

# ASAA Return-To-Events Protocols as of 7/15/2020

Objective	This document is intended to provide guidance for schools to consider with their stakeholders in designing return-to-activity protocols in accordance with state and local restrictions and or recommendations.		
Foundation	ASAA believes and research supports (see attached) it is essential to the physical and mental well-being of students to return to physical activity and athletic competition. We recognize that all students may be unable to return to – and sustain – athletic activity at the same time across the state. There will likely be variations in what sports and activities are allowed to take place. ASAA endorses the idea of returning students to school-based athletics and activities in any and all situations where it can be done safely		
Points of Emphasis	<p>Expanding knowledge of COVID-19 transmission could result in significant changes to these protocols. ASAA will disseminate more information as it becomes available.</p> <p>Schools should not allow meetings, practices, events or competitions to take place unless all protocols by coaches and advisors can be followed. Administrators must emphasize the need for all coaches and participants who have signs or symptoms of illness to stay home to decrease risk of viral transmission.</p> <p>“Vulnerable individuals” are defined by CDC as people age 65 years and older and others with serious underlying health conditions, including , but not limited to, high blood pressure, chronic lung disease, diabetes, obesity, asthma, and those whose immune systems are compromised such as by chemotherapy for cancer and other conditions requiring such therapy. It is recommended that “vulnerable individuals,” including coaches, student participants, staff and officials, consult with their health care provider to determine whether participation in activities or events is prudent under the circumstances. Request for reasonable accommodations should be considered in accordance with the Americans with Disabilities Act and Alaska law.</p> <p>Due to the near certainty of recurrent outbreaks in the coming months, schools must be prepared for periodic closures and the possibility of some teams having to isolate for two or more weeks. Development of policies is recommended regarding practice and/or competition during temporary school closures, the cancellation of contests during the regular season, and parameters for the cancellation or premature ending to post-season events/competitions.</p>		
<b>Fall Events</b>	<b>Low Risk</b> Average daily cases over the past 14 days	<b>Intermediate Risk</b> Average daily cases over the past 14 days	<b>High Risk</b> Average daily cases over the past 14 days
As determined by school district	Minimal Community Transmission (<5 cases per 100,000 population) (See DHSS COVID-19 Alert Levels)	Moderate Community Transmission (5-10 cases per 100,000 population) Some undetected cases and infrequent discrete outbreaks (See DHSS COVID-19 Alert Levels)	Widespread Community Transmission (10 cases per 100,000 population) Many undetected cases and frequent discrete outbreaks (See DHSS COVID-19 Alert Levels)
Events/Gatherings	<p>Participants, if possible, when not exercising or competing, social distancing of a minimum of 6 feet should be maintained.</p> <p>Spectators, social distancing of at least 6 feet continues to</p>	<p>Indoor events– total individuals should be what your facility can handle with social distancing of at least 6 feet</p> <p>Outdoor events - spectators limited to what your facility can handle with social distancing of at least 6 feet.</p>	<p>In person school is canceled</p> <p>All in person events cease</p> <p>Maintaining virtual contact with</p>

