The United States Olympic & Paralympic Committee is committed to protecting athlete health and well-being. As part of this commitment, we have developed an infectious disease management strategy designed to reduce the transmission of COVID-19 at USOPC facilities and events. This Training Center Playbook will cover behaviors and practices to help promote a healthy and safe environment. The USOPC will take reasonable efforts to update this Playbook as guidance from state and public health officials change. This Playbook applies to return to the OPTCs in Colorado Springs, Colorado and Lake Placid, New York.
This document is interactive, allowing you to move through content in a way that allows you to access the information you need quickly.

This document also works traditionally, so you are able to view content page-by-page, and it is print-ready.

Please use the guide below to navigate the interactive features.

On any page of the Playbook, you can return to the Table of Contents by clicking the shortcut in the top-right corner.

On some section pages, key content is linked to corresponding sections or appendices, allowing you to jump directly to content you need within that section.

Example of how a link will look.

Supplemental documents and links will be indicated by bold red font.

DISCLAIMER

The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis or treatment. All content, including text, graphics, images and resources, are provided for general informational purposes only. The knowledge and circumstances around COVID-19 are changing constantly and, as such, the USOPC does not make any guarantees that the information in this Playbook will always be up to date and accurate. Further, you should seek advice from a medical professional if you have specific questions about your situation or your return to training or work. Finally, this Playbook is intended for OPTC athletes and staff only. Others who gain access to this Playbook should obtain their own guidance from medical and legal professionals.
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COVID-19
What is COVID-19?

- It is spread through respiratory droplets.
- COVID-19 can cause death or career-ending complications.
- In the US, COVID-19 has infected tens of millions and killed hundreds of thousands of people.
- Three vaccines are currently available in the U.S.
- While it is impossible to completely eliminate the risk of COVID-19 transmission, the USOPC is taking reasonable steps to create a safe environment for athletes so they can focus on their training and Games preparation.

The three most common symptoms include:

- Fever (>100.4°F)
- Cough
- Shortness of Breath

Other symptoms include:

- Sore Throat
- Headache
- Nausea, Diarrhea & Vomiting
- Muscle & Joint Pain
- Chills
- Congestion
- Loss of sense of smell
INFECTION PREVENTION MEASURES
The infection prevention measures described in this Playbook are based on current guidance provided by public health authorities. Note that this guidance is changing frequently and the USOPC may update its infection prevention measures at any time. The USOPC will make best efforts to ensure updated information is communicated via the Athlete Services Coordinator. Note that failure to comply with the required health and safety measures may result in the suspension or termination of your OPTC access privileges.

The USOPC takes the privacy rights of all individuals extremely seriously and expects all USOPC staff, athletes, contractors and other OPTC visitors to do so as well. To that end, OPTC visitors should not gossip about, or disclose to anyone, a person’s medical condition or health information – this includes information related to COVID-19 status. If an individual voluntarily elects to discuss his or her health with you, that is their choice. However, even then, it is not appropriate for you to discuss that information with anyone other than the individual in question. The one exception to this is that every individual may raise any concerns about the spread of contagious diseases – like COVID-19 – or any other threat to the health and safety of our community with Patrice Bonello at Patrice.Bonello@usopc.org. Any person may raise any reasonable, good faith concern about threats to health or about our policies related to the public health emergency. An individual’s private health matters, however, should be treated as private and should not be shared in any way.

The USOPC is also working to protect the confidentiality of health information. Any information obtained through self-monitoring, or otherwise, that relates to an individual’s health is being maintained as confidential to the fullest extent possible, consistent with the need to ensure the health and safety of others at a particular worksite and/or in the community.

If you have any questions about this policy – you may reach out to Patrice Bonello.
The table below highlights the updates implemented in this version of the Playbook compared to the applicable policy from the previous version. All other content within this Playbook has not been changed since the last Playbook update.

