



COVID-19 and the NCAA/NJSIAA

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Disclosures

None, other than I am fed up with Covid19

Objectives

1. Describe the mitigation strategies implemented by the NCAA and the CDC to decrease the spread of COVID 19 in the collegiate and high school sport settings.
2. Discuss the current COVID screening, testing, and quarantine practices in the NCAA
3. Review high risk behaviors that were identified during the NCAA season that could lead to Covid 19 spread

NCAA Football Team Physician Survey

- 102 respondents
- 36.9%-unsafe.
- 96.1% were testing athletes for COVID-19
- 78.6%-mandatory quarantine period before resuming activities.
 - ✓ 20% -1 week,
 - ✓ 20% -2 weeks, and
 - ✓ 32.9%- quarantined to negative COVID-19 test.

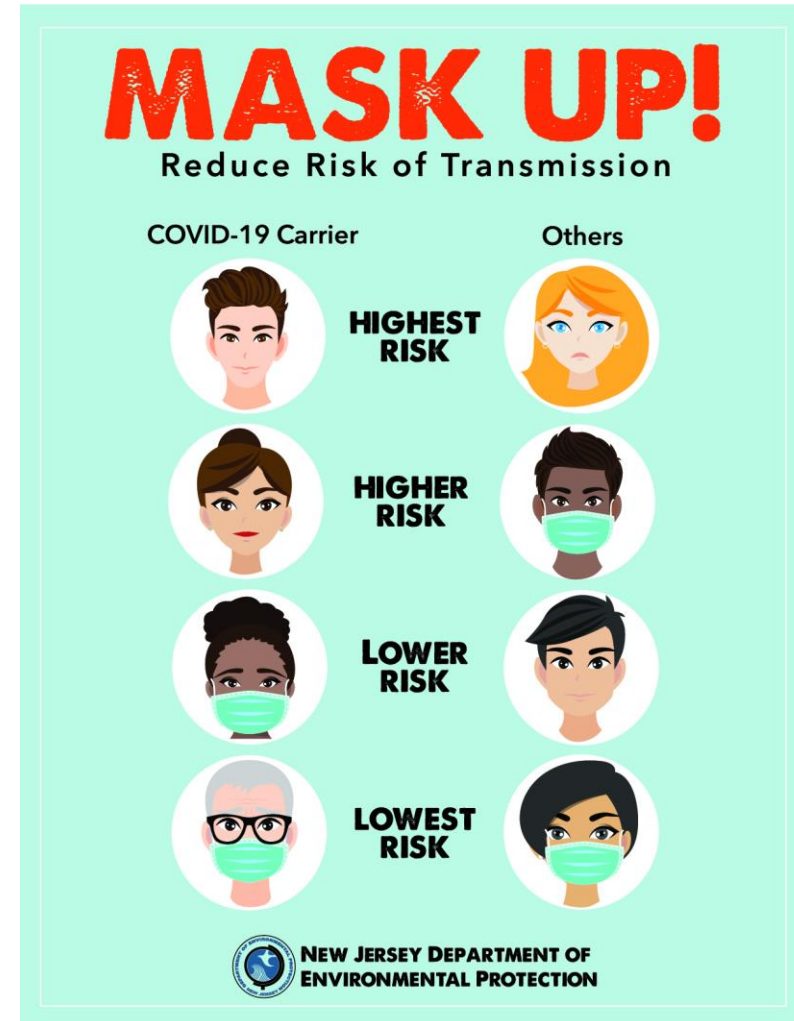


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Mitigation Techniques in the NCAA

- The Easy Stuff:
 - ✓ Physical distancing
 - ✓ Universal masking
 - ✓ Maximizing outdoor activity during training
 - ✓ Hand hygiene
 - ✓ Limited to 0 spectators



Mitigation Techniques in the NCAA

- Technology
 - ✓ Daily symptom checker
 - ✓ Symptom tracking Apps
 - ✓ Contact tracing
 - ✓ Telehealth visits and check-ins



CampusClear

Ivy.ai, Inc Education

 Everyone

 This app is available for some of your devices

 Add to Wishlist

★★★★★ 199 

Install

What About High Schools?

