



COVID-19 RE-ENTRY  
PROTOCOLS, POLICIES AND PROCEDURES  
FOR STUDENT-ATHLETES, COACHES AND ATHLETICS STAFF

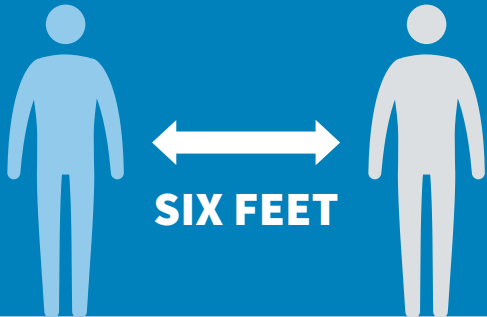
**PEPPERDINE ATHLETICS  
RETURN TO CAMPUS PROTOCOL**

# TABLE OF CONTENTS

<b>GENERAL HEALTH GUIDELINES .....</b>	<b>3</b>	<b>INFECTION CONTROL POLICY .....</b>	<b>27</b>
<b>LETTER FROM DIRECTOR OF ATHLETICS STEVE POTTS ..</b>	<b>4</b>	PROGRAM & INFRASTRUCTURE .....	29
<b>ACKNOWLEDGEMENT FORM .....</b>	<b>5</b>	TRAINING & COMPETENCY .....	29
<b>PHASED APPROACH QUICK LOOK .....</b>	<b>7</b>	ATHLETICS HEALTHCARE STAFF SAFETY .....	29
<b>RE-ENTRY CHECKLIST GUIDELINES .....</b>	<b>8</b>	SURVEILLANCE & REPORTING.....	29
<b>RETURN TO TRAINING PROTOCOL.....</b>	<b>9</b>	HAND HYGIENE.....	30
PREP FOR RETURN TO CAMPUS.....	10	PERSONAL PROTECTIVE EQUIPMENT .....	30
STUDENT-ATHLETE AND STAFF RETURN .....	11	RESPIRATORY HYGIENE/COUGH ETIQUETTE .....	31
PHASE I GUIDELINES .....	12	TRANSMISSION BASED PRECAUTIONS .....	31
IN-PERSON TRIAGE.....	13	ENVIRONMENTAL CLEANING .....	32
ATHLETICS FACILITIES ACCESS .....	13	DISINFECTION & CLEANING OF EQUIPMENT.....	32
PHASE II & III GUIDELINES.....	14	STORAGE OF MEDICAL SUPPLIES .....	32
ADDITIONAL GUIDELINES & CONSIDERATIONS .....	15	MEDICAL DEVICES .....	33
HAND HYGIENE, EQUIPMENT .....	15	DATING MEDICATIONS & SUPPLIES .....	33
PPE.....	15	REFERENCES.....	33
ESSENTIAL PERSONNEL .....	15		
ATHLETIC TRAINING CENTER.....	16		
SPORTS PERFORMANCE CENTER .....	16		
<b>COVID TRIAGE DAILY CHECKLIST FORM.....</b>	<b>18</b>		
<b>MEMORANDUM TO HOUSING CONTRACT.....</b>	<b>19</b>		
ROOMMATE/SUITEMATE AGREEMENTS .....	20		
HEALTH & SAFETY CHECKS.....	20		
GUESTS & GATHERINGS .....	20		
FACE COVERINGS .....	20		
ROOM CARE .....	21		
COMMON AREAS .....	21		
ROOM CHANGES .....	22		
SICK MEALS .....	22		
BUILDING EVACUATIONS.....	22		
<b>ACADEMICS POLICY.....</b>	<b>23</b>		
ATHLETICS ACADEMIC CENTER .....	24		
STUDY HALL .....	24		
TUTORING.....	24		
<b>ATHLETICS FACILITIES INFECTION CONTROL .....</b>	<b>25</b>		
EDUCATION & AWARENESS .....	26		
PPE SUPPLIES AROUND ATHLETICS FACILITIES.....	26		
CLEANING SCHEDULES .....	26		

# STAY SAFE WAVES

*Follow these guidelines while in this space:*



**MAINTAIN A SAFE DISTANCE FROM OTHERS**

**WEAR YOUR FACE COVERING**



**WASH OR SANITIZE YOUR HANDS REGULARLY**



Learn how the University is working to keep you safe.

[pepperdine.edu/coronavirus/restoration-plan](https://pepperdine.edu/coronavirus/restoration-plan)

**PEPPERDINE**



Dear Waves,

These last few months have been some of the most challenging times we have faced together and I am so incredibly proud of how you have all responded to the uncertainty that surrounds us. As a group, we have come together, supported each other, and continued to excel in spite of the circumstances. I am grateful for how committed you are to your academic success while doing the best you can to maintain the skills and fitness required for your sport. We will undoubtedly come out of this better and stronger, together.

Our staff has worked tirelessly to create the safest possible environment for you to return to train, practice, and, eventually, compete. The pages that follow outline those plans and we are committed to ensuring that we follow all face covering, physical/social distancing, cleaning, and sanitation protocols issued by the Los Angeles County Department of Public Health and the State of California.

As Waves, the most important thing we can do for each other is to conduct ourselves with the utmost concern for the health and safety of our teammates, coaches, classmates, and other members of the Pepperdine community. We must commit to behavior that keeps us and everyone around us safe which includes wearing a face covering when not actively exercising, maintaining appropriate physical distance from everyone outside of your housing unit, not gathering with others (outside of your team or housing unit), and using extreme caution when the need arises to leave campus for essential activities like grocery shopping. Make no mistake, Los Angeles County still maintains that you are "safer at home" and we intend to keep our home, Pepperdine University, as safe as we can. You play an active and important role in that plan.

Please read through our plan thoroughly and pay specific attention to the COVID-19 Acknowledgement form. We will continue to provide you with the information you need to return to campus and your sport in the safest way possible. If you choose to not participate in intercollegiate athletics during the 2020-2021 academic year due to concerns related to the COVID-19 pandemic, your agreed-upon athletics grant-in-aid for that academic year will not be impacted. If you have any questions or concerns, please contact me or the sports medicine staff.

I can't wait to see you all back on the field, court, course, or in the pool.

GO WAVES!

A handwritten signature in black ink that reads "Steve Potts". The signature is fluid and cursive, with the first letters of the first and last names being capitalized and prominent.

Steve Potts  
Director of Athletics  
steve.potts@pepperdine.edu

# PEPPERDINE ATHLETICS COVID-19 ACKNOWLEDGEMENT FORM

STUDENT-ATHLETE: \_\_\_\_\_ SPORT \_\_\_\_\_

In order to maintain a high level of safety and minimize the risk of novel coronavirus exposure to student-athletes and staff, the Pepperdine Athletics Department has mandated testing and screening in relation to COVID-19.

