



# **MSUB Athletics COVID Management Plan**

*Updated 2-2-21.*

## **PLAN OVERVIEW**

This plan describes the methods and modes of COVID management to outline standard process and procedure to protect the health and safety of the staff and student-athletes. This plan will be approved by the COVID incident command team and fully comply with NCAA guidance and all other guidelines set forth to compete, practice, travel and test.

## **NCAA SPORT CLASSIFICATION UPDATE**

GNAC-sponsored sports and their NCAA risk classifications are as follows (appendix):

### **HIGH-TRANSMISSION RISK (INDOOR)**

*Basketball (men's and women's)*

*Volleyball*

### **INTERMEDIATE-TRANSMISSION RISK**

*Baseball*

*Indoor track and field (men's and women's)*

*Soccer (men's and women's)*

*Softball*

### **LOW-TRANSMISSION RISK**

*Cross country (men's and women's)*

*Golf (men's and women's)*

*Outdoor track and field (men's and women's)*

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## I. TESTING STRATEGIES (REGULAR SEASON & POSTSEASON)

MSUB will comply with NCAA's recommended regular-season and postseason COVID-19 testing protocols listed below and in Appendix A:

**High-Transmission Risk Indoor Sports Testing Frequency (Regular Season and Postseason):** GNAC institutions will apply recommended protocols established by the NCAA's Medical Advisory Group for the following schedule model in basketball (opponents will meet or exceed these protocols in basketball)

- **Basketball – More than One Game and One Team Per Week (or more than two consecutive games vs. same team in a week)**

*Testing regimen for Tier 1 individuals: PCR or antigen test three times per week on non-consecutive days.*

*Testing for Tier 2 and Tier 3 individuals: None, per NCAA guidance.*

- **Basketball – One or Two Games Per Week with Same Team, not Separated by More than One Day**

*Testing regimen for Tier 1 individuals: PCR test within three days before scheduled game; or antigen/rapid PCR test same day as each scheduled game.*

*Testing for Tier 2 and Tier 3 individuals: None, per NCAA guidance.*

- Volleyball
  - *Testing Tier 1 individuals either PCR weekly or antigen/rapid PCR three times weekly*

**Intermediate-Transmission Risk Sports Testing Frequency (Regular Season and Postseason):**  
*25-50% surveillance testing once every one to two weeks (either PCR or antigen).*

*If travel cannot take place with physical distancing and masking, then PCR testing within three days before travel departure or antigen/rapid PCR testing within one day before travel for away competitions.*

**Low-Transmission Risk Sports Testing Frequency (Regular Season and Postseason):**

*Testing is performed in conjunction with a school plan for all students, plus additional testing for symptomatic and high-infection risk individuals as warranted.*

*If travel cannot take place with physical distancing and masking, then PCR testing within three days before travel departure or antigen/rapid PCR testing within one day before travel for away competitions.*

## **MSUB Testing Strategies:**

*MSUB currently has three forms of COVID-19 testing:*

- *Rapid Antigen Sofia testing – MSU Billings Clinical Testing Lab*
- *Rapid BinaxNOW Ag Card – MSUB Student Health*
- *PCR Testing – Flex Family Health (FFH)*

## **Testing Plans**

*MSUB has entered into a contract with FFH performed PCR tests on MSUB's volleyball, men's basketball and women's basketball team. MSU Billings Clinical Testing Lab will perform antigen tests on all other athletic teams. Please see appendix B for testing processes.*

## **Antigen Testing Process (appendix A & B)**

*Antigen tests will be swabbed in the south balcony of the PE Building by MSUB's athletic training staff. When the tests are completed they will be delivered to MSUB Student Health where the tests will then be performed in the lab. Results will be inputted to the state and then faxed to FFH. The director of operations in athletics will then walk over to the lab to pick up results. Any positive results will be communicated to the individuals who will be asked to fill out MSUB's self-reporting form. MSUB contact tracers will take over from there.*

## **BinaxNOW Ag Card Testing Process (appendix A & B)**

*BinaxNOW Ag Card testing will be performed in situations where there is not enough time or available staff to complete the Sofia antigen or PCR testing. In that situation, the BinaxNOW tests will be completed in the south balcony in the PE Building with results being faxed to FFH by MSUB Athletics athletic trainers. If an individual is positive, they will be asked to complete MSUB's self-reporting form. Contact tracers will take over from there.*

*BinaxNOW Ag Cards will be taken on the road with each traveling team. Each travel party will consist of an individual who has been trained on how to perform tests. Tests will be performed while traveling if required by the visiting team or if an individual becomes symptomatic. Upon completion of a test, the athletic trainer of the traveling team will input the test results online to the state immediately (24hrs. maximum). They will then make FFH aware and upon return home they will fax FFH all of the results.*

## **PCR Testing Process (appendix A & B)**

*PCR Testing will be completed by Flex Family Health and MSUB Athletic Training staff in the south balcony of the PE Building. FFH is the ordering provider for MSUB athletics and has completed a standing order for tests in athletics. Upon completion, these tests will be brought*

*down to the Lab at St. Vincent's and results will be reported to FFH who will then report them to MSUB Athletic Trainers. MSUB Athletic Trainers will be in contact with the individuals if they tested positive and they will be asked to complete MSUB's self-reporting form.*

*MSU Billings Clinical Testing Lab is the main testing site but then Flex Family Health will be used as needed, which may include situations where teams or individuals are on time constraints, or a faulty Sofia machine at MSUB.*

*In a situation where Flex Family Health is unavailable then MSUB will contact Yellowstone Pathology Institute which has stated they have 24hr test turnaround time.*