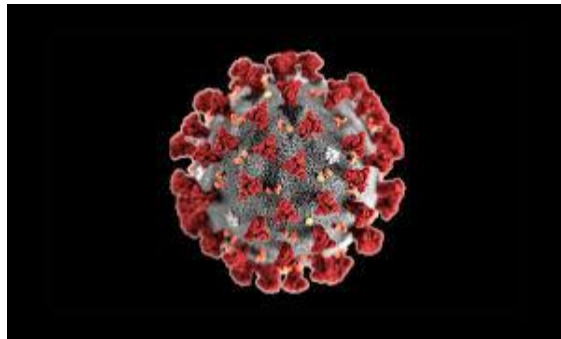
	<p>be a best practice</p> <p>Actively encourage high risk participants, spectators and those that have been sick to stay at home</p> <p>Consider using digital ticketing</p> <p>To decrease the amount of yelling and cheering, host school approved artificial noisemakers may be used as long as they do not interfere with official whistles</p> <p>Concession packaged food only</p>	<p>Maintain a minimum of 20 minutes between the end of an event and the beginning of a subsequent event. High risk participants, spectators and those that have been sick should stay at home</p> <p>Use digital ticketing only</p> <p>To decrease the amount of yelling and cheering, host school approved artificial noisemakers may be used as long as they do not interfere with official whistles</p> <p>No concession</p>	<p>participants is encouraged</p>
Screening	<p>Prior to attending advisors, coaches, supervisors &amp; participants must sign a waiver of liability related to COVID-19</p> <p>Screen advisors, coaches, supervisors, participants and officials prior to each session. Includes a temperature check, questions and phone number/email. Information should be recorded and stored to help facilitate contact tracing of a confirmed exposure.</p> <p>Anyone with a temperature of greater than 100.3 degrees or with positive symptoms reported should not be allowed to participate, should self-isolate, and contact their primary care provider or other health-care professional.</p> <p>There should be a designated individual on site responsible for monitoring and following all screening, cleaning and social distancing protocols.</p>	<p>Prior to attending advisors, coaches, supervisors &amp; participants must sign a waiver of liability related to COVID-19</p> <p>Screen advisors, coaches, supervisors, participants and officials prior to each session. Includes a temperature check, questions and phone number/email. Information should be recorded and stored to help facilitate contact tracing of a confirmed exposure.</p> <p>Screen spectators prior to each indoor session. Includes a temperature check, questions and phone number/email. Information should be recorded and stored to help facilitate contact tracing of a confirmed exposure.</p> <p>Anyone with a temperature of greater than 100.3 degrees or with positive symptoms reported should not be allowed to participate, should self-isolate, and contact their primary care provider or other health-care professional.</p> <p>There should be a designated individual on site responsible for monitoring and following all screening, cleaning and social distancing protocols.</p>	<p>In person school is canceled</p> <p>All in person events cease</p>
Facility Cleaning	<p>Cleaning and disinfecting must be conducted in compliance with CDC protocols or, in lieu of performing the CDC cleaning the facility maybe shut down for at least 72 hours followed by disinfecting of all common services.</p> <p>Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.</p>	<p>Cleaning and disinfecting must be conducted in compliance with CDC protocols or, in lieu of performing the CDC cleaning the facility maybe shut down for at least 72 hours followed by disinfecting of all common services.</p> <p>Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.</p>	
Facility & Equipment	<p>Facility should have signage of cleaning protocols and visual indicators of proper spacing between individuals</p> <p>All athletic equipment, (including balls, bats, mats, etc.) should be cleaned intermittently and prior to the next</p>	<p>Locker room use should be minimal depending on the activity and facility.</p> <p>Facility should have signage of cleaning and COVID protocols and visual indicators (cones, tape, etc.) of proper</p>	

	<p>session.</p> <p>Hand sanitizer should be plentiful and available to all participants and spectators.</p> <p>Indoor activities – Ensure ventilation systems operate properly and increase circulation of outdoor air. Open windows and doors when feasible.</p>	<p>spacing between individuals</p> <p>Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.</p> <p>Any shared equipment, (including balls, bats, mats, free weights, etc.) should be cleaned frequently and prior to the next event.</p> <p>Hand sanitizer should be plentiful and available to all participants and spectators</p> <p>Indoor activities – Ensure ventilation systems operate properly and increase circulation of outdoor air. Open windows and doors when feasible.</p> <p>Indoor activities - Block off rows or sections to keep participants and spectators separated</p> <p>Limit the number of people who occupy the restroom. Monitor so lines do not form without maintaining at least 6 feet from each other.</p>	
Face Coverings	<p>Cloth face coverings by participants should be encouraged when not engaging in vigorous activity. Such as sitting on the bench, in the locker room, on the sidelines, etc.</p> <p>Participants should always be allowed to wear face coverings, if desired</p> <p>As approved by the NFHS, plastic shields designed specifically for football and hockey helmets are allowed. Plastic shields covering the entire face for all other sports will not be allowed due to the risk of unintended injury to the person wearing the shield or others.</p> <p>Coaches are strongly encouraged to wear cloth face coverings. Especially when physical distancing is not possible</p> <p>Depending on the activity officials are strongly encouraged to wear cloth face coverings</p> <p>Spectators are strongly encouraged to wear cloth face coverings.</p>	<p>Cloth face coverings by participants should be used when not engaging in vigorous activity. Such as sitting on the bench, in the locker room, on the sidelines, etc.</p> <p>Participants should always be allowed to wear face coverings, if desired</p> <p>As approved by the NFHS, plastic shields designed specifically for football and hockey helmets are allowed. Plastic shields covering the entire face for all other sports will not be allowed due to the risk of unintended injury to the person wearing the shield or others.</p> <p>Coaches should wear cloth face coverings. Especially when physical distancing is not possible.</p> <p>Depending on the activity officials are strongly encouraged to wear cloth face coverings</p> <p>Spectators must wear cloth face coverings</p>	
Individual Hygiene	<p>Wash your hands for a minimum of 20 seconds with warm water and soap or hand sanitizer before touching any surfaces or participating in workouts.</p> <p>Appropriate clothing/shoes should be worn at all times to</p>	<p>Wash your hands for a minimum of 20 seconds with warm water and soap or hand sanitizer before touching any surfaces or participating in workouts.</p> <p>Appropriate clothing/shoes should be worn at all times to</p>	

