommendations provided herein.

**PURPOSE** – The purpose of these guidelines is to create a comprehensive “return to play” plan for USADSF activities in the United States that are compliant with CDC, federal, state and local regulations. USADSF sanctioned activities include but are not limited to: tryouts, lessons, practices, scrimmages, camps, clinics, combines, showcases, or tournaments as carried out by the NSOs.

**RISK CATEGORIES** – Current USADSF activities are segmented into three types of risk categories:

- a. **Low Risk** – Individual skill development (sport-specific skills, general fitness, and strength training) at home (backyard, driveway, in-home), alone or with household members and with owned and sanitized equipment.
- b. **Medium Risk** – The above activities in public spaces alone or with household members; individual skill development with non-household members following the recommended physical distancing and sanitizing equipment.
- c. **High Risk** – Individual skill development with non-household members not following the recommended physical distancing and not sanitizing equipment. Participating in any team or group play.

**TRAVEL GUIDELINES** – Many activities require travel and transportation (airports, airplanes, public transit.) does not allow for physical distancing so please be aware of the following:

- Wash and sanitize your hands often.

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- Do not touch your face, eyes or mouth with unclean hands.
- Practice 6-feet physical distancing when possible.
- Wear a face mask to reduce exposure to airborne particles.
- Cover your mouth and nose with a tissue or your elbow if you cough or sneeze.

**RETURN TO PLAY GUIDELINES FOR INDIVIDUALS** – Adhere to the most stringent federal, state or local guidelines when participating in any activity.

### **A. Before Activities**

- Be symptom-free of COVID-19 for at least fourteen (14) days prior to any activity.
- Stay home if you are sick or do not feel well.
- Be aware of and disclose any potential contact with affected individuals.
- Wash and sanitize your hands often.
- Do not touch your face, eyes or mouth with unclean hands.
- Practice social distancing regularly.
- Wear a face mask to reduce exposure to airborne particles.
- Cover your mouth and nose with a tissue or your elbow if you cough or sneeze.
- Keep a list of people you have been in contact with each day.

### **B. During Activities**

- Refrain from attending any activity if displaying any COVID-19 symptoms.
- Comply with all permissible regulations approved for the venue.
- Wash and sanitize your hands often.
- Do not touch your face, eyes or mouth with unclean hands.
- Refrain from contacting other participants and attendees (high fives and huddles).
- Practice social distancing as often as possible.
- Wear a face mask while at the venue (to be removed during training or competition).
- Cover your mouth and nose with a tissue or your elbow if you cough or sneeze.
- Bring hand sanitizer and sanitizing wipes.
- Bring your own water bottles, towels, and any other personal items that are not to be shared.
- Properly dispose of or clean your personal drinking cups, bottles, or utensils used.
- Keep a list of people you were in contact with during the activity.

### **C. After Activities**

- Wash and sanitize your hands often.
- Do not touch your face, eyes or mouth with unclean hands.
- Monitor your health and report any symptoms after every activity.
- Practice social distancing as often as possible.

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- Wear a face mask when possible to reduce exposure to airborne particles.
- Cover your mouth and nose with a tissue or your elbow if you cough or sneeze.
- Wash and sanitize all gear, uniforms and apparel used during the activity.

**RETURN TO PLAY GUIDELINES FOR TEAMS AND ATHLETIC FACILITIES** – Adhere to the most stringent federal, state or local guidelines when participating in any activity.

### **A. Before Activities**

- Disinfect the venue and all equipment. Verify that all staff and participants are symptom-free before participating in any activities.
- Provide hand washing or sanitizing stations throughout the venue.
- Turn off water fountains at the venue.
- Establish social distancing protocols.
- Create and display signage clearly outlining the venue’s COVID-19 policies.

### **B. During Activities**

- Continue to clean and disinfect the venue and equipment.
- Enforce social distancing requirements.
- Regularly sanitize commonly touched surfaces during the activity.
- Remove anyone from a club activity if they exhibit any COVID-19 symptoms.
- Limit the number of people in the facility to be compliant with local guidance.
- Modify drills or activities to limit/reduce potential violations of social distancing requirements including but not limited to: high fives, huddles, and team meetings.
- Use hand whistles as opposed to regular whistles when possible.

### **C. After Activities**

- Sanitize all surfaces and equipment that were used during activities.

**REFER TO EMERGENCY ACTION PLAN (EAP) AND MEDICAL OPERATIONS FOR HEALTHCARE PLANNING REGARDING COVID-19** – This will be provided at a later date along with “return to play” guidelines for healthcare planning. Expect the document to assist with:

- Identifying individuals in their roles in healthcare emergency planning.
- identify all healthcare resources in the area [medical centers, urgent care centers, emergency rooms, and ambulance services]
- Establishing a notification system where all participants and spectators will be aware about emergencies and initiate contact tracing if necessary.

**NOTIFICATIONS** – NSO leaders are required to abide by all federal, state, and local regulations regarding the posting of notifications, guidelines, or information to participants.

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### **ADDITIONAL RESOURCES**

#### **United States Olympic and Paralympic Committee (USOPC)**

- ❑ <https://www.teamusa.org/coronavirus>

#### **Centers of Disease Control and Prevention (CDC) Guidances**

- ❑ <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

#### **US Department of State - Travel**

- ❑ <https://travel.state.gov/content/travel.html>

**DISCLAIMER** – These guidelines are provided for general informational purposes only and are not intended as, or should be relied upon as, specific medical or legal advice. All participants are strongly encouraged to consult with qualified medical personnel and/or public health officials for medical advice. Also, consult with federal, state and local orders and/or laws for legal considerations. If you use any considerations provided herein, you do so at your own risk and specifically release from any and all liability, USADSF, NSOs, and their directors, officers, employees, volunteers and agents in connection with your use of the enclosed guidelines. USADSF and NSOs make no warranties or statements as to the completeness, reliability, and accuracy of the information contained herein.