

# CENTRALIA COLLEGE ATHLETIC AND HOUSING RE-ENTRY PLAN

August 2020

Centralia College  
600 Centralia College Blvd.  
Centralia, WA 98531

## ATHLETICS RE-ENTRY PLAN

### Details:

Sport	Move in	Grey	Red	Yellow	Green	1 <sup>st</sup> Competition
Golf	TBD	TBD	TBD	TBD	TBD	9/28-9/29
Other Sports	9/14-9/18	9/15-9/29 9/19-10/3	9/30-10/14 10/4-10/18	10/15-10/29 10/19-11/2	10/30 11/3	11/1 11/4

Golf will complete the grey phase either from campus housing or private residences prior to other sports moving to campus. Since golf has no more than five participants, they will be able to begin full team practices in the red phase. The floating dates reflect when teams are moved in based on their assigned move in dates. Grey phase will start once all team members are moved to the residences they will be living in while participating in athletics.

### DEFINITIONS

**Vulnerable individuals:** Persons who have underlying medical conditions as outlined by the CDC.

**Quarantine:** The practice of confining individuals who have had close contact with a COVID-19 case to determine whether they develop symptoms of the disease. (*POSSIBLE EXPOSURE*).

**Isolation:** The physical separation of persons with a contagious disease from people who are not sick. (*CONFIRMED EXPOSURE AND CONTAGIOUS*).

**On-campus housing:** Dwellings that students live in that are owned, operated, or managed by the college.

**Non-campus housing:** Dwellings that students live in that are not owned, operated, or managed by the college.

**Housing unit:** People who live together in the same dwelling unit.

**Team unit:** Follow NWAC phasing guidelines-(see below)

### TRAINING AND COMPETITION RE-ENTRY PLAN

Based on current NWAC Guidelines for Return to Play, all sports teams will go through a phased approach toward competition. The first three phases (grey, red, yellow) will be two weeks each and the level of participation and personal contact will increase with each phase. At any time, if a student contracts the virus, or is exposed to the virus, the Athletic COVID-19 Liaison will work with the Lewis County Health Department to determine the appropriate course of action. Additionally, if the NWAC modifies the guidelines the college will adapt its plan to maintain compliance and student safety.

### PRIOR TO ARRIVING ON CAMPUS

Centralia College has the primary responsibility to keep people within its community safe. This responsibility extends beyond student-athletes and athletic department staff, recognizing that these populations will be included in an institution's comprehensive campus planning.

Because the NWAC consists of 36 member colleges, the NWAC must defer to each member to implement proper health and safety measures for its general campus operations that are consistent with campus policies and requirements of local and state governments. Centralia College will determine the appropriate timing and protocols for when and how student-athletes return to campus, as well as begin to engage in team activities and practices. The

NWAC has collected a variety of resources to assist members with the planning process.

(<https://nwacsports.org/sportsmedicine>)

As an overview, here are requirements that each college needs to identify in its institution.

- a. Each individual institution must have a COVID-19 liaison and action team within the athletics department in order to assist in the management of return to sport policies and management of potential positive cases.
  - i. This individual must be in contact with the institution's higher administration and the NWAC.
  - ii. See COVID-19 Liaison description (<https://nwacsports.org/sportsmedicine>)
- b. Each institution must complete the Grey Phase document as provided by the NWAC
- c. NWAC 2020-2021 SPORTS CALENDAR – <https://www.nwacsports.org/general/2019-20/releases/20200709t0zmsn>

**GREY PHASE – initial re-entry (two weeks):**

- NWAC recommends, in accordance with national guidelines (CDC), that all athletes shelter in place and/or quarantine in the residence they will be living in while participating in athletics for the 14 days prior to the red phase.
- NWAC student-athletes/teams will follow the “color phase” protocol when returning to play (see information below on dates and phases.) Before entering the “color phase protocol,” each NWAC member college will provide the NWAC its respective return to campus protocol.
- Information to include: Identification of Covid-19 team and the Covid-19 liaison; Authority from local health authority and are following state and local health authority guidelines;
- Plan for sanitization, acquiring PPE's, handling a positive/symptomatic individual, monitoring symptoms, contact tracing, and education plan for student-athletes, staff, and coaches, and game management.

**RED PHASE – limited group practice (two weeks):**

- Student Athletes and athletics staff have completed the COVID19 Addendum and the recommended quarantine.
- Vulnerable individuals shelter in place and continue individual workouts with precaution.
- Small group training should occur based on local health authority restrictions.
- Gatherings of no more than 10 people are allowed.
- Virtual meetings when at all possible.
- Gyms and common areas where student-athletes and staff are likely to congregate and interact should remain closed *unless* strict distancing and sanitation protocols can be implemented.
- Nonessential travel should be minimized, and Centers for Disease Control and Prevention guidelines regarding isolation after travel should be implemented.

**YELLOW PHASE – modified team practice (two weeks):**

- Vulnerable individuals should continue to shelter in place and continue individual workouts with precaution. Vulnerable individuals may perform workouts with coaches on an individual basis, with social distancing measures.
- Gatherings of more than 50 people should be avoided unless precautionary measures of physical distancing and sanitization are in place.
- Full team practices (*excluding vulnerable individuals*) can take place with social distancing measures in place.
- Nonessential travel should be minimized, and Centers for Disease Control and Prevention guidelines regarding isolation after travel should be implemented.

**GREEN PHASE – full team practices and games:**

- Vulnerable individuals can resume in-person interactions, but should practice physical distancing, minimizing exposure to settings where such distancing is not practical.
- Gyms and common areas where student-athletes and staff are likely to congregate and interact can reopen if appropriate sanitation protocols are implemented, but even low-risk populations should consider minimizing time spent in crowded environments.
- Unrestricted staffing (video, table, game management, etc.) may resume with sanitation protocols in place.
- Consideration of spectator modifications (i.e. no spectators, physical distancing, etc.) to ensure safety of student-athletes, support staff and spectators

**NWAC 2020-2021 SPORTS CALENDAR**

**This calendar was developed by the NWAC to show possible phase dates and is subject to change.**

Fall Sports	Grey Phase	Red Phase	Yellow Phase	Green Phase	Championships	Notes
Cross Country	See above	8/15/20	8/29/20	9/12/20	11/14/2020	Chambers Bay, University Place, WA
Soccer	See above	2/3/21	2/17/21	3/3/21	6/4-6/2021	Championship Site TBD
Volleyball	See above	2/27/21	3/13/21	3/27/21	6/4-6/2021	Championship Site TBD
Golf	See above	8/15/20	8/29/20	9/12/20	Spring 21	
Baseball						
Softball						
Winter Sports		Red Phase	Yellow Phase	Green Phase	Championships	Notes
Basketball	See above	1/16/2021	1/30/2021	2/13/2021	5/14-16/2021	Championship Site TBD
Spring Sports		Red Phase	Yellow Phase	Green Phase	Championships	Notes
Baseball	See above	2/13/21	2/27/21	3/13/21	5/27-31/2021	Lower Columbia College, Longview, WA
Softball	See above	2/13/21	2/27/21	3/13/21	5/21-23/2021	Championship Site TBD
Golf	See above	2/8/21	2/22/21	3/8/21	5/16-17/2021	Championship Site TBD
Tennis	See above	2/8/21	2/22/21	3/8/21	5/7-8/2021	Championship Site TBD
T&F	See above	2/15	3/1/21	3/15/21	5/24-25/2021	Mt. Hood Community College, Gresham, WA
T&F ME					5/3-4/20201	Championship Site TBD