Coronaviruses are a large family of viruses that are common in people and many species of animals. The novel coronavirus 2019 (SARS-CoV-2) is a new coronavirus that has not been previously identified. This new coronavirus is responsible for the disease called COVID-19, which mainly affects the respiratory system and is associated with symptoms such as fever/chills, cough, shortness of breath, difficulty breathing, sore throat, and/or loss of taste or smell. Of concern is that COVID-19 can be contagious even before someone who is infected has symptoms, and some people who have COVID-19 may never have symptoms. The virus is thought to spread through respiratory droplets produced when an infected person coughs or sneezes. Spread is more likely when people are in close contact when these droplets land on others or shared surfaces. Nasal swab or saliva testing is used to detect the current presence of the SARS-CoV-2 while blood draw tests are used to detect the antibodies produced by the body after exposure to SARS-CoV-2.

## ACKNOWLEDGEMENT AND CONSENT

I, \_\_\_\_\_, understand and acknowledge that the Pepperdine Athletics Department mandates that all student-athletes undergo risk and symptom screening, and formal testing for the presence of SARS-CoV-2 and/or its associated antibodies prior to participation in training, practice, or competition. Additionally, I have read and understand the aforementioned currently-known facts about SARS-CoV-2, COVID-19, and testing.

By initialing below, I agree to or understand the following:

\_\_\_\_\_ I understand that by participating in athletics at Pepperdine University, I am at risk of contracting COVID-19 and will report all symptoms to the sports medicine staff.

\_\_\_\_\_ I agree that I have read and understand the content provided above, affirm that I have fully disclosed in writing any prior medical history and/or knowledge of potential or confirmed SARS-CoV-2 exposure to the sports medicine staff and consent to all required screenings and testing in relation to SARS-CoV-2 and COVID-19.

\_\_\_\_\_ I understand that it is important to my own health and safety and the health and safety of those around me that I provide truthful information concerning any possible exposure to coronavirus and/or symptoms of COVID-19 to the sports medicine staff.

\_\_\_\_\_ I understand that in the event that I test positive for COVID-19, information regarding my positive test will be shared with the appropriate Pepperdine University personnel and reported to the required agencies as established by federal, state or local mandate.

\_\_\_\_\_ I understand that I have the right to talk to the sports medicine staff regarding any questions or concerns I may have about SARS-CoV-2, COVID-19 and my health and safety in general, and that I have been encouraged to do so at any time.

\_\_\_\_\_ I understand that if I choose not to participate in intercollegiate athletics during the 2020-21 academic year due to my concerns related to the COVID-19 pandemic, my agreed-upon athletics grant-in-aid for that academic year will not be impacted.

Print Name \_\_\_\_\_ DOB \_\_\_\_\_

Student-Athlete Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian if under 18 \_\_\_\_\_ Date \_\_\_\_\_

# PEPPERDINE ATHLETICS AGREEMENT TO FOLLOW NOVEL CORONAVIRUS PUBLIC HEALTH STANDARDS

STUDENT-ATHLETE: \_\_\_\_\_ SPORT \_\_\_\_\_

The goal of the Pepperdine Athletics Department is to minimize the risk of exposure to the Novel Coronavirus disease, and to keep our student-athletes and the Pepperdine Community safe.

## AGREEMENT TO FOLLOW PUBLIC HEALTH STANDARDS OUTLINED BY PEPPERDINE UNIVERSITY

I, \_\_\_\_\_, agree to comply with and adhere to the following public health standards relating to the COVID-19 virus, including but not limited to the following:

- Face coverings will be worn at all times in athletics facilities and while on Pepperdine's campus, except when proper social distancing can be guaranteed by the sports medicine staff.
- Student-athletes will not come to athletics facilities and/or events (including treatments/rehab, meetings, practice, individual workouts, sports performance training sessions, etc.) if they are symptomatic.
- Student-athletes will practice physical and social distancing measures both on and off campus, including the following:
  - Stay at least 6 feet (2 meters) from other people
  - Avoid gathering in groups
  - Avoid crowded places and mass gatherings
  - Wear a face covering when outside your home unit
  - Use appropriate hand and cough hygiene
- Wash hands thoroughly for a minimum of 20 seconds or use hand sanitizer when entering or leaving a location outside your home, including campus facilities.
- Maintain physical distancing outside of the Sports Performance Center, Athletic Training Center, and in all other athletics facilities locations.
- Refueling Stations within the Sports Performance Center and Athletic Training Center are no longer self-serve for student-athletes - items will be distributed by sports performance coaches and staff.
- Self-Isolation for a minimum 14 day period and removal from team activities and workouts will be required for a positive COVID-19 test. If a student-athlete is exposed to an infected individual, a 14-day quarantine is mandatory.

Print Name \_\_\_\_\_ DOB \_\_\_\_\_

Student-Athlete Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian if under 18 \_\_\_\_\_ Date \_\_\_\_\_



# PEPPERDINE ATHLETICS RETURN TO CAMPUS PHASED APPROACH

## PHASE I

FITNESS PROGRESSION TRAINING | 2-4 WEEKS

### DAY 1-5 ON CAMPUS

- COVID-19 viral test immediately upon arrival (SHC).
- Quarantine 2-3 days while test results come back.

#### NEGATIVE TEST RESULT:

- Report for antibody testing.
- Move into fall semester housing assignment.
- Receive pre-participation physical exams and baseline sports performance testing.
- Upon medical clearance, begin fitness training with sports performance staff.

#### POSITIVE TEST RESULT:

- Immediately move into isolation housing for a minimum of 14 days.

### GUIDELINES

- Progressive return to sport to ensure student-athlete safety.
- Daily wellness checks prior to facility access.
- No group gatherings or sessions.
- Maintain physical distancing at all times.
- When not performing exercise or receiving treatment that prohibits it, use face coverings at all times.
- Team and administrative meetings to remain remote.
- All athletics activities including fitness sessions and rehab must be by appointment only.
- All Locker rooms off-limits.
- Fueling stations moved to Sports Performance Center and will be administrated by staff.

## PHASE II

SKILL INSTRUCTION | 1-2 WEEKS

### GUIDELINES

- Progressive return to sport to ensure student-athlete safety.
- All phase I guidelines to continue but will allow small group sessions (skill work with one coach).
- All sessions limited to non-contact.

## PHASE III

TEAM PRACTICE | 1-2 WEEKS

### GUIDELINES

- All phase II guidelines to continue but will allow full sport training sessions and limited locker room access.
- Resume sport training in preparation for outside competition.
- Locker room use may begin with enhanced facility sanitization standards.

