

**Sports Activities**  
**Information for consideration in planning for COVID-19**  
**June 2, 2020**

**Initial instructions to all team members:**

- If you have symptoms. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

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

- If any team members or coaches should begin to experience any of these symptoms, they should report it to the coach and stay at home. If they persist or get worse, they should then contact their primary care provider and consult with them. A test may be completed.
- Team members/Coaches should not return to participation until the symptoms are gone for 10 days from the beginning of symptoms
- It is advised to not have informal gatherings amongst team members or with other youth. To do so increases their potential for contracting or spreading COVID-19.
  - Any individual that you spend 15 minutes or more in a day, less than 6 feet apart is considered a close contact.

**COVID-19 Testing**

- Testing is completed at the direction of a Primary Care Physician. Even after testing, individuals should not be participating. Results usually take about 3 days. Results will be delivered from their Primary Care Physician. DO NOT CALL Siouxland District Health Department, we do not give out test results.
  - If results are negative, the individual should not participate until 10 days have elapsed since onset of symptoms or 3 days after the fever being gone without using any fever reducing medication
  - If results are positive:
    - Coaches should be notified, and they should notify Siouxland District Health Department or their local public health agency if not in Woodbury County.
    - Individual should not be allowed to participate and should be instructed to stay at home.
    - Create a list of teammates that may be considered as close contacts (see definition below)

**Close Contact**-A close contact is defined as someone who was within 6 feet of an infected person for at least 15 minutes starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to positive specimen collection) until the time the patient is isolated.

**Positive Test Results scenarios and who might be required to isolate:** (these are being provided for your information, specific instructions will be provided to the individual from their health care provider and also from public health.)

- Member of the team tests positive
  - Household members they live with
  - Teammates that fit the definition of close contacts
  - Boyfriends/Girlfriends if they have spent time together
  - Households where the team member may have spent extended time to meet the close contact definition
- Household member of a player tests positive
  - Household contacts include the player
  - Individuals that have spent extended time at the household and meets the definition of a close contact
  - Co-workers of the household member
- Co-worker of a member of the household tests positive
  - Member of the household who is a close contact

Isolation requirements vary from situation to situation but looking at the definition of who would be considered a close contact gives you some idea of what might be requested. This will be determined as a part of the contact investigation that is conducted by the local public health agency.

Resources for use:

COVID-19 in Iowa - <https://coronavirus.iowa.gov/pages/resources>

CDC Coronavirus- 19 - <https://www.cdc.gov/coronavirus/2019-ncov/community/index.html>

**Transportation considerations:**

- **Iowa Department of Education “Summer Sports Transportation”**  
<https://educateiowa.gov/sites/files/ed/documents/2020-05-28COVID-19SummerSportsTransportationGuidance.pdf>
  - Under Social Distancing Guidance it recommends that passengers sit in the same seat going to and returning on the trip. As an added precaution, it might be best to complete a seating chart to record who sat in what seats. If a positive case is identified that has ridden on school transportation, they will be asked to recall who they were in close contact with and with the potential of multiple trips within a week, may not be able to accurately recall.

**Concession Stands**

- Concession stands may be operated to the extent that they follow the mandates and recommendations for all food and beverage establishments.

- Specific Guidance for Concession Stands can be found at <https://dia.iowa.gov/sites/default/files/documents/2020/06/dia-guidance-for-concession-stands-and-temporary-food-events.pdf>
- A list of FAQ that may be helpful are located at [https://dia.iowa.gov/sites/default/files/documents/2020/05/dia-covid-19-faqs-for-food-businesses\\_1.pdf](https://dia.iowa.gov/sites/default/files/documents/2020/05/dia-covid-19-faqs-for-food-businesses_1.pdf) . These are updated regularly, so check back for changes and updates as needed.
- Stand operators must implement reasonable measures to ensure social distancing of gathering participants, increased hygiene practices, and other public health measures to reduce the risk of transmission of COVID-19.
- Any plan should include how the measures will be implemented and who will be responsible for implementing and enforcing them.
- In addition to any guidance included in the above-mentioned links and documents, stand operators should follow these recommended precautionary actions:
  - Closely monitor food employee hand-washing and other hygiene practices.
  - Increase cleaning, sanitizing, and disinfecting frequencies for all areas of the establishment, especially high-contact surfaces such as door handles, tables, chairs, and restroom fixtures.
  - Ensure disinfecting and sanitizing agents are effective for COVID-19. (A list can be found at <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2> )
  - Monitor employees for signs of illness, and send ill workers home immediately. Ill workers should stay home for ten days after they start having symptoms AND at least three days after fever and other symptoms stop (for any illness).
  - Implement flexible leave policies and educate all food workers to stay home if they are ill.
  - Do not require health care provider notes for food workers to return to work.