	<p>minimize sweat from transmitting onto equipment/surfaces.</p> <p>Students should report in appropriate attire and immediately return home to shower after participation.</p> <p>Sneeze or cough into a tissue, or the inside of your elbow. Avoid touching your face.</p> <p>Have your own water bottle. Water bottles must not be shared. Food should not be shared.</p> <p>All individuals should refrain from handshakes, high fives, fist/elbow bumps, group celebrations, etc.</p>	<p>minimize sweat from transmitting onto equipment/surfaces.</p> <p>Students should report in appropriate attire and immediately return home to shower after participation.</p> <p>Sneeze or cough into a tissue, or the inside of your elbow. Avoid touching your face.</p> <p>Have your own water bottle. Water bottles must not be shared. Food should not be shared.</p> <p>All individuals should refrain from handshakes, high fives, fist/elbow bumps, group celebrations, etc.</p>	
By Activity	<p>Tier 1 – events can be held using the low risk protocols</p> <p>Tier 2 – events can be held using the low risk protocols</p> <p>Tier 3 – events can be held using the low risk protocols</p>	<p>Tier 1 – local events can be held using medium risk protocols (local - ASAA Regions, Conferences or governmental designation)</p> <p>Tier 2 – local events can be held using medium risk protocols</p> <p>Tier 3 – local events can be held with limits on number of participants. Determine capacity of your facility with social distancing of at least 6 feet. Mark off areas for participants when not competing.</p>	<p>All in person events cease</p> <p>Maintaining virtual contact with participants is encouraged</p>
Travel/Housing	<p>Travel allowed with social distancing of at least 6 feet as a best practice for non-household individuals.</p> <p>Individuals that are consistently working in close contact should be considered a household.</p>	<p>Travel allowed with social distancing of at least 6 feet as a best practice</p> <p>Accommodations should allow for all non-household individuals to sleep at least 6 feet apart</p> <p>Teams from different schools should not share the same housing</p> <p>Individuals that are consistently working in close contact should be considered a household.</p>	

Activity Risk Tiers		
Tier 1	Activity that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by participants	Swimming individual events, Cross Country Running, Rifle, Nordic Ski, Cheer (no stunting), Esports, Track & Field individual running and throwing events, DDF individual events
Tier 2	Activity that involves close sustained contact, but with protective equipment in place that may reduce the likelihood of viral transmission between participants, or intermittent close contact, or the use of equipment that can't be cleaned between participants.	Tennis, Flag Football, Swimming relays, Volleyball, Gymnastics, Bowling, Hockey, Basketball, Baseball, Soccer, Softball, Track & Field relays and jumping events, DDF partner events, Music solos
Tier 3	Activity that involves close sustained contact between participants and lack of significant protective barriers	Football, Cheer stunting, Wrestling, Music duets or larger groups

# The Impact of School Closures and Sport Cancellations on the Health of Wisconsin Adolescent Athletes



Timothy A. McGuine PhD, Kevin Biese MA, Scott B Hetzel MS, Stephanie Kliethermes PhD, Claudia L. Reardon MD, David Bell PhD, M. Alison Brooks MD & Andrew Watson MD.

University of Wisconsin School of Medicine and Public Health, Madison, Wisconsin USA

Contact: [mcguine@ortho.wisc.edu](mailto:mcguine@ortho.wisc.edu)





# INTRODUCTION



FOR IMMEDIATE RELEASE: March 13, 2020  
Contact: [GovPress@wisconsin.gov](mailto:GovPress@wisconsin.gov) or 608-219-7443

### **Gov. Evers Directs DHS to Mandate Statewide Closure of All K-12 Wisconsin Schools**

MADISON — Gov. Tony Evers today directed Department of Health Services (DHS) Secretary-designee Andrea Palm to issue an agency order mandating the statewide closure of all K-12 schools, public and private, as part of the state's efforts to respond to and contain the spread of COVID-19 in Wisconsin. A copy of DHS Secretary-designee Palm's order can be found [here](#).

**BACKGROUND:** In March of 2020, Wisconsin schools were closed and interscholastic sports cancelled in an attempt to slow the spread of the COVID-19.

The impact that these actions have had on the health of adolescent athletes has not been presented to date.

Child health experts have stated that school closures may have profound societal, economic, and psychosocial consequences for students and need to be further studied.

**OBJECTIVE:** To identify how COVID-19 related school closures and sport cancellations in Wisconsin have impacted the health of adolescent athletes.





**METHODS**



**Participants:** 3,243 adolescent athletes in Wisconsin (58% female, Age:  $16.2 \pm 1.2$  yrs., from 71/72 Wisconsin counties)



**Recruitment:** Social media (Facebook, Twitter), Mass e-mail campaign

**Data Collection:** May 2020



**Methods:** Short (6.8 minute) online survey

**Additional Variables:** All sports (high school and club) in the last 12 months, Location (Zip code and county)

qualtrics

How do you feel about today's course topic? lol jk, u up?