**CAMPUS HOUSING AND QUARANTINE FOR STUDENT ATHLETES:**

**On-campus residents:**

All athletes will serve a 2-week quarantine period that begins once all residents have moved into the units they will be living in during their athletic participation. During this two-week quarantine period, students can only leave their unit to participate in the following things outside of their living unit:

- Shop for groceries, visit the pharmacy, or attend to other essential needs twice per week
- Attend in-person classes or participate in any student support program on-campus

- Outdoor workouts with others from your housing unit 5 times per week for one hour each as long as strict social distancing is followed. (Walks, runs, bike rides, etc.)
- Other approved by the COVID-19 Team Liaison

Students will be required to track the places they went and submit it to the housing director during and after the two-week quarantine period. Additionally, they will follow all of the enhanced COVID-19 virus prevention protocol established by the college and the NWAC.

#### **Non-campus housing:**

All athletes living in private residences or off-campus housing will serve a 2-week quarantine period that begins once all residents have moved into the units that they will be living in during their athletic participation. During this two-week quarantine period, athletes can only leave their unit to participate in the following things outside of their living unit:

- Shop for groceries, visit the pharmacy, or attend to other essential needs twice per week
- Attend in-person classes or participate in any student support program on-campus
- Outdoor workouts with others from your housing unit 5 times per week for one hour each as long as strict social distancing is followed. (Walks, runs, bike rides, etc.)
- Others approved by the COVID-19 Team Liaison

Athletes will be required to track the places they went off the above list and submit it to their coach during and after the two-week quarantine period. Additionally, they will follow all of the enhanced COVID-19 virus prevention protocol established by the college and the NWAC.

**COVID-19 TEAM LIAISON:** Bob Peters, Centralia College Athletic Director

**COVID-19 COLLEGE SUPERVISOR:** Chuck Wallace, Campus Safety and Security Manager, (360) 280-8278

**DISTRIBUTED TO LOCAL HEALTH AUTHORITY:** 8/25/2020

**FACILITIES SANITATION/DISTANCING PLAN:** Until there is a widely available treatment coupled with a widespread vaccine, the gym and weight room will only be available to essential classes and athletic programs. Classes and athletic programs will have to maintain appropriate social distancing and cleaning protocols as all times as described below. All athletics staff members who have COVID-19 symptoms or are feeling ill will stay home and not engage in activities until cleared by the Athletic COVID-19 and College COVID-19 Supervisor.

#### **MICHAEL SMITH GYMNASIUM:**

- One entrance will be designated as entry only. It will remain locked and athletes will be let in as needed.
- One exit will be designated as exit only and will remain locked at all times.
- Drinking fountains are used for refilling water bottles only and will be signed accordingly.
- All high touch surfaces will be wiped down every two hours by a properly trained staff.
- Coaches and staff will maintain 6-feet of distance when instructing athletes.
- Maintain a minimum of 30 minutes between each gym use to ensure enough time to clean and disinfect high touch areas.
- No shower or locker facilities will be open for use.
- When competition begins, crowds will only be allowed if strict social distancing and sanitation protocol can be maintained and if permitted according to the State and local Public Health guidelines.
- Concessions will remain closed during all competitions.
- A daily log will be kept of all people using the gym, which will be submitted to Campus Safety & Security each day.

## EQUIPMENT:

- All common sports equipment that is used by more than one athlete will be cleaned and wiped down after each use.
- Common equipment will be left in (identify the location) (weight room, fitness center, gymnasium, 2<sup>nd</sup> floor cardio room) for the weekend and will not be used by anyone over that time period when possible.
- A daily log will be kept of people using the equipment.

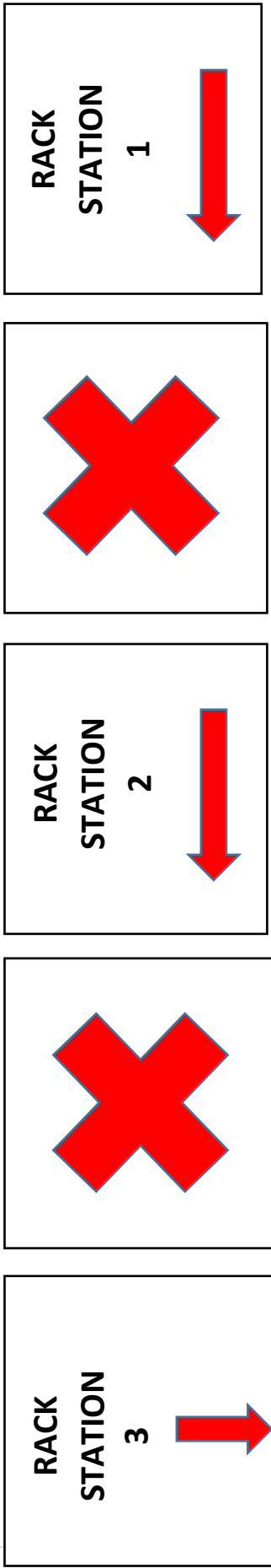
## TRAVEL:

- Follow local and NWAC guidelines for number of people allowed in college van at any given time. (Dependent upon social distancing requirements.)
- No overnight trips are allowed without prior approval from the College and Athletic COVID-19 Liaison, the VP Student Services, the College President, and the Executive Director of the NWAC.
- Masks will be worn at all times while in the vans.
- Participants will wash their hands prior to entering the vans and will wipe down their seat and high touch areas upon entering and exiting the van.
- Social distancing will be adhered to while traveling in vans
- The college will thoroughly disinfect vehicles between uses.