<table>
<thead>
<tr>
<th>Policy</th>
<th>Version 22 (Published Oct 2021)</th>
<th>Version 23 (this Playbook)</th>
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</thead>
</table>
| Positive COVID-19 test confirmation         | All screening and confirmatory COVID-19 tests at the OPTC need to be a Nucleic Acid Amplification Test (e.g., RT-PCR, LAMP, NEAR, SDA, etc.). They cannot be an antigen or antibody test. | Test type requirement remains the same. In addition:  
**Asymptomatic** individuals should have 2 confirmatory tests. If both are negative, the test is considered a false positive. If one or both confirmatory tests are positive, it is considered a true positive test and the athlete or staff should be placed in isolation.  
**Symptomatic** individuals should not receive confirmatory tests – i.e., their first positive test will be considered a positive. |
| Isolation - Athletes                        | **Asymptomatic**: Isolate for 10 days following the time of their positive test.  
**Symptomatic**: Isolate for 10 days following onset of symptoms.  
Release form isolation if **symptomatic**: they must not have had a fever for at least 24 hours without medications and their symptoms have improved, and they must also pass a heart and lung evaluation if their symptoms were moderate to severe, or if they have any signs or symptoms of cardiopulmonary involvement. | **Asymptomatic**: isolate for a minimum of 5 days from the time of their positive test.  
**Symptomatic**: isolate for a minimum of 5 days from the time of their symptom onset.  
If **asymptomatic** for 24 hours by day 4, perform COVID-19 tests daily starting on day 4. Athlete can be released from isolation and resume training/competition without a mask after they have 2 consecutive negative COVID-19 tests OR after 10 days, whichever comes first.  
If **asymptomatic** but continuing to test positive between days 6-10, the athlete can train individually outside without a mask, but otherwise needs to remain in their room and wear a KN95 or N95 mask when going from their room to an outside location to train.  
If **symptomatic**, athlete must remain in isolation until their symptoms resolve and they have no fever for a minimum of 24 hours without fever relieving medications. If this occurs prior to 10 days from their symptom onset, the athlete can begin daily COVID-19 testing and can leave isolation and resume training/competition without a mask after they have 2 consecutive negative COVID-19 tests or after 10 days, whichever occurs first. |
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<tr>
<td>Isolation – USOPC Staff</td>
<td><strong>Asymptomatic:</strong> Isolate from work for 10 days following the time of their positive test.</td>
<td><strong>Asymptomatic:</strong> isolate for a minimum of 5 days from the time of their positive test.</td>
</tr>
<tr>
<td></td>
<td><strong>Symptomatic:</strong> Isolate from work for 10 days following onset of symptoms.</td>
<td><strong>Symptomatic:</strong> isolate for a minimum of 5 days from the time of their symptom onset.</td>
</tr>
<tr>
<td></td>
<td>Return to work for <strong>symptomatic</strong> individuals is permitted if they have not had a fever for at least 24 hours without medications, and their symptoms have improved.</td>
<td>If asymptomatic for 24 hours by day 4, perform COVID-19 tests daily starting on day 4. Staff can return to work after they have 2 consecutive negative COVID-19 tests OR after 10 days, whichever comes first.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>If symptomatic, staff must not return to work until symptoms resolve and they have no fever for a minimum of 24 hours without fever relieving medications. If this occurs prior to 10 days from symptom onset, they can begin daily COVID-19 testing and return to work after they have 2 consecutive negative COVID-19 tests or after 10 days, whichever comes first.</td>
</tr>
<tr>
<td>Quarantine – Vaccinated and/or previously Infected within 90 days</td>
<td>No quarantine after exposure to someone with COVID-19 unless they develop symptoms of COVID-19; however, they should wear a face mask in public for 10 days after exposure and get a COVID-19 test 3-5 days after exposure.</td>
<td>No quarantine after exposure to someone with COVID-19, but test daily for COVID-19 for 10 days; if test is positive, follow isolation protocols (no confirmatory tests required). Follow standard OPTC masking guidelines (i.e. only remove mask when sleeping, eating, drinking, exercising, or when you are alone in your room).</td>
</tr>
<tr>
<td>Quarantine – Unvaccinated exempt Individuals</td>
<td>Quarantine for 10 days after exposure to someone with COVID-19; test for COVID-19 between days 5-7; monitor for COVID-19 symptoms; and receive treatment should symptoms develop.</td>
<td>Quarantine for 5 days and test daily for 10 days; if test is positive, follow isolation protocols (no confirmatory tests required).</td>
</tr>
<tr>
<td>Dining Hall – USOPC Staff</td>
<td>As of Nov 1st (vaccine mandate) staff are permitted to eat meals in the dining hall.</td>
<td>Staff will only have “to-go” meal access at the OPTC when local county case prevalence exceeds 50 per 100,000.</td>
</tr>
<tr>
<td>CSOPTC Pool</td>
<td>As of Nov 1st (vaccine mandate) staff and athletes are permitted to utilize the pool at the same time while following all other protocols.</td>
<td>Staff and athletes will need to swim at separate times if county case prevalence exceeds 25 per 100,000.</td>
</tr>
</tbody>
</table>
COVID-19 Vaccine Requirement

Effective November 1, 2021, the USOPC will require all individuals who access the USOPC Facilities and participate in internally managed sport activities and delegation events to be fully vaccinated* against COVID-19.

This requirement applies to:

1) All individuals who work, visit or provide services at USOPC facilities as well as all individuals attending any activities conducted by an internally managed sport, which include but are not limited to, camps, training sessions, and competitions;

   and

2) All individuals attending a USOPC Delegation Event as part of a USOPC-led delegation, which means, individually or collectively, as applicable, the Olympic and Paralympic Games and the Pan American and Parapan American Games, as well as any other international sport event to which the USOPC leads a delegation.

For clarity, the individuals referred to in (1) and (2) above include USOPC team members, athletes, coaches, trainers, contractors, vendors and any others who work, visit, or provide services.

This requirement does not apply to:

1) Individuals who will be on USOPC property but remain outside, or inside a USOPC Facility for less than 1 hour so long as they do not have contact with athletes (e.g., delivery drivers) and so long as they are not athletes, USOPC staff, or NGB staff otherwise covered by this requirement.

2) Individuals coming to a USOPC facility, internally managed sport activity or USOPC Delegation Event as required by an emergency situation, however, all such individuals must follow all applicable COVID-19 mitigation measures (e.g., face masks, hand washing, physical distancing, etc.).

Documentation of your full vaccination or approved exemption should be completed prior to accessing USOPC facilities. The verification process will begin in October. Additionally, we acknowledge that there is a small percentage of our community who cannot get vaccinated due to medical or religious reasons, and we have a process to address those circumstances. Details about that process are on the next page.

