LPOPTC COVID-19 Decision Framework

Risk levels are based on the New York Cluster Action Initiative:

<table>
<thead>
<tr>
<th>TYPE OF ACTIVITY</th>
<th>RED</th>
<th>ORANGE</th>
<th>YELLOW</th>
</tr>
</thead>
<tbody>
<tr>
<td>Non-Residential Gatherings</td>
<td>Prohibited</td>
<td>10 people maximum, indoors and outdoors</td>
<td>25 people maximum, indoors and outdoors</td>
</tr>
<tr>
<td>Residential Gatherings</td>
<td>Prohibited</td>
<td>10 people maximum, indoors and outdoors</td>
<td>10 people maximum, indoors and outdoors</td>
</tr>
<tr>
<td>House of Worship</td>
<td>Lesser of: 25% of maximum capacity 10 people</td>
<td>Lesser of: 33% of maximum capacity 25 people</td>
<td>50% of maximum capacity</td>
</tr>
<tr>
<td>Businesses</td>
<td>Non-essential businesses are closed</td>
<td>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.</td>
<td>Open</td>
</tr>
<tr>
<td>Dining</td>
<td>Takeout or delivery only</td>
<td>Outdoor dining, takeout or delivery only, 4 person maximum per table, and bars and restaurants close at 10:00 PM for on-premises consumption</td>
<td>Indoor and outdoor dining permitted, 4 person maximum per table, and bars and restaurants close at 10:00 PM for on-premises consumption</td>
</tr>
<tr>
<td>Schools</td>
<td>Open** 30% monthly testing of in-person students and faculty</td>
<td>Open** 20% monthly testing of in-person students and faculty</td>
<td>Open 20% weekly testing of in-person students and faculty</td>
</tr>
</tbody>
</table>

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

**DETERMINANTS TO CHANGE PROTOCOLS***

<table>
<thead>
<tr>
<th>State Hot Spot Zone Guidelines</th>
<th>CDC Guidelines/Recommendations</th>
<th>Hospital Capacity</th>
<th>Region Positivity Rate</th>
<th>Community Positivity Rate</th>
<th>OPTC Positivity Rate</th>
<th>Athlete &amp; Staff holistic well-being</th>
</tr>
</thead>
</table>

### Level Orange

**COVID-19 Testing & Symptom Tracker**

**Athletes, Coaches & USOPC Staff**

**USOPC Staff**

**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 **negative**, 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 **positive**, they will remain in isolation; if test is **negative**, 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.

**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.

### Level Red

**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.

- **Asymptomatic:** individual must remain in isolation for 10 days from positive test.

- **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.

**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.

**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.

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***DETERMINANTS***

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

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