

Feather River College Athletic Department Testing Plan Spring 2021

- All student-athletes will be tested prior to returning to campus or participating in face-to-face classes – Participant ‘cap’ of students will be removed following consecutive 2nd negative PCR test through Virus Geeks
- All staff/coaches/volunteers that will be interacting with students and/or other athletic department staff will be required to test weekly

Testing Plan:

- High-Risk Outdoor Sports: Team sports with frequent or sustained close contact (and in many cases, face-to-face contact) between participants and high probability that respiratory particles will be transmitted between participants.
 - Sports: football, soccer
 - Pre-season (2/8/21-3/5/21):
 - Testing 25% roster PCR testing weekly
 - In Season (3/6/21-4/16/21):
 - Testing 100% PCR testing weekly minimum for high-risk sports
 - For teams who have multiple competitions each week, each athlete on team will be tested 48 hours prior to the next competition
 - Post Season (4/17/21-5/21/21):
 - Testing returns to 25% roster PCR testing weekly
- High-Risk Indoor Sports: Team sports with frequent or sustained close contact (and in many cases, face-to-face contact) between participants and high probability that respiratory particles will be transmitted between participants. Indoor sports are higher risk than outdoor sports due to reduced ventilation.
 - Sports: basketball, volleyball
 - Pre-season (2/8/21-3/5/21):
 - Testing 25% roster PCR testing weekly
 - In Season (3/6/21-4/16/21):
 - Testing 100% PCR testing weekly minimum for high-risk sports
 - For teams who have multiple competitions each week, each athlete on team will be tested 48 hours prior to the next competition
 - Post Season (4/17/21-5/21/21):
 - Testing returns to 25% roster PCR testing weekly
- Moderate-Risk Sports: Team sports that can be played with only incidental or intermittent close contact between participants.
 - Sports: baseball, softball, rodeo*, beach volleyball
 - *Recommended by Dean of Instruction

- Testing (In and Out of Season):
 - 25% of roster PCR testing weekly
- Low Risk Sports: Individual or small group sports where contact within six feet of other participants can be avoided. Some of these sports have relatively low exertion rates that allow for consistent wearing of face coverings when within six feet of other people.
 - Sports: Cross Country, Track & Field
 - Testing: (In and Out of Season):
 - 25% of roster PCR testing weekly

If someone receives positive (PCR) test result:

- (+) Athlete/staff will be directed to the PCHD for further evaluation and instruction
 - Athlete/staff who tested positive will be in isolation until cleared by healthcare provider. The entire team will be instructed to pause all team activities and for a minimum of 10 days. During this time entire team/staff will continue to PCR test. Cannot resume activities until cleared by Public Health guidelines.
- Plumas County Health Department will be responsible for contact tracing
 - FRC assist with information to assist contact tracing
 - Close contacts of the infected person(s) will be notified and encouraged to quarantine and wait for further instruction and possible testing

If Symptom(s) Reported on Healthy Roster/Safer Play Daily Symptom Survey:

- 1 symptom reported: student/staff will be immediately referred to Plumas District Hospital for further evaluation.

Definitions:

PCR Testing: real-time polymerase chain reaction (PCR)

PDH: Plumas District Hospital

PCHD: Plumas County Health Department

Plumas County Health Department:

Phone number: (530) 283-6400 COVID information line

Hours of operation: Monday through Friday 8 a.m. - 5 p.m.

Address: 270 County Hospital Road, Quincy, CA 95971

Plumas District Hospital:

Phone number: (530) 283-2121

Hours of operation: 8-5pm – clinics; 24 hrs emergency room

Address: 1065 Bucks Lake Rd, Quincy, CA 95971

Healthy Roster/Safer Play Daily Survey Example:

- In the past two weeks have you had contact with someone diagnosed with COVID-19? (Y/N)
- Are you currently ill or have had a temperature above 100.4°F in the past 24 hours? (Y/N)
- Symptoms to Report if Occur (within past 2-14 days):
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea
 - Trouble breathing
 - Persistent pain or pressure in the chest
 - New confusion
 - Inability to wake or stay awake
 - Bluish lips or face

How PCR Testing Works:

DNA is used because at the most discriminating level, the structure of DNA can tell you what organism is being looked at. In the case of humans, PCR can identify a person using his or her genetic signature.

At the lab, the sample is processed so RNA is isolated and collected. Everything else is removed. The RNA is mixed with other ingredients: enzymes (DNA polymerase and reverse transcriptase), DNA building blocks, cofactors, probes and primers that recognize and bind to SARS-CoV-2.

If SARS-CoV-2 complementary DNA is present in the sample, the primers can copy the targeted regions. As they copy these regions, probes stuck to these new fragments release a visual signal that can be read by the instrument used in this process.

Then the viral RNA is converted to a DNA copy, and that single copy is then converted into millions of copies using PCR that can be easily detected.

"The millions of copies amplify this signal so it can be easily detected as a positive result. If the virus is not present, the probes do not stick, there is no signal release and it is a negative result," explains Dr. Rodino.

Infection: “the presence of a virus”; PCR tests for real-time presence of the SARS-CoV-2 RNA, regardless if symptomatic or not

<https://discoverysedge.mayo.edu/2020/03/27/the-science-behind-the-test-for-the-covid-19-virus/>

PCR Fact Sheet for Healthcare Providers:

<https://www.unccmedicalcenter.org/app/files/public/2c7446c6-cbd2-4f5a-9218-231575228d66/pdf-mclendon-labs-eua-Providers-covid19.pdf>

PCR Fact Sheet for Patients: <https://www.fda.gov/media/136150/download>

Resources:

<https://www.healthyroster.com/safer-play>

<https://files.covid19.ca.gov/pdf/guidance-higher-education--en.pdf>

<https://plumascounty.us/91/Public-Health-Agency>

<https://plumascounty.us/2669/Novel-Coronavirus-2019-COVID-19>