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.
PLAYBOOK USER GUIDE - INTERACTIVE PDF

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.
# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>COVID-19</strong></td>
<td>5</td>
</tr>
<tr>
<td>Infection Prevention Measures</td>
<td>6-8</td>
</tr>
<tr>
<td><strong>Protocols for Individuals Residing on Campus</strong></td>
<td>9-13</td>
</tr>
<tr>
<td>Mandatory Webinar, On-Site Agreement, and Screening Process</td>
<td>10</td>
</tr>
<tr>
<td>Initial Testing and Quarantine Period</td>
<td>11</td>
</tr>
<tr>
<td>Minimize Off-Campus Activities</td>
<td>12-13</td>
</tr>
<tr>
<td><strong>Protocols for Off-site Individuals</strong></td>
<td>14-18</td>
</tr>
<tr>
<td>Mandatory Webinar and Athlete Agreement</td>
<td>15</td>
</tr>
<tr>
<td>Initial Testing and Shelter in Place Period</td>
<td>16</td>
</tr>
<tr>
<td>Minimize Community Activities</td>
<td>17-18</td>
</tr>
<tr>
<td><strong>COLORADO SPRINGS OPTC</strong></td>
<td>19-28</td>
</tr>
<tr>
<td>Arrival</td>
<td>20</td>
</tr>
<tr>
<td>Dining</td>
<td>21</td>
</tr>
<tr>
<td>Sports Medicine and Sports Psychology Hours &amp; Services</td>
<td>22</td>
</tr>
<tr>
<td>Re-entry Phases</td>
<td>23-24</td>
</tr>
<tr>
<td>Phase 1</td>
<td>25</td>
</tr>
<tr>
<td>Phase 2</td>
<td>26</td>
</tr>
<tr>
<td>Phase 3</td>
<td>27</td>
</tr>
<tr>
<td>Phase 4</td>
<td>28</td>
</tr>
<tr>
<td><strong>LAKE PLACID OPTC</strong></td>
<td>29-38</td>
</tr>
<tr>
<td>Arrival</td>
<td>30</td>
</tr>
<tr>
<td>Dining</td>
<td>31</td>
</tr>
<tr>
<td>Sports Medicine Hours &amp; Services</td>
<td>32</td>
</tr>
<tr>
<td>Sports Psychology Hours &amp; Services</td>
<td>33</td>
</tr>
<tr>
<td>Phases 1-3 Training</td>
<td>34</td>
</tr>
<tr>
<td>Phase 1</td>
<td>35</td>
</tr>
<tr>
<td>Phase 2</td>
<td>36</td>
</tr>
<tr>
<td>Phase 3 &amp; Phase 4</td>
<td>37</td>
</tr>
<tr>
<td><strong>USOPC Staff Protocols</strong></td>
<td>38-43</td>
</tr>
<tr>
<td>Infection Prevention</td>
<td>39</td>
</tr>
<tr>
<td>Minimize Community Activities</td>
<td>40</td>
</tr>
<tr>
<td>Self-Monitoring</td>
<td>41</td>
</tr>
<tr>
<td>Travel and Self-Quarantine</td>
<td>42-44</td>
</tr>
<tr>
<td><strong>Environmental Cleaning</strong></td>
<td>45-46</td>
</tr>
<tr>
<td><strong>FAQ</strong></td>
<td>47-57</td>
</tr>
<tr>
<td><strong>Appendices</strong></td>
<td>58-68</td>
</tr>
<tr>
<td>On-Site Participation Agreement</td>
<td>58-63</td>
</tr>
<tr>
<td>Off-Site Participation Agreement</td>
<td>64-68</td>
</tr>
</tbody>
</table>
COVID-19
What is COVID-19?

- It is spread through respiratory droplets.
- To date, there are over 3.8 million cases and 141,000 deaths in the United States.
- There is no vaccine or effective treatment.
- COVID-19 can cause death or serious, career-ending complications.
- 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

Less common symptoms include:

- Sore Throat
- Headache
- Nausea, Diarrhea & Vomiting
- Muscle & Joint Pain
- Congestion
- Chills
- Loss of sense of smell
All athletes and coaches must adhere to the following measures to help prevent the spread of COVID-19 infection:

- Monitor for symptoms twice daily.
- Wear a face covering at all times except when alone in your room or when training if the face covering would inhibit exercise or potentially be dangerous.
- Frequently wash your hands for 20 seconds with soap and water or using 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).
If you are exposed to someone who tests positive for COVID-19, 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

Sports medicine will:

☑ Quarantine you for 14 days;
☑ Monitor you twice daily for symptoms; and
☑ Provide evaluation and treatment as necessary should symptoms develop.