## **II. PRACTICE SAFETY GUIDELINES**

### **Practice in Functional Groups**

*Functional groups are a unit may be composed of five to 10 individuals, all members of the same team, who consistently work out and participate in activities.*

*Prior to any practice or team activity, all individuals must complete a COVID symptom check and screening log online called KONG-IQ (appendix C). These answers are immediately electronically sent to MSUB's athletic training staff and is reviewed before practice. Coaches are responsible for taking temperatures of all individuals at team activities before beginning. Any individual who does not pass the screening or temperature check will be sent home immediately and asked to follow MSUB's decision tree for further instruction; guidance will be given from athletic trainers and coaches, too.*

*Following a quarantine or pause of team activities, team must remain in functional groups until everyone can receive a negative COVID test – either PCR or antigen test.*

*When possible, social distancing and face masks are required by all individuals at practice. Functional groups are not allowed to be in the same enclosed area such as a gym, locker room or weight room. All individuals will be encouraged to limit contact and exposure outside of athletics in situations that social distancing is not possible.*

*Functional groups are designed to be the correct way to practice when testing is not implemented or returning from a quarantine or isolation situation. This will keep close contacts to a minimum and help stop the spread of the virus.*

### **Practice without Functional Groups**

*This will allow teams to practice with their full team and coaching staff. Social distancing and facemasks are still to be worn when possible. This will allow teams to have full team activities and begin use of locker rooms and weight rooms as a team again.*

*When meeting NCAA testing requirements, functional groups are no longer needed. Upon testing and receiving negative results, teams can practice with their full team again.*

*Practice without functional groups after a positive test will require all participants to test negative by PCR or antigen before being allowed to have a full practice. These tests will follow our normal testing days and teams will not be given an exception.*

### **III. CONTACT TRACING**

MSUB has their own trainer contact tracers trained through RiverStone Health. Please see appendix D.

### **IV. ISOLATION AND QUARANTINE**

According to CDC and NCAA recommendations, when a Tier 1 individual tests positive, the individual will be immediately isolated for 1) 10 days since symptoms first appeared or 3 days of no symptoms, whichever is longer, or 2) for, asymptomatic individuals, 10 days have passed since the date of test results. All other Tier 1 individuals are to quarantine as soon as the results are known, with contact tracing beginning immediately to determine who was subject to high-risk exposure. Once identified, these individuals will follow MSUB Incident Command leadership guidelines and quarantine for 10 days. For days 10-14, individuals will be asked to not partake in campus activities, or any activity that is not socially distant. Ultimately, the appropriate public health officials have jurisdiction to make these determinations. As soon as the contact tracing is completed, all individuals involved will be notified on what they need to do in regards to quarantine or isolation. Please see appendix E.

### **V. RETURN TO PLAY AFTER BEING WITHHELD**

If a Tier 1 individual is withheld from participation through the screening process or due to a positive test, he or she must (appendix F):

- Quarantine or isolate immediately,
- Consult with a healthcare professional/MSUB Student Health, and
- Continue to be withheld from athletic activities until he or she receives a release from a healthcare professional.
- To successfully return to play, they will need to complete the Return to Play protocols with their team's athletic trainer
- An individual is not allowed to return to any sort of practice, competition or team activity until deemed safe by their team's athletic trainer.

If a Tier 1 individual is withheld as a result of exposure to someone who has tested positive for COVID-19 or is presumed to have COVID-19, he or she must:

- Quarantine or isolate immediately,
- Consult with a healthcare professional/MSUB Student Health, and
- Continue to be withheld from athletic activities until he or she receives a release from a healthcare professional.
- An individual is not allowed to return to any sort of practice, competition or team activity until deemed safe by their team's athletic trainer.

If an official or game management worker is withheld through the screening process or due to a

positive test, he or she must:

- Quarantine or isolate immediately,
- Consult with a healthcare professional/MSUB Student Health, and
- Continue to be withheld from officiating/work activities until he or she receives a release from a healthcare professional.

### **Monitoring for Cardiac Concerns**

There is evolving information regarding potential cardiac effects of COVID-19 infection. Current guidelines recommend consideration of ECG, troponin, and echocardiogram after any isolation period is complete and prior to return to play. This is part of MSUB's Return to Play protocols which include cardiac plans developed by our team physicians. Please see Appendix F.

### **Game Schedule**

If a Tier 1 individual has tested positive and contact traces members of the team, then all games within their full quarantine length will be canceled. The opportunity to reschedule would need to be confirmed by the GNAC and MSUB's Incident Command.

## **VI. COMPETITION**

### **Any competition vs. outside opponents**

#### **Home Game**

- *72 hours prior to competition the MSUB Athletics staff will communicate with the visiting team on local restrictions due to COVID, where to park, what door to enter, what sanitized locker room and bench to use, as well as give them the attestation form beforehand.*
- *Before game, each team's athletic training staff will meet and officially sign off on the attestation form (appendix B) to confirm this game can go on safely and with no positive COVID cases competing. All requirements for competing or canceling game are listed on attestation form.*
- *Officials will complete COVID screening and testing before arrival to gym. GNAC sends test kits out to all officials beforehand. MSUB will have BinaxNOW cards available in a situation an official may need to use one, ordered by FFH.*
  - *Officials testing is completed through the GNAC conference. The contracted company handles all shipment, reporting, etc.*
  - *In a situation where an official is replaced or cannot complete the test in time, MSUB will BinaxNOW Ag Card or rapid antigen test them, ordered by FFH.*
- *All game management staff will complete COVID screening. Game management staff will social distance and wear masks during event.*
- *All areas of use will be disinfected properly before arrival of teams, during half-time and after each game. Teams will be asked to limit locker room use as much as possible.*
- *Team benches will be social distanced and if they are not in the game, the individuals will be required to wear a mask the entirety of the event. Team benches will be assigned to specific coaches and players and will remain the same the entire game.*
- *Due to GNAC protocols, MSUB will not have any fans at home games this year. Subject to change pending GNAC approval and MSUB approval.*
- *Teams will not switch sides, shake hands or have any unnecessary contact during games.*
- *All game equipment will be sanitized before the game, at halftime and afterwards.*