## WEIGHT ROOM:

- During the *red* and *yellow* phases, the weight room will be limited to workouts as outlined by coaches or athletic staff. (*See diagram on next page.*)
- The total number of people in the weight room at a given time will be capped at 10; this total and the number of people allowed in the weight room in a given day will be capped depending on local health authority.
- Weight machines will be removed or taken out of commission to ensure that there is at least 14 feet of distance between patrons at all times. If barriers are installed between machines, they can be as close as 6 feet apart.
- Each patron will sanitize their hands upon entering the weight room with hand sanitizer.
- Each patron will wipe down the weight machine with a disinfectant spray and cloth before and after each use.
- The weight room will be thoroughly cleaned at the end of each day.
- Patrons will be required to wear masks when not actively using the weight machines.
- A daily log will be kept of all people using the weight room.

# WORKOUT ROTATION FOR WEIGHT ROOM



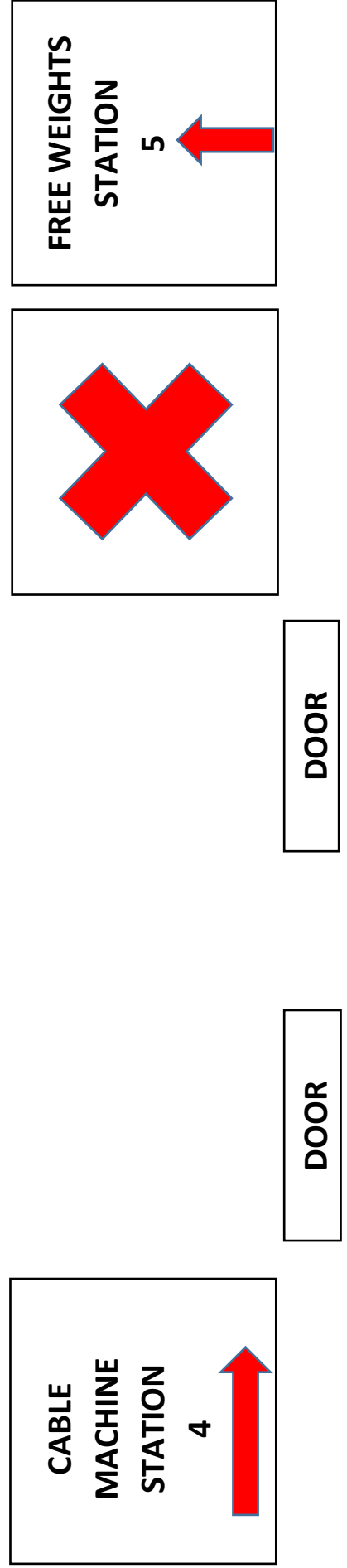
ROTATION WILL BE COUNTER CLOCKWISE

1 – 2 – 3 – 4 – 5

5 – 1 – 2 – 3 – 4

NO MORE THAN 10 STUDENT-ATHLETES AT A TIME

COACH OR SUPERVISOR WILL MONITOR WORKOUTS



## PPE:

### Face Masks –

- **Face Coverings/Face Masks:** shall be worn at all times by every employee, student and visitor who enter campus buildings or participate in an outdoor campus supported class or event. Staff or faculty members who are able to close the door to a private enclosed office or workspace, isolating themselves, may remove their mask, but must place the mask back on when leaving the office/room. Please note that a cubicle with a door does not count as a private enclosed office. The wearing of a face mask does not preclude the 6 feet social/personal distancing guidelines for all students, staff and faculty.
  - **Face masks are REQUIRED before entering any campus building.**
  - If a person refuses to wear a mask/face covering in class, **class must stop**. Students refusing, should be referred to V.P. of Student Services. If you are performing a class activity outdoors, you need to wear a mask/face covering and adhere to social distancing of at least 6 feet.
  - **Always worn during periods of deep cleaning of campus by custodial and cleaning crew members.**
  - **Proper way to wear masks** is to cover the nose and mouth, not just mouth only.
  - **Exhalation Valves & Vents in Face masks** - Face masks that have an exhalation valve or vent are not permitted on Centralia College campuses or in buildings based upon CDC recommendations of August 6, 2020. Another face mask can be provided for you to use in the event you don't have a mask without an exhalation valve or vent.

Each athlete, Athletic Staff member, and game personnel will be provided two Centralia College masks and will be required to wear them at all times indoors and outdoors. Athletes are required to wear the mask at all times except for when they are actively involved in strenuous exercise that requires the free flow of breathing.

**Physical/Social distancing** of at least 6 feet should be maintained at all times in buildings, classrooms and outdoors.

### EDUCATIONAL PLAN FOR ATHLETES AND STAFF:

The College COVID-19 Liaison and the Athletic COVID-19 Liaison will host a mandatory COVID-19 meeting through zoom or webex to describe the processes and protocol as well as the best practices for sanitation within the first two days the athletes are in the *grey* phase. The liaisons will hold mandatory meetings every two days during the two-week *grey* phase to make sure students are following the established guidelines and are not experiencing symptoms. After the *grey* phase, the liaisons will host a mandatory meeting every two weeks with all athletes.

All appropriate athletic staff will be required to attend the mandatory meetings and may be asked to assist with data gathering, visitor/movement tracing, or symptom monitoring as requested by the liaisons.



## HOUSING PLAN

### GENERAL HOUSING PROCEDURES:

- 1) We will develop a move-in schedule that is coordinated with those living in the same apartments to minimize contact from those outside of the living unit.
- 2) We have restricted the numbers of students in any individual bedroom to 1 student.
- 3) Two, one-bedroom apartments, will be left vacant to serve as an isolation/quarantine point if a student is exposed to someone with COVID-19 or tests positive for the virus.
- 4) Price Peterson will serve as the college contact to all students in on-campus housing. He will collect monitoring information and coordinate student basic needs should a student need to be isolated.
- 5) All students living in on-campus housing will serve a two-week quarantine period that begins once all residents have moved into their units. During this two-week quarantine period, students can only leave their unit to participate in the following things outside of their living unit:
  - Shop for groceries, visit the pharmacy, or attend to other essential needs twice per week
  - Attend in-person classes or participate in any student support program on-campus
  - Outdoor workouts with others from your housing unit 5 times per week for one hour each as long as strict social distancing is followed. (walks, runs, bike rides, etc.)

Students will be required to track the places they went off the above list and submit it to the housing director.

- 6) After the two-week quarantine period, students are still expected to track where they have gone outside of their apartment and who they have had contact with and submit it to the housing director.
- 7) Visitors to all housing units are prohibited. Only those living in the unit are allowed to be present in the unit at any time.
- 8) If at any time a student who is living in college housing stays overnight at a facility other than their rented student room, all members of the shared college unit will need to begin the quarantine process from the beginning.

### ACTION PLAN FOR SUSPECTED CASES IN ATHLETICS OR HOUSING:

**Protect the identity of the student as it is protected by federal law.**

**STEP ONE:** Students self-report that they are experiencing symptoms – to their immediate supervisor or coach, who in turn will contact the Campus COVID-19 Supervisor at (360) 280-8278.

