

LPOPTC COVID-19 Decision Framework

Risk levels are based on the [New York Cluster Action Initiative](#):

TYPE OF ACTIVITY	RED	ORANGE	YELLOW
Non-Residential Gatherings	Prohibited	10 people maximum, indoors and outdoors	25 people maximum, indoors and outdoors
Residential Gatherings	Prohibited	10 people maximum, indoors and outdoors	10 people maximum, indoors and outdoors
House of Worship	Lesser of: 25% of maximum capacity 10 people	Lesser of: 33% of maximum capacity 25 people	50% of maximum capacity
Businesses	Non-essential businesses are closed	Gyms, fitness centers and classes operate at 25% capacity; barber shops, hair salons, personal care services can provide services so long as employees performing services are tested for COVID-19 on a weekly basis.	Open
Dining	Takeout or delivery only	Outdoor dining, takeout or delivery only, 4 person maximum per table, and bars and restaurants close at 10:00 PM for on-premises consumption	Indoor and outdoor dining permitted, 4 person maximum per table, and bars and restaurants close at 10:00 PM for on-premises consumption
Schools	Open** 30% monthly testing of in-person students and faculty	Open** 20% monthly testing of in-person students and faculty	Open 20% weekly testing of in-person students and faculty

New Metrics for Entering Cluster Zones

On December 10, Governor Cuomo announced new metrics by which micro-cluster focus zones will be determined to help control COVID-19 spread and protect hospital capacity.

- Red Zone A red zone will be implemented when a region, after the cancellation of elective procedures and a 50 percent increase in hospital capacity, is 21 days away from reaching 90 percent hospital capacity on the current 7-day growth rate.
- Orange Zone A geographic area will be eligible to an Orange Zone if it has a 4 percent positivity rate (7-day average) over the last 10 days and it is located in a region that has reached 85 percent hospital capacity. Alternatively, a geographic area may also become an Orange Zone if the State Department of Health determines the region's rate of hospital admissions is unacceptably high and a zone designation is appropriate to control the rate of growth.
- Yellow Zone A geographic area will be eligible to enter a Yellow Zone if it has a 3 percent positivity rate (7-day average) over the past 10 days and is in the top 10 percent in the state for hospital admissions per capita over the past week and is experiencing week-over-week growth in daily admissions.

OPTC PROTOCOLS	LEVEL YELLOW	LEVEL ORANGE	LEVEL RED
DETERMINANTS TO CHANGE PROTOCOLS* State Hot Spot Zone Guidelines CDC Guidelines/Recommendations Hospital Capacity Region Positivity Rate Community Positivity Rate OPTC Positivity Rate Athlete & Staff wholistic well-being			
COVID-19 TESTING & SYMPTOM TRACKER** **Athletes, coaches and staff are required to complete the COVID-19 symptom tracker survey twice daily.	Athletes & Coaches During re-entry process: Upon arrival to OPTC, athlete will be quarantined and receive COVID-19 tests on days 4 and 5. If tests are <u>negative</u> , athlete is released from quarantine. After re-entry process: If athlete reports signs or symptoms of COVID-19 via the symptom tracker, they must remain in their room and notify sports medicine, who will perform a COVID-19 test on the athlete. If test is <u>positive</u> , they will remain in isolation; if test is <u>negative</u> , they will be treated and allowed to participate in training based upon their symptoms. Athletes who leave complex and travel, compete, or have significant exposure to the public will need to go back through the re-entry process .	USOPC Staff Staff who travel or have significant exposure to the public will need to quarantine for 14 days before accessing the OPTC. If staff member reports signs or symptoms of COVID-19 via the symptom tracker, they must not come to work and notify their supervisor and P&C. Staff are strongly encouraged to see their primary care physician for an evaluation and COVID-19 test. When staff member reports having symptoms, P&C will perform contact tracing. The individuals who are identified to have had close sustained contact*** with that staff member at work will be notified and asked to quarantine until the test results from the symptomatic staff member are available.	
QUARANTINE	Athletes, Coaches & USOPC Staff <i>Quarantine:</i> 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 <i>Isolation:</i> for someone who is suspected of having COVID-19 or has been diagnosed with COVID-19. If <u>asymptomatic</u> : individual must remain in isolation for 10 days from positive test. If <u>symptomatic</u> : 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 Strength & Conditioning, Gymnasium, and Push Track facilities.
TRAINING DURING QUARANTINE	Athletes & Coaches Individual outside time permitted in designated areas. All other training must be done inside the room (fitness equipment will be provided).		
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 Strength & Conditioning, Gymnasium, and Push Track facilities.
DINING OPTIONS	Athletes & Coaches Dine-in for on-site athletes and off-site athletes if cases in the applicable county are less than 25 per 100K.	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).
*DETERMINANTS	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.