* Fully vaccinated is more than 2 weeks after the second dose of a 2-dose series, more than 2 weeks after the single dose of a single dose vaccine, or 2 weeks after a booster shot.
INFECTION PREVENTION MEASURES

Vaccination Requirement: Verification Process

Individuals will receive a QR code or internet link to access OnTask – the USOPC’s Vaccination Management Program System. The USOPC’s vaccine management system is SOCII and HIPAA compliant. Once logged into system, individuals will have three options:

1. **Upload vaccination card and date of full vaccination**
   - You will be responsible for uploading your proof of vaccination card.
   - You will receive an automatically generated certificate once they are approved.
   - Please do not upload your vaccination card until you are fully vaccinated.

2. **Request a vaccination exemption**
   - *Medical exemption* – the request form for a medical exemption from the vaccination requirement can be downloaded and uploaded back into the system. USOPC staff are required to have this signed by a qualified medical provider; this is recommended for all other individuals.
   - *Religious exemption* – the request form for a religious exemption from the vaccination requirement must be completed and submitted within the system.
   - All exemption request forms will be reviewed, and an approval or denial will be provided to you within one week.

If your exemption request is approved, you must:

1) Comply with USOPC’s protocols as outlined in this Playbook* (i.e., social distancing, frequent handwashing, etc.) and undergo COVID testing every day you plan to use a USOPC facility, participate in an internally managed sport activity, or USOPC delegation event. The testing will occur onsite, and the USOPC will pay for the cost of the COVID-19 testing. More information on how, where and when to obtain testing will be forthcoming in October.

2) If you test negative for COVID-19, you will be allowed into the USOPC facility, internally managed sport activity, or USOPC delegation event.

3) If you test positive for COVID-19, you will not be allowed into any USOPC facility, internally managed sport activity or USOPC delegation event, and should return home and follow *self-isolation protocols*. Those who test positive during a USOPC delegation event should follow the instructions provided to them regarding isolation.

*Please note that everyone must follow the protocols outlined in this Playbook regardless of vaccination or exemption status.*
All individuals, regardless of vaccination status, must also adhere to the following measures to help prevent the spread of COVID-19 infection:

- Wear a face covering at all times except when alone in your room or when eating, drinking, sleeping or training.
- Due to research demonstrating loosely folded face masks such as bandanas and gaiters do not provide the same level of protection as fitted or cone-style facial coverings with multiple layers of fabric, only fitted or cone-style multilayered facial coverings are allowed at the Training Centers.
- Frequently wash your hands for 20 seconds with soap and water or use alcohol-based hand sanitizer with a minimum of 60% alcohol if hands are not soiled.
- Cover your mouth and nose with a tissue when coughing or sneezing, dispose of the tissue in the trash, and wash your hands or use hand sanitizer if hands are not soiled.
- Avoid touching your face.
- Maintain physical distancing of at least six feet at rest, and at least 12 feet minimum during training (unless the sport requires closer contact).
- Do not share food, water bottles, towels, or other personal hygiene products.
- Follow all cafeteria, facility, and training venue guidelines and cleaning protocols (which includes cleaning all training equipment before and after use).
- Follow local public health guidelines for activities outside of the training center, including public transportation, but minimize activities at indoor public locations when COVID-19 numbers go above 25 cases per 100,000 people on a 7-day rolling average.
QUARANTINE

If you are exposed to someone who tests positive for COVID-19, athletes should notify a sports medicine representative at:

Colorado Springs: 719-866-4554
After Hours: 719-330-2697
Lake Placid: 518-523-8450
After Hours: 518-572-3652

USOPC staff members should contact Patrice Bonello.

Unvaccinated exempt individuals need to:

☑ Quarantine for 5 days;

☑ Test for COVID-19 daily for 10 days;
  If a test comes back positive, follow isolation protocols outlined on the following page.

☑ Monitor for COVID-19 symptoms; and

☑ Provide evaluation and treatment as necessary should symptoms develop.

Vaccinated individuals or those who had COVID-19 in the past 90 days:

☑ They do not need to quarantine after exposure to someone with COVID-19 unless they develop symptoms of COVID-19 but should wear a face mask in public for 10 days after exposure and get a COVID-19 test daily for 10 days.

CONFIRMATORY TESTS AFTER A POSITIVE TEST

Asymptomatic individuals should have 2 confirmatory tests. If both are negative, the test is considered a false positive. If one or both confirmatory tests are positive, it is considered a true positive test and the athlete or staff should be placed in isolation.

Symptomatic individuals should not receive confirmatory tests – i.e., their first positive test will be considered a positive.
ISOLATION

If an athlete tests positive for COVID-19, they will go into isolation and treated according to CDC guidelines. Athletes will be released from isolation when:

- It has been at least 5 days since the athlete started having symptoms or, if they were asymptomatic, from the time of their positive test;
  - If asymptomatic for 24 hours by day 4, perform COVID-19 tests daily starting on day 4. Athlete can be released from isolation and resume training/competition without a mask after they have 2 consecutive negative COVID-19 tests or after 10 days, whichever comes first.
    - Between days 6-10 for asymptomatic athletes who continue to test positive, the athlete can train individually outside without a mask, but otherwise needs to remain in their room and wear a KN95 or N95 mask when going from their room to an outside location to train.
  - If symptomatic, the athlete must remain in isolation until their symptoms resolve and they have no fever for a minimum of 24 hours without fever relieving medications. If this occurs prior to 10 days from their symptom onset, the athlete can begin daily COVID-19 testing and can leave isolation and resume training/competition without a mask after they have 2 consecutive negative COVID-19 tests or after 10 days, whichever occurs first.
    - Between days 6-10 for asymptomatic athletes who continue to test positive, the athlete can train individually outside without a mask, but otherwise needs to remain in their room and wear a KN95 or N95 mask when going from their room to an outside location to train.