**STEP TWO:** Students get tested by contacting their primary care provider or by finding a free resource. A list of area COVID-19 Testing Sites is included in this document. Stay in their unit and isolate until the results are in. If test results are negative, continue with normal operations while following housing rules. If test is positive proceed to step three.

**STEP THREE:** The College COVID-19 Supervisor will contact Lewis County Public Health and Social Services or the WA State Department of Health (DOH). Contact tracing protocol will take place and the COVID-19 Supervisor will develop an individual plan according to the feedback provided by Lewis County Public Health and Social Services and/or WA State DOH, which will be specific to the impacted individual(s).

**STEP FOUR:** Isolate the infected individual(s) as determined by and in collaboration with Lewis County Public Health and Social Services or WA State DOH.

**STEP FIVE:** Provide information and notify those who were impacted or in contact with the student. Quarantine impacted students as determined by the Lewis County Health Department & Social Services or WA State DOH.

**STEP SIX:** Identify a single staff member who will provide support and assistance to the student and ensure that someone is always available to support the individual.

**STEP SEVEN:** The College COVID-19 Supervisor will track symptoms in collaboration with the Lewis County Public Health and Social Services, WA State DOH, or the students' primary care providers to determine when the students can come out of isolation and quarantine.

## HOUSING CHECKLIST

**CLEANING AND SANITIZING:** Have all staff and athletes watch the COVID disinfecting Video/PPT developed by the college.

### Cleaning and Disinfecting for Prevention

- **General guidance:**
  - Increase the frequency of cleaning and disinfecting, focusing on high-touch surfaces, such as doorknobs, light switches, handrails, public restrooms, tables, faucets, and keyboards. Clean with the cleaners typically used. Use all cleaning products according to the directions on the label. A list of products that are EPA-approved for use against the virus that causes COVID-19 is available at: <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>. Follow the manufacturer's instructions for all cleaning and disinfection products (e.g. concentration, application method and contact time, etc.)
  - Practice good hand hygiene after cleaning:
    - Wash hands often with soap and warm water for at least 20 seconds.
    - If hand washing is unavailable, use an alcohol-based hand sanitizer that contains at least 70% (isopropanol) alcohol.
    - Provide disposable wipes to staff and faculty so that commonly used surfaces (keyboards, desks, and remote controls) can be wiped down before use.
- **Safety guidance for cleaning and disinfecting:**
  - Ensure adequate supplies to support cleaning and disinfection practices.
  - Ensure proper ventilation during and after application of cleaner or disinfectant.
  - Wear disposable gloves when cleaning and disinfecting. Gloves should be discarded after each use. Wash hands immediately after gloves are removed. Double glove if working in an area of known exposure.
  - Wear eye protection when there is potential for splash or splatter to the face. Wear coveralls or aprons to protect personal clothing, as necessary.
  - Store chemicals in labeled, closed containers. Keep them in a secure area away from children and food. Store them in a manner that prevents tipping or spilling.
- **Cleaning and disinfecting surfaces:**
  - Clean surfaces and objects with soap and water or another cleaning detergent if visibly dirty prior to disinfecting. This includes high-touch surfaces.
  - The following products are effective for disinfection of hard, non-porous surfaces:
    - A 10% diluted bleach solution, an alcohol solution with at least 70% (isopropanol) alcohol, and/or an EPA-registered disinfectant for use against COVID-19.
  - Prepare a 10% diluted bleach solution by doing the following:

- Mix 5 tablespoons of bleach per gallon of water.
- After application, allow 2 minutes of contact time before wiping, or allow to air dry (without wiping).
- If using Virex II 256 (EPA# 70627-24), our current EPA-approved disinfectant.
  - After application, allow 10 minutes of contact time before wiping, or allow to air dry (without wiping).
- For effective disinfection of soft, porous surfaces such as carpeted floor, rugs, and drapes:
  - Remove visible contamination if present and clean with appropriate cleaners indicated for use on these surfaces.
  - After cleaning, if the items can be laundered, launder items in accordance with the manufacturer’s instructions using warmest appropriate water setting for the items and then dry items completely.
  - If laundering is not possible, use an EPA-registered disinfectant for use against COVID-19 and that are suitable for porous surfaces.
- DATE: \_\_\_\_\_
  - Complete, thorough, and detailed cleaning of the entire facility prior to student move-in with a focus on high-contact areas.
- DATE: \_\_\_\_\_
  - Instruction on routine sanitization of high-touch surfaces.
- DATE: \_\_\_\_\_
  - Hand Sanitizer readily available throughout the property.
- DATE: \_\_\_\_\_
  - Provide residents with their own sanitization solutions or wipes.
- DATE: \_\_\_\_\_
  - Disinfect all hard surfaces with an EPA registered chemical disinfectant.

**Cleaning and disinfecting after notification  
of a confirmed case of COVID-19:**

Focusing on areas where the ill person has visited or used, routine cleaning and disinfection will continue with these additional cleaning and disinfecting enhancements. These procedures will be enforced for a period of 9 days since the person was present in a college space.

- **If a COVID-19 case is confirmed in the campus community, the following cleaning and disinfecting procedures will be followed.**
  - Areas visited by the COVID-19 positive person will be closed off. This will be assessed by administration and communicated to the Building and Grounds Director, who will ensure the specific areas are closed off for at least 24 hours or as long as practical before beginning cleaning and disinfecting.
  - Prior to cleaning, open outside doors and windows to increase air circulation in the area. Use ventilation fans to increase air flow if needed.
  - Ensure adequate supplies to support cleaning and disinfection prior to starting.
  - Follow *COVID-19 PREVENTION: CLEANING AND DISINFECTING PROCEDURES* outlined above in this document. (See Page 9 & 10 of this document)
  - Wear required personal protective equipment (PPE) during cleaning and disinfecting, including disposable gloves (double up), safety goggles, N95 mask, disposable Tyvek suit with hood, and rubber

shoe covers. All staff must be fully trained on proper usage and disposal of required PPE to prevent cross contamination. Your supervisor will instruct you on what PPEs are required for your required duties.

- Cleaning staff should clean and disinfect all areas such as offices, bathrooms, common areas, shared electronic equipment like tablets, touch screens, and keyboards in the area where the person visited, focusing especially on frequently touched surfaces.

DATE: \_\_\_\_\_

- Conduct frequent cleaning of shared facilities.

DATE: \_\_\_\_\_

- Encourage students to clean shared bathroom and showers after each use but at least once per week.

## PHYSICAL DISTANCING

DATE: \_\_\_\_\_

- Install and maintain signage to remind groups to stand at least 6 feet apart and avoid congregating in common areas.

DATE: \_\_\_\_\_

- Follow WA Labor and Industries guidelines for masks. As of 7/15/2020 masks are required inside in all common areas (laundry room) and outside when not able to maintain 6 feet of distance.