*In a situation where an individual or a team does not comply with all protocols then game will be called off citing health and safety concerns. The athletic trainer, athletic director or MSUB ICS has authority to make this decision.*

*In a situation where an individual involved in a game develops symptoms or tests positive afterwards, within a 48 hour window, then all individuals involved in the game will be notified and will have to isolate according to local guidelines and MSUB contact tracers.*

*In a situation where a game is canceled then each coach will be notified immediately. Then, each athletic trainer, athletic director and conference office will be notified.*

## **Away Game**

Visiting team will provide their current COVID plan to each MSUB coach 2 weeks prior to a game.

When MSUB is traveling on the road, all home game criteria will be met when possible, but MSUB will be required to follow host institutions criteria. Coaches and athletic trainers will communicate with the host schools in advance of traveling to check on local restrictions as well as their COVID plan for hosting teams.

Coaches and athletic trainers will plan ahead for county restrictions when traveling, such as restaurants offering take-out, avoiding hotel continental breakfast, etc. More details outlined in travel section.

## **VII. TRAVEL (Please see appendices G, H, I, J)**

- Fall and Winter sport teams will be required to travel to destinations within 500 miles. Nampa, ID (NNU, 630 miles) in the exception as they are a conference partner.
- All teams will test according to NCAA requirements prior to departure.
- Travel parties will be limited to essential travelers only.
- When possible, all travel will be by bus to prioritize social distancing. If allowed, baseball, softball and golf all have air travel requested. Upon landing, they would rent multiple vans and be organized by their roommates, position groups or pods.
- If airlines require a negative test result, athletic trainer will supply those from FFH.
- In an overnight situation, student-athletes should maintain the same roommate throughout the season e.g., if student-athletes are roommates back at campus, they should continue to be roommates while on a team road trip.
- Student-athletes should be social distanced on all bus trips and continue to wear a mask at all times. Our Jefferson Lines busses have enhanced air flow and extra cleaning practices and safety precautions in place. The driver will be surrounded by Plexiglas and wear a mask.
- Teams will be required to travel with extra masks, hand sanitizer, thermometers, cleaning solution and wipes.
- Teams will be required to travel with an athletic trainer or administrator at all times. Spring sports are a priority. If an athletic trainer or administrator cannot go then it will be confirmed through MSUB IC or trip will not happen.
- Daily screenings will be conducted by a member of the athletic training or coaching staff and registered on each student-athlete's screening document which includes KongIQ. On game days, each tier 1 individual must complete a hard copy of our COVID screening form (appendix C).
- The Director of Athletics and the appropriate personnel at the institution are to be immediately notified if a Tier 1 individual becomes symptomatic while on a team road trip. This individual must continue to social distance and wear their mask until receiving further instruction; individual will immediately fill out voluntary self-reporting form.

- When possible, teams are not to sit down in restaurants to eat. They need to order out and eat on the bus. If not possible, teams are to spread out at different tables to limit additional close contacts. Tables should include functional groups, roommates, same position group, etc.
- Teams are asked to show up as ready for the game as possible to limit locker room and exposure in other areas of the building.
- Teams must complete travel clearance forms each day while traveling or hosting a game
- Teams will continue to maintain the same roommates through each trip and the season.

### **Symptoms on the Road (appendix G)**

*Every team will be required to travel with BinaxNOW cards and proper PPE to perform the test. Upon any symptomatic individuals, by request of the other team or NCAA requirements, BinaxNOW card tests will be performed. If any individual is displaying COVID-19 symptoms the trip will be canceled immediately and they will return home.*

*If an individual tests positive with a BinaxNOW card they will be driven back in a separate car with either a coach, athletic trainer or athletic administrator. Each travel party will have an individual who stated that they are comfortable performing this task. The driver and symptomatic individual will be dressed in proper PPE and will distance as far away as possible from each other in the car. If possible, windows will be open for enhanced air flow. In addition, the driver and any passengers in the car will have to quarantine upon arrival home. All MSUB athletes have signed a consent form (appendix E) to follow university protocols and procedures.*

*In a situation where this is not possible then this individual will isolate in place and will follow MSUB isolation and quarantine procedures and consult with a healthcare professional or MSUB Student Health. A coach, athletic trainer or athletic administrator will stay with this individual until they can safely return home.*

*We hope that frequent testing before travel will keep the likeliness of this situation happening to a minimum. This plan is in conjunction with other MUS athletic departments.*

*MSUB athletics will utilize MSUB's contact tracers for all situations such a symptomatic individual on the road. Upon return home, the individual and close contacts will all be instructed to quarantine or isolate until further notice and official word from contact tracers.*