- You must have a heart and lung evaluation prior to returning to training if your symptoms were moderate to severe, or you have any cardiopulmonary signs or symptoms.
PROTOCOLS FOR INDIVIDUALS TRAINING AND/OR RESIDING ON CAMPUS
OPTC AGREEMENT

Your ability to train at the OPTC is contingent upon your agreement to the terms and conditions set forth in the OPTC Agreement. Please read the document carefully prior to signing.

Effective November 1, 2021:

FULLY VACCINATED INDIVIDUALS*

Upon arrival from within the U.S., vaccinated individuals can begin accessing the training center immediately as long as they are asymptomatic.

Upon arrival from international travel, vaccinated individuals may begin accessing the OPTC immediately as long as they are asymptomatic. They should also arrange with Sports Medicine to get a COVID-19 PCR or molecular test between 3-5 days after arrival from international travel.

Vaccinated individuals will not be tested while at the OPTC unless they develop signs or symptoms of COVID-19.

Protocols for unvaccinated individuals with an exemption are on the following page.
Effective November 1, 2021:

UNVACCINATED INDIVIDUALS with an EXEMPTION*

Upon arrival from within the U.S. and prior to entering the training center, unvaccinated individuals with an exemption must quarantine off-site for 5 days. The NGB or individual will be responsible for arranging and paying for off-site accommodations and meals. The individual will get a COVID-19 PCR or molecular test on days 4 and 5 of the quarantine. Please contact Sports Medicine to arrange for your tests. Following the tests, return to your quarantine location. If your tests are negative, you may begin accessing the OPTC on day 6.

Upon arrival from international travel, unvaccinated individuals with an exemption will need to quarantine off-site for 7 days. The NGB or athlete will be responsible for arranging and paying for off-site accommodations and meals. Contact sports medicine to arrange for a COVID-19 test between days 3-5 of quarantine. If the individual remains asymptomatic and their COVID-19 test is negative, they can begin accessing the OPTC on day 8. Unvaccinated individuals will need to test for COVID-19 each day prior to using USOPC facilities, participating in an internally managed USOPC sport activity, or a USOPC delegation event.

* EXCEPTION:

Individuals who had COVID-19 are exempt from testing for 90 days after recovering from their infection unless they are symptomatic, in which case they should be tested for COVID-19. Furthermore, they do not need to quarantine after arrival.
COLORADO SPRINGS OPTC
GUIDING PRINCIPLES

The Playbook contains specific guiding principles and guidelines for use of the CSOPTC by NGBs. Below are the general guiding principles that encompass all usage:

BEDS

- Currently a total of 80 maximum on-complex beds will be available to NGBs.
- Effective November 1, 2021, when the vaccination requirement is in place, CSOPTC will have approximately 350 beds available to NGBs.
- USOPC sport performance and Paralympics will determine which NGBs will be allocated beds and how many beds each sport will receive.

DINING

- On-site and off-site athletes and staff will be separated when the county COVID-19 prevalence exceeds 25 cases per 100,000 people for 7 days in a row.
  - El Paso County case prevalence can be found [here](#).
- Staff will only have “to-go” meal access when local county COVID-19 prevalence exceeds 50 cases per 100,000.

AQUATICS CENTER

- CSOPTC will follow public health guidelines for swimming pool capacity to increase from two people per lane to additional people per lane for those who are vaccinated or are unvaccinated with an exemption but have completed their quarantine.
- Individuals who are in a quarantine swim will need to continue following the current quarantine swim guidelines.
DINING HALL HOURS

<table>
<thead>
<tr>
<th>Time</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>7:00-10:00 a.m.</td>
</tr>
<tr>
<td>Lunch</td>
<td>11:00 a.m.-1:30 p.m.</td>
</tr>
<tr>
<td>Snack</td>
<td>2:00-4:00 p.m.</td>
</tr>
<tr>
<td>Dinner</td>
<td>4:30-7:30 p.m.</td>
</tr>
</tbody>
</table>

FOOD SERVING METHODS

- Effective Nov 1st: hot-line food will be self-serve.
- Staff will wear PPE at all times: hair covering, face covering, and gloves.

LIMITATIONS

- On-site and off-site athletes and staff will be separated when the county COVID-19 prevalence exceeds 25 cases per 100,000 people for 7 days in a row.
  - El Paso County case prevalence can be found [here](#).
- **Staff** will only have “to-go” meal access when local county COVID-19 prevalence exceeds 50 cases per 100,000.
SPORTS MEDICINE

Services by Appointment:
Appointments will be scheduled during the following service hours (for both on-site and off-site athletes):

- Monday-Friday: 9 a.m.–4 p.m.
- After-hours: Call 719-330-2697

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SPORTS PSYCHOLOGY AND MENTAL HEALTH

Available Services:

1. Assistance for creating an Athlete Plan for quarantined athletes.

2. Individual one-on-one meetings with a designated Sports Psychologist or Mental Healthcare Provider
   - Mental Health Provider appointments can be scheduled by contacting Emily Clark at (719-237-1790) or emily.clark@usopc.org
   - An initial video chat will be scheduled within 24 hours of athlete’s entry into quarantine.
   - Daily check-ins will continue throughout the quarantine
     - Athletes can confirm their preferred daily check-in mode (e.g. call, text, video chat) with a Sports Psychologist during the first meeting.

