



COVID-19 WORKING GROUP UPDATE

March 18, 2020

Team –

Please see below for the latest information related to the impact of COVID-19 on the Team USA community. For the latest information, please refer to the [coronavirus resource page on TeamUSA.org](#).

Earlier today, USOPC CEO Sarah Hirshland reached out to Team USA athletes directly to address some of their initial questions and concerns ([click here to view the video message](#)). As her message highlights, while the impact and spread of COVID-19 is global in nature, every individual is personally navigating through the ever-changing landscape and uncertainty is to be expected. We understand there are more questions than answers at the moment, but we are committed to working through these questions together – and with the health and well-being of our athletes and the entire U.S. Olympic and Paralympic community top of mind.

To that end, the USOPC has extended benefits through the USOPC's Employee Assistance Program to all Team USA athletes and USOPC team members, which provides unlimited 24/7 access to phone counseling sessions and other resources such as emotional and wellness support, legal guidance and more.

We are committed to providing timely updates as more information becomes available. The following is produced by members from the USOPC COVID-19 Working Group, who are working closely with the USOPC's Infectious Disease Advisory Group, and domestic and international professionals to keep our community safe and informed.

Sincerely,
USOPC COVID-19 Working Group

Medical

- Please see the below Training Centers and Facilities section for important updates regarding sport medicine services at the U.S. Olympic & Paralympic Training Centers in Colorado Springs, Colorado, and Lake Placid, New York.
- Additionally, the USOPC has extended benefits through the USOPC's Employee Assistance Program to all Team USA athletes, which provides unlimited 24/7 access to phone counseling sessions if you need to talk to a certified professional, and other resources such as emotional and wellness support, legal guidance and more. Athletes should have received direct communication today with guidance and instruction on how to access these resources. For questions, please contact athleteservices@usopc.org.

International Travel and Domestic Policies

- The Government of Japan (GOJ) will restrict visitors from Europe on account of the spike in the number of COVID-19 patients. Travelers from the region, including Japanese nationals, will be asked to self-quarantine for two weeks upon arrival at facilities designated by the quarantine

office of their ports of entry. The enhanced border control measures will take effect March 21 and last at least through April 30.

- The European Union (EU) has asked member states, as well as Schengen Zone members, to close their external borders to non-citizens and non-legal residents for the next 30 days. Governments across Europe also continue to close land borders to non-citizens and non-legal residents, limiting the movement of individuals and transportation.
- Any travelers who are still abroad should monitor the [Department of State's COVID-19 website](#) regarding any entry or exit restrictions for the nations they are in or plan to visit.
- A number of major U.S. cities are employing precautionary measures – including closing schools, public sites and entertainment venues – to contain the spread of the COVID-19 please adhere to your state and county public health policies.

Sport

- The USOPC continues to work with IOC and IPC to gain a better understanding of how qualification systems for the Olympic and Paralympic Games Tokyo 2020 are affected by COVID-19. We have not received an official statement or concrete information yet and will communicate more information as updates become available.

Training Centers and Facilities

- OPTC Closures. Due to the Governor's orders on March 16, the U.S. Olympic & Paralympic Training Center in Colorado Springs, Colorado, was forced to close all training venues (Lake Placid OPTC venues had already been closed by ORDA), effective immediately. This includes the pool, velodrome, all gymnasiums, and strength and conditioning center. This closure will remain in effect for 30 days per the Governor's orders.
 - The OPTC strength and conditioning facilities and training venues will be closed until further notice, but training outdoors and off campus, such as running or cycling, is permitted. If you choose to train outdoors, please follow all recommendations (i.e. groups of less than 10 people, practice social distancing, don't share equipment, etc.).
- Dining. Similarly, the OPTC dining halls have been closed to all sit-down dining, effective immediately, per the State Health Department. While this changes the service at the CSOPTC, we remain committed to serving high quality and healthy food to our resident and in-house athletes by providing 'to-go' meals to athletes.
- Facility Access: All facility use and/or off-site residents who may have previously had access to the training center for training and/or meals will no longer be allowed on campus as there will be no training taking place. All on-site residents and those athletes who are currently in-house will continue to be able to live at the OPTC and receive meals from dining.
 - Our doors will remain open to all resident athletes. Athletes can choose to stay at the OPTC, or they can choose to leave and be with family or friends during this difficult and uncertain time.
- Informational Call. The OPTCs held a call for resident athletes, coaches, NGB administrators, and some USOPC staff this morning to answer questions about the closure. Below are some specific concerns that were addressed during that call:
 - If athletes do not live at the OPTC and need to come to the OPTC to retrieve equipment, athletes are encouraged do so in the next 48 hours.
 - If athletes cannot make it on campus during that timeframe, please reach out to us and we will work with you directly to accommodate access.
 - Athletes are encouraged to reach out to their strength and conditioning lead as soon as possible to receive important information and resources to support remote training.
 - For on-campus resident athletes, the USOPC strength and conditioning team will do its best to provide equipment that can be utilized outside the weight room.
 - Off-site residents and coaches will still be able to retrieve their mail at the OPTCs.
 - In Colorado Springs, access badges will allow athletes and coaches who are living off-site into the athlete center to retrieve their mail.

- In Lake Placid, athletes will need to utilize the call button at the front door and a staff member will deliver your mail directly.
- Sport Psychology. USOPC sport psychologists are maintaining appointments either via phone or video conference. Please reach out to your provider via phone or text to schedule new, or keep existing, appointments.
- Sports Medicine. The OPTC sports medicine center will continue to be open to resident and off-site resident athletes, but will limit its services to those that are deemed essential, including acute injuries, illnesses and post-op rehabilitation.
 - The USOPC sports medicine team is reaching out to all currently serviced athletes and teams to ensure they are updated with the latest information.
 - Suspended services include massage therapy, as well as access to the recovery centers, plunge pools, steam room, sauna and SwimEx.
 - If athletes are ill or displaying symptoms of COVID-19, please call sports medicine rather than coming directly to the clinic. Our team will work with you to determine the best course of action.
 - Note that all off-site resident athletes will be screened as they enter the OPTC for signs or symptoms and risk of exposure to COVID-19.
 - Sports medicine clinic hours will also be temporarily reduced (see below for the latest schedule). On-call clinicians will continue to be available 24/7 should athletes need medical care.

Colorado Springs Sports Medicine Hours

Wednesday, March 18, 2020 – 8 a.m.--6 p.m.

Starting Thursday, March 19, 2020 – 9 a.m.-12 p.m.

Saturday, March 21, 2020 – TBD (depending on number of athletes at the OPTC)

*After this Saturday, Sports Med will be closed Saturday and Sundays moving forward

On-call # 719-330-2697

Lake Placid Sports Medicine Hours

Monday-Friday – 9 a.m.-12 p.m.

Closed Saturday and Sunday

On-call # 518-572-3652

Chula Vista Sports Medicine Hours

Monday, Tuesday, Thursday, and Friday – 9 a.m.-1 p.m.

Wednesday – 9 a.m.-11 a.m.

Closed Saturday and Sunday

On-call # 619-395-5251