

# ASAA Return-To-Practice 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 Practices</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)
Practice	<p>Participants, if possible, when not exercising or competing, social distancing of a minimum of 6 feet should be maintained.</p> <p>Accommodations should be made for High risk participants.</p>	<p>Practices should be limited to the facility’s capacity to have participants 10’ apart.</p> <p>Maintain a minimum of 20 minutes between the end of a practice and the beginning of a subsequent practice for</p>	<p>In person school is canceled</p> <p>All indoor activities cease</p> <p>Maintaining virtual contact with</p>

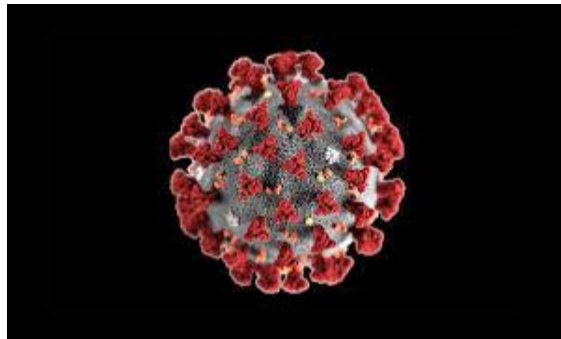
	Those that have been sick should stay at home	<p>cleaning purposes. Focus on individual skill development and conditioning. Limited Contact with Others (increased distance and decreased exposure time); Limited Sharing of Equipment.</p> <p>Workouts should be conducted in “pods” of students with the same 5-12 students working out together weekly to limit overall exposures</p> <p>Accommodations should be made for High risk participants.</p> <p>Those that have been sick should stay at home</p>	<p>participants is encouraged</p> <p>Outdoor conditioning can be held with 10' maintained between all individuals</p>
Participant Screening (includes advisors, coaches and supervisors)	<p>Prior to attending participants, coaches and advisors must sign a waiver of liability related to COVID-19</p> <p>Screen participants 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 participants, coaches and advisors must sign a waiver of liability related to COVID-19</p> <p>Screen participants 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>Outdoor conditioning - Screening of participants, coaches and advisors that is done at medium risk continues</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>Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.</p> <p>Weight equipment should be wiped down thoroughly before &amp; after each individual's use</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>Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.</p> <p>Weight equipment should be wiped down thoroughly before &amp; after each individual's use</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 shared equipment, (including balls, bats, mats, etc.) should be cleaned intermittently and prior to the next session. (Intermittently - every 10 min)</p>	<p>Monitor number of individuals in locker rooms so students can be 6 feet apart.</p> <p>Facility should have signage of cleaning and COVID protocols and visual indicators (cones, tape, etc.) of proper spacing between individuals</p>	<p>No use of indoor facilities</p> <p>Outdoor facilities should have visual indicators of proper distancing</p>

	<p>Hand sanitizer should be plentiful and available to all participants.</p>	<p>Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.</p> <p>As much as possible no sharing of equipment. Any shared equipment, (including balls, bats, mats, free weights, etc.) should be cleaned frequently and prior to the next session. (Frequently - every time drill is stopped)</p> <p>Hand sanitizer should be plentiful and available to all participants.</p>	<p>No sharing of equipment</p> <p>Hand sanitizer should be plentiful and available to all participants.</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>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.</p>	<p>Cloth face coverings by participants must be used when not engaging in vigorous activity.</p> <p>Coaches 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 minimize sweat from transmitting onto equipment/surfaces.</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>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 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>Outdoor conditioning – same as medium risk</p>

By Activity	Tier 1, 2 & 3 – practice can be held using the low risk protocols	Tier 1, 2 & 3 – practice can be held using the medium risk protocols	Tier 1, 2 & 3 – Outdoor conditioning can be held with 10’ maintained between all individuals
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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



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# 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"/>