DATE: \_\_\_\_\_

- Roommates are treated as a family unit; assign students with pre-existing conditions to single units.

DATE: \_\_\_\_\_

- Designate specific residence facilities to isolate students for quarantine or isolation periods as needed.

## HEALTH AND PERSONAL HYGIENE

DATE: \_\_\_\_\_

- Require Staff and students with COVID-19 symptoms to remain home and get tested. Testing can be provided by the individual's primary care provider or for free through the Public Health COVID-19 website. See attached - Lewis County Testing Sites

DATE: \_\_\_\_\_

- Ask staff and students to self-quarantine for 14 days from symptom onset or positivity of the case or per public health guidelines. (See APPENDIX page 20 - 22)

DATE: \_\_\_\_\_

- Provide employees and students with face coverings and instruct them on how to keep them clean.

DATE: \_\_\_\_\_

- Train all staff and students on the importance of frequent handwashing, the use of hand sanitizers, and give them clear instruction to avoid touching hands to face through a Video/PPT.

## FACILITY SAFETY

DATE: \_\_\_\_\_

- All staff and residents must wear facemasks inside at all times with the exception of their own apartments.

DATE: \_\_\_\_\_

- Rooms will remain vacant for 48 hours after students check-out and prior to cleaning

- DATE: \_\_\_\_\_
  - Develop log system to track all visitors that come on premises. List per room sent to coach/supervisor and Safety & Security.
- DATE: \_\_\_\_\_
  - Confirm that workers resuming on-premises work have not experienced symptoms for 14 days per CDC Guidelines or have been cleared to return to work by their health care provider
- DATE: \_\_\_\_\_
  - Communicate the college’s Safe Back-To-School plan to all staff and residents, including available contacts to report violations.
- DATE: \_\_\_\_\_
  - Use no-touch garbage cans where possible.
- DATE: \_\_\_\_\_
  - Check appropriate functioning of HVAC in Gymnasium.
- DATE: \_\_\_\_\_
  - Symptomatic residents should avoid contact with others. Follow DOH guidelines for individuals with symptoms. They will be provided information by Campus COVID-19 Supervisor.
- DATE: \_\_\_\_\_
  - Develop plan on how suspected COVID-19 cases will be isolated, evaluated, tested, and provide necessary wraparound services (medical care, food). (See APPENDIX Page 23)
- DATE: \_\_\_\_\_
  - Ensure that physical locations have been identified to isolate confirmed COVID-19 cases, and consider designating one staff member to attend to sick residents.
- DATE: \_\_\_\_\_
  - Create and test communications plans to disseminate critical information to residents.

## RESIDENT EXPECTATIONS

- DATE: \_\_\_\_\_
  - Develop and install visible entry point signage for all staff and residents on shared responsibilities. Include: proper hygiene and sanitization, physical distancing, PPE guidance, and information for reporting concerns. Post on interior side of front doors.
- DATE: \_\_\_\_\_
  - Make safety guidelines publicly available.
- DATE: \_\_\_\_\_
  - Consider using technology to track visitors, make a list, and give to supervisor who forwards to Covid - 19 Supervisor.
- DATE: \_\_\_\_\_
  - Remind residents of any quarantine requirements as defined by the local health jurisdiction and instruct them that compliance will be monitored.
- DATE: \_\_\_\_\_
  - Develop a standard phone tree to include coach, athletic director or covid-19 supervisor, for residents to self-report if they are experiencing COVID-19-like symptoms or if they are waiting for the results of a COVID-19 test. Provide resources to students who self-report.

## SUPPORT

- DATE: \_\_\_\_\_
  - Adhere to state and federal laws for health and safety during COVID-19 including WA State’s “Safe Start” guidelines and WA Labor and Industries guidelines.

- DATE: \_\_\_\_\_
  - Mitigate anxiety by recognizing fear in returning staff and residents, communicating transparently, listening and surveying them regularly. (Page 24)
- DATE: \_\_\_\_\_
  - Provide early reopening communication by keeping workforce and students informed as soon as appropriate.
- DATE: \_\_\_\_\_
  - Reinforce training after day one by providing ongoing methods of additional training to reinforce messaging and changes.
- DATE: \_\_\_\_\_
  - Assist students in developing plan to keep a large amount of non-perishable food items in stock in the unit to limit trips to the store as much as possible.

## COVID-19 Testing Sites in Lewis County

*Information accurate as of July 17, 2020*

Most primary care physicians can now do testing. People looking for testing should call their own doctor first.

If that is not an option, there are currently seven testing locations in Lewis County. Not all are open to the general public. It is always a good idea to call before going to a testing site.

Testing Site/Locations	Testing Hours	Testing Details
<b>Arbor Health Morton Clinic</b> 531 Adams Ave. Morton 360-496-5145	M-F 7:30 am – noon & 1-5 pm	Tests only their own patients
<b>Arbor Health Morton Hospital</b> 531 Adams Ave. Morton 360-496-5112	By appointment only	Will test patients from the Lewis County area with a physician's referral.
<b>Mary's Corner Medical Clinic</b> 4254 Jackson Hwy Chehalis 360-262-3966	M-F 8:30 am – noon 1 – 5 pm	Testing available for anyone by appointment only during regular business hours.
<b>Northwest Pediatric Center</b> 1907 Cooks Hill Dr. Centralia 360-736-6778	M-F Noon – 8 pm By appointment only.	Tests only their own patients.
<b>River Valley Community Health</b> 424 Williams St Mossyrock 360-983-3589	M, T, Th, F 10 AM – 6 PM Su Noon – 4 PM W – Closed	Testing available for anyone. Please call in advance.
<b>Valley View Centralia Clinic</b> 1800 Cooks Hill Drive Centralia 360-736-3042	9am to 7 pm 7 days a week	Testing available for anyone. No appointments, walk-in only.
<b>Washington Park Quick Clinic</b> 2526 Colonial Dr. Centralia 360-736-0256	M – F 9 am – noon 1:30-4 pm	General public testing available during regular business hours, call first to make appointment.

# PRE-SEASON COVID-19 SCREENING

## NWAC PRE-PARTICIPATION EXAMINATION COVID-19 ADDENDUM

To ensure the safety of all participants within the Northwest Athletic Conference (NWAC), all incoming and returning student-athletes are required to complete the following screening prior to participation in any team-related activities.

**THIS FORM SHOULD BE COMPLETED WITHIN ONE OR TWO WEEKS PRIOR TO ARRIVAL ON CAMPUS.  
A COVID-19 TEST MAY BE COMPLETED IF DETERMINED TO BE APPROPRIATE BY THE MEDICAL PROVIDER**

STUDENT- ATHLETE INFORMATION	
Name (Last, First MI):	
Student ID#:	Date of Birth (MM/DD/YYYY):
Local Address:	
Permanent Address:	
Cell Phone:	Sex (circle one): <input type="checkbox"/> Male <input type="checkbox"/> Female

### COVID-19 SCREENING

Please complete the following information to assess your risk of exposure and symptom experiences related to COVID-19.