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<u>High transmission risk sports</u>	Athlete and Tier 1 testing during out-of-season activities	Athlete and Tier 1 testing during preseason activities	Athlete Tier 1 testing beginning one week before competition and during regular and postseason	Testing of officials	Masking strategies for officials
Basketball (more than one game and one team per week)	25%-50% surveillance testing every one to two weeks.	Once weekly by PCR testing or three times weekly by antigen/rapid PCR testing.	PCR or antigen test three times per week on nonconsecutive days.	PCR or antigen test three times per week on nonconsecutive days. Testing begins one week before first competition.	Masks while on-site and masks while interacting with participants and coaches.
Basketball (one or two games per week with same team, not separated by more than one day)	25%-50% surveillance testing every one to two weeks.	Once weekly by PCR testing or three times weekly by antigen/rapid PCR testing.	<ul style="list-style-type: none"> <li>• PCR test within three days before scheduled game, or, if two games, before second scheduled game; or</li> <li>• Antigen/rapid PCR test same day as each scheduled game.</li> </ul>	<ul style="list-style-type: none"> <li>• PCR test within three days before scheduled game, or, if two games, before second scheduled game; or</li> <li>• Antigen/rapid PCR test same day as each scheduled game.</li> </ul>	Masks while on-site and masks while interacting with participants and coaches.
Volleyball (without masks)	25%-50% surveillance testing every one to two weeks.	Once weekly by PCR testing or three times weekly by antigen/rapid PCR testing.	PCR or antigen test three times per week on nonconsecutive days.	No testing.	Masks during competition and while on-site.

Appendix A cont.

<u>Intermediate transmission risk sports</u>	Athlete and Tier 1 testing during out-of-season activities	Athlete and Tier 1 testing during preseason activities	Athlete Tier 1 testing beginning one week before competition and during regular and postseason	Testing of officials during regular and postseason	Masking strategies for officials
Baseball	Testing performed in conjunction with a school plan for all students.	25%-50% surveillance testing every one to two weeks.	25%-50% surveillance testing every one to two weeks.	Officials not behind home plate: No testing, if masking maintained.  Home plate officials: <ul style="list-style-type: none"> <li>• PCR: Within three days before first scheduled competition for that week; or</li> <li>• Antigen/rapid PCR test same day as each competition.</li> </ul>	Officials not behind home plate: Masks during competition and while on-site.  Home plate: Masking as tolerated; masks when interacting with participants and coaches.
Indoor Track and Field	Testing performed in conjunction with a school plan for all students.	25%-50% surveillance testing every one to two weeks.	25%-50% surveillance testing every one to two weeks.	No testing.	Masks during competition and while on-site.
Soccer	Testing performed in conjunction with a school plan for all students.	25%-50% surveillance testing every one to two weeks.	25%-50% surveillance testing every one to two weeks.	No testing.	Masks while on-site. Masks as feasible during competition and masks when interacting with participants and coaches.
Softball	Testing performed in conjunction with a school plan for all students.	25%-50% surveillance testing every one to two weeks.	25%-50% surveillance testing every one to two weeks.	Officials not behind home plate: No testing.  Home plate officials: <ul style="list-style-type: none"> <li>• PCR: Within three days before first scheduled competition for that week; or</li> <li>• Antigen/rapid PCR test same day as each competition.</li> </ul>	Officials not behind home plate: Masks during competition and while on-site.  Home plate: Masking as tolerated; Masks when interacting with participants and coaches.

<u>Low Transmission Risk</u>	Athlete and Tier 1 testing during out-of-season activities	Athlete and Tier 1 testing during preseason activities	Athlete Tier 1 testing beginning one week before competition and during regular and postseason	Testing of officials	Masking strategies for officials
Cross Country	Testing performed in conjunction with a school plan for all students.	Testing performed in conjunction with a school plan for all students.	Testing performed in conjunction with a school plan for all students.	No testing.	<b>Masks during competition and while on-site.</b>
Golf	Testing performed in conjunction with a school plan for all students.	Testing performed in conjunction with a school plan for all students.	Testing performed in conjunction with a school plan for all students.	No testing.	<b>Masks during competition and while on-site.</b>
Outdoor Track and Field	Testing performed in conjunction with a school plan for all students.	Testing performed in conjunction with a school plan for all students.	Testing performed in conjunction with a school plan for all students.	No testing.	<b>Masks during competition and while on-site.</b>
Triathlon [emerging sport]	Testing performed in conjunction with a school plan for all students.	Testing performed in conjunction with a school plan for all students.	Testing performed in conjunction with a school plan for all students.	No testing.	<b>Masks during competition and while on-site.</b>

Purpose: To provide specific guidance and orders to the MSUB athletic training team to carry-out both Polymerase Chain Reaction (PCR) and Rapid Antigen testing of the SARS-CoV-2 virus.

Policy/Order:

- I. The MSU-Billings Athletic Department may administer PCR and Rapid Antigen testing to the student-athletes of MSU-B under this order with the following rules:
  1. Qualified and trained staff carry out the administration of the testing
  2. All test results will be communicated, via fax, to the ordering provider for review and approval immediately upon report.
  3. The MSU-Billings Athletic Department administers testing in accordance with the NCAA rules and regulations.
  4. Student-athletes must sign the attached consent form, provided by the MSU-B athletic department, in order to be eligible for testing and play.
- II. Under authority of this order, athletic department/athletic training staff will:
  1. Abide by the rules and regulations of the NCAA in regards to testing intervals necessary for play.
  2. Be trained and signed-off on competency with both testing types by the ordering provider
  3. Provide PCR and rapid antigen testing at regularly scheduled intervals to comply with NCAA regulations for play.
  4. Provide PCR and rapid antigen testing outside of normally scheduled testing clinics if:
    - a. A student-athlete is symptomatic and
      - i. The MSU-B "COVID lab" is closed
      - ii. There are no providers at MSU-B Student Health Services.
    - b. A student-athlete is asymptomatic and
      - i. There needs to be a confirmatory PCR or rapid antigen test administered
  5. Be delegated to notify student-athletes of test results after reviewed and signed-off by the ordering provider
    - a. If asymptomatic and negative, student-athletes do not need to be informed
      - i. Students will only be informed of results if
        1. symptomatic or
        2. have a positive test.
    - b. If asymptomatic and positive, notify student-athlete
      - i. Quarantine per CDC guidelines
      - ii. Administer confirmatory PCR if initial test was rapid swab.
    - c. If symptomatic refer to Section II (4)

