OPTC COVID-19 Decision Framework

Risk levels are based on the Colorado COVID-19 Dial:

**Fast facts:**
- Colorado’s dial framework has six color levels to provide guidance to counties.
- Counties can move back and forth between levels, depending primarily on three metrics.
- Levels are based on the number of new cases, the percent positivity of COVID-19 tests, and the impact on hospitals, as well as local considerations. As the dial moves left, toward Protect Our Neighbors, more people can participate in various activities.
- This framework gives communities a tool to make life in the pandemic more sustainable.
<table>
<thead>
<tr>
<th>OPTC PROTOCOLS AND RESTRICTIONS</th>
<th>LEVEL ORANGE</th>
<th>LEVEL RED</th>
<th>LEVEL PURPLE</th>
</tr>
</thead>
<tbody>
<tr>
<td>DETERMINANTS TO CHANGE PROTOCOLS*</td>
<td>State County Guidelines</td>
<td>CDC Guidelines/Recommendations</td>
<td>Hospital Capacity</td>
</tr>
<tr>
<td>OPTC Positivity Rate</td>
<td>Athlete &amp; Staff wholistic well-being</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**COVID-19 TESTING & SYMPTOM TRACKER**

**Athletes, coaches and staff are required to complete the COVID-19 symptom tracker survey twice daily.**

| **USOPC Staff** |

**QUARANTINE**

| Athletes, Coaches & USOPC Staff |

**Quarantine:** for someone going through a screening process or has been exposed to an individual with COVID-19.

If an individual has a known exposure to COVID-19, they must quarantine for 14 days from the time of their last close sustained contact with positive COVID-19 case.

**ISOLATION**

| Athletes, Coaches & USOPC Staff |

**Isolation:** for someone who is suspected of having COVID-19 or has been diagnosed with COVID-19.

If asymptomatic: individual must remain in isolation for 10 days from positive test.

If symptomatic: individual must remain in isolation for a minimum of 10 days from their symptom onset. Individual can end isolation after 10 days if 1) their symptoms have improved, and 2) they no longer have a fever without use of medications for min. 24 hours.

**GROUP TRAINING**

| Athletes & Coaches |

On-site and off-site athletes train together if cases in the applicable county are less than 25 per 100K.

On-site and off-site athletes train at different times.

High degree of possibility of closing training venues.

**TRAINING DURING QUARANTINE**

| Athletes & Coaches |

One hour of individual training permitted on the outdoor turf of Strength & Conditioning (must be scheduled with S&C). Aquatics sports may use that one hour to train individually in the pool. All other training must be done inside of room (fitness equipment will be provided).

No indoor training in Aquatics or Strength & Conditioning.

**CAMPS**

| Athletes & Coaches |

OPTC camps with out-of-state athletes allowed based on OPTC capacity.

No OPTC camps with out-of-state athletes – only long-term athlete training.

No OPTC camps with out-of-state athletes. High degree of possibility of closing training venues.

**DINING OPTIONS**

| Athletes & Coaches |

Dine–in for on-site athletes and curbside takeout for off-site athletes.

On-site athletes must get to-go meals from Dining (no dine-in option) and off-site athletes get curbside takeout.

No curbside service available to off-site athletes. On-site athletes must get to-go meals from Dining (no dine-in).

| **DINING OPTIONS** |

**We look at combination of factors to determine if we can sustain a safe and healthy environment.**

---

*close sustained contact = within six feet or less, for a cumulative total of 15 minutes or more over a 24-hour period.*