QUESTION	YES	NO
Have you been diagnosed with COVID-19?		
Do you have medical documentation to support your diagnosis and treatment of COVID-19?		
Date of Diagnosis (MM/DD/YYYY):	Did hospitalization occur with diagnosis?	
Physician Name/Contact Information:		
Have you been in contact with anyone diagnosed with COVID-19 in the past 14 days?		

Have you experienced any of the following symptoms in the last 14 days?

SYMPTOM	YES	NO	DATE OF LAST SYMPTOM EXPERIENCE
Fever			
Extreme Fatigue			
Dry Cough			
Shortness of Breath			
Body/Muscle Aches			
Loss of Taste or Smell			
Pain or Difficulty Breathing			

I certify that I have provided true and accurate information to the best of my knowledge.

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

### MEDICAL PROVIDER EVALUATION

Cardiac History/Symptom Review	<input type="checkbox"/> Normal	<input type="checkbox"/> Abnormal
Respiratory History/Symptom Review	<input type="checkbox"/> Normal	<input type="checkbox"/> Abnormal
Is this individual at high risk for complications?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Has the individual been tested for COVID-19	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Additional Notes/Recommendations:		Date Completed:

Do you recommend further COVID-19 or follow up testing (EKG/PFT)?  No  Yes

Student-athlete is:

- Not cleared for participation until follow up complete **OR**  
 Cleared to return to participation in accordance with the institution's authorization to return to activity

**ACKNOWLEDGMENT**

In the interest of health and public safety during the COVID-19 pandemic, I acknowledge that I have truthfully and accurately disclosed the above information regarding my health status, including any symptoms and exposure to COVID-19 in order for INSTITUTION to evaluate before allowing my return to campus. I further acknowledge that, if additional evaluation or assessment is required and requested by the institution, I hereby consent and will cooperate.

In addition, if any of the symptoms mentioned above appear after I am allowed to return to campus, I agree to stay at home and to immediately report my change in status to the proper medical authorities at the INSTITUTION and to complete a new Assessment, Acknowledgement and Consent form for approval before returning to campus. At all times while on campus, I agree to follow all safety protocols and social distancing guidelines established by INSTITUTION, the City of \_\_\_\_\_, \_\_\_\_\_ County, and the State \_\_\_\_\_.

Student-Athlete Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Parent/Guardian \_\_\_\_\_

Signature may be that of a student or athlete over 18 years of age.  
**If under 18**, this form must be signed by the Parent or Guardian.





Northwest Athletic Conference  
COVID-19 ASSUMPTION OF RISK AND RELEASE

I acknowledge that I have voluntarily chosen to use the athletics facilities and equipment and to participate in the intercollegiate athletics activities and programs of Centralia College sponsored through the Northwest Athletic Conference (NWAC), hereafter "the program" or "program activities".

**A. COVID-19 ASSUMPTION OF RISK**

I understand that my participation in program activities may involve foreseeable as well as unforeseeable risks to my health or safety (including death), or the health and safety of others, as a result of the worldwide spread of the novel coronavirus known as COVID-19.

COVID-19 is highly contagious and is spread by coming into personal contact with others or using shared facilities and equipment. Participating in intercollegiate athletics, including practices, competitions, physical activity or conditioning classes, may increase the risk of contracting the disease or spreading it to others, including teammates, family, and friends. Any participant may be unknowingly carrying the disease and capable of infecting others without experiencing any symptoms. Participating in competitive events with other schools, as well as traveling to such events, may involve an enhanced risk of exposure to the virus.

I understand and agree that it is my responsibility to follow NWAC and College guidelines or directives relating to my participation, including any guidelines or directives relating to social distancing, proper hygiene and handwashing practices, and the use of personal protective equipment (PPE) such as face masks and eye protection. I understand and agree that I am solely responsible for determining my ability to participate in the program and for notifying College athletics staff of any medical or other health condition that would limit my ability to participate safely. I understand and agree that NWAC, the College and its staff cannot guarantee or insure my health or safety and that it is my responsibility to obtain any appropriate insurance coverage and to pay any medical or other expenses relating to my participation in the program.

By my signature below, I acknowledge and voluntarily assume the above described risks of participating in the program, including but not limited to the risks of traveling to or from participation sites.

## B. RELEASE OF CLAIMS

If I am age 18 or over, as a condition of my being permitted to participate in intercollegiate athletics, and for and in consideration of the services provided by NWAC and the College's athletics department, I hereby waive and release any claims that I or my estate may have against NWAC, the College, or their trustees, directors, officers, employees, volunteers, or agents based on any loss, illness or injury (including death), that I may sustain arising from, in connection with, or incidental to my participation, whether such loss, illness or injury is caused by my own acts or omissions or by those of other program participants, NWAC or College staff or volunteers.

If I am signing as a parent/guardian of a participant under age 18, as a condition of my student's being permitted to participate in intercollegiate athletics, and for and in consideration of the services provided by NWAC and the College's athletics department, I hereby waive and release any claims that I or we may have against NWAC, the College, or their trustees, directors, officers, employees, volunteers, or agents based on any loss, illness or injury (including death) that my student may sustain arising from, in connection with, or incidental to my student's participation, whether such loss, illness or injury is caused by my student's own acts or omissions or by those of other program participants, NWAC or College staff or volunteers.

I have read and understand this *COVID-19 Assumption of Risk and Release*. I further understand and agree that the foregoing Assumption and Release is intended to be enforceable to the fullest extent permitted by law.

Participant Name (Print): \_\_\_\_\_

Participant Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**If the student participant is under the age of 18, this *COVID-19 Assumption of Risk and Release* must be signed both by the student and by the student's parent or legal guardian:**

Parent/Guardian Name (Print) \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

AAG 06.17.20

For more information, please go to <https://www.nwacsports.org/SportsMedicine>

## CONTACTS:

BOB PETERS    [bob.peters@centralia.edu](mailto:bob.peters@centralia.edu) WK (360) 623-8574 or Cell (360) 269-7801

CHUCK WALLACE – [chuck.wallace@centralia.edu](mailto:chuck.wallace@centralia.edu) Centralia College COVID-19 Supervisor – (360) 280-8278

ANDREW MARTIN – Centralia College Athletic Trainer WK (360) 736-2889    Cell (253) 579-4833

Washington Orthopedic Physicians - (360) 736-2889

# APPENDIX

Four Scenarios	Pages 20-22
Testing Positive	Page 23
Mitigating Anxiety Resources	Page 24
CDC Testing Recommendations	Page 25

**For all of the following scenarios, even if you test negative for COVID-19 or feel healthy, you should stay home (quarantine) since symptoms may appear 2 to 14 days after exposure to the virus.**

See scenarios below to determine when you can end quarantine and be around others.