	Strongly Disagree	Disagree	Neither agree nor disagree	Agree	Strongly Agree
Today's topic was relevant to the overall course.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
The instructor explained the topic clearly.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
I feel confident that I can complete the	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

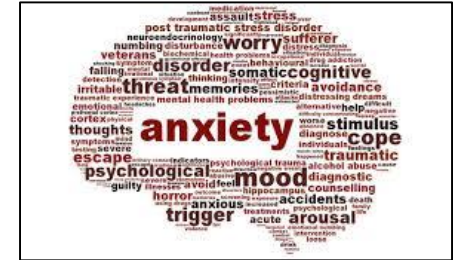
# Assessments

## Mental Health (MH)

## General Anxiety Disorder-7 Item (GAD-7)

Scores: 0 – 21, (higher scores = increased anxiety)

## Anxiety Categories: Mild to Severe



## Patient Health Questionnaire-9 Item (PHQ-9)

Scores: 0 – 27, (higher scores = increased depression)

## Depression Categories: Mild to Severe



## Physical Activity (PA)

# Pediatric Functional Activity Brief Scale (PFABS)

Scores: 0 – 30 (higher scores = greater physical activity)

## Health Related Quality of Life (HRQoL)

# Pediatric Quality of Life Inventory 4.0 (PedsQL)

Scores: 0 – 100 for Physical, Psychosocial and

## Total quality of life scores

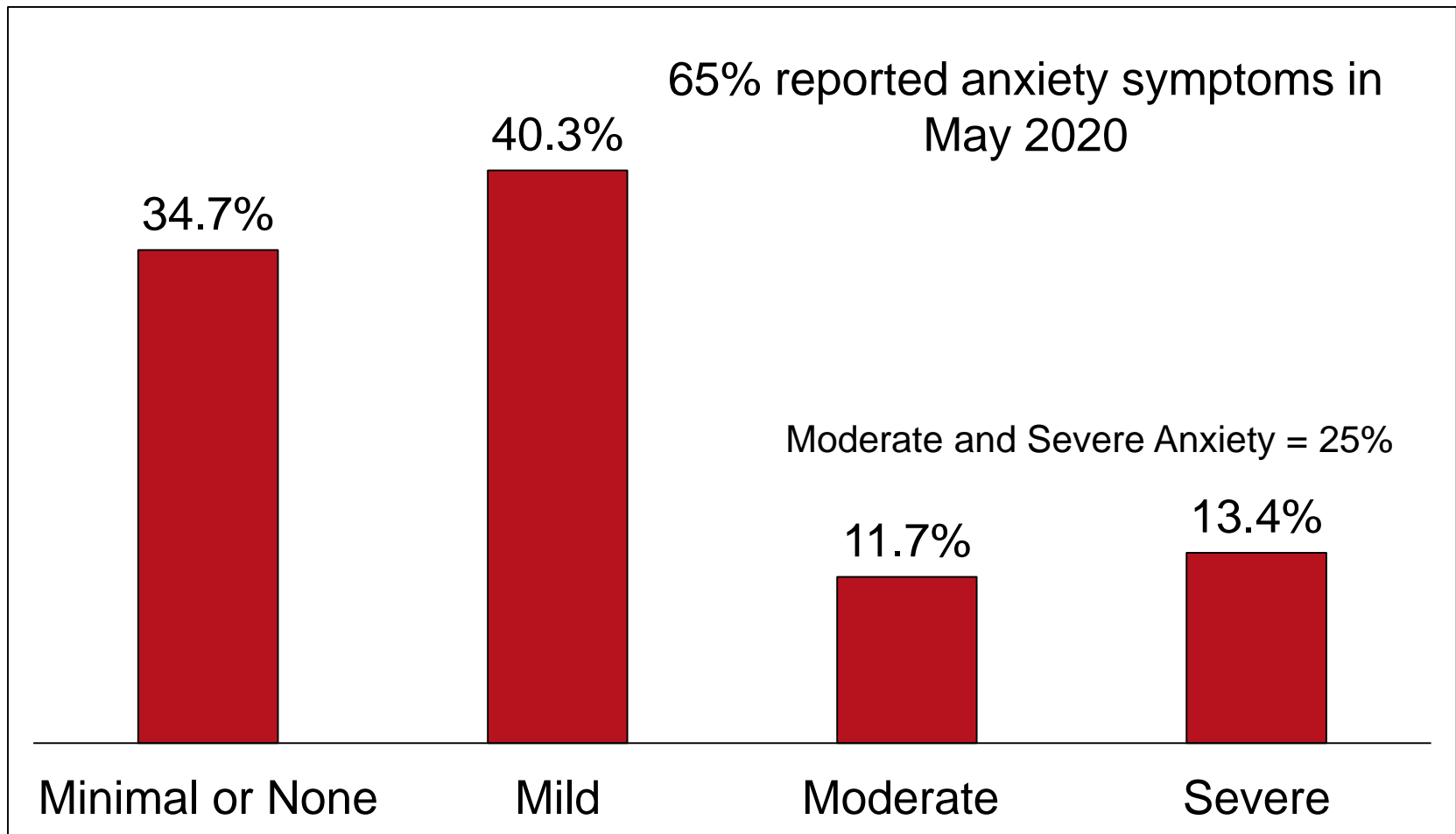
(higher scores = better quality of life)