- Limitations
 - ✓ More participants
 - ✓ Less access to testing
 - ✓ Harder to contact trace



- Goals
 - ✓ Organized Return to Play plans
 - ✓ Individualized plans
 - ✓ Coordinated Pre/Post season precautions



What About High Schools?

- ✓ Similar to college
 - Stay home if:
 - Positive viral test
 - Compatible symptoms
 - Close contacts within 14 days
 - Travel



What About High Schools?

- ✓ School by School will vary
 - Increase in cases=less sports
 - Priority shutdown of sports with shared equipment
 - Maintain cohorts of students
 - Avoid unnecessary travel



What About High Schools?



COVID-19 Regional Risk Matrix

**For use by LHDs when providing guidance to school districts*

Low Risk	Moderate Risk	High Risk	Very High Risk
<p>Evaluate alternatives to in-person learning to ensure continuity of work or educational services.</p> <p>In response to a COVID-19 case among staff or students, follow COVID-19 exclusion criteria; work with local health department to identify and exclude close contacts following NJDOH guidance; refer to guidance on cleaning and disinfection.</p> <p>In response to ill students and staff, follow NJDOH School Exclusion List.</p> <p>* If ill person had potential exposure in past 14 days, follow COVID-19 exclusion criteria; wait at least 24 hours and clean/disinfect areas where ill person spent time.</p> <p>Permit limited activities involving interaction with multiple cohorts, ensuring adherence to precautions.</p>	<p>Consider a mixture of remote and/or hybrid learning approaches, and/or fully remote learning.</p> <p>In response to a COVID-19 case among staff or students, follow COVID-19 exclusion criteria; work with local health department to identify and exclude close contacts following NJDOH guidance; refer to guidance on cleaning and disinfection.</p> <p>In response to ill students and staff with COVID-19 compatible symptoms, follow COVID-19 exclusion criteria; wait at least 24 hours and clean/disinfect areas where ill person spent time.</p> <p>Recommend minimizing activities that involve interaction with multiple cohorts (i.e. clubs, assemblies, sports).</p>	<p>Consider implementing fully remote learning.</p> <p><i>If schools remain open for in-person learning:</i></p> <p>In response to a COVID-19 case among staff or students, follow COVID-19 exclusion criteria; work with local health department to identify and exclude close contacts following NJDOH guidance; refer to guidance on cleaning and disinfection.</p> <p>In response to ill students and staff with COVID-19 compatible symptoms, follow COVID-19 exclusion criteria; wait at least 24 hours and clean/disinfect areas where ill person spent time.</p> <p>Recommend restricting activities that involve interaction with multiple cohorts (i.e. clubs, assemblies, sports).</p>	<p>Recommend fully remote learning</p>

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Screening and Testing-NCAA

- The Not So Easy Stuff
 - ✓ Routine testing (**how routine???**)
 - ✓ Isolation and quarantine (**how long???**)



Routine Testing-NCAA

- Better safe than sorry- daily/every other day testing
- NCAA recommendations: within 72 hours of competition
- Daily self-health checks
- Contact Tracing