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Cole Whitmoyer DNP, Ordering Provider

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Krista Montague AD, MSU-B Athletics

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Incident Command

MONTANA STATE UNIVERSITY BILLINGS

Form Name : Wellness Survey 2021

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Numbers of hours of sleep last night?

Appendix C

\* Rate your energy level

- 1 - Great
- 2 - Good
- 3 - Not so good but tolerable
- 4 - Bad
- 5 - Severely Bad

. Rate overall body soreness

- 1 - Great
- 2 - Good
- 3 - Not so good but tolerable
- 4 - Bad
- 5 - Severely Bad

\* Location of soreness? (If none, put N/A)

. Rate your stress level

- 1 - Great
- 2 - Good
- 3 - Not so good but tolerable
- 4 - Bad
- 5 - Severely Bad

. Reason for stress? (if none, put N/A)

MONTANA STATE UNIVERSITY BILLINGS

Form Name : Wellness Survey 2021

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Rate how you feel overall

- 1 - Great
- 2 - Good
- 3 - Not so good but tolerable
- 4 - Bad
- 5 - Severely Bad

Appendix C cont.

**ATHLETE FEELS SICK**

**STAY HOME!**  
(QUARANTINE)

IN CAMPUS HOUSING? BE SURE TO ALSO FILL OUT THE COVID-19 SYMPTOM FORM  
[https://cm.maxient.com/reportingform.php?MSUBillings&layout\\_id=15](https://cm.maxient.com/reportingform.php?MSUBillings&layout_id=15)

**CONTACT ATHLETIC TRAINER OR TASK FORCE MEMBER**  
TOM 406.698.0480      LINDSAY 406.539.5026  
TORI 505.331.5386      ANDREW 928.707.3562

THEY WILL INSTRUCT YOU WHO TO CALL NEXT TO DETERMINE IF A COVID TEST IS NEEDED:  
**STUDENT HEALTH SERVICES** (M-F 8-5 pm) 406.657.2153  
**TEAM DOCTOR** (weekends)  
**HEALTHLINES** (if no one else is available)  
St. Vincent Healthcare 406.657.7000  
Billings Clinic 406.255.8400  
Riverstone Health 406.247.3200