If you test positive for COVID-19, you will be placed into quarantine and treated according to CDC guidelines. You will be released from quarantine when:

☑ It has been at least 10 days since you started having symptoms or, if you were asymptomatic, from the time of your positive test;
☑ You have no fever for at least 24 hours without medications and your symptoms have improved; and
☑ You pass a heart and lung evaluation.

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.
PROTOCOLS FOR INDIVIDUALS RESIDING ON CAMPUS
STEP 1: MANDATORY WEBINAR
You will be required to attend an education session and follow all onsite infection prevention measures in order to reside and train at the OPTC.

STEP 2: ON-SITE AGREEMENT
Your ability to train at the OPTC is contingent upon your agreement to the rules outlined in the COVID-19 On-Site Participation Agreement as well as the terms and conditions set forth in the standard OPTC Agreement Packet. Please read the documents carefully prior to signing.

STEP 3: SCREENING PROCESS
Prior to engaging in any training activities at the OPTC you must complete a screening process at the OPTC, which includes:

1. Complete a medical screen that includes COVID-19, and heart and lung tests; and
2. Undergo quarantine at the OPTC for a period of at least six days.
TIMELINE: Initial Testing & Quarantine Period After Arrival

DAYS 1 - 3

- You arrive and check-in with OPTC staff and sports medicine.
- During this time, you will train individually at scheduled times, which includes indoor (inside of your room) and outdoor training.
- Strength and conditioning staff will work with you to develop a training program, or you may work with your NGB/personal coaches to design programs that can be facilitated by USOPC staff.
- You will be provided with fitness equipment in your room.
- Sports psychology and mental health resources will also be available to you.

DAYS 4 & 5

- You will be tested for COVID-19 with two PCR saliva tests and an antibody test.

DAY 6+

- The results from the tests will be ready.
- If you test negative, you may leave quarantine and begin training.
- If you test positive for COVID-19, you will continue in quarantine and will receive medical treatment as needed. You will be released from quarantine when you meet the criteria described on page 8.
Minimize Off-Campus Activities

In order to ensure the safest environment possible for resident athletes, you will be asked to minimize your movement outside of the OPTC. You will be permitted to leave the complex for essential activities only. **Examples of essential activities include:**

1) Going to the grocery store, although we encourage you to order groceries to be delivered;
2) Shopping for supplies or equipment (e.g., pens, tape, paper, athletic equipment, shoes, energy drink, etc.), although we encourage you to have these items delivered;
3) Picking up or sending mail;
4) Picking up medications or supplies at a pharmacy;
5) Picking up food takeout food from a restaurant, although we encourage you to have it delivered;
6) Putting gas in your car;
7) Individual training that takes place outdoors (e.g., cycling and running) and does not involve community or non-OPTC resident athletes;
8) Participation in a competition (would need to go through quarantine and testing protocol upon return to OPTC if involves travel to distant site and/or an overnight); and
9) Outdoor activities in a remote area with other on-site individuals while following hygiene and physical distancing recommendations (e.g. do not drive in the same car) and avoiding high-touch areas (e.g. do not use pull-up bars at a playground).

Please refer to the FAQ section for more information.
Minimize Off-Campus Activities (continued)

Prior approval must be obtained from CSOPTC Operations (located at the front desk) or LPOPTC Operations (located at the front desk) for essential activities.

If you leave the OPTC without following the procedures above and/or for reasons that OPTC Operations (in coordination with your NGB) determines are non-essential, you will be given a warning. If it is determined by OPTC Operations that your offsite activity resulted in significant exposure to COVID-19, you will be required to quarantine for a period of six days and be re-tested for COVID-19 before you may resume training on campus.

Repeated failure to limit your departures to essential purposes only may result in your residency being terminated. In such cases, you may be permitted to continue training in a more limited capacity as an outside user.

If you travel to a distant site using public transportation (e.g., airplane, train, bus, etc.) or in a vehicle with people with whom you have not lived with for at least 14 days, or if you stay off-site overnight, then upon your return to the OPTC, you will be required to go through the testing and quarantine process again (minimum of six days).

If you are exposed to someone with COVID-19, you will be placed in quarantine for a minimum of 14 days. If you experience signs or symptoms of COVID-19, USOPC sports medicine will facilitate any necessary medical care. You will be quarantined until you meet the criteria listed on page 8.
PROTOCOLS FOR OFF-SITE INDIVIDUALS
STEP 1: MANDATORY WEBINAR
You will be required to attend an education session and follow all on-site infection prevention measures in order to reside and train at the USOPTC.

