



ROMULUS FITNESS SYSTEMS®

SPORTS MEDICINE

SPORTS EVENT PRE-ENTRY PROTOCOL-COVID 19

Instruction Protocol

EXHIBIT A- ATHLETES

- All athletes participating in the sporting event at the venue will be screened separately from spectators and parents. Coaches who are in charge or supervising the athletes will be in this group. Any personnel who are on the bench are also included in this group. This line will precede the spectator/parent group as they will need to be ready for competition prior to their event. Screening need only be done once the athlete is permitted in but must re-screen if they leave the facility.

EXHIBIT B – OFFICIALS AND STAFF

- As soon as practicable, all staff, officials, athletic trainers and score keepers will be screened before athletes and spectators are allowed into the venue. If one is late, they will be screened ahead of any and all others to allow them access to their job location.

EXHIBIT C – SPECTATORS AND PARENTS (IF ALLOWED) AT FACILITY

- A separate line for any and all other occupants will be in this marked line or group at the entrance of the facility. This screening will be done to allow them access to seating areas and other areas strictly secured for their observation but no interaction with the game. If they leave the facility, they will need to be re-screened prior to entering again.
- The facility is responsible to advise how many spectators (maximum or minimum number) of attendees/parents allowed per athlete or team. This will provide a notification of allowable spectator and athlete populations to both accommodate state and federal health standards.
- The facility is responsible for the coordination of entry and exit locations whether separate or conjoined into the facility and outside of the facility.

EXHIBIT D – EQUIPMENT

- The medical director for the event will coordinate with the facility manager the use of no touch infrared (IR) body thermometer(s) to screen any and all occupants into the facility (make and model of this device can vary, but any product use must be medically approved for their use). The equipment will utilize this technology which has a reading scale clearly visible to record the temperature of the individual being screened. The set limit screen temperature for this event will be 100.7 deg Fahrenheit which is within the perimeters of a medically significant high reading (an alarm will be set for this reading on the device as it will turn red to indicate a temperature above set parameters). Any temperature below the 100.7 deg Fahrenheit is acceptable with exception of readings below 98.6 Fahrenheit which will require another reading to confirm (example 96.7 deg Fahrenheit which can indicate an error in the initial reading). A rescreen will be advisable in this circumstance.
- Other equipment provided by the event manager and sports medicine facilitator will include batteries for the IR device operation, sanitary materials, sprays and wipes for work surfaces; as well as other medically approved instruments for proper care and treatment in first aid and protocol enrichment. PPE masks and other equipment are at the discretion of the provider and staff so if the staff is first screened to be negative for elevated temperature. If you test negative for raised temperature and use of the IR thermometer is a no touch device, World Health Organization (WHO) does not require staff to have a mandatory PPE policy.

EXHIBIT E- SCREENING PROTOCOL AND PROCESS

- Each participant, staff and spectator will be screened prior to entering the facilities main activity area (most likely before the entrance booth). It is advisable that everyone who is prepared to enter, show up at their scheduled appointment time early as the volume of event populations may create a delay. If they are scheduled to play in the first game, they should arrive 45 minutes prior to the scheduled time of the game, which will give them time to be screened and prepare physically (warm-up) for the game. Once they leave the venue, they must be re-screened prior to entry and show proof of payment at the main entrance desk. *{Screenings and readings will be provided for anyone attempting to enter the venue regardless of prior entry or payment of event fees, as well as regardless of the time in the event or closure. **If you leave, you need to be rescreened again.**}*
- There are three sites on the upper body for IR device thermometer screening according to medical protocol. The device can read atrial blood temperature at the **a)** forehead (center above the eyebrows and between the eyes), **b)** temporal region (just behind the eye on the side of the head prior to the hear line), and **c)** on the side of the neck (just below the ear in the area of the carotid artery). The laser IR device is not to be aimed at or inside the eye, ear, hair or mouth as this will not provide adequate or efficient recording of temperature.

- The process for screening is as follows for a **negative** finding: If they are screened and the reading temperature is below 100.7 degrees Fahrenheit = they are free to enter the venue once they have satisfied the entry fee.
- The process for screening is as follows for a **positive** finding: If the initial screening shows a temperature above 100.7 degrees Fahrenheit = they will be asked to step aside to an adjacent sitting area for 2 minutes and then retested. **a)** If they record a temperature below 100.7 degrees Fahrenheit on the second attempt they will be screened once again to confirm this finding. If that screening shows below 100.7 degrees Fahrenheit they will be allowed into the event after paying the event fee. Thus, 2 out of 3 attempts below 100.7 degrees Fahrenheit will confirm their entry into the venue which will satisfy the medical protocol. **b)** If they test positive on the first try above 100.7 degrees Fahrenheit and after a 2-minute waiting period, test results show again a reading of over 100.7 degrees Fahrenheit, they will be asked to leave the venue. At this time the athlete, participant, coach or spectator will have to provide proof of a no-symptom condition by a medical professional prior to returning to the next venue or scheduled sport event.

EXHIBIT F- SPECIAL CIRCUMSTANCES AND FINAL NOTES

- In the event of participant or attendee injury or illness while in the venue or sport event, the medical director or staff will rescreen the injured patient after their initial injury evaluation to check for elevated temperature above 100.7 degrees Fahrenheit. A case by case determination will be made upon the advice and expertise of the medical director as to and if return to play protocol is advised.
- In the event a participant or attendee becomes sick, ill, or medically incapacitated (suddenly becomes ill) with symptoms associated with fever, aches and pains, joint pain, shortness of breath, respiratory distress, vomiting, diarrhea, or any other symptom complicating their condition; it will be up to the medical director to seek medical help and assistance for the patient to exit the facility. The patient or infirmed will not be allowed back to future events without expressed clearance from a medical professional.
- If the participant or attendee fails to adhere to the protocol of screening prior to participation for reasons such as religious practice, beliefs, or phobias; they will not be allowed to attend the event within the facility. It is their prerogative to either wear their own PPE (gloves, mask, face shield, sanitary wipes, or other microbiological germicidal products), but they must be cleared prior to attendance.
- Only those who are found to have a 2 out of 3 positive reading for a temperature above 100.7 degrees Fahrenheit, will be noted in the record for future follow-up. At no time will this information be used to discriminate, stereotype or marginalize the individual who has tested positive. A positive reading does not stipulate or insinuate disease or illness, but only that the protocol has been set and that they did not satisfy a reading below 100.7 degrees Fahrenheit. Every attempt will be

made (as it is part of the protocol) to find a reason for the above normal temperature reading. If this is not satisfied, the event manager, security manager, facility manager and medical director will confer to discuss what is the best practice for safety and security for the event. No fee will be collected for positive test results as they will need to have a negative finding prior to paying and entering.

- All above mentioned information and protocol are to support the best interests of the societal health all the while promoting wellness, fitness and supportive social and mental health enhancement.

EXHIBIT G- CONTACT INFORMATION

- Medical Director: Dan Lovelace M.S. ATC/LAT NASM
Romulusfitnesssystems@gmail.com
- Facility Director American Sports Centers – Avondale
John Shields General Manager
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- Phoenix is Rising Sports
Bobbi Barajas – Youth Sports Director
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EXHIBIT H – REFERENCES

- Center for Disease Control Guidelines @ <https://www.cdc.gov/coronavirus/2019-ncov/communication/guidance-list.html>
- Center for Disease Control Prevention @ <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/index.html>
- World Health Organization Public Service @ <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>