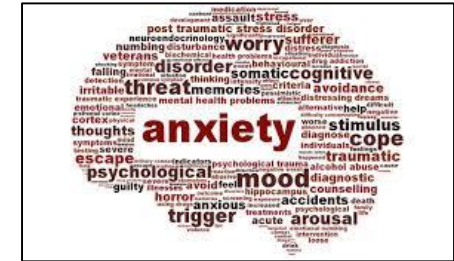
# Assessments

## 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

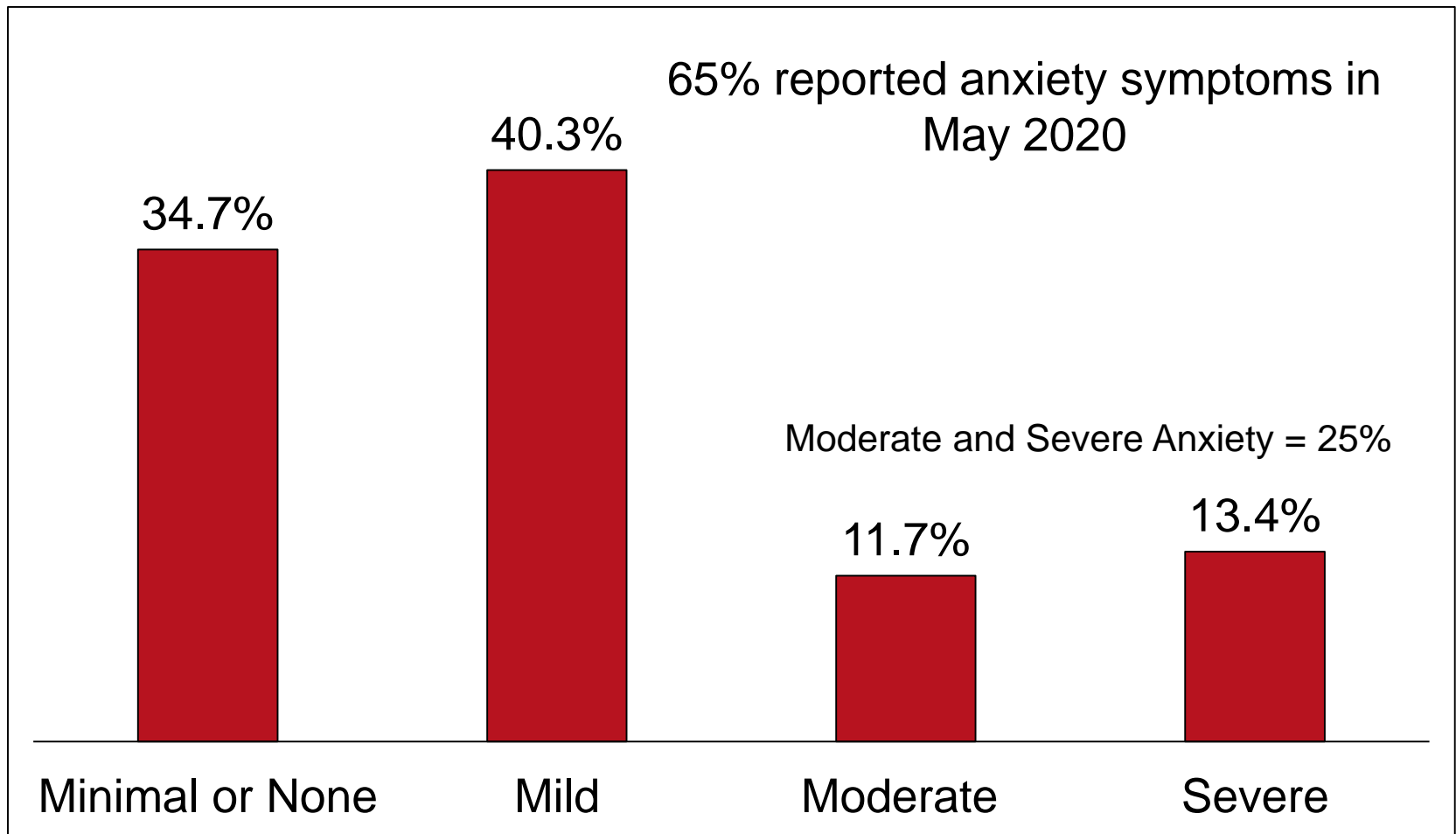
(higher scores = better quality of life)