STEP 2: OFF-SITE AGREEMENT
Your ability to train at the USOPTC during the COVID-19 pandemic is contingent upon your agreement to the rules outlined in the COVID-19 Off-Site Participation Agreement as well as the terms and conditions set forth in the standard OPTC Agreement Packet. Please read this document carefully prior to signing.

STEP 3: SCREENING PROCESS
Prior to engaging in any training activities at the OPTC, you must complete a screening process that includes:

1. Complete a medical screen that includes COVID-19, and heart and lung tests; and
2. Shelter in place for a period of approximately six days.
TIMELINE: Initial Testing & Quarantine Period After Arrival

**DAYS 1 - 3**
- You arrive and notify OPTC staff and sports medicine know you are in town.
- Shelter-in-place.
- Train individually and do not share equipment.

**DAYS 4 & 5**
- You will be tested for COVID-19 with two PCR saliva tests and an antibody test.

**DAY 6+**
- The results from the tests will be ready.
- If you test negative, you may stop sheltering in place and begin accessing the OPTC to train.
- If you test positive for COVID-19, you will be required to go into quarantine and will receive medical treatment as needed. You will be released from quarantine when you meet the criteria described on page 8.
Minimize Community Activities Outside of Your Home

In order to ensure the safest training environment possible, we strongly encourage you to limit your activities outside of your home to essential activities. **Examples of essential activities include:**

1. Going to the grocery store, although we encourage you to have your groceries delivered;
2. Shopping for supplies or equipment (e.g., pens, tape, paper, athletic equipment, shoes, energy drink, etc.), although we encourage you to have these items delivered;
3. Picking up or sending mail;
4. Picking up medications or supplies at a pharmacy;
5. Picking up food takeout food from a restaurant, although we encourage you to have your food delivered;
6. Putting gas in your car;
7. Individual training that takes place outdoors (e.g., cycling and running) and does not involve community or non-OPTC resident athletes;
8. Participation in a competition (would need to go through quarantine and testing protocol upon return to OPTC if involves travel to distant site and/or an overnight); and
9. Outdoor activities in a remote area with other off-site individuals while following hygiene and physical distancing recommendations (e.g. do not drive in the same car) and avoiding high-touch areas (e.g. do not use pull-up bars at a playground).

Please refer to the FAQ section for more information.
Minimize Community Activities Outside of Your Home (continued)

If you travel to a distant site using public transportation (e.g., airplane, train, bus, etc.) or in a vehicle with people with whom you have not lived with for at least 14 days, or if you stay in a different location other than your home overnight, you will be required to go through the testing and quarantine process again (minimum of six days).

If you are exposed to someone with COVID-19, you will be placed in quarantine for a minimum of 14 days. If you experience signs or symptoms of COVID-19, USOPC sports medicine will facilitate any necessary medical care. You will be quarantined until you meet the criteria listed on page 8.

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.
COLORADO SPRINGS OPTC
CHECK-IN PROCESS

Do not leave your home to go to the OPTC if you have been sick, had symptoms of COVID-19, or been in contact with anyone with COVID-19 in the past 14 days. If you had COVID-19, you will be required to present a doctor’s note allowing you to return to training upon arrival at the OPTC.

Coordinate with sports medicine to obtain a high sensitivity Troponin test at UC Health laboratory, located at 1400 E Boulder Street (next door to the CSOPTC).

Enter the CSOPTC through the Union Street entrance. Please wear a face covering when you enter the complex and during the entire check-in process.

Upon arrival at the Union entrance, the security officer will take a temperature reading with a touchless thermometer. You will be asked if you have any signs or symptoms of COVID-19, and if you have had contact with someone with COVID-19 in the last 14 days. "If you answer "yes" to any of the above questions or have a temperature > 100.4F, you will not be allowed into the OPTC and sports medicine will be notified.

Proceed to the Athlete Center in Building 9 for in-processing.
**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.

**DINING HALL HOURS**

<table>
<thead>
<tr>
<th>Meal</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>8-10 a.m.</td>
</tr>
<tr>
<td>Lunch</td>
<td>11:30 a.m.-1:30 p.m.</td>
</tr>
<tr>
<td>Dinner</td>
<td>5-7:30 p.m.</td>
</tr>
</tbody>
</table>

**LIMITATIONS**

- On-site and off-site athletes will have meal access. However, only those living on-site will be able to go into the dining hall. Curbside meal service will be provided to any off-site athlete who has meal access.
- No staff will be allowed to pay for food or eat from the dining hall. All USOPC, OPTC and NGB staff must bring their own meals or find somewhere else to eat until further notice.
- Staff who do not bring their own meals are encouraged to order takeout rather than eating at a sit-down restaurant. This will reduce their risk of infection.
- No cash transactions will take place.
- The bulk of grab-and-go food will be eliminated for the foreseeable future. Only individually packaged items will be available for grab-and-go. All self-service food items that are not packaged will no longer be available.
Services by Appointment Only

Service Hours (On-site Athletes)
Monday-Friday: 9-11 a.m.