**IF YOU DO NEED A COVID TEST**

**CONTACT YOUR ATHLETIC TRAINER**

THEY WILL NOTIFY ADMINS AND CASE MANAGER

**CONTACT YOUR COACH**

WILL LET THEIR TEAM KNOW TO ACT WITH AN ABUNDANCE OF CAUTION

SEE SIDEBAR FOR ADDITIONAL INSTRUCTION\*

**GET TESTED**

**IF YOU DO NOT NEED A COVID TEST**

**CONTACT YOUR ATHLETIC TRAINER**

THEY WILL HELP YOU DETERMINE NEXT STEPS FOR YOUR WELL BEING

**GO ABOUT YOUR DAILY LIFE**



**NEGATIVE COVID TEST**

**CONTACT YOUR ATHLETIC TRAINER**

**CONTACT YOUR COACH**

**CONTACT YOUR CASE MANAGER**

THEY WILL DETERMINE NEXT STEPS FOR CONTINUED QUARANTINE OR RELEASE

**POSITIVE COVID TEST**

**REMAIN IN ISOLATION!**

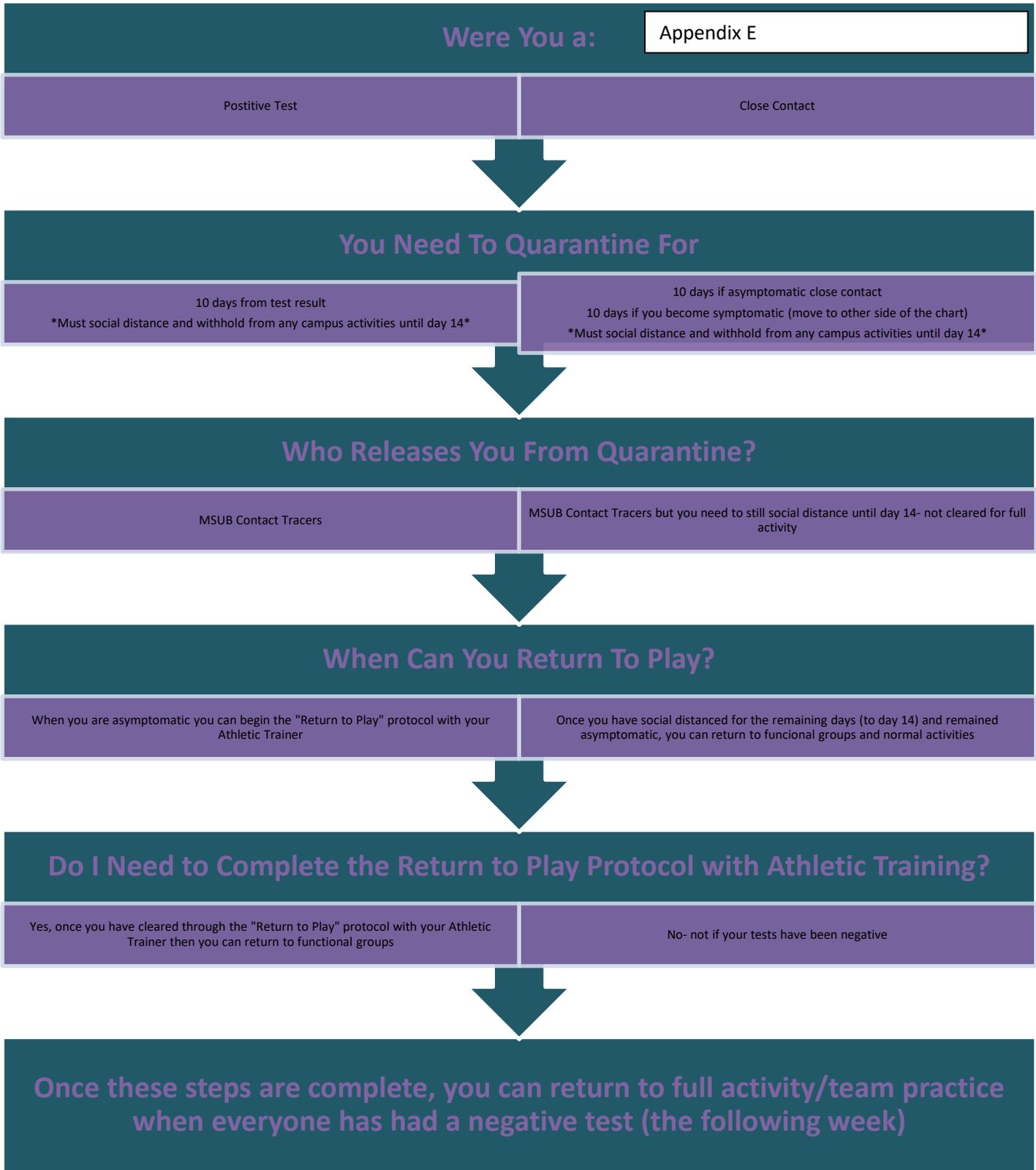
**CONTACT YOUR COACH**

**CONTACT YOUR ATHLETIC TRAINER**

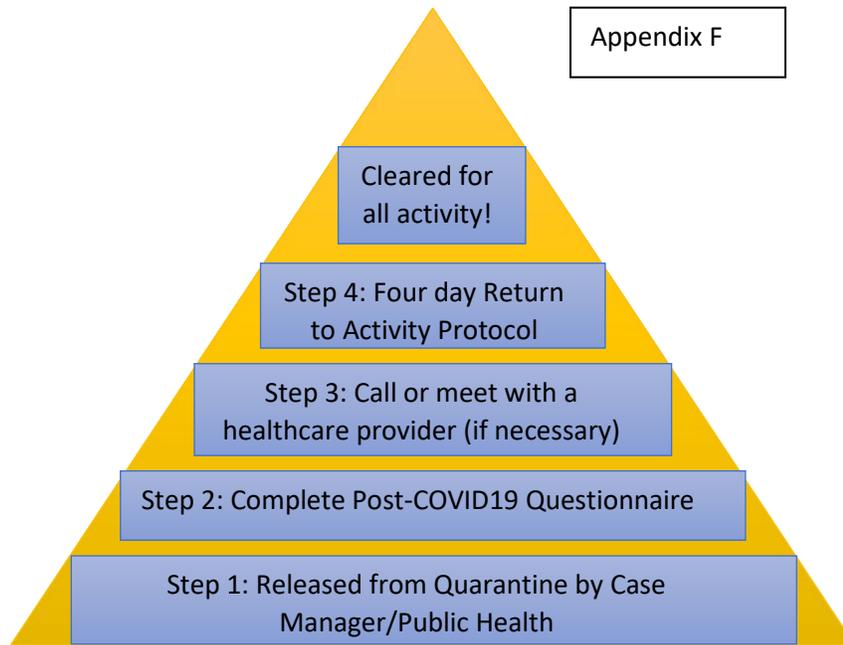
NOTIFIES THE CASE MANAGER/CONTACT TRACER

WILL NOTIFY OTHERS WHO NEED TO QUARANTINE OR GET TESTED

**\*ADDITIONAL INSTRUCTION\***  
IF AN ATHLETE WHO HAS NO SYMPTOMS HAS BEEN IN CLOSE CONTACT WITH A SYMPTOMATIC PERSON WHO HAS BEEN COVID TESTED- THE ATHLETE SHOULD:  
- CONTINUE TO GO TO CLASS  
- WEAR THEIR MASK AT ALL TIMES  
- NOT GO TO PRACTICE OR TEAM EVENTS  
  
IF THEY ARE NOTIFIED THAT THEY ARE A CLOSE CONTACT OF A POSITIVE TEST THEN THEY WILL QUARANTINE AND START THE STEPS OF THIS FLOW CHART



**\*\* If there is an outbreak of a significant number of positive cases – Athletics will debrief with University Incident Command and determine actions at that time\*\***