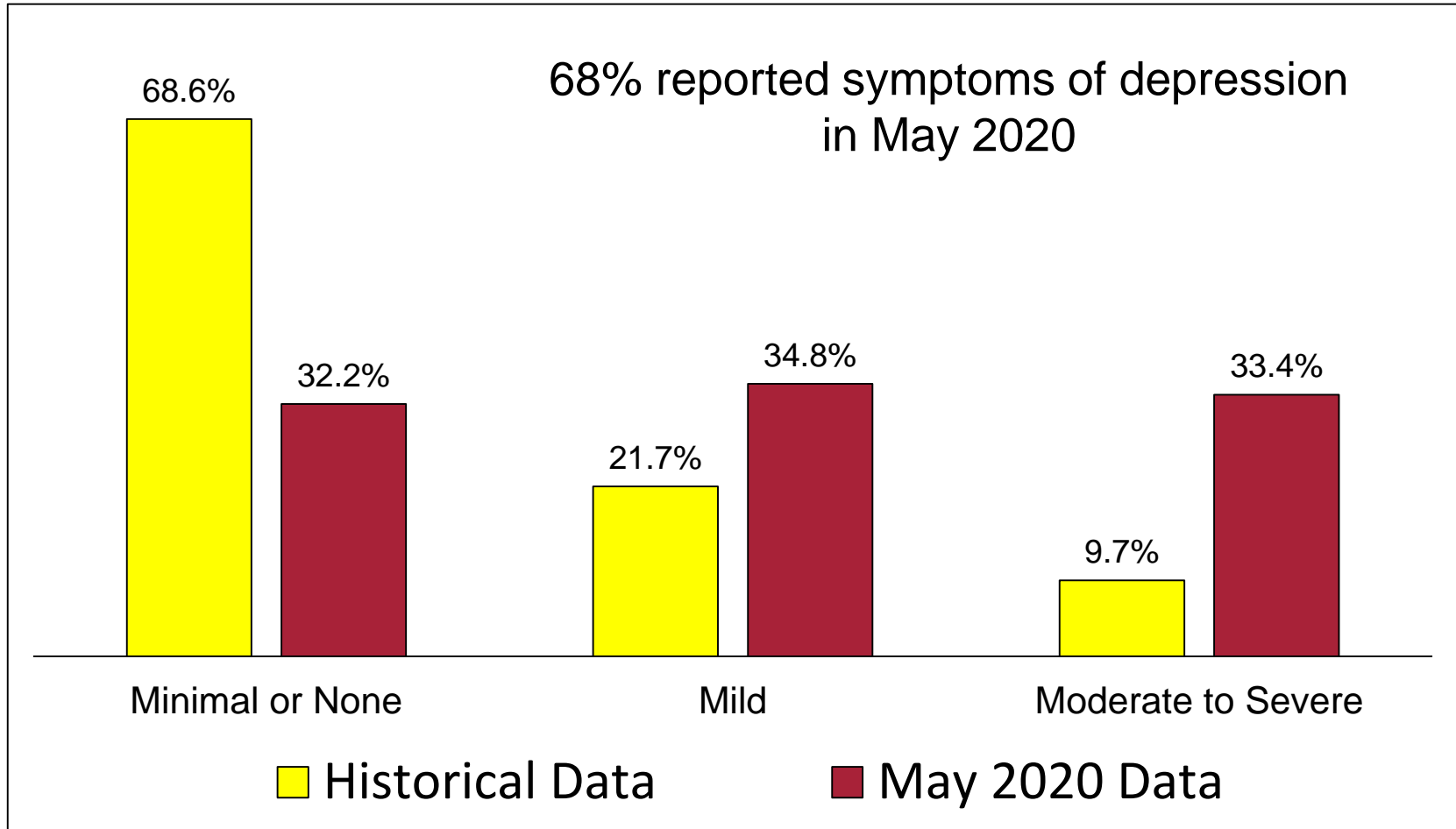
**RESULTS**

## Prevalence of Anxiety Symptoms in Adolescent Athletes During COVID-19 Related School Closures and Sport Cancellations in Wisconsin