Service Hours (Off-site Athletes)
Monday-Friday: 1-3 p.m.

After-hours: Call 719-330-2697

Services Available:
Essential medical and rehabilitation services for acute and chronic injuries. No recovery services available, including massage therapy.

Sports Psychology Services Available:

1. Assistance for creating an Athlete Plan for quarantine.

2. Individual one-on-one meetings with a designated Sports Psychologist.
   - An initial video chat will be scheduled within 24 hours of athlete’s arrival to the CSOPTC.
   - Daily check-ins will continue throughout the isolation phase.
     - Athletes can confirm their preferred daily check-in mode (e.g. call, text, video chat) with the Sport 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, and Imagery.
PHASES 1–4: Re-entry Guiding Principles

The Playbook contains specific guiding principles and guidelines for each Phase. Below are the general guiding principles that encompass all phases:

• Priority access will be granted to athletes who are tracking toward representing Team USA at the Olympic and Paralympic Games Tokyo 2020 and/or Olympic and Paralympic Winter Games Beijing 2022.

• A total of 80 maximum on-complex beds will be available to NGBs throughout all phases.

• USOPC sport performance and Paralympics will determine which NGBs will be allocated beds and how many beds each sport will receive for the remainder of 2020.

• NGBs that are allocated beds may use them in one of two ways:
  – Long-term stay (i.e. residency) for athlete(s) preparing for Tokyo/Beijing.
  – Short-term stay (i.e. camp) for athlete(s) preparing for Tokyo/Beijing.
  – NGBs, working in collaboration with their USOPC sport performance/Paralympics contact, are to prioritize their athletes for allocated beds.

• Off-site athletes will be accommodated back to training with their NGB in the respective phase.

• No dining hall access will be given to off-site athletes. Curbside meal service will be available.

• There are no meals for coaches and support staff.
PHASES 1–4: Re-entry Guiding Principles

TRAINING SESSIONS

• All athletes who will be housed on-site will need to undergo COVID-19 testing protocols for on-site residents.

• All athletes who will live off-site and train at the OPTC will need to undergo COVID-19 testing protocols for off-site athletes.

• NGBs will be required to submit a detailed training plan to OPTC Operations for athletes living on- and off-site, which must be approved and will then be disseminated to the appropriate areas.

• On-site and off-site athletes will be required to train at separate times.

SPORT RE-ENTRY PHASES:

Disclaimer: Sports may change depending on cleaning protocols, medical advice, bed availability, and NGB sport performance needs.

Sports are determined based on risk level, need for access to the OPTC, and prioritization from NGBs and USOPC Sport Performance and/or Paralympic Sport.

Please note that Phases are subject to change if there is an outbreak of COVID-19 and/or based on changes in public health guidelines.
PHASE 1: Re-Entry Guiding Principles

ACCESS
- The athletes and sports to gain re-entry into the CSOPTC during Phase 1, in no particular order, are:
  - Current on-site athletes of various sports
  - Medical rehab beds, to be used by various sports/NGBs
  - Cycling and Para-cycling

FACILITIES
- The training facilities required for these sports to re-commence training include:
  - Current on-site athletes: CSOPTC Ted Stevens Center, Aquatics Center, sports venues (i.e. gym).
  - Medical rehab beds: CSOPTC Ted Stevens Center, as determined by USOPC sports medicine and strength and conditioning staff.
  - Para-Cycling: CSOPTC Ted Stevens Center, Bldg. 6 Para-cycling training room and Velodrome track.
  - Cycling: CSOPTC Ted Stevens Center and Velodrome track.

MAXIMUM CAPACITY
- Up to 25 athletes to live at the CSOPTC.
- Up to 15 off-site athletes.
PHASE 2: Re-entry Guiding Principles

ACCESS

• Re-entry in Phase 2 will continue to include all accommodated within Phase 1, plus the following:
  – Para swimming
  – Paratriathlon
  – Para shooting
  – Shooting
  – Gymnastics

FACILITIES

• The training facilities required for these sports to re-commence training include:
  – Para swimming: CSOPTC Ted Stevens Center and indoor pool
  – Para shooting, Shooting: USA Shooting building and indoor shooting range.
  – Gymnastics: CSOPTC Ted Stevens Center and sports venue (gymnastics gym).
  – Paratriathlon, Triathlon: CSOPTC Ted Stevens Center, Bldg. 6 triathlon training room and indoor pool.