## PHASE IV

COMPETITIONS | TBD

### GUIDELINES

- All return to competition guidelines and timelines will be set by the West Coast Conference, Mountain Pacific Sports Federation, Pacific Coast Swim Conference or NCAA.

## NOTES

Due to rapidly changing conditions, these phases and guidelines may be adjusted as needed.

Cross country, tennis, golf and swimming & diving are sports that allow for physical distancing guidelines to be maintained more easily. As a result, these sports may enter phase II and III earlier than 'contact' sports.

This progress will be directed by the sports medicine staff.

# PEPPERDINE ATHLETICS COVID-19 REPORTING CHECKLIST

## PRE-ARRIVAL

### PRIOR TO COMING BACK TO CAMPUS

- Physical distancing (PD) practices in place two (2) weeks prior to campus arrival.
- Complete student-athlete COVID-19 return to activity education (Zoom meeting).
- Sign and return student-athlete COVID-19 acknowledgment form.
- Complete Blueocean medical documents.
- EKG and sickle cell screening for freshmen and transfers.

## ARRIVAL WEEK

### DAY 1

- **NO GATHERING AT ALL - STAY INSIDE!**
- Prepare supplies/groceries for two (2) to three (3) days of quarantine (athletics staff can help).
- Maintain PD practices during move.
- Meals will be delivered (if living in on-campus housing).
- Complete Daily Wellness Check by 8 a.m. PT.
- Report for virus testing at designated location and time.
- Return to quarantine housing until results are obtained and you are notified by your sports medicine staff member (2-3 days).



## NOTES

All checklist compliance will be orchestrated by the sports medicine staff.

## ARRIVAL WEEK

### DAY 2-5

- **Quarantine days two (2) and three (3).**
- **NO GATHERING AT ALL - STAY INSIDE!**
- Do not leave your dorm or residence unless for emergency.
  - Notify your sports medicine staff member of any emergency.
  - Complete Daily Wellness Check by 9 a.m. PT daily.
- **Days four (4), five (5) and six (6).**
  - Complete Daily Wellness Check by 8 a.m. PT.
  - After a negative test result, you may move into your fall housing assignment (if on-campus). All Housing rules apply (gathering and guest policy enforced).
  - Report for antibody screening at designated time.
  - After antibody screening, report for physical exams at designated location and time (roughly 3-4 hours, will be directed from your sports medicine staff).
- **MAINTAIN PHYSICAL DISTANCING and WEAR FACE COVERINGS AT ALL TIMES.**

## DAILY CHECKLIST

- Complete Daily Wellness Check by the time (to be determined) each day.
- Report to COVID-19 Triage Center (FFH parking lot) for check-in each day at a time (to be determined).
  - A wrist bracelet will be distributed to certify you each day for activity.
- **MAINTAIN PHYSICAL DISTANCING and WEAR FACE COVERINGS AT ALL TIMES.**
- Note: Masks will not be worn during exercise, but must be worn at all other times).



# **RETURN TO TRAINING PROTOCOL**

# RETURN TO TRAINING PROTOCOL

## INTRODUCTION

Pepperdine University Athletics is committed to the safety and well-being of our student-athletes across all sports. Allowing our student-athletes to return to campus for training in campus facilities with their teammates under the supervision of the sports medicine staff, sport coaches and the sports performance staff will not only enhance their physical wellbeing, but will also enhance their emotional well-being. This plan outlines three proposed phases in a return to training protocol.

Athletic facilities typically are shared environments with multiple individuals and groups of student-athletes all seeking the attention of the sports medicine clinician, the sports performance coach or the specific sport coach during a short consolidated period of time for physical therapy, training and conditioning session or sport specific training. This close contact environment in a shared space may act as a source for the spread of infection. It is critical that infection control standards be adopted to attempt to mitigate this risk as we return to campus and physical training.

Infection control in and around the Pepperdine Athletics facilities is a shared responsibility among the sports medicine staff, sports performance coaches, the student-athletes, and the university.

- Policy alignment with the office of the general counsel, campus Emergency Operations Committee (EOC) and Office of Insurance and Risk.
- Reporting, testing, monitoring, isolation, quarantine and resolution of symptoms process in place.
- Infectious disease education provided to athletics staff and student-athletes.

## PREPARATION FOR RETURN TO CAMPUS

# RETURN TO TRAINING PROTOCOL

## STUDENT-ATHLETE RETURN

- Prior to campus return, student-athletes will review all policies and protocols including education on physical distancing, daily symptom checklist and contact tracing protocols.
- Student-athletes are encouraged to limit high risk exposure and use physical distancing measures for two weeks prior to arrival.
- Any student-athlete that has had and recovered from COVID-19 will require follow-up screening to be completed with cardiologist.
- International student-athletes must quarantine for 14 days on arrival to US.
  - After quarantine, complete a viral test.
  - Antibody test completed at the conclusion of quarantine.

- Infectious disease education and Infection Control Policy provided to all staff
- Viral testing provided for all staff that work directly with student-athletes:
  - Sports medicine, sports performance, coaches, select administrator.
- Procurement of and education on cleaning and sanitation supplies and PPE.
- COVID-19-specific facility signage , traffic flow barriers, signage, tents and tables will be in place.
- Hand sanitizer stations will be in place at designated locations.

## STAFF RETURN

# RETURN TO TRAINING PROTOCOL

## PHASE I OPERATIONAL GUIDELINES

This phase constitutes the greatest risk to the student-athlete for injury as a result of deconditioning. A progressive return to activity must be completed. Extreme care should be taken to mitigate the risks of exposure and transmission of COVID-19.

### **Timeline:**

2 - 4 weeks

### **Activity:**

Only voluntary sports performance directed training and conditioning.

### **Considerations:**

- Acclimatization and periodization = progressive return to sports participation to limit injury risk.
  - Student-athletes have been de-conditioned during the “stay at home” orders and return to training should be gradual and closely controlled and monitored to reduce risk of injury.
  - If student-athlete has recovered from COVID-19, a slow progressive return to exercise should be very closely monitored.
- High risk, immunocompromised individuals will not be allowed to participate in Phase I. This includes moderate to severe asthma, diabetes, or other conditions determined to pose increased risk.
- Limited contact and team/staff interactions will mitigate risk of disease transmission
- Small groups will allow physical distancing guidelines to be followed and allow limited support staff to manage risk most effectively.

## PHASE I OPERATIONAL GUIDELINES

### ELECTRONIC PRE-CONTACT TRIAGE (EPCT)

Each morning, each student-athlete will complete the COVID-19 Daily Triage Checklist electronically. A sports medicine staff member will review the results and certify each student-athlete’s ability to enter the athletics facilities.

If the student-athlete is not certified, they will be contacted immediately and will not be allowed to enter the facilities. They will be directed to the next steps of evaluation. The certification list will be shared with the sport coach and sports performance coach.