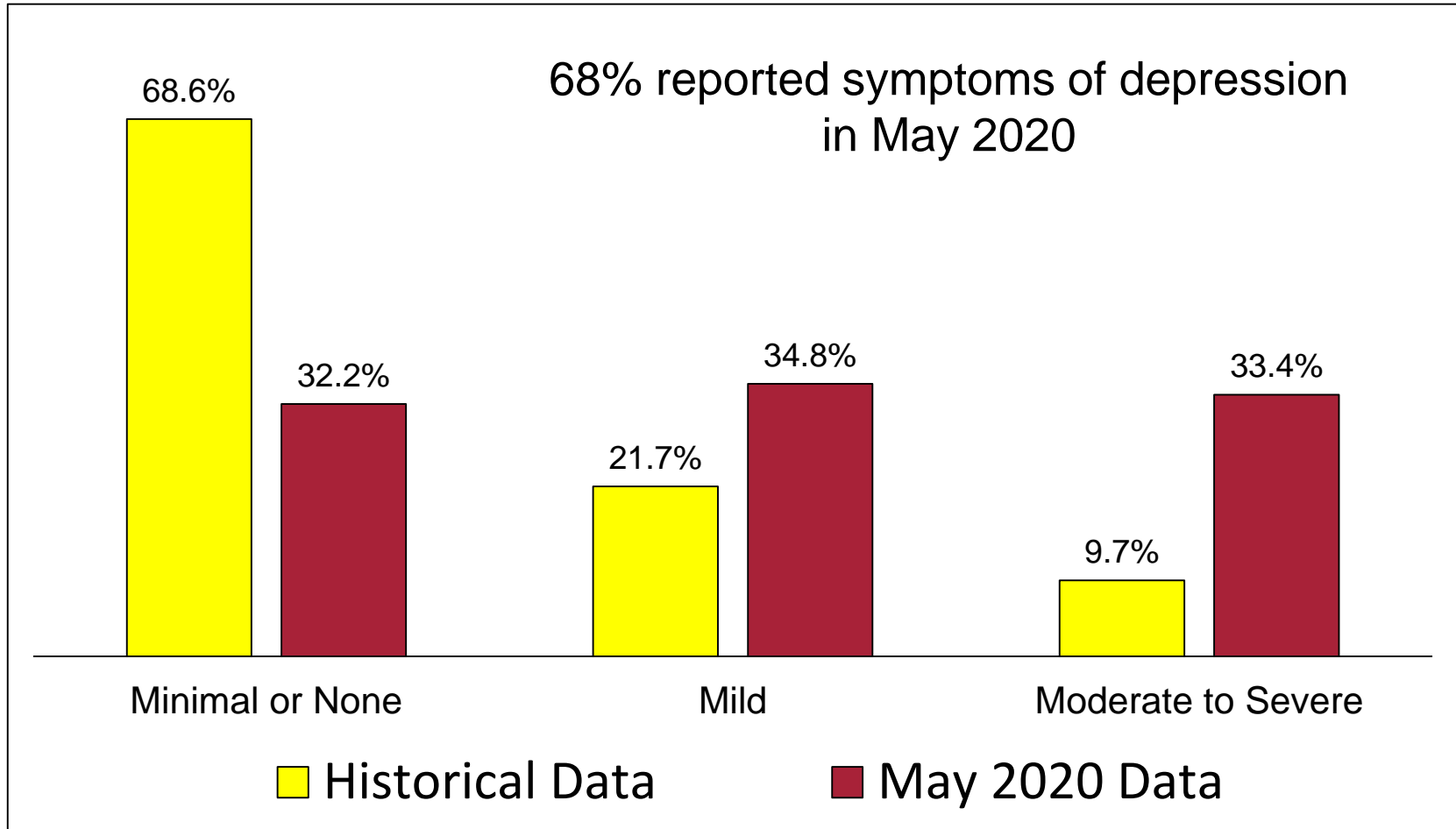
**RESULTS**

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



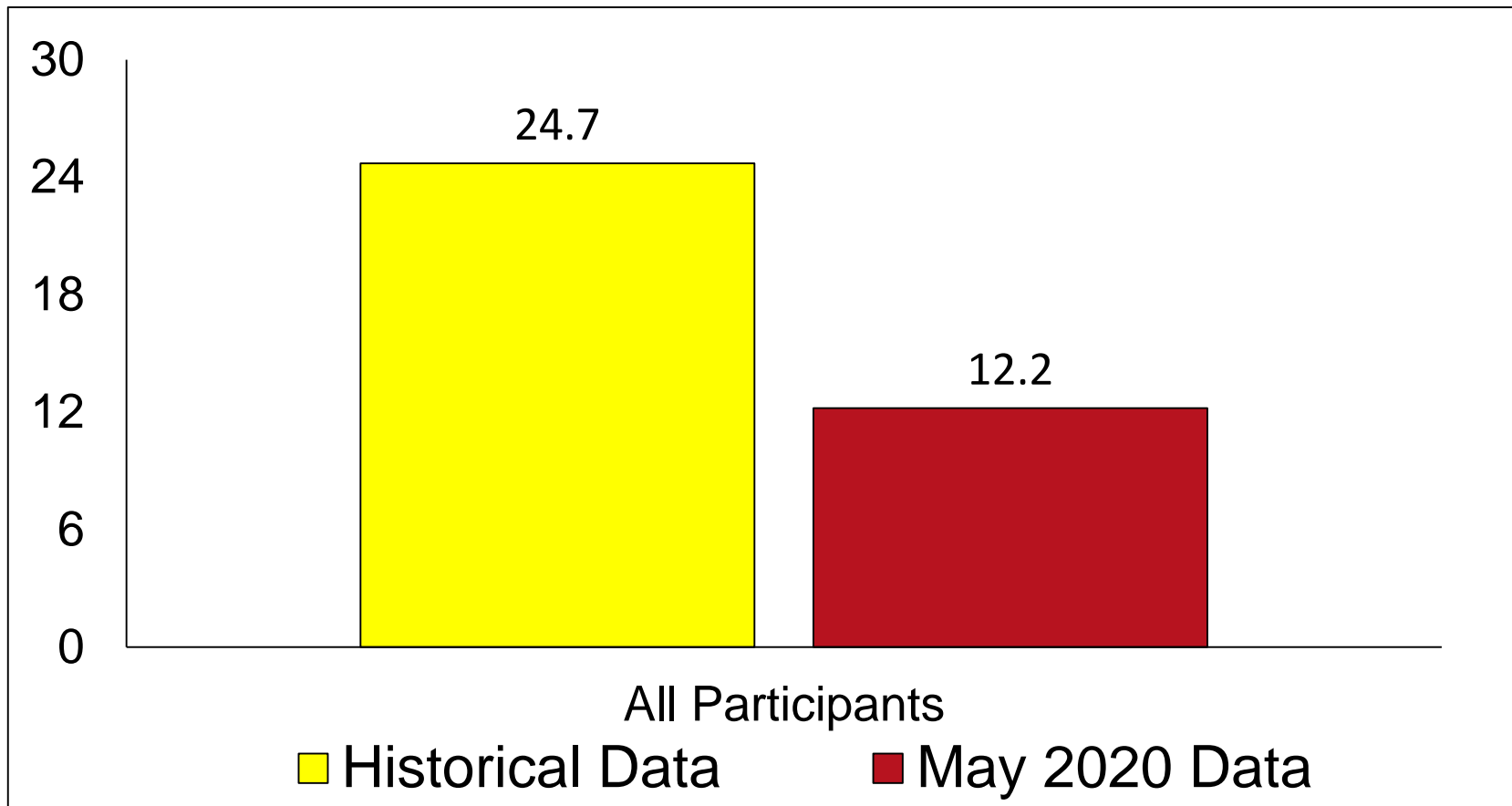


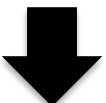
## Prevalence of Depression Symptoms in Adolescent Athletes During COVID-19 Related School Closures and Sport Cancellations in Wisconsin



