



## Medical Guidance for ICSA Competition (Updated Sept 7, 2021)

The members of the ICSA Medical Advisory Panel (MAP) are:

Steve Bushee, LAT, ATC, Asst. Athletic Director & Head Athletic Trainer Boston College (Ret.)  
Jason Chandler, Ed. D., Sr. Associate Athletic Director Old Dominion University  
Dr. Kelly Pizzo, Gastroenterologist in Portland, ME; former College Sailor  
Dr. Gregory Stewart, Director of Sports Medicine Tulane University & Chairman of American Athletic Conference Medical Advisory Committee  
ICSA Executive Committee Member - Greg Wilkinson

The Medical Advisory Panel (MAP) has developed testing and operational protocols for ICSA competition, including scrimmages and/or practices involving sailors on a team traveling to another college's sailing facility, in Fall 2021. These protocols are intended as minimum standards for teams. The MAP recognizes that local and state requirements, which must be followed, may be stricter than the recommended minimum standards set forth in this document. Nothing contained herein is intended to restrict teams from following any additional practices that they deem appropriate in light of the conditions existing in their respective locales, or in light of information received from their local, state and national public health officials, and/or following their own medical judgment. Finally, as information regarding the virus, testing and public health mitigation strategies evolve, the recommended minimum standards set forth herein are subject to adjustment.

### TESTING

*The following testing protocol is for events lasting no longer than two consecutive days.*

*Fully vaccinated Travel Party\* members with no Covid-like symptoms are exempt from required testing. For the purpose of this Medical Guidance, people are considered fully vaccinated 14 days after they have received the second dose in a 2-dose series (Pfizer-BioNTech or Moderna), or 14 days after they have received a single-dose vaccine.*

*\* Travel Party members includes all representatives from a college, including the host/home college, who will be attending the competition including but not limited to athletes, coaches, and support persons; and/or all persons traveling with those who will be attending*

**All non-vaccinated members of the Travel Party shall be tested two times per week beginning the week of their first competition (or sooner) as follows:**

- Two tests per week must be administered to all non-vaccinated Travel Party members and two negative results from those tests are required prior to competition.
- Pre-Competition NAAT Test: one of the two tests must be a nucleic acid amplification test (NAAT - such as PCR or TMA) and administered to all non-vaccinated members of the Travel Party within 72 hours of the start of competition (report time).

- Other weekly test: The second test may precede the Pre-Competition test and may be an NAAT or antigen test, however, if an antigen test is positive an NAAT test shall be administered as soon as possible to confirm the positive result.
- Pursuant to CDC guidance, any Travel Party member who tests positive for COVID-19 shall be isolated for at least 10 days from the onset of symptoms/positive test and at least 1 day (i.e., 24 hours) has passed since recovery defined as resolution of fever without the use of fever-reducing medications and improvement of other COVID symptoms (e.g., cough, shortness of breath, sore throat, vomiting or diarrhea). This member shall be excluded from travel and/or competition during the required isolation period.
- Any Travel Party members, except fully vaccinated Travel Party Members with no symptoms, identified as contacts of the positive individual(s) shall comply with CDC quarantine/isolation protocols and shall be excluded from the competition during the required quarantine/isolation period.
- Neither a positive PCR test, nor a positive TMA test (e.g. Cue test) shall be invalidated by subsequent negative antigen test result(s); nor by subsequent molecular PCR test results or TMA test, in the absence of overt and confirmed laboratory error.

#### Reporting of Positive Test Results:

- Positive test results from a test taken within 48 hours of the conclusion of competition and/or positive results from a symptomatic Travel Party member whose symptoms began with 48 hours of competition shall be reported to all competing teams.
- The infected individual's role as a Travel Party member (e.g., athlete, coach, support person) and a summary of their interactions with the opposing teams (e.g., sailed X number of races, non-starter who watched from shore, etc) shall be included in the information sharing.
- Unless authorized by the individual or otherwise required by law, the individual's name may not be shared with the opposing teams.
- A Medical Officer (or his or her medical designee) of the school of the infected individual shall share this information with prior opponents' Chief Medical Officers (or their medical designees).

#### Exception to Testing Requirements:

A non-vaccinated person who has tested positive is not subject to weekly testing requirements for a period of 90 days from the date of the positive test unless the team member exhibits symptoms consistent with COVID-19 (even those with minimal symptoms). At such time, the team member will be required to be tested.

#### OPERATIONAL PROTOCOLS

- 1) Event hosts shall develop standards and protocols for safe entry based on local, state, and national guidelines.
  - a) These standards and protocols shall be published to all competing teams prior to report time.
  - b) Any individual who develops symptoms shall be removed from competition and be isolated according to local, state and national guidelines.

- 2) Each competing school shall have screening procedures to include symptom checking for all its Travel Party members prior to travel and competition. Symptomatic Travel Party members shall not access the regatta venue.
- 3) All individuals (e.g., athletes, coaches, officials, athletic trainers, non-coaching personnel) shall wear a *face covering indoors at all times*. *Non-vaccinated individuals shall wear a face covering at all times outdoors* except while racing, eating or drinking.
- 4) Social distancing of 6' or more is required to the greatest extent possible.
- 5) Event *hosts shall develop social distancing plans* for all regatta operations including, but not limited to, accessing and storing equipment, rigging and de-rigging, coaching, substitutions, rest and meal breaks, and emergency procedures. Social distancing plans must be disseminated (or provided) to all competing teams prior to report time.
- 6) *No indoor in-person meetings* involving personnel from multiple teams or event personnel and any team members shall occur, except that indoor meetings involving ten or fewer people are permitted provided that:
  - a) Face coverings are required for all at indoor meetings.
  - b) Social distancing is required for all at indoor meetings.
- 7) Outdoor meetings or gatherings are permitted but social distancing between teams must be in place.
- 8) Outside persons (spectators, family members, etc) are permitted provided the following are in place at all times:
  - a) Outside persons are prohibited from indoor facility use
  - b) Non-vaccinated outside persons must be masked at all times except while actively eating or drinking; signage is required and must be provided by host
  - c) Host must designate an outdoor "field of play" area that is prohibited for Outside persons; Travel Party members and regatta officials should be able to access all boats, docks and regatta equipment via the designated "field of play" area.
- 9) Boat rotations are permitted, provided that minimum 6' social distancing between teams is maintained at all times. On-the-water boat rotations and other direct exchanges of equipment between teams are prohibited.