\*Next steps for evaluation include: isolation and evaluation by the Student Health Center.

# RETURN TO TRAINING PROTOCOL

## PHASE I OPERATIONAL GUIDELINES

Those student-athletes that have been certified through the EPCT process will arrive at the Athletic Treatment Center (ATC) for in-person triage. The student-athlete will arrive at appointed times per their planned team activity in order to maintain physical distancing guidelines. The student-athlete will be triaged in the Firestone Fieldhouse parking lot using physical distancing guidelines.

Canopies, cones/barriers, ground tape, and signage will direct the student-athlete to the IPT station. At the station, a sports medicine staff member will complete the triage with an infrared temperature assessment and confirmation of the EPCT.

### IN-PERSON TRIAGE (IPT)

#### PASS

IPT certification will be noted and the student-athlete will be allowed to enter the athletics facilities following the guidelines outlined in this document.

The student-athlete will be given a wristband that identifies them as PASS for that specific day. They will not be admitted to any facility or workout without the color coded band.

#### FAIL

The student-athlete will be immediately isolated in a tent/area in the Firestone Fieldhouse parking lot. The Student Health Center will be contacted for further instructions.

### ATHLETICS FACILITY ACCESS

- All team locker rooms will be off-limits in order to minimize the risk of spreading disease. Student-athletes will not be allowed to gather in groups or congregate within any of the athletic facilities. They will be asked to maintain physical distancing guidelines as much as possible to mitigate contact risks.
- Team meetings and administration meetings should be completed remotely.
- Fueling will only occur post-sports performance sessions from the Sports Performance Center in Phase I.

#### **Athletic Treatment Center (ATC) Access**

- Student-athletes should only access the ATC as needed and by appointment only.
- Entry and exit of the ATC will be as follows:
  - Follow physical distancing guidelines.
  - Use hand sanitizer before entry and after exiting facility.
  - Entry - via the HFHH (Helen Field Heritage Hall) access ramp into the ATC foyer/elevator hall (no elevator use unless cleared by staff).
  - Exit - via the back stairwell and outside to the rear of HFHH.
- Student-athletes will only enter the ATC by appointment, after being certified and never without showering after a workout.
- Masks should be worn when the student-athlete is not performing exercise or treatment that prohibits mask use.

#### **Sports Performance Center (SPC) Access**

- Student-athletes should only access the SPC as needed and by appointment only.
- Use hand sanitizer before entry and after exiting facility.
- Entry and exit of the SPC will be as follows:
  - Follow physical distancing guidelines.
  - One-way entry based on indoor/outdoor facility used.
  - One-way exit based on indoor/outdoor facility used.

# RETURN TO TRAINING PROTOCOL

## PHASE II OPERATIONAL GUIDELINES

Phase II constitutes the midpoint of a complete return to training plan. During this phase, student-athletes and sport coaches will be allowed to interact in limited practice settings while maintaining a high level of physical distancing guidelines and infectious disease prevention precautions.

**Timeline:**

1-2 weeks

**Activity:**

Sports performance and individual (small group), sport practice sessions.

**Considerations:**

- Essential personnel - add sport coaches to this list from Phase I.
- Sport acclimatization - a progressive return to sport exercise plan will be developed to ensure each student-athlete's safety is the highest priority.
- All of the protocols and considerations in Phase I will continue except as noted below:
  - The addition of small group sport practice.
  - Coaches to schedule practice sessions for small groups with physical distancing guidelines in place as best as possible and per NCAA contact rules.
  - Limited to non-contact practice in Phase II.
  - Facility sanitization to occur after each small group session.
  - Equipment sanitization to occur after each small group session.
  - Each sport will have unique policies related to physical distancing guidelines.

## PHASE III OPERATIONAL GUIDELINES

Phase III constitutes a return to near normal training in preparation for the start of outside competition. During this phase, the student-athletes and sport coaches will be allowed to train as a team and begin contact practice in preparation for outside competition while continuing to maintain high attention to monitoring, hygiene and sanitization.

**Timeline:**

1-2 weeks

**Activity:**

Sports performance session and team practice sessions.

**Considerations:**

- Progression to team contact practice and competition.
- All of the protocols and considerations in Phase I and II will continue except as noted below.
  - The addition of team contact practice and scrimmage.
  - Locker room use with facility sanitization standards in place.

# RETURN TO TRAINING PROTOCOL

## ADDITIONAL GUIDELINES & CONSIDERATIONS

### HAND HYGIENE, EQUIPMENT & COMMON MATERIALS

- Athletics staff will use and demonstrate appropriate hand hygiene, by thorough hand washing or the use of approved hand sanitizer, before and after contact with each athlete.
- Student-athletes entering any facility will be required to use hand sanitizer before entering and after exiting the facility. Sanitizer stations will be located outside the facilities entrance and exit.
- To minimize the spread of potential germs, student-athletes will not handle any equipment or perform any self treatment in the Athletic Treatment Center. All treatments will be directed and facilitated by the sports medicine staff. This includes the following; ice bags, heat application, any modality and recovery therapy, and hydration preparation and equipment.
  - If a student-athlete must handle equipment for exercise rehabilitation purposes, the equipment will be sanitized immediately post exercise. Consideration should be given to the ability to effectively sanitize the equipment. If the equipment is porous and or difficult to sanitize, other methods will be employed for the treatment or exercise.
- Student-athletes should minimize the contact with strength training equipment in the Sports Performance Center. Consideration will be given to the ability to effectively sanitize the equipment. If the equipment is porous and or difficult to sanitize, other methods will be employed for the activity.

- Personal protective equipment, including but not limited to gloves and masks (surgical and N95) will be available for use by the athletic trainers and sports performance coaches.
- Used PPE and contaminated materials (such as used PPE, sharps, contaminated medical waste) will be discarded in appropriately labeled containers and disposed of through appropriate methods.
- All staff will be educated on the appropriate and proper use and disposal of PPE.

### PERSONAL PROTECTIVE EQUIPMENT (PPE)

### ESSENTIAL PERSONNEL

Student-athlete contact should be limited to essential personnel during the return to training protocol.

- Phase I contacts:
  - Sports performance staff
  - Sports medicine staff
- Phase II contacts:
  - Sports performance staff
  - Sports medicine staff
  - Sport coaches
- Phase III contacts:
  - Sports performance staff
  - Sports medicine staff
  - Sport coaches
  - Athletics support staff (Administration, Academics, etc.)