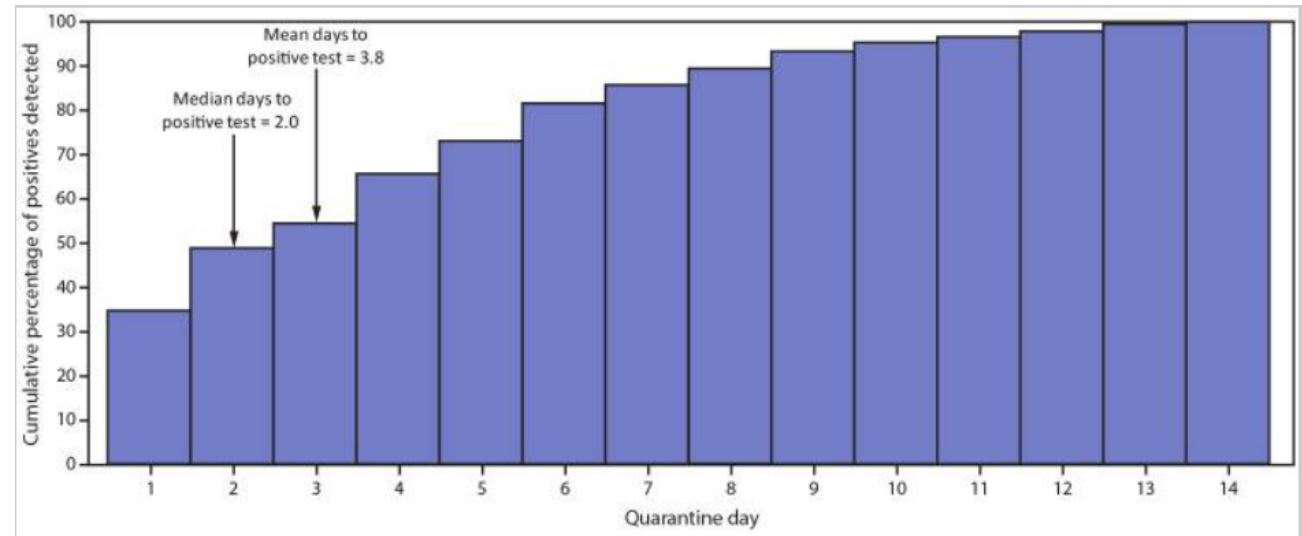
Time from Start of Quarantine to SARS-CoV-2 Positive Test Among Quarantined College and University Athletes

- Louisiana State University Health Sciences Center, Baton Rouge, Louisiana
- University of Arizona, Tucson, Arizona
- University of Washington School of Medicine, Seattle, Washington
- University of Kansas School of Medicine, Kansas City, Kansas
- Duke University Medical Center, Durham, North Carolina
- North Carolina State University, Raleigh, North Carolina