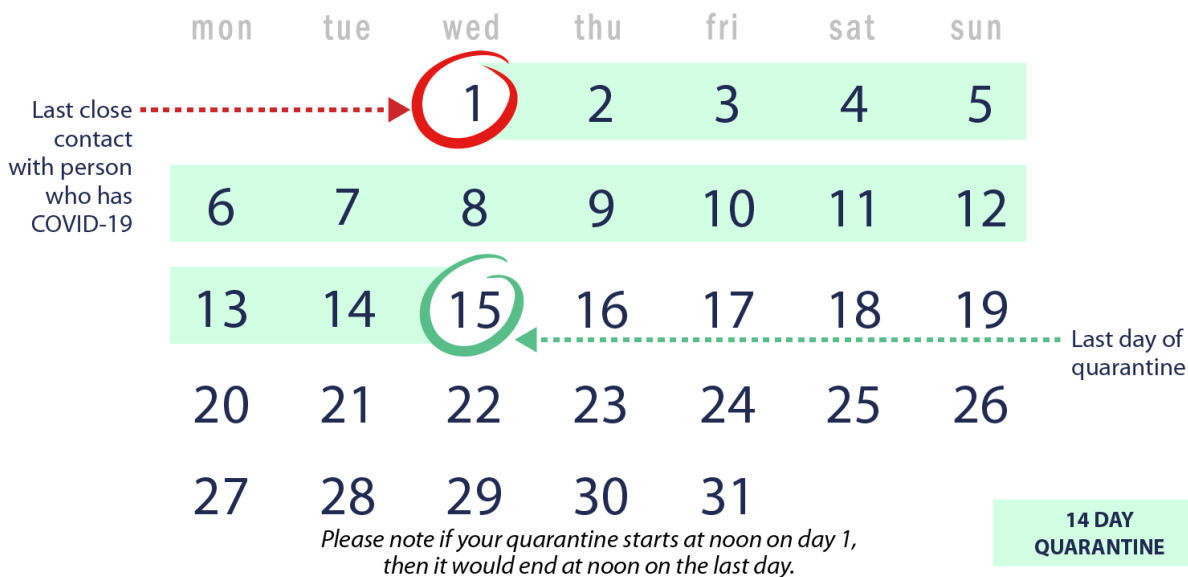
### There are 4 scenarios:

#### Scenario 1: Close contact with someone who has COVID-19—will not have further close contact

I had close contact with someone who has COVID-19 and will not have further contact or interactions with the person while they are sick (e.g., co-worker, neighbor, or friend).

Your last day of quarantine is 14 days from the date you had close contact.

Date of last close contact with person who has COVID-19 + 14 days = end of quarantine



## Scenario 2: Close contact with someone who has COVID-19—live with the person but can avoid further close contact

I live with someone who has COVID-19 (e.g., roommate, partner, family member), and that person has isolated by staying in a separate bedroom. I have had no close contact with the person since they isolated.

Your last day of quarantine is 14 days from when the person with COVID-19 began home isolation.

Date person with COVID-19 began home isolation + 14 days = end of quarantine



Please note if your quarantine starts at noon on day 1, then it would end at noon on the last day.

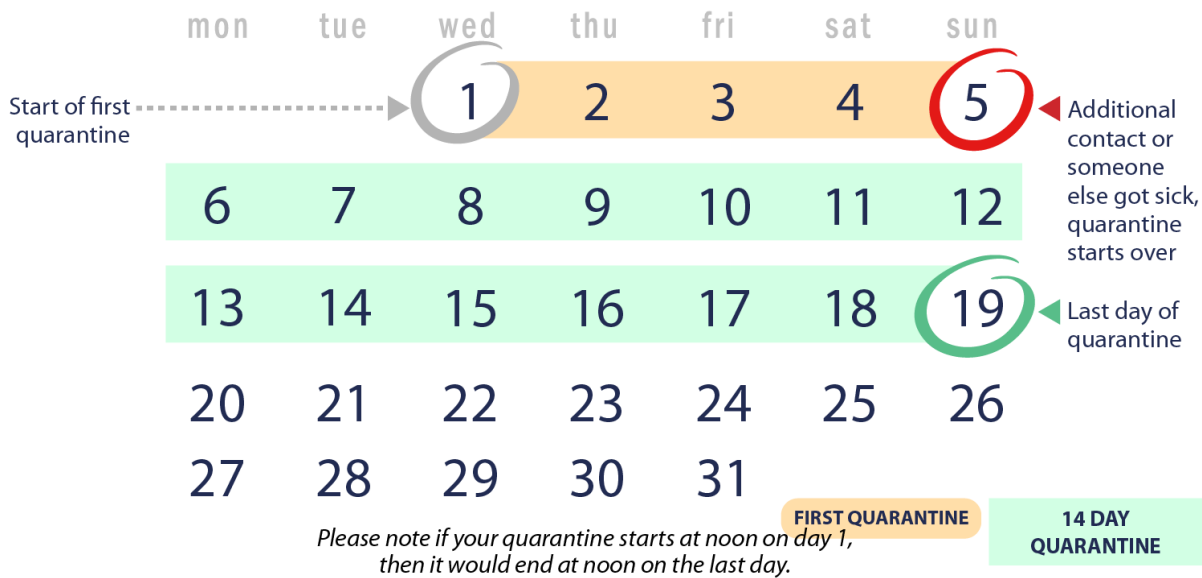
14 DAY  
QUARANTINE

## Scenario 3. Under quarantine and had additional close contact with someone who has COVID-19

I live with someone who has COVID-19 and started my 14-day quarantine period because we had close contact. What if I ended up having close contact with the person who is sick during my quarantine? What if another household member gets sick with COVID-19? Do I need to restart my quarantine?