# RETURN TO TRAINING PROTOCOL

## ADDITIONAL GUIDELINES & CONSIDERATIONS

### ATHLETIC TRAINING CENTER

### PHYSICAL SPACE & EQUIPMENT CLEANING STANDARDS

- All exposed surfaces (desks, counter tops, chairs) will be cleaned with CDC-approved antiviral and anti-bacterial cleaners at the start and end of each day.
- Treatment surfaces will be cleaned with appropriate anti-viral and anti-bacterial cleaners after an athlete has been treated utilizing that surface.
  - Disinfectant spray and wipes will be used in these areas. Proper surface dwell time will follow the manufacturer's recommendations for sanitization (CaviCide1 and DisCide recommends a one-minute dwell time to sanitize hard and nonporous surfaces).
- Floors, bathrooms and other hard surface areas will be cleaned at the end of each day with CDC-approved disinfectant by university housekeeping staff.
- Physical distancing guidelines will be maintained as best as possible in the Athletic Treatment Center.
  - Pre-practice treatment and individual rehabilitation times will be made by appointment only.
  - Treatment tables will be spaced out to maintain appropriate physical distancing considerations.
  - Number of student-athletes in the Athletic Treatment Center at any given time will be limited to eight or less.
    - Treatment time will be limited to eight student-athletes or less and rehabilitation time slots to be limited to two student-athletes or less in the space.

The same disinfecting standards as mentioned above with the addition of the following considerations:

- Physical distancing guidelines will be maintained as best as possible in the Sports Performance Center.
  - If the session is inside, the number of student-athletes per exercise group will be limited to eight (8) or less.
  - Physical distance will be maintained when performing cardio training.
  - Indoor training will be limited during Phase I (no cardio treadmill or bike use indoors).
  - Student-athletes will be asked to bring and utilize their own sweat towel or disposable towel (provided by staff) to wipe their sweat (equipment will be wiped with sanitizer after each student-athlete use).
    - Student-athletes will be required to take their towel home after each session to launder on their own.
  - Student-athletes will be encouraged not to use the restroom facilities during or immediately after a workout. They will be encouraged to go back to their residence.
  - Student-athletes will be required to bring their own filled water bottle and not use the water fountain at any time.

### SPORTS PERFORMANCE CENTER

### PHYSICAL SPACE & EQUIPMENT CLEANING STANDARDS



# RETURN TO TRAINING PROTOCOL

## ADDITIONAL GUIDELINES & CONSIDERATIONS

### SPORTS PERFORMANCE CENTER

### STUDENT-ATHLETE GUIDELINES

- The sports performance staff will complete screens and assessments after the medical PPE is complete.
- Each student-athlete will be assigned their own area to perform the session.
- No equipment will be shared between student-athletes during sessions.
- Each student-athlete will need to bring their own water bottle to each session.
- Equipment will be cleaned by student-athletes after each session and checked by sports performance staff.
- RTDs will be provided for each student-athlete after each session.
- All sessions must be scheduled with sports performance personnel at least 24 hours prior.  
**NO WALK-UPS AVAILABLE.**
- Face coverings must be worn at all times unless directed by sports performance staff.
- Physical distancing measures must always be practiced.

# EXAMPLE:



## COVID-19 TRIAGE DAILY CHECKLIST FORM

Athlete: \_\_\_\_\_ Sport: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Staff Member: \_\_\_\_\_

People with COVID-19 have had a wide range of symptoms reported - ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms or combinations of symptoms may have COVID-19:

**Centers of Disease Control (CDC) Link and Self Checker App:**  
**<https://gowav.es/3hXGYYb>**

1. Have you experienced any of the following in the past 24 hours?

- Cough  YES  NO
- Shortness of breath  YES  NO
- Difficulty breathing  YES  NO
- Fever or chills  YES  NO
- Muscel pain (not from exercise)  YES  NO
- Headache  YES  NO
- Sore throat  YES  NO
- (New) loss of taste or smell  YES  NO

2. Have you been in contact with anyone who has been diagnosed with COVID-19 in the last 14 days?  
 YES  NO

### **FOR STAFF USE**

- Temperature reading \_\_\_\_\_ Time \_\_\_\_\_
- Subjective reports of fever should be isolated and confirmed
- All temperatures above 100 degrees F should be isolated
  - The SHC should be contacted for next steps
- No admittance to facilities if temperature is subjectively or objectively reported
- Isolation and further evaluation for those with any YES answers

**MANDATORY HAND SANITIZATION PRIOR TO ENTERING THE ATC FACILITY**

**MEMORANDUM  
TO THE  
HOUSING  
CONTRACT  
(2020-2021)**

# MEMORANDUM TO THE HOUSING AND RESIDENCE LIFE HOUSING CONTRACT TERMS AND CONDITIONS (2020-2021)

These residential guidelines are in addition to the 2020-2021 Pepperdine Housing Contract Terms and Conditions.

Due to the COVID-19 pandemic (and possible future pandemics), residential students are required to follow all applicable health and safety directives set forth by federal, state, and local law, as well as those set forth by the University. As such, students may be required to relocate in order to quarantine or isolate from other residential students if sick with COVID-19 symptoms or if exposed to someone who might have had COVID-19. Frequent temperature checks, health screenings, and use of face coverings are a few of the health and wellness measures that students can expect.

## ROOMMATE AND SUITEMATE AGREEMENTS

As usual, Residence Life will be facilitating a roommate and suitemate agreement process in all buildings. This year, specific COVID-19 related topics such as bathroom cleaning, physical distancing expectations, guest policies, etc. will be emphasized to encourage residents to reach a mutual understanding regarding these expectations with each other.

Wellness checks will be required prior to leaving your suite or apartment each day. This includes weekends.

Residents will be required to complete a wellness check (on their phones or computers) before leaving their suite or room. Those with fever or illness symptoms should stay in their room and should not attend class, go to the cafeteria, library or other public spaces. They should follow the directives given during their completion of the Symptom Checklist.

## HEALTH AND SAFETY CHECKS

## GUESTS

**COVID-19 Guest Restrictions:** During the COVID-19 pandemic, rooms are to be occupied only by the residents who are assigned to that room. As such, guests are not allowed in your room nor building. If you want to socialize, we ask that you go outside and maintain the recommended level of social distance or utilize phone and virtual environments to connect with your friends and family.

Guests who access campus to visit you outside of your residence hall or apartment must be registered through the Department of Public Safety. Guests on campus are expected to abide by federal, state and local laws, as well as campus policies.

No gatherings larger than the occupancy of your suite or apartment are allowed inside the residential areas as suites and apartments are limited to the individuals who live there. All hallways must remain clear. Common areas have strict occupancy guidelines that should be followed, and social distancing adhered to.

## NO LARGE GATHERINGS

## FACE COVERINGS

As per Pepperdine's Community Agreement, face coverings, which covers both the nose and mouth, must be worn in all public spaces at all times, especially when interacting with people outside of your direct suite or apartment (on-campus, outside in the halls, dining rooms, classrooms, etc.).