MAXIMUM CAPACITY

• Up to 40 athletes to live at the CSOPTC.
• Up to 30 off-site athletes.
PHASE 3: Re-entry Guiding Principles

ACCESS
• Re-entry in Phase 3 will continue to include all accommodated within Phases 1 and 2, plus the following:
  – Pentathlon
  – Track & Field
  – Figure Skating
  – Taekwondo

FACILITIES
• The training facilities required for these sports to recommence training include:
  – Pentathlon: Fencing gym, CSOPTC Ted Stevens Center, and indoor pool (based on availability).
  – Track & Field: CSOPTC Ted Stevens Center.
  – Figure Skating: CSOPTC Ted Stevens Center.
  – Taekwondo: CSOPTC Ted Stevens Center.

MAXIMUM CAPACITY
• Up to 60 athletes to live at the CSOPTC.
• Up to 45 off-site athletes.
PHASE 4: Re-entry Guiding Principles

ACCESS

- Re-entry in Phase 4 will continue to include all accommodated within Phases 1, 2 and 3, plus the following:
  - Boxing
  - Para judo
  - Triathlon
  - Wrestling

FACILITIES

- The training facilities required for these sports to re-commence training include:
  - Boxing: CSOPTC Ted Stevens Center and boxing gym.
  - Para judo: CSOPTC Ted Stevens Center and judo dojo.
  - Triathlon: CSOPTC Ted Stevens Center, Triathlon workout room, and aquatics center.
  - Wrestling: CSOPTC Ted Stevens Center and wrestling gym.

MAXIMUM CAPACITY

- Up to 80 athletes to live at the CSOPTC.
- Up to 60 off-site athletes.
LAKE PLACID
OPTC
Do not leave your home to go to the OPTC if you have been sick, had symptoms of COVID-19, or been in contact with anyone with COVID-19 in the past 14 days. If you had COVID-19, you will be required to present a doctor’s note allowing you to return to training upon arrival at the OPTC.

If you are traveling from any of the states on the New York Travel Advisory List of Restricted States, please note that you must quarantine for 14 days upon arrival before coming to the OPTC.

Enter the LPOPTC through Dorm Node E door. Please wear a face covering when you enter the complex and during the entire check-in process.

Upon entry, operations staff will take a temperature reading with a touchless thermometer. You will be asked if you have any signs or symptoms of COVID-19, and if you have had contact with someone with COVID-19 in the last 14 days. If you answer "yes" to any of the above questions or have a temperature > 100.4F, you will not be allowed into the OPTC and sports medicine will be notified.

You will complete your check-in process at the desk located in Node E.
### DINING HALL HOURS

<table>
<thead>
<tr>
<th>Time of Day</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>7-10 a.m.</td>
</tr>
<tr>
<td>Lunch</td>
<td>11:30 a.m.-1:30 p.m.</td>
</tr>
<tr>
<td>Snack</td>
<td>2-4 p.m.</td>
</tr>
<tr>
<td>Dinner</td>
<td>5-7:30 p.m.</td>
</tr>
</tbody>
</table>

### FOOD SERVING METHODS

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

### LIMITATIONS

- The dining hall will only be available to on-site residents.
- Resident athletes and off-site athletes will have meal access. However, only those living on-site will actually be able to go into the dining hall. Curbside meal service will be provided to any off-site resident who has meal access.
- No staff will be allowed to pay for food nor eat food from the dining hall. It will be expected of all USOPC, OPTC, and NGB staff to bring their own meals or find somewhere else to eat until further notice.
- Signs will mark one-way flow of traffic to enter and exit in accordance with six feet physical distancing protocols while moving through the food line.
- Tables have been arranged with physical distancing in mind – only one chair, and therefore only one person, per table.
Appointments:
The sports medicine clinic will be open by scheduled appointment only.

Service Hours (On-site Athletes)
Monday-Friday: 9-11 a.m.

Service Hours (Off-site Athletes)
Monday-Friday: 11:30 a.m.-1 p.m.

Services Available:
Essential medical and rehabilitation services for acute and chronic injuries.

No recovery services available, including massage therapy.
Sports Psychology Service Hours:

Please note that Sports Psychology/Mental Strength and Conditioning does not have standard appointment times. Appointments are scheduled on an individual basis.

Contact Mara Smith at 530-377-6780 or mara.smith@usopc.org to schedule an appointment.

Available Services:


2. Individual check-ins will be conducted upon returning to the LPOPTC to begin in-process.
   - 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 topics of:
   - Thriving in Uncertainty
   - Motivation
   - Focus
   - Mindfulness into Action
   - Emotion Management
   - Imagery
PHASES 1–3: Re-entry Guiding Principles

The Playbook contains specific guiding principles and guidelines for Phases 1, 2 and 3. Below are the general guiding principles for training sessions that apply to Phases 1, 2 and 3:

TRAINING SESSIONS

• Any athlete who is not currently on-site will complete the COVID-19 testing protocol upon arrival at the LPOPTC.