• **1830 Total Athletes Surveyed**

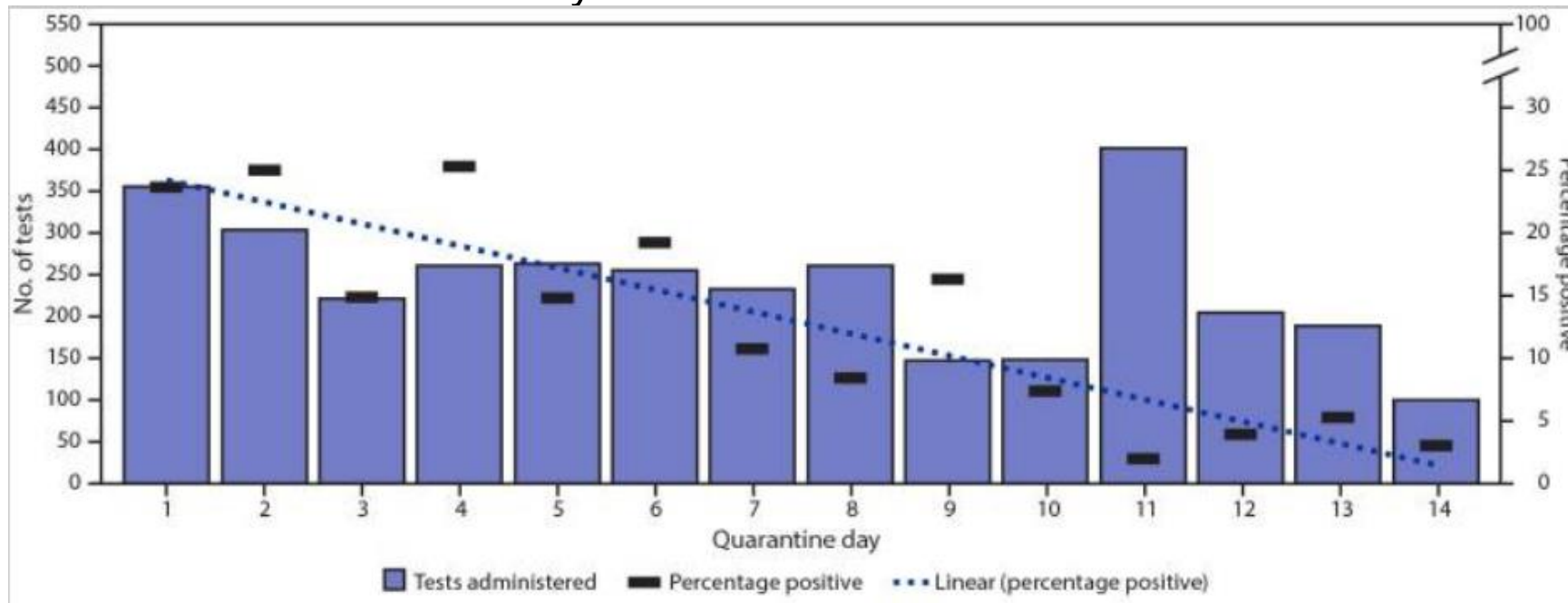
Isolation and Quarantine- NCAA

- The Not So Easy Stuff
 - ✓ Isolation: 10 days if asymptomatic
 - ✓ 25% of athletes tested positive via RT-PCR during quarantine
 - ✓ Mean positive: 3.8 days
 - ✓ No positive by day 5:
 - Probability 27% after day 5
 - Probability <5% after day 10



The Findings....

- Answers to The Not So Easy Stuff:
 - ✓ Isolation for 10 days
 - ✓ Quarantine close contacts for 10 days



What About High Schools?

- Practices
 - ✓ Pre-arrival COVID-19 testing
 - Athletes
 - Trainers
 - Coaches
 - **All before the season starts**
- Game Day
 - ✓ **Screening form and temperature check in**

https://www.state.nj.us/health/cd/documents/topics/NCOV/COVID_GuidanceForSportsActivities.pdf

What About High Schools?



Guidance for Sports
Activities

February 8, 2021

Youth and Adult Indoor Sports Interstate Restrictions

Pursuant to Executive Order No. 194 (2020), all interstate games and tournaments for indoor youth sports, up to and including high school, are prohibited until further notice. "Indoor interstate youth sports competition" includes any sports game, scrimmage, tournament, or similar competition that is conducted indoors with opposing teams or individuals from different states competing against each other and which would require an opposing team or individual to travel from a state outside of New Jersey. It also would prohibit out-of-state teams from hosting competitions in the state. Administrative Order No. 2020-25, issued December 31, 2020, clarified that the restrictions regarding interstate youth sports competitions also apply to youth sports competitions conducted outdoors. **These restrictions on interstate competitions remain in effect.**

In addition, New Jersey, Maine, Rhode Island, New Hampshire, Vermont, Connecticut, and Massachusetts have extended a regional commitment to suspend interstate hockey competitions for public and private schools and youth hockey through at least March 31, 2021.

Behavior of the athletes off the field. Athletes who do not consistently adhere to social distancing (staying at least 6 feet apart), mask wearing, handwashing, and other prevention behaviors pose more risk to the team than those who consistently practiced these safety measures. Operators and coaches should encourage all participants to abide by applicable infection control protocols outside of the sports activity.

Testing of participants. Testing is recommended if an athlete, coach, or other team member is sick, was exposed to a person who has COVID-19 or had "close contact" with an individual. Any further testing recommendations are dependent on the re-evaluation of the state's testing priorities.

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The Findings....

- Risk Stratification:
 - ✓ 40.7% reported exposure at social gatherings
 - ✓ 31.7% from roommates
 - ✓ 12.7% from athletic activities



TABLE

Sports played, symptoms, and exposure type among quarantined college and university athletes with COVID-19 exposure — 17 states, June–October 2020

Sport, symptom, and type of exposure	RT-PCR test results, no. (%)		
	Total	Positive	Negative
Total	1,830	458	1,372
athletes*	(100.0)	(100.0)	(100.0)
Sport played			
Football	846	249	597
	(46.2)	(54.4)	(43.5)
Track and field/Cross country	190	23 (5.0)	167
	(10.4)		(12.2)
Soccer	121	24 (5.2)	97 (7.1)
	(6.6)		

Takeaway

- Things are always changing
 - ✓ Stay up to date
- Understand the data
- Stay Organized
- Use common sense



Thank You!!