3. A coffee chat support group to virtually connect with other quarantining athletes.

4. Upon request, recommendations for books, podcasts, apps and TedTalks in areas such as:
   - Mindfulness
   - Thriving in Uncertainty
   - Motivation
   - Focus
   - Emotion Management
   - Imagery
TED STEVENS STRENGTH & CONDITIONING and AQUATICS CENTER Locker Rooms

- Limit locker room to 50% capacity or maximum allowed by public health authorities, whichever is less.

WRESTLING Locker Room

- Both onsite and offsite athletes will have access to the showers, but it is preferred that onsite athletes shower in their dorm room rather than in the wrestling locker room.
- Upon completion of training, athletes should wear masks in the restrooms and common areas of the locker room (masks are not required in the sauna or shower).
- Simultaneous sauna use is limited to training partners only.

AQUATICS CENTER

- CSOPTC will follow public health guidelines for swimming pool capacity to increase from two people per lane to additional people per lane for those who are vaccinated or are unvaccinated and exempt but have completed their quarantine.
- Staff and athletes will need to swim at separate times if county case prevalence exceeds 25 per 100,000.
- Individuals who are in a quarantine swim will need to continue following the current quarantine swim guidelines.
USOPTC MEETING SPACES

Indoor meeting spaces will be open for use and will follow public health capacity guidelines.

☑ Face masks should be worn at all times unless eating or drinking.

☑ Meeting space users must physically distance a minimum of 6 feet when eating and drinking.
GUIDING PRINCIPLES

The Playbook contains specific guiding principles and guidelines for use of the LPOPTC by NGBs. Below are the general guiding principles that encompass all usage:

BEDS

• Currently a total of 90 maximum on-complex beds will be available to NGBs.

• **Effective November 1, 2021**, when the vaccination requirement is in place, LPOPTC will have approximately 200 beds available to NGBs.

• USOPC sport performance will determine which NGBs will be allocated beds and how many beds each sport will receive.

DINING

• On-site and off-site athletes and staff will be separated when the county COVID-19 prevalence **exceeds 25 cases per 100,000 people for 7 days in a row**.
  o Essex County case prevalence can be found [here](#).

• **Staff** will only have “to-go” meal access when local county COVID-19 prevalence **exceeds 50,000 cases per 100,000**.
DINING HALL HOURS

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<td>2:00-4:00 p.m.</td>
</tr>
<tr>
<td>Dinner</td>
<td>5:00-8:00 p.m.</td>
</tr>
</tbody>
</table>

FOOD SERVING METHODS

- All hot-line food will be served by dining staff (no self-serve).
- Staff will wear PPE at all times: hair covering, face covering, and gloves.

LIMITATIONS

- On-site and off-site athletes and staff will be separated when the county COVID-19 prevalence exceeds 25 cases per 100,000 people for 7 days in a row.
  - Essex County case prevalence can be found here.
- Staff will only have “to-go” meal access when local county COVID-19 prevalence exceeds 50,000 cases per 100,000.
SPORTS MEDICINE

Services by Appointment:

Appointments will only be scheduled during the following service hours (for both on-site and off-site athletes):

Monday-Friday: 9 a.m.–5 p.m.

MENTAL HEALTH SERVICES AND SPORTS PSYCHOLOGY

Service Hours:

You can schedule a mental health appointment with Taryn Brandt by calling sports medicine at 518-523-8450 or at taryn.brandt@usopc.org

For sports psychology services, Mara Smith at 530-377-6780 or at mara.smith@usopc.org

Available Services:

2. Individual check-ins will be conducted with quarantined athletes.
   - Confirm your preference on daily check-in: e.g. call, text, video chat.
   - Coordinate with athlete life and program specialist on daily check-ins.
3. Available resources (books, podcasts, apps and TedTalks) for areas of interest in mental strength and conditioning, including:
   - Thriving in Uncertainty
   - Motivation
   - Focus
   - Mindfulness into Action
   - Emotion Management
   - Imagery
Locker Rooms

- Limit locker room to 50% capacity or maximum allowed by public health authorities, whichever is less.

- Both onsite and offsite athletes will have access to the showers, but it is preferred that onsite athletes shower in their dorm room rather than in the locker room.

- Upon completion of training, athletes should wear masks in the restrooms and common areas of the locker room (masks are not required in the sauna or shower).
USOPC team members and contractors will be required to follow all on-site infection prevention guidelines to work at the OPTC. The infection prevention guidelines are based on current guidance provided by health authorities concerning COVID-19 and may be updated from time to time based on current public health guidelines.