• NGBs will be required to submit a detailed training plan to OPTC operations for athletes living on-site, which will be disseminated and reviewed by the relevant areas.

• Off-site athlete meal users will still have access to collect a to-go meal. No dining hall access will be given to off-site athletes.

• The number of people that are going to be allowed to train together will depend on physical distancing.

• Off-site and on-site athletes will train at separate times at all OPTC and NGB venues with a deep cleaning of the training space occurring between training sessions.

• On-site athletes will only be able to leave OPTC premises for essential services (i.e. groceries, pharmacy, gas station, bank and other essential government services).

• The LPOPTC dining hall will only be used by on-site athletes. Dining hall access will not be granted to off-site athletes, coaches, support staff and interns.

SPORT RE-ENTRY PHASES:

Sports are determined based on risk level, need for access to the OPTC, and prioritization from NGBs and USOPC Sport Performance and/or Paralympic Sport.

Disclaimer: Sports may change depending on cleaning protocols, medical advice, bed availability, and NGB sport performance needs.
PHASE 1: Re-entry Guiding Principles

ACCESS

• The priority sports to gain re-entry into the LPOPTC during Phase 1, in no particular order, are:
  – Biathlon
  – Bobsled
  – Luge
  – Skeleton

• Priority access will be granted to athletes who are tracking toward representing Team USA at the Olympic and Paralympic Winter Games Beijing 2022, and who will participate in Level 3 sport-specific training.

FACILITIES

• The training facilities required for these sports to return to training include:
  – Biathlon: LPOPTC weight room and gymnasium, local streets for running, and ORDA-owned shooting range and roller skiing loop.
  – Bobsled and Skeleton: LPOPTC weight room and gymnasium, and LPOPTC sprint and push track.
  – Luge: LPOPTC weight room and gymnasium, luge facility, and LPOPTC sprint track.

MAXIMUM CAPACITY

• Up to 16 athletes to live on-site.
• Off-site athletes will be allowed to train on-site and scheduled at different training times from on-site resident athletes.
• Facilities will be cleaned between training sessions.
PHASE 2: Re-entry Guiding Principles

ACCESS

• Re-entry in Phase 2 will continue to include all accommodated within Phases 1.
• Priority access will be granted to athletes who are tracking toward representing Team USA at the Olympic and Paralympic Winter Games Beijing 2022 and who will participate in Level 3 sport-specific training.

FACILITIES

• The training facilities required for these sports to return to training include:
  – See page 35 for the list of training facilities.

MAXIMUM CAPACITY

• Up to 40 athletes to live on-site.
• Off-site athletes will be allowed to train on-site and will be scheduled at different training times from the on-site resident athletes.
• Facilities will be cleaned between training sessions.
PHASE 3: Re-entry Guiding Principles

ACCESS
• Priority access will be granted to athletes who are tracking toward representing Team USA at the Olympic and Paralympic Winter Games Beijing 2022 and Olympic and Paralympic Games Tokyo 2020 in Level 2 and Level 3 sport-specific training.

MAXIMUM CAPACITY
• Up to 75 athletes to live at the LPOPTC.
• Priority camps may be considered during this phase.

PHASE 4: Re-entry Guiding Principles

ACCESS
• Priority access will be granted to athletes who are tracking toward representing Team USA at the Olympic and Paralympic Winter Games Beijing 2022 and Olympic and Paralympic Games Tokyo 2020 in Level 1, 2 and 3 sport-specific training.

Please note that Phases are subject to change if there is an outbreak of COVID-19 and/or based on changes in public health guidelines.
USOPC STAFF PROTOCOLS
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 public health authorities concerning COVID-19 and may be updated from time to time based on current public health guidance.

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:

- Complete a daily symptom and temperature check with security personnel upon entry to the OPTC.
- Team members must wear face coverings at all times while indoors at the CSOPTC, except when they are alone in their own office with the door closed or when they are eating (team member must be at least six feet from people when eating).
- 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.
- Do not share business equipment (i.e.: pens, computers, etc.).
- 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, Patrice Bonello in people & culture and contact your health care provider.