Yes. You will have to restart your quarantine from the last day you had close contact with anyone in your house who has COVID-19. **Any time a new household member gets sick with COVID-19 and you had close contact, you will need to restart your quarantine.**

Date of additional close contact with person who has COVID-19 + 14 days = end of quarantine

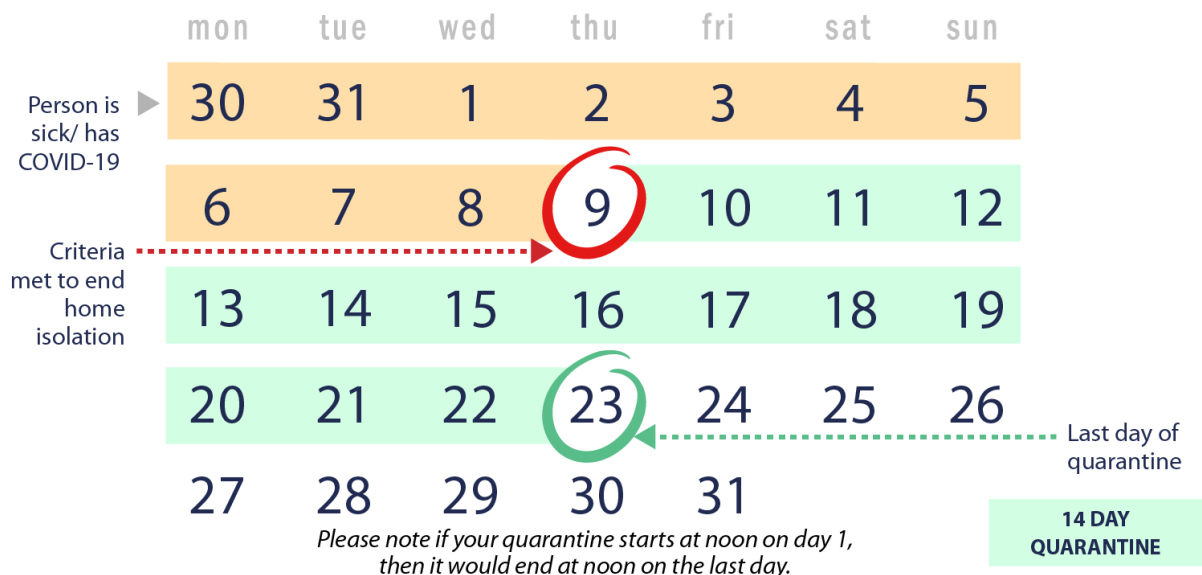


#### Scenario 4: Live with someone who has COVID-19 and cannot avoid continued close contact

I live in a household where I cannot avoid close contact with the person who has COVID-19. I am providing direct care to the person who is sick, don't have a separate bedroom to isolate the person who is sick, or live in close quarters where I am unable to keep a physical distance of 6 feet.

You should avoid contact with others outside the home while the person is sick, and quarantine for 14 days after the person who has COVID-19 meets the [criteria to end home isolation](#).

Date the person with COVID-19 ends home isolation + 14 days = end of quarantine



## STUDENT HOUSING

### Student who tests positive for COVID-19

- Housing configuration
  - Student must be isolated from roommate and others.
    - The student who has tested positive shall stay in their housing unit.
    - If a positive student has a roommate, the roommate shall be moved to one of the two (2) quarantine apartments and follow protocol in the link below for quarantine time lines.
    - If both quarantine units are full at the time of need, then transfer the roommate (student who is NOT positive) to a local hotel motel and follow protocol in the link below for quarantine time lines.
    - Isolation shall last to the time and date provided by their medical provider or from a date provided by Lewis County Public Health and Social Services at (360) 740-1223.
    - There shall be **NO VISITATION** by anyone other than an assigned Centralia College representative.
  - <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>
- Evaluation of the Student
  - Student evaluation should take place three times per day, 8:00 AM, 2:00 PM and 8:00 pm with results logged.
    - Assign a Daily Evaluator from a group consisting of members of the Student Housing Program, Athletics and from the International Program
  - If there is any **depreciation in the health condition of the student, contact Emergency Medical Services at 9-1-1 immediately**, as well as Student Housing, Athletics or the International Program as appropriate.
    - Check for:
      - Symptom exacerbation (high fever, headache, trouble breathing, shortness of breath, nausea and vomiting)
      - Loss of Appetite – not eating
    - Orientation to person, place, time and date.
- Wraparound Services
  - Food/Meals
    - Student should be able to prepare meals
      - Staff needs to be sure student has food staples and dairy products for the duration of their isolation.
  - Medicine
    - Staff may need to purchase medicine (at student cost) as required by health care provider or as requested by the student.
  - Mental Health Services
    - Provide student with mental health information and local providers for services.



# Mitigate Anxiety Resources

## CDC Video on Anxiety

<https://www.youtube.com/watch?v=BTx1vELv7zU>

## Centralia College Counseling Center

TransAlta Commons, Second Floor  
360-623-8967

## Lewis County 24 Hour Crisis Line:

800-803-8833  
360-807-2440

You can call the Mobile Crises Team 24/7 if you or your loved one is experiencing a mental health crisis. If you feel there is immediate danger you should call 911 first explaining there is a mental health crises and the dispatcher will dispatch a first responder and the crises team.

But their services do not stop there. You can call them anytime to locate mental health services in Lewis County, or just to discuss how to deal with mental health problems or issues. A professional counselor will be there 24 hours / 7 days a week to help you and answer questions.

## Cascade Mental Health

360-330-9044  
360-748-4339

## Therapists in Lewis County, WA

[www.psychologytoday.com/us/therapists/wa/lewis-county](http://www.psychologytoday.com/us/therapists/wa/lewis-county)

## CDC Changes Testing Requirements

Chehalis, WA – The U.S. Centers for Disease Control and Prevention (CDC) is no longer recommending a test-based strategy to determine when to end home isolation of persons who have tested positive for COVID-19. In an update posted to its website (<https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>), the CDC notes that accumulating evidence supports using a symptom-based strategy instead of additional testing to determine when persons with COVID-19 can end isolation and return to work and normal life.

Researchers have reported that people with mild to moderate COVID-19 are no longer infectious 10 days after their symptoms began. People who become severely ill may remain infectious up to 20 days after their symptoms began.

According to the CDC's latest guidance, persons with COVID-19 who had symptoms and were directed to care for themselves at home may discontinue isolation under the following conditions:

- At least 10 days have passed since symptoms started; **and**
- At least 24 hours have been fever free without the use of fever-reducing medications; **and**
- Other symptoms have improved.

Persons who did not have symptoms should use the date that they were tested in place of the date symptoms started to calculate when their isolation period is over.

This is general guidance. A limited number of persons with severe illness may have to extend their isolation period from 10 days to 20.

Lewis County Public Health & Social Services Deputy Director John Abplanalp said the new CDC guidance would take some strain off COVID-19 testing. People can get their lives back on track if they are no longer feeling sick without being retested and waiting for the results.

Abplanalp also said, "Employers with policies that still require return-to-work testing should consider updating them to reduce unnecessary testing and streamline getting their employees back on the job."

People can stay informed by following the Lewis County COVID-19 web page at [covid19.lewiscountywa.gov](https://covid19.lewiscountywa.gov), @LCPHSS on Twitter, or [www.facebook.com/lcphss](https://www.facebook.com/lcphss).

**Posted: August 24, 2020**