### **Return from Quarantine Process**

1. Released from quarantine – positive test result
  2. Completes Post COVID 19 Questionnaire
  3. AT determines referral to which provider is warranted based on AMSSM algorithm and Post-COVID19 questionnaire results
  4. Referral to Student health, team physician, or cardiologist
- If referred to student health or team physician: provider must clear athlete to begin physical activity, then they can begin graduated return to play protocol
  - Referral to cardiologist is warranted if: athlete had moderate or severe symptoms (designated by AMSSM) OR chest pain, shortness of breath, exercise intolerance, or palpitations lasting greater than 14 days. Must follow all RTP restrictions set forth by cardiologist

### **Four day return to activity protocol**

**Day 1** – Bike or row  $\geq 20$ min (Target HR  $>115-130$ )

**Day 2** – Jog to run  $\geq 15$ min (Target HR  $>130-150$ )

May begin light weightlifting this day also

**Day 3** – High intensity workout: combination of sprints, jumps, burpees, and body weight exercises 15-20min (Target HR  $>150$ )

**Day 4** – Full practice (monitor signs and symptoms)

**Day 5** – Full return to activity

Athletes must be asymptomatic to begin return to play activities.

If new symptoms arise during exercise, sports medicine staff will re-evaluate status and possibly refer to doctor.

## Travel Checklist

- ☐ Negotiate travel with MSUB IC
- ☐ Test travel party per NCAA guidelines
- ☐ Continue travel upon negative test results
- ☐ Bring BinaxNOW Ag Cards and proper PPE and sanitizer on road
- ☐ Designate individual who is willing to rent a car and drive back an individual who displays symptoms or has a positive test
  - If no one then team does not travel
- ☐ Begin travel
  - Itinerary will be planned out with COVID safe practices
  - 500 miles or less (exception: spring sports and to/from NNU)
  - Social distance and wear masks while traveling
  - Sanitize surfaces before and after use
  - Keep in functional groups as often as possible
  - Complete daily screenings – travel form and KongIQ
  - Order take-out, do not go inside public places
  - Do not eat continental breakfast – plan ahead

## Symptomatic on road...

- ☐ Immediately isolate individual upon symptoms
- ☐ Dress in PPE, test individual with BinaxNOW Ag Card
  - If negative, return home and complete self-reporting form and schedule a test
  - Follow testing matrix for proper reporting
- ☐ If positive, notify FFH first, then MSUB SHS and submit self-reporting form
- ☐ Previously designated individual will rent a car, dress in PPE and drive positive test home
  - Largest car possible
  - Full PPE (mask, face shield, gloves)
  - Drive with windows cracked open
  - Do not go in public places, if needed – wear full PPE and sanitize before
- ☐ All others take original transportation to get home
  - Self-reporting form and
- ☐ Follow testing matrix for proper reporting



### MSUB COVID-19 Attestation Form for All Competition

**The Athletic Trainer or Sports Medicine Director** of institution competing with MSUB must complete this document and exchange with *MSUB's Athletic Trainer or Sports Medicine Director* prior to travel for game. Ideally, this is completed 24 hours in advance.

*By signing and dating this form, you attest that your institution has satisfied the policy requirements outlined below:*

1. Montana State University Billings requires basketball teams to PCR test 3 days before a game or an antigen test the morning of for 100% of individuals involved; volleyball teams to test either once a week (PCR) or three times a week (antigen) and all other teams are in compliance with NCAA requirements for all sports. (soccer, baseball, softball, indoor T&F: 25% every 2 weeks AND/OR 25% before traveling on the road)
2. Your institution has complied fully with the local public health protocols, conference protocols for testing, surveillance, quarantine and isolation protocols, and all protocols listed in MSUB's Athletic COVID Plan during the week leading into competition with Montana State University Billings.
3. All student-athletes, coaches, support staff, medical staff and travel party who will participate in the contest (*hereinafter referred to collectively "travel party"*) have been tested for COVID 19 consistent with conference or NCAA protocols.
4. No individual with a positive test result, or an individual who should be in isolation or quarantine has traveled with the team or is currently participating with the team.
5. No members of the travel party have had a verified positive test and have been released from isolation or have been identified as being in close contact to a person who is subject to quarantine under the NCAA guidelines.
6. Upon date and time of signature, no member of the travel party has developed new symptoms that might indicate an infection of COVID-19 between the time the most recent test was collected and the beginning of the contest.
7. Should a member of your institution's travel party become symptomatic or have a positive test for COVID-19 in the 48 hours after the contest, your institution must notify MSUB as soon as possible.
8. Participating institutions agree to comply with game management protocols, including masking, social distancing, etc., as outlined in the NCAA guidelines and Return-to-Play protocols.
9. If a member of the Travel Party (Tier 1) develops symptoms or tests positive within 48 hours of the end of the contest, MSUB Sports Medicine must be notified immediately.

**NON-CONFERENCE INSTITUTION:** \_\_\_\_\_

**SPORT:** \_\_\_\_\_

**DATE OF COMPETITION:** \_\_\_\_\_

***MSUB Director of Athletics/Sport Coach/AT***

***Opposing Team's AD/Sport Coach/AT***

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Print or Type Name

\_\_\_\_\_  
Print or Type Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date

As of 1/8/2021

**APPENDIX I**

**Travel Verification Form**

School/Team:      Date/time:

Contest Screening for:

Travel Party	Temperature	Symptoms response (Y/N)	Tier I Individual initials
1. Click or tap here to enter text.			
2. Click or tap here to enter text.			
3. Click or tap here to enter text.			
4. Click or tap here to enter text.			
5. Click or tap here to enter text.			
6. Click or tap here to enter text.			
7. Click or tap here to enter text.			
8. Click or tap here to enter text.			
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14. Click or tap here to enter text.			
15. Click or tap here to enter text.			
16. Click or tap here to enter text.			
17. Click or tap here to enter text.			
18. Click or tap here to enter text.			
19. Click or tap here to enter text.			
20. Click or tap here to enter text.			