USOPC Team Members will be required to sign an acknowledgment agreeing to comply with all applicable infection prevention measures.
Minimize Community Activities

Team Members are strongly encouraged to follow all state and local public health guidelines when not at a USOPC facility or event. In order to ensure the safest training environment for athletes, team members working at the OPTC are encouraged to consider limiting their activities outside the home to those that are essential. Examples of essential activities include:

1) Going to the grocery store, although we encourage you to have your groceries delivered;
2) Shopping for supplies or equipment (e.g., pens, tape, paper, athletic equipment, shoes, energy drink, etc.), although we encourage you to have these items delivered;
3) Picking up or sending mail;
4) Picking up medications or supplies at a pharmacy;
5) Picking up takeout food from a restaurant, although we encourage you to have your food delivered;
6) Putting gas in your car;
7) Outdoor activities (e.g., cycling and running) that allow for physical distancing and avoids large groups;
8) Outdoor activities in remote areas in which hygiene and physical distancing recommendations are followed (e.g. do not drive in the same car) and avoiding high-touch areas (e.g. do not use pull-up bars at a playground).

Please refer to the FAQ section for more information.
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 become ill while at work, you should put on your face covering, notify your supervisor and Patrice Bonello by phone, go home, and contact your health care provider.

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

☑️ It has been a minimum of 10 days from the onset of your symptoms;

☑️ You have not had a fever for 24 hours;

☑️ Your symptoms have improved in the last 24 hours; and

☑️ You have a note from your doctor allowing you to return to work.

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

Staff who travel by public transportation (via plane, bus, train) out-of-state to areas with widespread transmission (any state that is in the red or orange category), or on a cruise ship/river boat, will be required to work exclusively from home for 14 days after their trip and will not be permitted to return to the office for any reason during the 14 day period.

This policy also applies to personal travel.

DRIVING

Staff who drive out of state with people they have already been living with to a low-risk area (any state that is in the yellow or green category), will not need to self-quarantine upon return.

VISITORS

Staff who have visitors stay with them and physical distancing cannot be maintained will need to work exclusively from home for 14 days.

Please refer to the FAQ section for more information.
SELF-QUARANTINE FOR USOPC STAFF

If a team member has had contact with a confirmed COVID-19 individual, he or she will be asked to work exclusively from home for 14 days.

Team member will be required to stay home and self-monitor for any potential signs of infection for the duration of the incubation period (14 days).

Team members are recommended to check their temperature twice daily, in the morning and at night.
<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:** | **SELF-MONITOR**  
Be alert for symptoms. Watch for fever, cough, or shortness of breath.  
- Take your temperature if symptoms develop.  
- Practice physical distancing. Maintain six feet of distance from others, and stay out of crowded places.  
- Follow CDC guidance if symptoms develop. |
| **If you feel healthy but:**  
- Recently had close contact with a person with COVID-19, or  
- Recently traveled from somewhere outside the U.S. or on a cruise ship or river boat. | **SELF-QUARANTINE**  
- Check your temperature twice a day and watch for symptoms.  
- Stay home for 14 days and self-monitor.  
- If possible, stay away from people who are high-risk for getting very sick from COVID-19. |
| **If you:**  
- Have been diagnosed with COVID-19, or  
- Are waiting for test results, or  
- Have symptoms such as cough, fever, or shortness of breath. | **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. |

USOPC team members should contact the USOPC Benefits Team (benefits@usopc.org) 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

Please note that Lake Placid will use Enviro-solutions for disinfection, similar to the above-listed products.

Signage stating that “this space has been cleaned” will be placed in office spaces, front desk, dorm rooms, dining hall, etc. Spaces will be cleaned multiple times per day, every day.
FAQ
Re-Entry, Quarantining, and Travel

Q. When will the OPTC re-entry process begin for both on-site residents and off-site athletes?

The OPTCs in Colorado Springs and Lake Placid will begin the quarantine and COVID-19 testing protocol for both on-site residents and off-site athletes on Friday, June 26 for athletes and sports that are included in Phase 1. On-site resident athletes will be required to quarantine for a minimum of six days; off-site athletes will be strongly encouraged to shelter in place for the same period of time and will be tested on days four and five after their arrival. If cleared, athletes may begin training, likely around July 1 for the initial phase.

Q. What are the timeline and parameters to move between phases?

There is not an exact timeline and we will base the advancement between phases on public health guidelines, the current environment and our efforts to ensure a thoughtful, scaled re-entry process. The minimum amount of time will be approximately three weeks. This will allow for the self-quarantine period followed by two weeks of training.

Q. What is the difference in phases between the Colorado Springs and Lake Placid OPTCs?

There are not predetermined differences between phases in the two locations. Our timing and strategy for re-entry will continue to be driven primarily by local and state regulations, and as such, team members and facilities in different states may be subject to different policies, recommendations and timelines. We will monitor the experience and circumstances at each location to make informed decisions on advancing between phases.
Q. Will Phase 1 on-site resident athletes have access to their facility even if that facility is scheduled to re-open at a later phase?