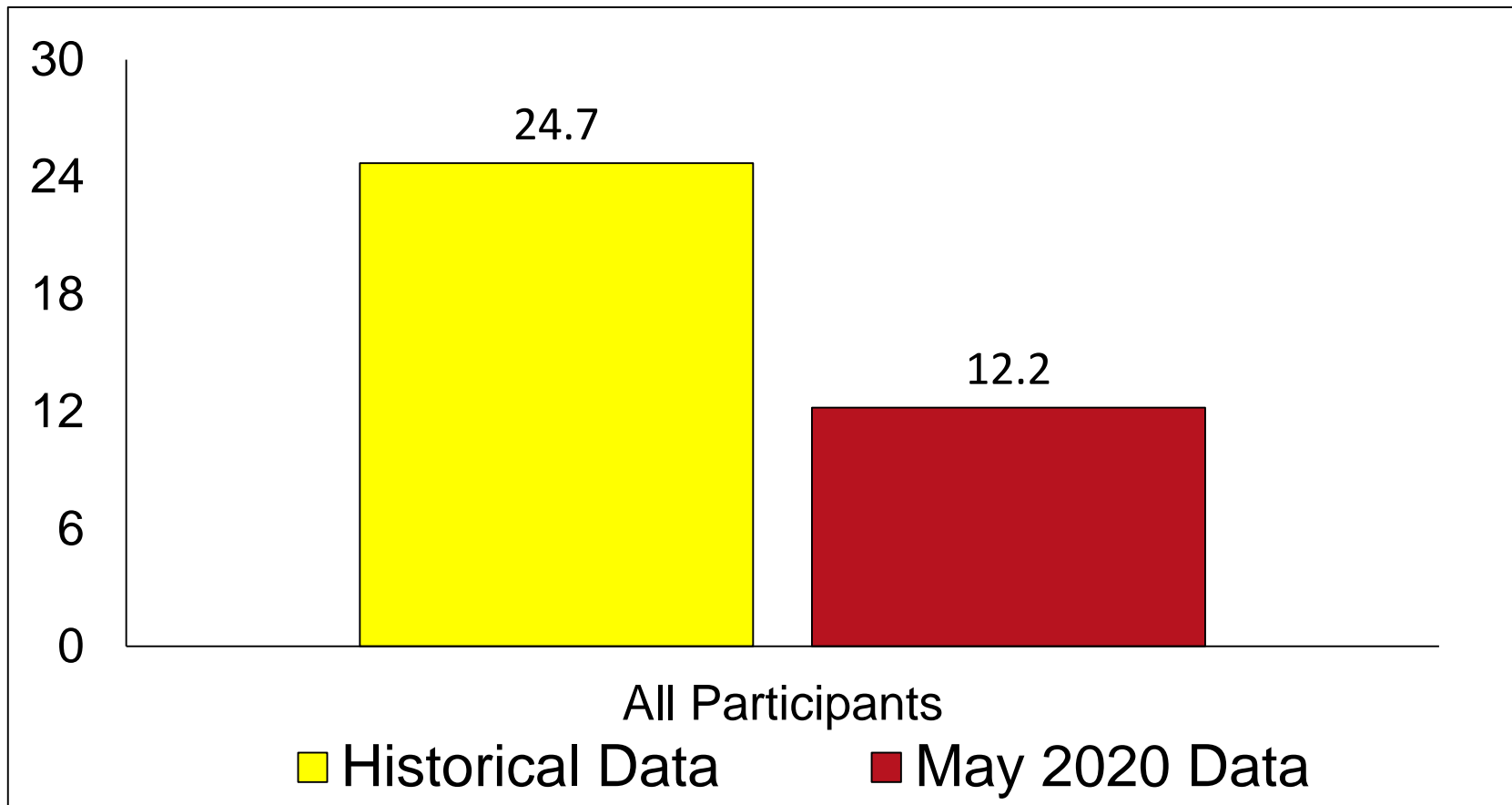


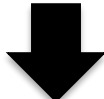
## Prevalence of Depression Symptoms in Adolescent Athletes During COVID-19 Related School Closures and Sport Cancellations in Wisconsin