USOPC team members should also refer to the USOPC Workplace Playbook for COVID-19 for more detailed information regarding the rules applicable to team members. In summary, team members will be required to comply with the following:

- **Effective November 1, 2021,** provide vaccination verification information or have an approved exception
- You must always wear face coverings while indoors at the OPTC, except when you are alone in your own office with the door closed or when you are eating, drinking, or exercising.
- Cover your cough or sneeze with a facial tissue or your elbow.
- Avoid touching your face.
- Wash your hands for more than 20 seconds and/or use hand sanitizer frequently.
- Stay more than six feet away from people at rest or doing normal daily activities, and more than 12 feet away from people who are training or exercising.
- Do not share food or water bottles that have not been washed between use.
- To the extent face-to-face interactions can be safely replaced with virtual communications (e.g. text, phone, email), these alternatives should be used.
- Access only those areas you have been authorized to access and follow all USOPC cleaning protocols.
- Do not come to the OPTC if you are sick, experience symptoms, and/or if you have been exposed to someone with COVID-19. In such cases, notify your supervisor and Patrice Bonello in people & culture, and contact your health care provider.
USOPC staff are required to wear a face covering at all times when entering, working or moving within any public indoor space at the CSOPTC and LPOPTC.

While it is understood that some level of protection is better than none, a recent study sheds light on the effectiveness of certain facial coverings. As such, we are asking USOPC staff not to use loosely folded face masks such as bandanas and gaiters as facial coverings as these do not provide the same level of protection as fitted or cone-style face coverings with multiple layers of fabric.

**BEST PRACTICES**

- ✔️ Wash your hands before and after putting on a face covering.
- ✔️ Face covering should fit snugly but comfortably against the side of your face.
- ✔️ Do not touch the face covering again until you remove it.
- ✔️ Face covering should be positioned so that there is no need to adjust or otherwise touch the face frequently.

It is essential that staff continue to practice physical distancing and good hygiene even when wearing a face covering. You will not be required to wear a face covering if you are working privately within a closed door office space or while eating in a physically distanced setting.
USOPC staff working at the OPTC can use the weight room and pool (indoor and outdoor) at the training center.

Staff may only use the pool during “open swim” hours, which are posted at the OPTC.

For the weight room, staff will need to schedule with strength and conditioning staff prior to using OPTC facilities:

CSOPTC
Amanda Fleece  amanda.fleece@usopc.org
Katie McClosky  katie.mcclosky@usopc.org

LPOPTC
Ambrose Serrano  ambrose.serrano@usopc.org

Staff are responsible for cleaning equipment as directed by strength and conditioning.
If you have signs or symptoms of COVID-19:

- Contact your health care provider.
- Notify your supervisor and Patrice Bonello in people & culture, and do not come to work.

If you are exposed to someone who tests positive for COVID-19, notify Patrice Bonello.

**Unvaccinated** exempt individuals need to:

- Quarantine for 5 days;
- Test for COVID-19 every day for 10 days;
- If you test positive for COVID-19, follow isolation protocols.

**Vaccinated** individuals do not need to quarantine, but they do need to:

- Test for COVID-19 daily for 10 days after exposure;
- Follow standard OPTC masking guidelines (i.e.: only remove mask when sleeping, eating, drinking, exercising, or when you are alone in your room);
- If you test positive for COVID-19, follow isolation protocols.

If you test positive for COVID-19, **do not** return to work until the following is true:

- It has been a minimum of 5 days from the time of your positive test if you are asymptomatic, or from the time of your symptom onset if you have symptoms.
  
  ▶ If asymptomatic for 24 hours by day 4, perform COVID-19 tests daily starting on day 4. You may return to work after you have 2 consecutive negative COVID-19 tests or after 10 days, whichever comes first.

  ▶ If symptomatic, you must not return to work until your symptoms resolve and you have no fever for a minimum of 24 hours without fever relieving medications. If this occurs prior to 10 days from your symptom onset, you can begin daily COVID-19 testing and return to work after you have 2 consecutive negative COVID-19 tests or after 10 days, whichever occurs first.

*In all cases, follow the guidance of your healthcare provider and local health department. The decision to stop self-quarantine should be made in consultation with your healthcare provider and state and local health departments. Local decisions depend on local circumstances.*
TRAVEL

Wear a mask over your nose and mouth on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the U.S. and while indoors at U.S. transportation hubs. Follow all state and local recommendations and requirements at your destination and upon returning home, including mask wearing, social distancing, and self-monitoring for COVID-19 symptoms.

Travel to a USOPC Facility

Fully Vaccinated Individuals

- Out-of-state travel: You may begin accessing USOPC facilities immediately upon arrival if you are asymptomatic.
- International travel: You may begin accessing USOPC facilities immediately upon arrival if you are asymptomatic but should get a COVID-19 test between 3-5 days after travel. Tests may be obtained at a USOPC facility if you are asymptomatic. Testing times and locations will be provided later in October.
- If you begin experiencing symptoms, get a COVID-19 test and do not come onto a USOPC facility while you wait for the result.

EXAMPLE #1

Person A lives in Lake Placid and is travelling to Colorado Springs for 5 days, where she will be attending an in-person meeting at HQ. After she finishes her trip and flies back to New York, Person A may return to work at LPTOPC immediately as long as she is asymptomatic.

EXAMPLE #2

Person B lives in Colorado Springs and is traveling to South America for a site visit. After traveling back to Colorado, Person B will return to work at a USOPC facility immediately upon arrival if she is asymptomatic but chooses to take a COVID-19 test on day 4 based upon CDC recommendations.