The suite/apartment itself is considered a "household." Therefore, physical distancing and face coverings are not required inside suites/apartments; however, these protective strategies may still be practiced inside suites/apartments by choice.

# MEMORANDUM TO THE HOUSING AND RESIDENCE LIFE HOUSING CONTRACT TERMS AND CONDITIONS (2020-2021)

## ROOM CARE

Due to COVID-19, residents are expected to adhere to the increased cleaning expectations as set forth by the University in order to ensure the health and safety of you and your neighbors. Failure to comply may result in fines or disciplinary actions.

On-campus student residents will be provided with disinfectant cleaning supplies to support surface disinfection in their residence hall or apartment living space. Students will be asked to support cleaning and disinfection by maintaining clean restrooms and common area surfaces. We ask that each suite and apartment create a "cleaning plan" through the suitemate agreement process.

Cleaning Guidelines from the CDC: <https://gowav.es/20fleJH>

Public areas and all suite and apartment bathrooms will be on a scheduled cleaning rotation as determined by the Department of Facilities Services.

We highly recommend opening windows, hatches and doors often to allow for proper air flow and help prevent the spread of COVID-19 in the suites, apartment, and common areas.

## AIR CIRCULATION

## COMMON AREAS

Common areas include spaces such as lobbies, lounges, kitchens, living rooms, etc. in residential complexes. We encourage use of outside spaces to meet up and do work (maintaining the recommended level of social distance). The following guidelines will apply to help reduce the spread of COVID-19 in all common spaces. If these guidelines are not followed, access to the common space may be revoked.

- All spaces will have limited capacity. Capacity will be posted in the entrance of each space. Social distancing must be practiced in these areas (6 ft apart).
- Face coverings are required at all times while in the common spaces.
- People using any common space must clean high touch areas before and after use.
  - Cleaning supplies will be provided. (Please place a work order if supplies are running low. Work order form: <https://gowav.es/2WDRwTB>).
- Students will only have access to common area spaces in their residential complex.
- For the health and safety of the community, avoid sharing any supplies.
- Do not remove or rearrange any furniture in indoor or outdoor common area spaces.
- Guests are not permitted in common area spaces.

### Community Kitchens

We encourage students to bring their own kitchen supplies as shared supplies will not be provided in the kitchens. Please do not leave any items in the kitchen as they will be removed from the space in order to help restrict the sharing of supplies.

We encourage all students to have their own mini fridge and microwave (<https://gowav.es/2WmUN9H>) in their room as shared fridge access will not be available in the kitchens and shared microwaves will be limited.

For your health and safety, please do not leave or take any free food left in the kitchen.

### Laundry Rooms

Laundry rooms will remain open. Please abide by capacity limits and restrictions above. If possible, consider the use of external services such as Tide Laundry (<https://gowav.es/327WSK6>) to limit the use of the laundry rooms.

# MEMORANDUM TO THE HOUSING AND RESIDENCE LIFE HOUSING CONTRACT TERMS AND CONDITIONS (2020-2021)

## ROOM CHANGES

Due to COVID-19, students are only able to move rooms when a mutually agreed upon move or swap occurs. To coordinate a room change, you will need to: 1) Reach out to the student that you wish to switch with and ask them if they consent to switching rooms. That student will then need to email us with confirmation and 2) Reach out to all suite or apartment-mates where a vacancy occurs of which you wish to move. Those students will need to email us with confirmation that they consent to allowing you to move into that suite or apartment.

Once our office receives an affirmative reply from all parties involved consenting to the switch, we will be glad to officially process the switch.

If you are ill, you must stay in your room and call the Student Health Center (SHC) or inform your RA or RD if it is after hours for the SHC. Do not go to the cafeteria, library, classrooms or other public spaces, and have a roommate, suitemate or apartment-mate deliver meals (if unable to arrange, call RD on Duty by calling DPS).

The ill student can select and pay for their meal utilizing the GrubHub app, and have the roommate, etc. pick up the food items at the pick up location designated. The student ordering and paying for the food should write in the "notes" section of the GrubHub app who will be picking up the food. This will then authorize that student to collect the food at the pick up location.

## SICK MEALS

## BUILDING EVACUATIONS

Physical distancing practices at evacuation locations will still be expected. Residents who may be in quarantine or isolation will evacuate to a different location.

**FALL 2020  
ATHLETICS  
ACADEMIC  
POLICIES**

# FALL 2020 ATHLETICS ACADEMIC POLICIES

## ATHLETICS ACADEMIC CENTER

The Athletic Academic Center in Firestone Fieldhouse will continue to be open in Fall 2020 with modifications. Face coverings must be worn in the academic center at all times.

Student-athletes that need to meet with an academic advisor must schedule an appointment either through Navigate or Google Calendar in advance. No drop-in appointments are permitted. Student-athletes will receive a text message when the advisor is ready for the appointment and the student may enter the office.

The Athletic Academic Center will continue to be available for study hall use. A maximum of eight student-athletes will be permitted in the lab at one time. Students must maintain social distancing while in the lab. Desks will be appropriately marked off for physical distancing. Lab availability will be limited on a first come, first serve basis. Lab hours will be confirmed prior to the start of the term.

For athletic teams that require study hall and those student-athletes that are considered academically at-risk, study hall will continue to be monitored each week. Incoming freshmen will be required to fulfill a weekly amount of study hall hours. The specific locations and amount of study hall will be communicated prior to the start of the term. At-Risk student-athletes will discuss time requirements with their advisor.

## STUDY HALL

## TUTORING

Tutoring will continue to be available by request for all student-athletes. Tutoring will only be provided remotely throughout the Fall semester. No in-person sessions will be permitted. Instructions on how to request and schedule tutoring will be provided by the start of the Fall term.

Additional tutoring and study table options will be available with the Student Success Center.



**ATHLETICS  
FACILITIES  
INFECTION  
CONTROL**

# ATHLETICS FACILITIES INFECTION CONTROL

## INTRODUCTION

Pepperdine University Athletics is committed to the safety and well-being of our student-athletes, staff and members of the Pepperdine community. With many of our athletic facilities being shared spaces, it is very important to educate our community and implement enhanced cleaning procedures in order to reduce the spread of COVID-19.

In alignment with educational signage and language around campus, information will be posted in all common areas, high traffic walkways and stairwells, elevators and team areas in order to educate the community on the symptoms and ways to prevent exposure to COVID.

Educational information about general COVID symptoms, physical distancing reminders, restoration plan guidelines, office and meeting space cleaning protocols, traffic and capacity signage will be placed around facilities in accordance with CDC and LA County recommendations to educate students, faculty and staff about protecting themselves and others from the spread of COVID-19.