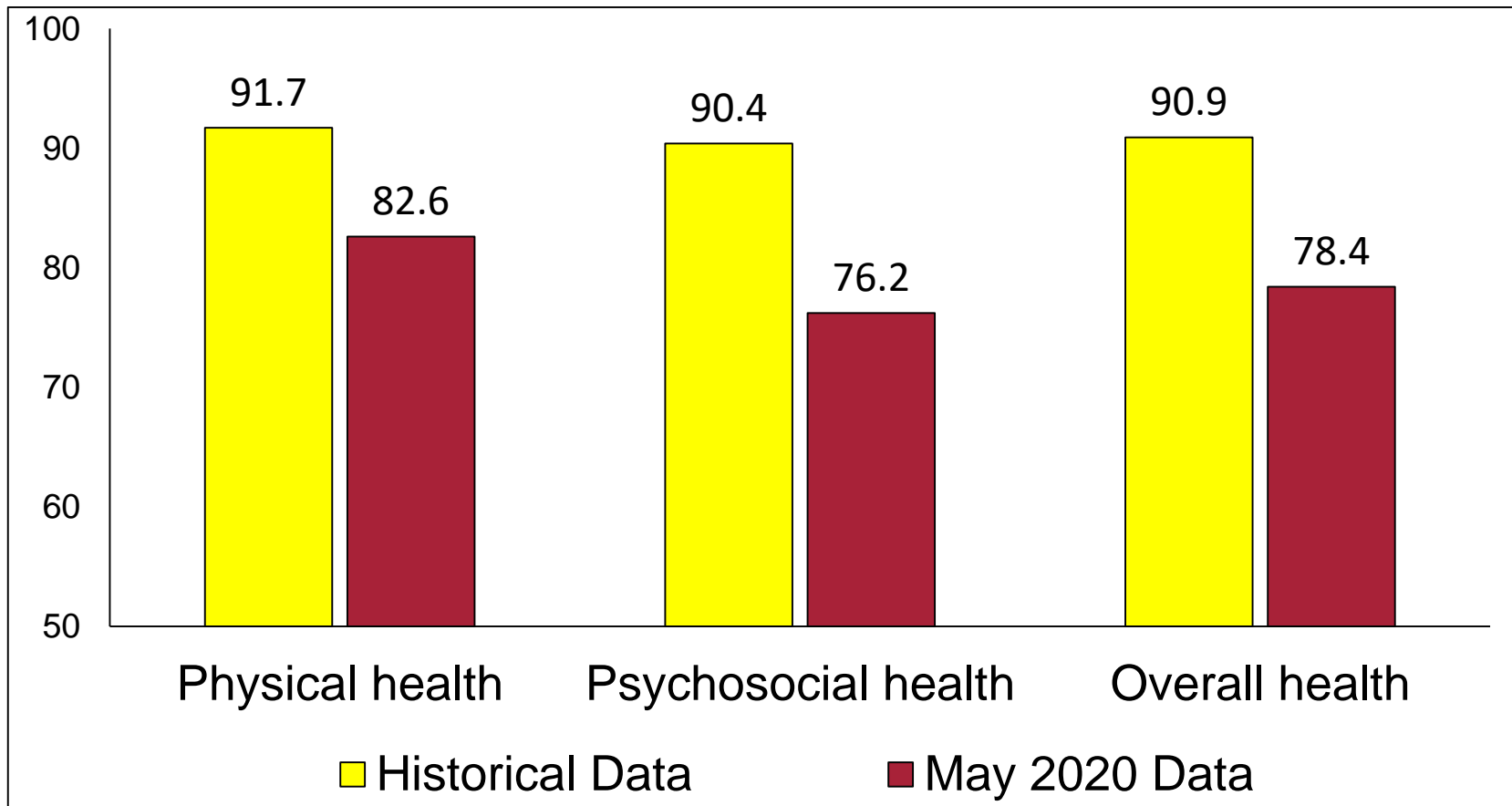
Moderate to Severe Depression was 3.5X higher during May 2020 ( $p < 0.001$ )

## Decrease of Physical Activity of Adolescent Athletes During COVID-19 Related School Closures and Sport Cancellations in Wisconsin



**Physical Activity**  **50% in May 2020 ( $p < 0.001$ )**

## Decreases in the Health Related Quality of Life of Adolescent Athletes During COVID-19 Related School Closures and Sport Cancellations in Wisconsin



**Quality of Life**  **in May 2020 ( $p < 0.001$ )**



**DISCUSSION**

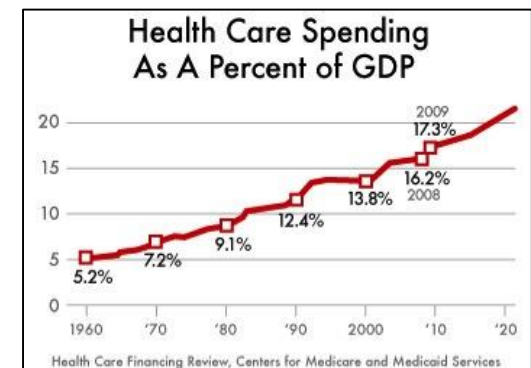


COVID-19 related school closures in Wisconsin are associated with worsening mental health, physical activity and health related quality of life

No existing data showing the impact of COVID-19 on the health and well-being of Wisconsin adolescent athletes.



The negative psychosocial effects may result in additional health care utilization and spending in future years.



# Mental Health

Estimates = 66,000 Wisconsin adolescent athletes at risk for depression.

In the short term, mental health disorders can impact whether these students use drugs/alcohol, stay in school, engage with peers or graduate from high school.