Protocols for unvaccinated individuals are on the next page.
Travel (International & Out-of-State) to a USOPC Facility (continued)

Unvaccinated Individuals with an Exception

- Out-of-state and international travel: Upon arrival, self-quarantine for 5 days after travel and get a COVID-19 test* between days 3-5 of the 5-day quarantine. Tests may be obtained at a USOPC facility if you are asymptomatic. Testing times and locations will be provided later in October.
- If your test is negative, you may begin accessing USOPC facilities on day 6.
- If your test is positive, follow the isolation guidelines described on page 33.
- If you do not get tested, do not come to a USOPC facility and self-quarantine for 10 days after travel.
- Self-monitor for COVID-19 symptoms; if you develop symptoms, get a COVID-19 test and do not come onto a USOPC facility pending the result.
- Follow all state and local recommendations or requirements after travel.

EXAMPLE #1
Person C lives in Lake Placid and is travelling to Colorado Springs where he will be visiting the CSOPTC. Person C will quarantine off-site for 5 days upon arrival in Colorado and will get a COVID-19 test between days 3 and 5. On day 6, Person C will visit the OPTC if that test result is negative and he is asymptomatic. After Person C finishes his trip and flies back to New York, he will not return to LPOPTC for 5 days and will test between days 3 and 5 during the 5-day quarantine, then return to work at LPOPTC on day 6 if the test was negative and he is asymptomatic.

EXAMPLE #2
Person D lives in Colorado Springs and is traveling to South America for a site visit. After traveling back to Colorado, Person D will quarantine and work from home for 5 days and will get a COVID-19 test between days 3 and 5. On day 6, Person D may return to work at HQ as long as their test was negative and they are asymptomatic.

* EXCEPTION: Individuals who had COVID-19 are exempt from testing for 90 days after recovering from their infection unless they are symptomatic, in which case they should be tested for COVID-19.

More information about the vaccine requirement and an FAQ can be found here.
PUBLIC TRANSPORTATION

When using public transportation, such as buses, subways, and rideshare programs, follow all public health guidelines including the use of a face mask. However, it is recommended to minimize the use of public transportation when the local COVID-19 prevalence is > 25 cases per 100,000 people on a 7-day rolling average.

VISITORS

If you have guest(s) (people that are not normally part of your household) that travel via public transportation and/or from a high transmission area stay at your home; we ask that you follow the quarantine and testing guidelines outlined on page 33 for close contacts.

* Exceptions:

If you have had COVID-19 in the past 90 days and are asymptomatic, you do not need to perform screening tests following out-of-state travel or exposure to your guests.
<table>
<thead>
<tr>
<th>IF YOU…</th>
<th>STEPS TO TAKE…</th>
</tr>
</thead>
</table>
| If you or someone in your home might have been exposed to COVID-19 and you are **not vaccinated**: | **SELF-QUARANTINE**  
- Self-quarantine for 5 days* and obtain a COVID-19 test daily for 10 days. If it is negative and you remain asymptomatic, you may return to work on day 6.  
Be alert for symptoms (fever, cough, or shortness of breath).  
- Take your temperature if symptoms develop.  
| If you feel healthy but recently traveled from somewhere outside the U.S. or on a cruise ship or river boat and are **not vaccinated**: | **SELF-QUARANTINE**  
- Check your temperature daily and watch for symptoms.  
- Stay home from work for 5 days and get a COVID-19 test between days 3-5 of your self-quarantine. If you remain asymptomatic and your COVID-19 test is negative, you may return to work on day 6.  
- If possible, stay away from people who are high-risk for getting very sick from COVID-19 for 10 days after travel. |
| If you feel healthy but recently had close contact with a person with COVID-19* and you are **not vaccinated**: | **SELF-QUARANTINE**  
- Check your temperature daily and watch for symptoms.  
- Stay home from work for 5 days* and get a COVID-19 test daily for 10 days. If the test result is negative and you remain asymptomatic, you may return to work on day 6.  
- If possible, stay away from people who are high-risk for getting very sick from COVID-19 for 10 days. |
| If you have been diagnosed with COVID-19, are waiting for test results, or are symptomatic: | **SELF-ISOLATE**  
- Stay in a specific “sick room” or area and away from other people or animals, including pets. If possible, use a separate bathroom.  
- Read important information about caring for yourself or someone else who is sick. |

*Exception: if you have completed a COVID-19 vaccination two shot or single shot series greater than two weeks before the time of your exposure AND are asymptomatic or had COVID-19 in the past 90 days and are asymptomatic, you do not need to self-quarantine following close contact with a person with COVID-19 or following travel, but you should test daily for 10 days following close contact if you are vaccinated or unvaccinated, but not if you have had COVID-19 in the last 90 days due to the possibility of a false positive test.

USOPC team members should contact Patrice Bonello in the event they are scheduled to work and need an accommodation or find that they cannot work due to a COVID-19 related reason.
ENVIRONMENTAL CLEANING
What products are being used for disinfection at the Colorado Springs and Lake Placid OPTCs?

**OXIVERE**
- Used in housing and office spaces
- Oxide-based
- Must use gloves to clean with it
- 30-second kill time

**PURE AND CLEAN**
- Used in skin-to-skin athlete areas:
  - Boxing
  - Gymnastics
  - Judo
  - Strength and conditioning
  - Wrestling
- Sprayed on pillows and bedding
- Natural disinfectant
- Leaves no residue

LPOPTC will use Enviro-solutions and Pure and Clean for disinfection.
QUESTIONS and CONTACTS
Whom can I contact for general questions?