## EDUCATION & AWARENESS

## PPE SUPPLIES AROUND ATHLETICS FACILITIES

Hand Sanitizer stations will be available at numerous locations around athletic facilities in the form of no-touch community dispensers and large pumps for office area use. These stations will be at the entry point of all buildings where hand washing stations and restrooms are not easily accessible.

Cleaning supplies will be available to staff and athletes who are training in sports performance areas in order to clean and sanitize equipment before and after use. Supplies will also be available in the Athletic Training Center for use to clean and sanitize all areas and equipment before and after use. Office areas will also have cleaning supplies for office occupants so that they may clean and sanitize personal areas and items throughout the day. Supplies will also be made available to students once their locker rooms are available in the later stages of returning to full activity.

In policy alignment with the office of the general counsel, campus Emergency Operations Committee (EOC), the Office of Insurance and Risk, and the Facilities Maintenance and Planning team we have created a more enhanced cleaning schedule in an attempt to mitigate risk as we return to campus.

Common areas such as restrooms, meeting spaces and all athletic training and sports performance areas will be cleaned nightly by the university custodial team. Cleaning of performance and medical equipment in between use during the day will be the responsibility of the athletic trainer or coach as outlined in their infection control procedures.

Frequent touchpoints around the athletic facilities including but not limited to door handles and crash bars, pin pads and bathroom sinks will be cleaned at minimum twice a day by a member of the university custodial team. These areas will also be cleaned overnight as a part of the overall nightly facility cleaning schedule.

In the event of a potential exposure, Pepperdine Athletics will work in conjunction with university personnel to shut down any potential exposure areas as well as dispatch the university on-call deep cleaning crew to these areas for a full cleaning before reopening for any use.

## CLEANING SCHEDULES

# **INFECTION CONTROL POLICY**

# INFECTION CONTROL POLICY

## INTRODUCTION

All healthcare settings, regardless of the level of care provided, must make infection prevention a priority and must be equipped to observe standard precautions. Athletic training and athletic healthcare services are defined as services provided by members of the sports medicine staff and provided in the Athletic Treatment Center, health care facilities and athletic venues for Pepperdine University. This includes athletic trainers, physical therapists, physicians, and physician assistants. This policy extends to other members of the medical team that may include athletic training students, fellows, and residents.

The Athletic Treatment Center is a clinical health care space that is typically a shared environment with multiple individuals and groups of athletes all seeking the attention of the athletic trainer or other members of the sports medicine staff during a short-consolidated period of time as the student-athlete prepares for practice or a game. This close contact environment in a shared space may act as a source for the spread of infection. It is therefore critical that infection control standards be adopted to attempt to mitigate the risk of transmitting infection.

Infection control in and around the Athletic Treatment Center and other Pepperdine University athletic venues is a shared responsibility between the sports medicine staff, athletes, coaches and the University.

To provide basic infection prevention recommendations for healthcare services and to reaffirm standard precautions as the foundation for preventing transmission of infectious agents during patient care in all athletic training and athletic healthcare settings.

## PURPOSE

# INFECTION CONTROL POLICY

## INFECTION CONTROL PROGRAM & INFRASTRUCTURE

- Written infection control prevention policies and procedures are available and current based on evidence-based guidelines (e.g. CDC/HICPAC), regulations, or standards.
- Infection prevention policies and procedures will be reassessed bi-annually or according to state or federal requirements, and updated as appropriate.
- Trained infection prevention staff are available to manage the clinic's infection control program. This staff is available to consult with and manage this policy as it pertains to infection control in the athletic healthcare environment through collaborative relationships with team physicians.
- Pepperdine University, The Center for Disease Control, and/or the Department of Public Health will offer guidance for early detection and management of potentially infectious persons at the initial points of patient encounter.

- An annual competency-based training program will provide job-specific training on infection prevention policies and procedures to athletic healthcare staff.

## INFECTION CONTROL TRAINING & COMPETENCY

## ATHLETICS HEALTHCARE STAFF SAFETY

- The Athletic Treatment Center has an Exposure Control Plan that follows the University Plan: <https://gowav.es/2BlSNfa>
- Healthcare staff who have contact with blood or potentially infectious materials are trained in the OSHA bloodborne pathogens standard on hire and annually.
- Following an exposure event, post-exposure evaluation and follow-up, including prophylaxis as appropriate, are available at no cost to the employee and are supervised by a licensed medical professional.
- Human Resources tracks healthcare staff exposure events and evaluates event data and develops/implements a corrective action plan to reduce incidents of such events.
- Human Resources follows recommendations of the Advisory Committee on Immunization Practices (ACIP) and the Department of Public Health (DPH) for immunization of healthcare staff including offering Hepatitis B and influenza vaccine.
- The Athletic Treatment Center has policies concerning contact of staff with patients when staff have potentially transmissible conditions. These policies include work exclusion policies that encourage reporting of illnesses and education of staff on prompt reporting of illness to their supervisor.

- Athletic healthcare staff can demonstrate knowledge of and compliance with mandatory reporting requirements for notifiable diseases, healthcare associated infections (as appropriate), and for potential outbreaks. The first step in this process involves notifying the Student Health Center and following directives and requirements outlined in their policy.

## SURVEILLANCE & DISEASE REPORTING

# INFECTION CONTROL POLICY

## STANDARD PRECAUTIONS

Standard Precautions are the minimum infection control practices that apply to all patient care regardless of suspected or confirmed infection status of the patient.

### HAND HYGIENE

- All healthcare staff have been educated regarding appropriate indications for hand hygiene upon hire and annually.
- Department will routinely monitor and document compliance adherence to hand hygiene and will provide feedback to staff.
- Supplies necessary for adherence to hand hygiene including soap, water, paper towels, hand sanitizer are readily accessible to healthcare staff in patient care areas.
- Athletes entering the Athletic Treatment Center will be required to use hand sanitizer before entering and after exiting the Athletic Treatment Center via sanitizer stations inside and outside the athletic training room door. Hand hygiene information is posted outside the athletic training room door.
- Hand hygiene is performed by staff:
  - Before contact with the athlete.
  - Before performing an aseptic task, e.g., wound care, instilling eye drops.
  - After contact with the patient.
  - After contact with objects in the immediate vicinity of the patient.
  - After contact with blood, body fluids, or contaminated surfaces.
  - After removing gloves.
  - When moving from a contaminated body site to a clean body site during patient care.