In the long term, these disorders can become chronic and influence whether these individuals go on to college, use drugs/alcohol extensively or form meaningful lifelong relationships.

# Mental Health

Previous studies have demonstrated that prolonged quarantines can negatively impact mental health.

Schools play an **important role** in providing access to mental health services for **disadvantaged** students.



Medical providers, parents, and policy-makers must recognize the mental health strain the current pandemic is placing on adolescent athletes.

# Physical Activity

Physical Activity was 50% lower than levels reported prior to COVID-19

Physical activity has a beneficial effect on a wide range of health outcomes in adolescents.



Exercise and organized sports are widely recognized as powerful antidepressant and anti-anxiety interventions.

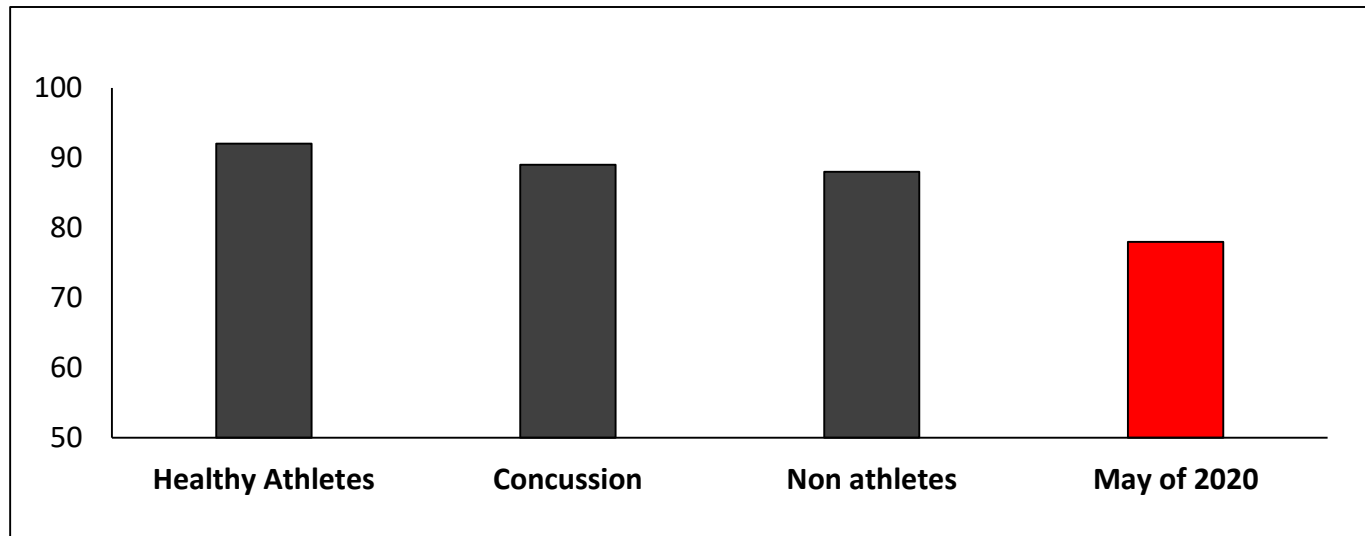
The negative effects of the COVID-19 pandemic on anxiety or depression are likely going to be perpetuated by continued lower rates of exercise and organized sport opportunities.

Limiting exercise and organized sports opportunities during the 2020/21 academic year can be expected to exacerbate these harmful health conditions and outcomes.



# Health Related Quality of Life

The quality of life scores in May 2020 were lower than previous research on healthy adolescents, non athletes and athletes with significant sports injuries such as a concussion.



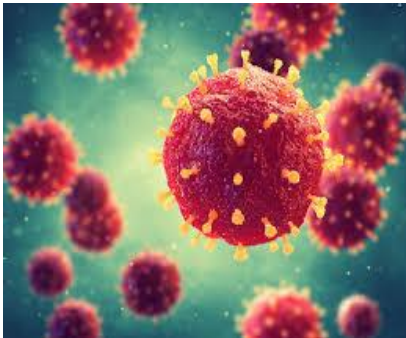
Quality of life scores were much lower than reported previously in Wisconsin student athletes during the 2015 – 2018 school years.



**CONCLUSIONS**



COVID-19 related school closures and sport cancellations in Wisconsin appear to be associated with significant, negative impacts on the health and well-being of Wisconsin adolescent athletes.



Public health experts and school administrators need to consider the impacts (benefits and risks) of prolonged school closures and sport cancellations when considering steps to limit the spread of COVID-19 in Wisconsin.

# Tim McGuine PhD, ATC

University of Wisconsin  
School of Medicine and Public Health

[mcguine@ortho.wisc.edu](mailto:mcguine@ortho.wisc.edu)