We realize there will be many questions that will arise during this ongoing process. We appreciate your attention to detail and are happy to help you navigate this time.

For questions about OPTC re-entry in Colorado Springs, please contact the CSOPTC operations team (located at the front desk).

For questions about OPTC re-entry in Lake Placid, please contact the LPOPTC operations team (located at the front desk).

For questions about the USOPC vaccine requirement, please visit https://www.teamusa.org/vaccine.

Other contacts include:

Medical: Dr. Jonathan Finnoff, USOPC Chief Medical Officer (jonathan.finnoff@usopc.org)

Confidential & Independent Advice: Kacie Wallace, Athlete Ombudsman (ombudsman@usathlete.org)

General & ComPsych Access: Athlete Services (athleteservices@usopc.org)
COVID-19 PARTICIPATION AGREEMENT
COVID-19 OPTC PARTICIPATION AGREEMENT

Congratulations, you have been selected as eligible to train at the Colorado Springs or Lake Placid Olympic & Paralympic Training Center (OPTC). Your ability to train at an OPTC during the COVID-19 pandemic is contingent upon your agreement to the rules outlined in this COVID-19 OPTC Participation Agreement as well as the terms and conditions set forth in the standard OPTC admittance documents.

Please read this document carefully prior to signing. If you have any questions prior to signing, please contact USOPC Chief Medical Officer Dr. Jonathan Finnoff (jonathan.finnoff@usopc.org) for medical questions, Nicki Skinner (nicki.skinner@usopc.org) for questions regarding the Colorado Springs training facilities and operations, or Julie Marra (julie.marra@usopc.org), for questions regarding the Lake Placid training facilities and operations.

The United States Olympic & Paralympic Committee (USOPC) is committed to protecting athlete health. While it is impossible to completely eliminate risk of COVID-19 transmission, the USOPC has implemented a vigorous infection prevention program based on public health guidance at the OPTCs to keep you and your fellow users as safe as possible during training. Note that public health guidance is changing frequently and the USOPC therefore reserves the right to update its infection prevention and training guidelines and other rules of participation at any time.

For this program to be successful, we need everyone to commit to the process. As such, in consideration for you being allowed to reside and train at the OPTC, you agree to comply with each of the following:

1. The USOPC Training Center Playbook, and
2. The USOPC Vaccination Requirement document.

Both documents referenced above are available at www.teamusa.org/coronavirus and may be updated or supplemented from time to time. Be sure to check this website frequently to ensure you are familiar with the most up-to-date requirements.

Acknowledgment

In consideration for being allowed to reside on-site and/or access the OPTC facilities, I agree to comply with all rules and procedures outlined in this COVID-19 OPTC Participation Agreement. I understand all rules and procedures are subject to change based on changes in public health guidance and that while the USOPC will communicate such changes to me, I should check the USOPC’s website frequently to ensure I am familiar with the most up-to-date requirements.

I UNDERSTAND THAT MY FAILURE TO COMPLY WITH THE HEALTH AND SAFETY MEASURES OUTLINED OR INCORPORATED INTO THIS DOCUMENT OR ANY UPDATED HEALTH AND SAFETY MEASURES MAY RESULT IN TERMINATION OF MY ON-SITE STATUS AND/OR ACCESS TO OPTC FACILITIES.
By electing to use the facilities at the OPTC, I acknowledge and voluntarily assume a risk of exposure to or infection with COVID-19 inherent in the use of these facilities, and the possibility that such exposure or infection may result in personal injury, illness, permanent disability and/or death. I understand that this acknowledgment does not waive any legal rights I might have.

Whenever I use OPTC facilities, I will keep in mind that COVID-19 is extremely contagious. While a vaccine is available, people who have COVID-19 may be asymptomatic or may be experiencing mild symptoms that go undetected. While the USOPC is implementing best practices to reduce the risk of COVID-19 spread, the USOPC cannot eliminate this risk entirely. Even with best practices, it is not possible at this time to eliminate the risk of contracting COVID-19 while outside or in semi-public places, including the OPTC. I understand that as a user of OPTC facilities, I must take adequate precautions to protect myself and others.

**Persons over the age of 18**

I have read this COVID-19 OPTC Participation Agreement, fully understand its terms, and sign it freely and voluntarily without any inducement.

Signature: __________________________ Date: __________

Name (Printed): _______________________

**Parent or Legal Guardian (for persons under the age of 18)**

I represent that I am the parent or legal guardian of the below-named minor and that I am not prohibited by a court order or otherwise from consenting to this COVID-19 OPTC Participation Agreement on behalf of the below-named minor. I have read this COVID-19 OPTC Participation Agreement, fully understand its terms, and sign it freely and voluntarily on behalf of the below-named minor without any inducement.

Minor Name: _______________________

Parent/Legal Guardian Signature: _______________________

Parent/ Legal Guardian Name (printed): _______________________

Relationship to Minor: ______________________ Date: __________
*Office of the Athlete Ombudsman*

The Office of the Athlete Ombudsman is available to provide independent and confidential advice to elite athletes on sport-related rules, policies, and processes and to assist in the resolution of athlete concerns and disputes. Athletes may contact the Office of the Athlete Ombudsman at ombudsman@usathlete.org or 719-866-5000 or visit their website for more information.