Testing Representative Signature/Date:

**MSUB Student-Athlete and Employee COVID-19 Screening and Risk Mitigation Consent Form**

This consent provides Montana State University Billings with your permission to perform a COVID-19 screening procedure based on the NCAA recommendation for safe return to sport. Diagnostic testing in athletics will consist of a combination of surveillance testing, testing individuals and groups engaged in high-risk exposure, and testing individuals with suspected COVID-19 infection. The screening frequency will be delineated by the NCAA recommendations based on sport transmission risk classification, which can be found below. By signing this consent you are agreeing to the frequency of testing based on your sport and when showing COVID-19 symptoms.

Surveillance testing by contact risk levels:

Contact Risk Level	Testing Frequency	Sports
High contact risk	Antigen test 3 times per week or PCR test once per week	Basketball & Volleyball
Intermediate contact risk	25% surveillance testing every two weeks and/or 24 hours prior to team travel	Baseball, Indoor Track & Field, Soccer, & Softball
Low contact risk	Surveillance testing 24 hours prior to travel	Cross Country, Golf, Outdoor Track & Field

**TESTING**

Proper personal protective equipment and sanitizing procedures will be followed by all testing personnel. A Sofia SARS Antigen Test will be collected by a self-administered nasal swab. The swab will be collected and transported directly to Student Health Services COVID-19 Testing Lab. Testing of the samples will be completed within 48 hours of collection. Testing results may be delayed based on lab staffing measures. Under no circumstances will a student-athlete, coach, or staff member contact the lab requesting results. **By signing this consent, you are accepting these testing policies.**

**Information about the Sofia SARS Antigen Test**

The Sofia SARS Antigen FIA is a type of test called an “antigen test”. Antigen tests are designed to detect proteins from the virus that causes COVID-19 in respiratory specimens, for example nasal swabs. Antigen tests are very specific for the virus, but are not as sensitive as molecular tests, such as PCR.

**What does it mean if I have a positive antigen test result?**

If you have a positive test result, it is very likely that you have COVID-19 because proteins from the virus that causes COVID-19 were found in your sample. There is a very small chance that this test can give a positive result that is wrong (a false positive result). Your healthcare provider will work with you to determine how best to care for you based on your test result(s) along with your medical history, and your symptoms.

**What does it mean if I have a negative antigen test result?**

A negative test result means that proteins from the virus that causes COVID-19 were not found in your sample. A negative result does not definitively rule out infection. It is possible for this test to give a negative result that is incorrect (false negative) in some people with COVID-19. This means that you could possibly still have COVID-19 even though the test is negative. If your test result is negative, your healthcare provider will consider the test result together with all other aspects of your medical history (such as symptoms, possible exposures, and geographical location of places you have recently traveled) in deciding how to care for you. The

amount of antigen in a sample may decrease the longer you have symptoms of infection. Specimens collected after you have had symptoms for more than seven days may be more likely to be negative compared to a molecular assay. **By signing this consent, you are acknowledging the possibility of a false positive or a false negative.**

When deemed appropriate, a BinaxNOW Ag Card rapid antigen test may be performed. This form of testing would likely be used when a team is travelling and a test is needed, whether for surveillance testing or an athlete is complaining of sickness. Results of these tests are known within 20 minutes and thus results are provided to the individual performing the test. These results will then be shared with necessary individuals. **By signing this consent, you are consenting to a BinaxNOW Ag Card test, performed by trained personnel, and that this individual will notify the necessary parties of results.**

On some occasions, a polymerase chain reaction (PCR) test will be utilized, this would be for a symptomatic individual, a follow-up to an antigen test, or as surveillance testing. This test would be performed on campus by the supervising provider. These swabs would be sent to a Montana state lab for testing and may take several days for results to be returned. Upon result notification, the provider may delegate the notification of testing results to the athletics staff. **By signing this consent, you are consenting to the PCR test and the notification process by the supervising provider.**

Due to the nature of athletics, it is necessary to release the results of a positive COVID-19 result to certain individuals within the university. **By signing this consent, you are consenting to the release of your testing results to the MSUB athletic training staff, athletics incident command, team coach, MSUB contact tracers, as well as Yellowstone County Health Department and the State of Montana.**

In addition to complying with testing policies and procedures, all student athletes and athletics staff will comply with provided transmission risk mitigation policies. Including but not limited to: physical distancing, face mask wearing, daily screening, practicing in functional groups and minding these groups outside of athletic activities, proper hand and cough hygiene, proper sanitizing procedures, and staying home when feeling ill. If you have any questions regarding these policies and procedures, please discuss them with your coach or athletic department supervisor. **By signing this consent, you are agreeing to follow the athletics policies and procedures to mitigate COVID-19 transmission risk.**

MSUB will continue to update policies and procedures based off the most current directives provided by the Centers for Disease Control, the State of Montana, and Yellowstone County Health Department as they relate to the health and safety of the students and staff. If a student-athlete cannot or does not want to abide by the COVID-19 screening and the policies and procedures set forth by the university and athletic department, the student-athlete may choose to opt-out of the athletic season without consequence. The student-athlete should consult with their team coach and athletics administration regarding this process. **By signing below, you acknowledge and agree to follow the above mentioned COVID-19 screening procedures and COVID-19 transmission risk policies and procedures.** A copy of these documents is available on MSUBsports.com for reference.

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

Sport \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