### PERSONAL PROTECTIVE EQUIPMENT (PPE)

- All healthcare staff have been or will be educated on proper selection and use of PPE upon hire, annually, and when new equipment or protocols are introduced.
- Department will routinely monitor and document compliance adherence to proper PPE selection and use and will provide feedback to staff.
- PPE will be removed and discarded prior to leaving the Athletic Treatment Center.
- Hand hygiene practices will be performed immediately after removal of PPE.
- Gloves
  - Staff will wear gloves for potential contact with blood, body fluids, mucous membranes, non-intact skin, or contaminated equipment.
  - Staff will not wear the same pair of gloves for the care of more than one patient.
  - No gloves will be reused.
- Gowns
  - Staff will wear gowns to protect skin and clothing during procedures or activities where contact with blood or body fluids is anticipated.
  - Staff will wear a new gown for the care of each patient.
- Face Protection (full face shield or goggles plus a face covering).
  - a. Staff will be required to wear mouth, nose, and eye protection during procedures that are likely to generate splashes or sprays of blood or other body fluids.
- Used PPE's will be discarded in appropriately labeled containers and disposed of through recognized health care methods.

# INFECTION CONTROL POLICY

## RESPIRATORY HYGIENE/ COUGH ETIQUETTE

- Respiratory etiquette sign is posted in the Athletic Treatment Center.
- Tissues, waste baskets, and hand sanitizer will be made available to athletes and visitors in the Athletic Treatment Center. The use of hand sanitizer will be required before entering and exiting the Athletic Treatment Center.
- Coughing patients/visitors are offered a surgical face covering upon entry into the Athletic Treatment Center.
  - \*Note - per COVID-19 regulations coughing patients will not be admitted to the Athletic Treatment Center. The patient will be isolated and referred to the Student Health Clinic.
- Athletes with symptoms of respiratory infections will be managed to minimize exposure to the other student-athletes.

## TRANSMISSION BASED PRECAUTIONS

In addition to standard precautions and respiratory hygiene/cough etiquette, a patient with a potentially infectious disease will be isolated as soon as possible. The Student Health Clinic will be notified and informed of the suspected diagnosis.

- **Airborne Precautions:** Patients known or suspected of having an infection requiring airborne precautions (e.g., chickenpox, active TB, measles).
  - Ask patient to wear a surgical face covering and isolate as soon as possible.
  - Staff caring for patient will wear N95 respirator mask.
  - After patient leaves room, exam room door will be closed. After 30 minutes, the room door will be opened and routine cleaning performed.
- **Droplet Precautions:** Patient known or suspected of having an infection requiring droplet precautions (e.g., COVID-19, influenza, mumps, meningitis).
  - Ask patient to wear a surgical face covering and place patient in a private exam room or isolation area outside the facility as soon as possible.
  - Staff caring for patient will wear surgical mask.
  - After the patient leaves, routine cleaning will be performed. Not necessary to close the room.

# INFECTION CONTROL POLICY

## ENVIRONMENTAL CLEANING

- Cleaning products. EPA approved products will be used. For a list of EPA approved products, please consult this link: <https://gowav.es/2Zjc585>.
- Tables will be cleaned after every patient visit regardless of patient's precaution status:
  - Clean the exam table and any head support surface with hospital-approved disinfectant. Let table dry. Change the pillow case if used.
- Shared non-critical devices, e.g., stethoscopes, oximeter, otoscope, will be wiped with hospital approved disinfectant after each patient and at the end of each day.
- Shared patient care devices that use blood samples, e.g., glucometer, will be cleaned with hospital-approved disinfectant after each use.
- Daily cleaning at the end of the day with hospital- approved disinfectant will be executed:
  - Clean exam table, blood pressure cuff, shared stethoscopes, thermometer, otoscope, ophthalmoscope, oximeter, and other daily equipment such as scissors, tape cutter, nail cutter, tweezers, etc.
  - Custodial services staff clean sinks, counters, and floors per organizational procedures and standards for other health care sites at the University.
- Spills of blood or other body fluid are cleaned and disinfected per procedure:
  - Spills will be cleaned using absorbent materials such as paper towels and then disinfected with a hospital-approved disinfectant.
  - Broken glass must never be picked up by hand. Notify custodial services for cleanup.
- Healthcare staff engaged in environmental cleaning will wear appropriate PPE to prevent exposure to infectious agents or chemicals.

- Team coaches and captains will be instructed in the appropriate cleaning and storage of equipment and coolers.
- Cooler interior and exterior will be washed out and cleaned with appropriate disinfectant products on a daily basis after use per school athletic department protocol.

## DISINFECTION & CLEANING OF REUSABLE TEAM EQUIPMENT

## STORAGE OF MEDICAL SUPPLIES

- Medical equipment, devices, patient care items, and athletic training supplies will be stored in protected area with controlled traffic flow.
- Sterile items will be stored at least eight inches off the floor, two inches from outside walls, and 18 inches from the ceiling.
- All items in clean storage rooms will be clean and clean items will not be stored in soiled rooms.
- Clean and sterile items will be removed from outside shipping carton. Clean and sterile items may be stored in the same room but it will be clear to staff which items are sterile and which are clean. If open shelving is used, the bottom shelf will be solid.



# INFECTION CONTROL POLICY

## MEDICAL DEVICES

- Reusable medical devices/equipment (e.g., sharp instruments) will be cleaned and reprocessed prior to use on another patient.
- Reusable medical devices (Game Ready, Normatec) will be cleaned (disinfected or sterilized) and maintained per manufacturer's instructions.
- Semi-critical items that contact mucous membranes or non-intact skin require, at a minimum, high-level disinfection.
- Non-critical items that contact intact skin will be low-level or intermediate-level disinfected depending on the degree of contamination.
- Single-use devices will be discarded after use and are not used for more than one patient.
- Responsibility for reprocessing of medical devices to healthcare staff with appropriate training will be assigned.
  - Manufacturer's instructions for reprocessing of devices in use in the department will be maintained.
  - Hands-on training on proper selection and use of PPE and recommended steps for reprocessing assigned devices will be provided on hire, annually, and when new devices are introduced or policies/procedures change. Healthcare staff must demonstrate competency prior to performing cleaning, high level disinfection, and sterilization tasks.
  - Healthcare staff must have access to and wear appropriate PPE when handling and reprocessing contaminated medical devices.
- Reprocessing area will have adequate space for reprocessing activities and there is clear separation between soiled and clean workspace.
- Adequate time will be allowed for reprocessing to ensure adherence to all steps recommended by the manufacturer including drying and proper storage.
- Medical devices will be stored in the appropriate manner to protect them from damage and contamination.

- All products will be stored in a labeled container unless dispensed for immediate use.
- Bottles will never topped-off, nor will partially full bottles be refilled.
- Use of a secondary container will be avoided. If a secondary container must be used, it will be labeled with contents and the date filled.
- Refer to MSDS or manufacturer's recommendations for more information.

## GUIDELINES FOR DATING MEDICATIONS & SUPPLIES

## REFERENCES

### CENTER FOR DISEASE CONTROL & PREVENTION (CDC)

<https://www.cdc.gov/hai/settings/outpatient/outpatient-care-guidelines.html>

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**WAVES**