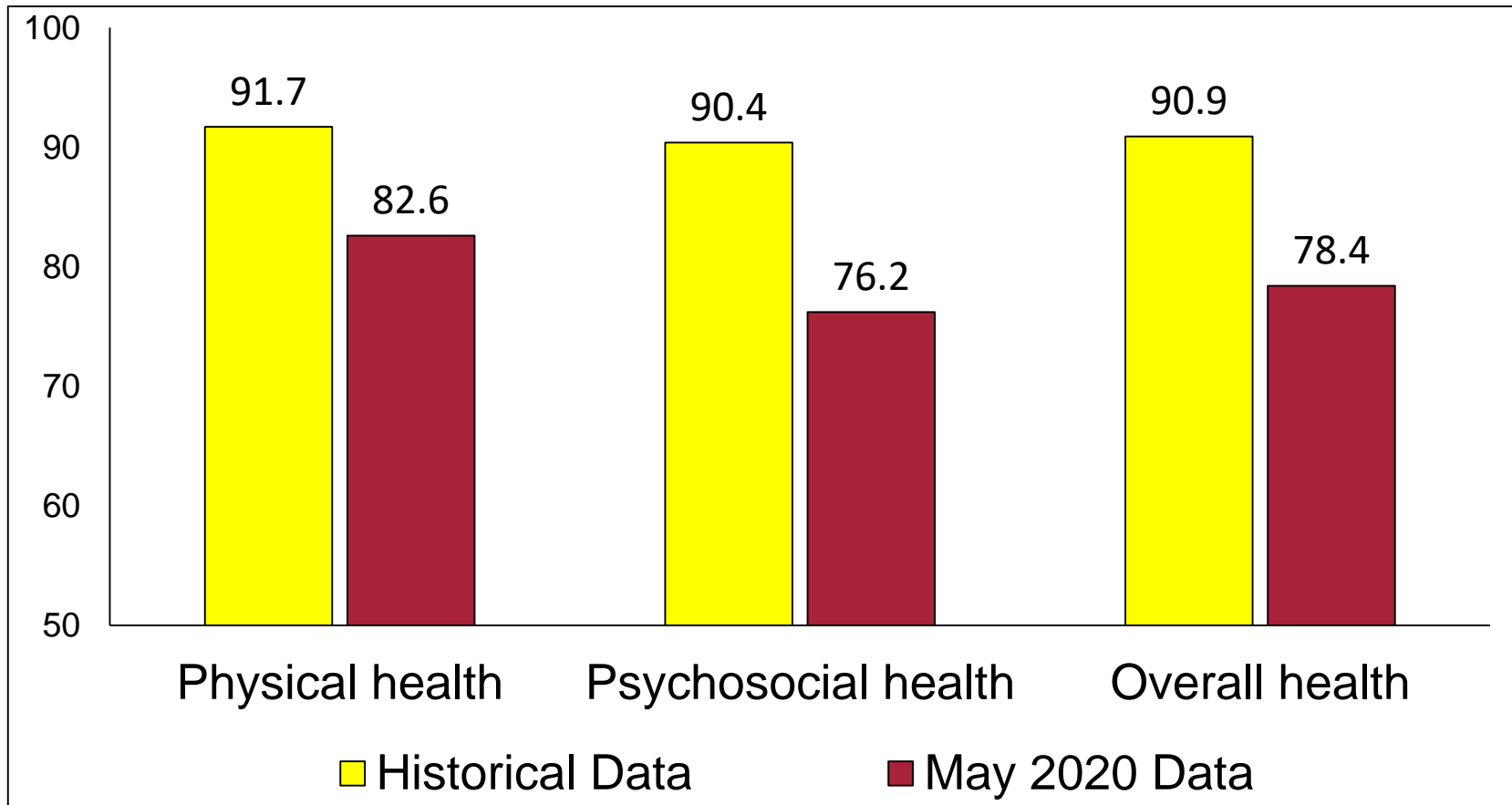
Moderate to Severe Depression was 3.5X higher during May 2020 ( $p < 0.001$ )

