

## INDEPENDENT THERAPISTS AND TRAINERS

### Designated Location Standard Operating Procedures For the Players

- All players will don a mask and receive a temperature check (administered by medical staff with an infrared thermometer) prior to entering the facility. This will be the responsibility of each independent therapist.
- There will be separate designated entry and exit points.
- The players may utilize shorts and shirts provided by the staff. However, these should not be shared amongst players.
- The players should wear their own shoes. Shoes will not be shared.
- The treatment tables should be spaced at a minimum of 10 feet apart. This will always allow for greater than 6 feet of space between each provider.
- The CDC defines Close Contact or Exposure to COVID-19 as less than 6 feet for 10 minutes or greater. The definition includes direct sneezing or coughing on an individual. Attempts should be made to limit hands on treatment to less than 10 minutes. This is to protect your health and reduce the risk of being exposed to COVID-19. The provider should consider evaluation and examination at greater than 6 feet.
  - Please perform as much of your warm-up, maintenance activity, and recovery sessions on your own in your hotel room or in an open-air environment at a socially distant spacing.
  - Therapists and Trainers will develop programs that are intended for individual activities. This will be in an attempt to reduce 'hands-on' or less than 6 feet of interaction.
- Some personal equipment you may want to consider traveling with includes a percussive device (HyperVolt, etc.), trigger point massage devices (lacrosse balls, etc.), foam roller, resistive bands, and loops, and stretching straps. Your staff will help develop pre round and post round activities to assist in treatment, maintenance, and recovery sessions.
- It is preferred that equipment should not be shared. All equipment should be sanitized in between use if it is shared.
- The athlete may bring in personal equipment or clothing. However, they are to remain separate from other individuals. It is recommended to keep personal effects in a bag away from others.
- Upon completion, the staff will be responsible for cleaning of the table and treatment area.
  - The provider will return used towels in the designated receptacle for washing.
  - The athlete will dispose of personal water bottles when finished.
- The provider will clean the entire facility daily with an industrial-strength cleaning system.
- Stations with hand sanitizer that meet the CDC recommendations of at least 70% alcohol will be available throughout the facility.
  - The athlete is also encouraged to carry their own personal bottle of hand sanitizer to use regularly.
  - Prior to using the paraffin wax, the athlete should thoroughly sanitize their hands. The wax will then be disposed of in the trash after use.

- Upon exiting the facility, the athlete can remove his mask and dispose of them in the designated receptacle.
- To minimize exposure to other players and staff, if the athlete experiences any symptom(s) consistent with COVID-19, please do not seek consultation in this facility. A designated site will be identified at every tournament for the athlete to use. They can direct you to the appropriate location for medical consultation.

#### For Staff

- Staff must wear a mask whenever working with players. The staff should wash hands thoroughly or use hand sanitizer. Alternatively, the staff may wear gloves. The gloves should be changed after individual treatment.
- Surfaces of equipment (treatment tables, mats, foam rollers, weights, bands, etc.) must be wiped down after every use.
  - It is recommended that a microfiber cloth is used with quaternary ammonium (quat), hydrogen peroxide, or bleach to wipe down surfaces. After wiping down the equipment, it is recommended by the CDC that the disinfectant should sit on the surface for at least one minute before it is wiped away.
- A spray disinfectant may be used after wiping the equipment down to enhance its effectiveness.
- It is recommended that the entire facility be disinfected at least once each day.
  - It is not necessary to wear special protective equipment during the disinfecting process.
- Equipment made of cloth (pillowcases, towels, workout clothing) must be washed before being used again.
- Electrical stimulation pads will be used by one player only and stored in a plastic bag with his name on it.