

USA Deaf Sports Federation
Frequently Asked Questions
COVID-19 and Hosting Training Camps

Screening

1. Does an athlete/coach/team member need to get tested before camp begins, and when?
 - a. Yes, every member participating in the camp should be tested 72 hours before departing for camp. Test forms must be on file with the USADSF Medical Commission.
2. Where can I get tested before I go to camp?
 - a. Refer to your local health department for testing locations.
3. Am I responsible for getting/paying my own tests?
 - a. Yes.
4. Where can I get tested when I am at camp?
 - a. Testing locations will vary depending on camp location and will be determined prior to camp.
5. If an athlete has been tested positive for COVID-19 in the past, are they required to have cardiac testing? If yes, when and how often?
 - a. If an athlete has tested positive in the past, they should see their primary care physician to determine if they should consider cardiac testing before sports participation. If athletes have moderate to severe symptoms, cardiac evaluation is required. Each athlete should have a signed form that clears them for sports participation.
6. What if an athlete/coach/staff member tests positive or is suspected of having COVID-19?
 - a. If a team member is suspected of having COVID-19 or tests positive, they should immediately begin self-isolating.
7. Who will monitor symptom checks?
 - a. A designated team member should be assigned to perform once daily COVID-19 screenings.
8. How do we conduct COVID-19 screenings?
 - a. Each designated team member will have electronic and/paper versions of the questionnaire for distribution and a thermometer. Consider using My Labs APP, which has a symptom questionnaire and test results section.

Training Camp

9. Do we all need to stay together during camp?

- a. Team members should maintain a “bubble” for the duration of camp.
 - i. “Inner bubble” = athletes and all personnel with close contact
 - 1. Teammates, coaches, ATs
 - ii. Add “intermediate bubble” = athletes and staff/personnel with intermediate contact
 - 1. Officials, game operation staff
 - iii. Consider “outer bubble” = athletes and staff/personnel with limited or no contact
 - 1. Spectators, vendors
10. Are local athletes allowed to commute from their home (staying with family) to camp or should they stay with the team for the duration to create a “bubble”?
- a. Local athletes should stay with their team to maintain their bubble.
11. Should we quarantine when we arrive at camp? If yes, for how long?
- a. If there is no testing in place when team members arrive at camp, all participants should quarantine for 7-10 days before beginning contact practices. Participants are exempt from if any of the following applies:
 - i. If anyone has had a documented case of COVID-19 in the past 90 days and can provide us with documentation of the positive COVID-19 test, they do not need to go through the re-entry process or get tested IF they currently do not have signs or symptoms of COVID-19.
 - ii. If anyone has completed a COVID-19 vaccination series more than two weeks prior to arrival at the training center, they do not need to go through the re-entry process IF they currently do not have signs or symptoms of COVID-19.
 - iii. If anyone has completed a COVID-19 vaccination series more than two weeks ago OR has had a documented case of COVID-19 in the past 90 days and can provide us with documentation of the positive COVID-19 test, they do not need to quarantine if they have close, sustained contact with someone who has COVID-19 IF they remain asymptomatic.
 - iv. If an individual is placed in quarantine following close, sustained contact with someone who has COVID-19, their quarantine length should be 10 days if they remain asymptomatic for the entire 10 days and they have a negative COVID-19 PCR test between days 5-7 of their quarantine
12. Should we arrange to have an extra room at the camp for a quarantine room just in case?
- a. Yes, there should be at least 2 rooms available in case an athlete or team/staff member needs to isolate.
13. What is the best way to handle meals during camp?

- a. Buffet style is not recommended. If there is buffet style, all members should wear masks when serving or receiving food, and wear gloves or wash hands before eating.
14. Am I responsible for my own health insurance to cover COVID-19?
- a. Yes.
15. Do we need to have an Athletic Trainer with us during camp?
- a. Higher risk and mid-high contact sports are recommended to have an Athletic Trainer. If not, a team member should be designated to direct and manage medical care.
16. Who is responsible for the person that becomes sick with COVID-19 during camp? What do those responsibilities include?
- a. The Athletic Trainer, team physician, or other designated personnel is responsible for guiding any member who becomes sick. This includes helping the member set up an appointment to get tested and monitoring symptoms for worsening.
17. What are the sanitation guidelines/protocol for using playing areas?
- a. A schedule should be set up in order to ensure enough time for the playing area, locker rooms, and bathrooms to be vacated and cleaned before the next group arrives.
18. Are there any guidelines for managing scrimmages? If we scrimmage against another team in the local area, should we ask the opposing team to get tested before we play against them?
- a. Yes.

Vaccination

19. Will a COVID-19 vaccination be required before camp? (this summer)
- a. Strongly recommended.
20. If an athlete/staff/coach refuses, what happens?
- a. Strongly recommend consideration to not let them on campus. Even those who have been vaccinated should also complete COVID-19 PCR test 72hrs before arrival to camp.

International

21. Can I attend an international competition?
- a. The USADSF follows recommendations of the US State Department and strongly recommends against travel currently to any country that has travel restrictions. Athletes may attend, but will not be endorsed by USADSF. Consult the Medical Commission before making any decision.