## 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**

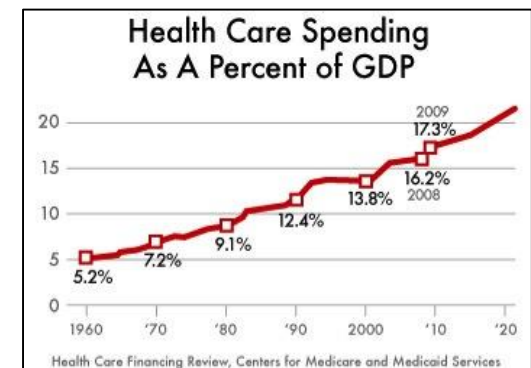


COVID-19 related school closures in Wisconsin are associated with worsening mental health, physical activity and health related quality of life

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.

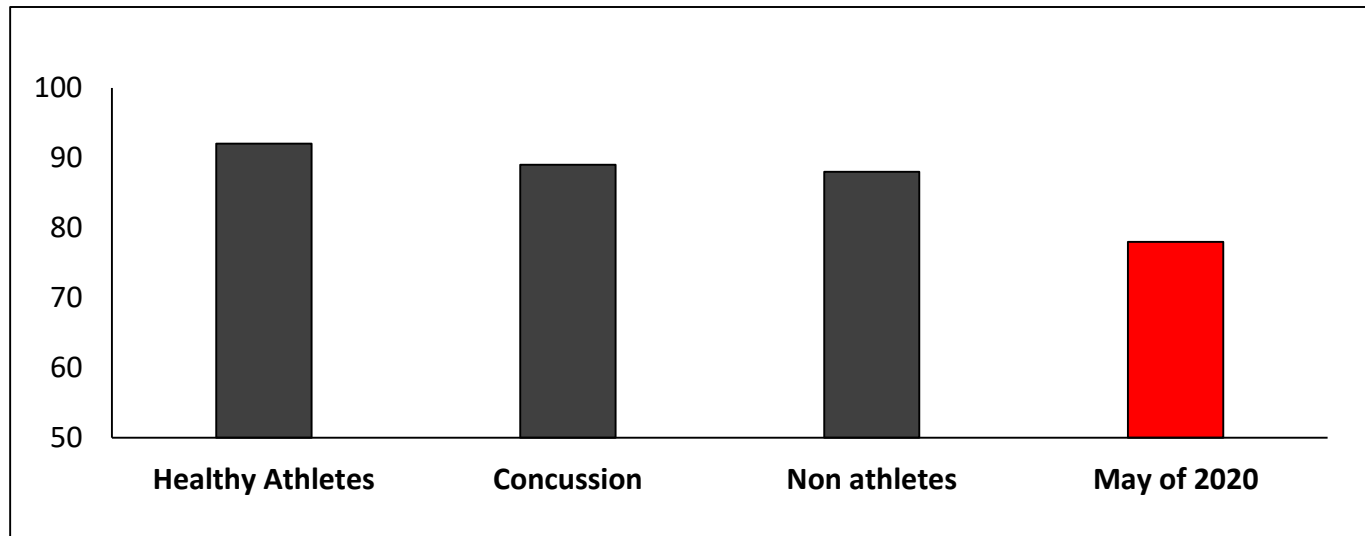
The negative effects of the COVID-19 pandemic on anxiety or depression are likely going to be perpetuated by continued lower rates of exercise and organized sport opportunities.

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.



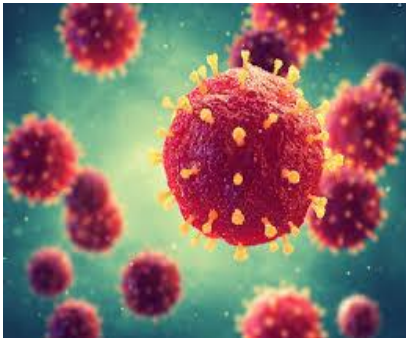
Quality of life scores were much lower than reported previously in Wisconsin student athletes during the 2015 – 2018 school years.



**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.

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