USA Nordic Sport COVID Policy and Protocol

USA Nordic Sport (USANS) is committed to continuing to seek opportunities for our athletes to train and compete while providing the safest possible environment. USANS staff will monitor closely all planned training camps and competitions alongside local, regional, national and global health and government guidelines to ensure that all decisions are made with the most current information available.

During the pandemic, and until there is an acceptable treatment, USANS will maintain and update the following guidelines which can also be found on our website.

All athletes, staff and volunteers are required to follow the guidelines and mandates of their local, regional, state and national health authorities as a minimum standard and any additional requirements mandated by USANS in this policy if participating in USANS activities.

The following definitions will be used for the purposes of interpreting USANS Policy:

**Isolation**—Stay home except to get medical care

- Monitor your symptoms. If you have an [emergency warning sign](#) (including trouble breathing), seek emergency medical care immediately
- Stay in a separate room from other household members, if possible
- Use a separate bathroom, if possible
- Avoid contact with other members of the household and pets

**Bubble**: A group of people who are interacting (living together, sharing personal objects or areas) in a manner which will be treated as having shared immune risk.

**Quarantine**—For USANS protocols, quarantine will be defined as limiting yourself to a small bubble of people you actually expose yourself to (i.e. your family, whoever you live with). You should be wearing face masks when out in public or in enclosed areas where you can’t maintain six feet of distance from other people. You should not be doing anything but essentials, but training is ok as long as you socially distance from others.

**Social Distancing**—Maintaining at least 6ft distance from others. To be combined with other everyday preventative measures including wearing of face coverings and frequent hand

**Monitoring:** Monitor temperatures twice a day (morning and night) and log temperatures. Also please log and notify your coach immediately if you experience any of the following symptoms:
- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

**Pre-participation protocol:**

When preparing to attend training with a new group of athletes or traveling to training or competitions, you are required to quarantine for 14 days and complete and report daily monitoring. In some cases, you will be required to obtain a Covid-19 test.

When arriving to a new location you will be instructed on the “camp protocols” which will include any relevant information regarding training groups, bubbles, quarantining, testing requirements and specific rules for training and venues. You are required to follow these protocols, or you may not be able to participate in some or all of the training or competition.

**Mitigating Risk with Daily Self-Health Checks:**

Every athlete should perform a daily self-health evaluation before participating. Individuals who identify any of the below signs or symptoms should contact their designated health care representative before reporting for practice or entering a shared facility.
- Fever (temperature >100.4 degrees)
- Shortness of breath or difficulty breathing
- Cough
- Headache
- New loss of taste or smell
- New rash or skin symptoms

** High risk exposure: contact with an infected (or suspected to be infected) individual or prolonged contact with a crowd without physical distancing **
If an athlete has any of the above, thinks they have had any of the above, or are feeling sick, they should not enter the practice facility or come to practice. They should contact a coach or health care provider and self-isolate in a designated area (or home). It is important to further investigate if the symptoms above are COVID-19 related or may be due a preexisting medical condition (seasonal allergies, asthma, sinusitis, migraine, etc.)

If the athlete screens positive and the symptoms are not due to a preexisting or underlying condition, the athlete should enter the pathway for high risk COVID-19 exposure as outlined below.

If screened positive, but due to underlying condition, athlete should seek treatment for underlying condition and stay self-isolated until symptom free x 72 hours.

**Mitigating Risk with Face Coverings:**

Along with hand washing and good sanitization practices, physical (social) distancing and universal masking are the two most effective strategies for preventing COVID-19 spread.

**USANS Training Sessions, Training Camp and Trip Protocols:**

**Training session:**

For all USANS operated training sessions athletes and staff will adhere to pre-participation guidelines unless approval has been obtained. All athletes and staff will adhere to Daily Monitoring and Social Distancing guidelines. All participants will also comply with any local, regional and national guidelines as well as those required of the venue where training will take place.

**Training Camp:**

In addition to following Training Session protocols, Training Camps occurring during the Pandemic will require additional planning by the coaching staff to ensure the maximum reduction of risk. These plans will include details about pre-camp procedures, testing protocol, quarantine requirements, and additional steps to mitigate risk like bubbles of athletes and coaches, and will be reviewed by the Sport Director and Executive Director.

**Trip Protocols**

All travel will require instructions from the USA Nordic medical staff and/or Sport Director for protocols before and after travel.
Actions Following a POSITIVE Test Result:

**Positive Test/Asymptomatic:**

**Time-based strategy:**
Individuals who test positive for COVID-19 but have not developed any symptoms may discontinue isolation 10 days after the date of their first COVID-19 diagnostic test, assuming they have not subsequently developed symptoms. If symptoms do develop, this time-based strategy should not be used and instead, the symptom-based or test-based strategy should be used.

**Test-based strategy:**
A test-based strategy is always contingent on the availability of ample testing supplies, laboratory capacity and convenient access to testing. If these contingencies are addressed, individuals who have tested positive for COVID-19 but have not developed any symptoms, may discontinue isolation if they have been tested using at least two consecutive respiratory specimens collected at least 24 hours apart; and if those two consecutive tests have been negative.

**Positive Test/Symptomatic:**

**Time-based strategy:**
Individuals who test positive and are symptomatic should remain in isolation until: at least 72 hours have passed since recovery, which is defined as resolution of fever without the use of fever-reducing medications and improvement in any respiratory symptoms; and at least 10 days have passed since symptoms first appeared.

**Test-based strategy:**
Individuals who test positive and are symptomatic may discontinue isolation where there has been: resolution of fever without the use of fever-reducing medications; and an improvement in respiratory symptoms; and negative results from at least two consecutive respiratory specimens collected more than 24 hours apart.

**Contact Tracing**
In order to minimize the spread within a community or team, it is important to identify those that may have been exposed. This may be performed by local community health personnel, or team personnel. Again, those that have had close contact (within 6 feet for longer than 10 minutes) with a known CoVid positive person should be considered to have had a high risk exposure and should quarantine as described below.
**Actions Following a High-Risk Exposure:**

A high-risk exposure is defined as being within six feet of someone who is known or suspected to be positive for longer than 10 minutes (based on Utah guidance of 10 minutes versus CDC guidance of 15 minutes).

Those athletes with a high-risk exposure should report their exposure to designated team official and self-quarantine for 14 days, if no testing is available. However, it is recommended that those athletes with high risk exposure be tested, if possible. This self-quarantine should take place in a designated area and ideally the space will not be shared by another person to minimize further spread.

If testing is available, testing may be performed on day 3 and on day 7 and if both tests negative, athletes may be released from quarantine and may resume team activities.

**Returning to Sport after COVID-19:**

Athletes who have had a prior confirmed COVID-19 diagnosis, should be evaluated and cleared by a medical provider before return to participation.

Further, athletes with underlying medical conditions that place them at risk, such as asthma or diabetes, may want to seek evaluation if they have had a high-risk exposure to someone with a confirmed COVID-19 diagnosis.

- CDC Travel:
- State Department and Dept Homeland Security:
  - https://travel.state.gov/content/travel.html
- Utah:
  - https://summitcountyhealth.org/coronavirus/
  - https://slco.org/health/COVID-19/data/