Athletes who remained on-complex during the COVID-19 shutdown are included in Phase 1. Those athletes will have access to appropriate facilities for their respective sport training once they complete the re-entry protocol, including mandatory quarantine and on-site COVID-19 testing.

Q. As restrictions open at the state or local level, will OPTC restrictions also be eased?

We will continue to closely monitor local and state public health guidelines, and as circumstances evolve, we will review any implications for the OPTCs and update our policies accordingly.

Q. What factors were used to determine which phase a sport was allowed re-entry?

Low, medium and high-density training environments were taken into consideration for the re-entry phase for sports (i.e. sports in which athletes can train in a physically distanced manner were prioritized first).

Q. How were the return-to-training dates determined for each sport? Why are some sooner than others?

Return dates were established based on dates of athletes’ travel, cleaning needs and procedures for sports, and bed space restrictions as we work to slowly and safely re-open. Please note that the return date phases and sports are subject to change based on these factors.

Q. How much advance notice will subsequent phases of athletes and sports receive prior to beginning re-entry protocols and timeline?

We will give as much notice as possible as we evolve through the phases, particularly given the timeframe necessary for the mandatory quarantine (on-site) and shelter-in-place (off-site) period.
Q. What is the limit of off-site athletes in either Lake Placid or Colorado Springs?

There is no specific limit, but access will be determined by multiple factors driven primarily by public health guidelines and physical limitations at the OPTCs. For example, as long as athletes are required to keep physical separation while training, this will limit how many athletes we can have in the strength and conditioning facility at one time. Balancing that with how many athletes we have on- and off-site, and how to manage the cleaning process between groups, will go into that decision-making process.

Q. When will NGBs be notified of the number of beds allocated for on-site resident athletes and off-site athletes?

Phase 1 NGBs have already been notified. As we progress through subsequent phases, those conversations will occur with NGBs as soon as we have further clarity on timing.

Q. How long will off-site athletes be required to quarantine upon returning from travel, whether for competition or personal reasons, before accessing the OPTC?

Off-site athletes will be asked to shelter in place for six-seven days and avoid public facilities during this time upon their return to Colorado Springs or Lake Placid. Athletes can perform individual indoor and outdoor training during this time, but they should not share equipment or go to a public gym. They are welcome to train outside (i.e.: running, biking, etc.) as long as they do it individually and follow infection control measures. The USOPC sports medicine team will perform mandatory COVID-19 testing on Days 4 and 5 following their return. The results should be available on Day 6 (unless this occurs on a weekend when the lab is closed). If the tests are negative, the athlete will complete the remainder of their health screen (e.g. physical examination, ECG and pulmonary function testing) and be allowed to access the OPTC for training.
Q. If an athlete travels out of region, would they need to test negative twice during the quarantine before using any OPTC equipment upon return?

Athletes will be required to self-quarantine and receive two COVID-19 tests again if they travel outside of the region. It will likely take six to seven days for the full re-entry protocol and process before the athlete will be permitted to return to facility training, if cleared.

Q. When will athletes be able to review the COVID-19 Participant Agreement that they will be asked to sign?

The Athlete Agreements are now available here. There are separate agreements for on-site resident athletes and off-site athlete participants as outlined in Appendix 1 and Appendix 2 of this Playbook. Athletes will be required to submit a signed copy of the agreement prior to re-entry to the OPTCs.

Q. If, after reviewing the COVID-19 Participant Agreement, an athlete who is currently on-site decides to move off campus, when would this need to happen by?

Should an athlete choose to not abide by the Participant Agreement, the OPTC staff will work with each athlete on a mutually agreeable timeline.

Q. Will athletes be required to report daily activities while off-site?

Athletes will be required to sign out when leaving campus.
**Support Services, Access and Training on Campus**

Q. Will athletes and staff be required to perform temperature screenings upon OPTC entry?

Yes, there will be a temperature check upon morning and evening entry to the OPTCs. Post-training temperature screenings are invalid due to elevated body temperatures, and thereby will not be required upon return from an outdoor workout.

Q. Why do some Colorado Springs-based athletes have access to the Ted Stevens Sport Services Center, while others do not?

Athletes are offered access to various OPTC facilities based on the training plans that were submitted by each NGB.

Q. Will athletes or NGBs be billed for the mandatory COVID-19 tests?

No, the USOPC will cover the full cost for all mandatory COVID-19 testing at the OPTCs.

Q. How will injuries be handled due to not providing certain sports medicine services (like massage) or allowing athletes to find treatment elsewhere?

We will continue to provide essential medical treatment for athletes, including rehabilitation, chiropractic treatment, radiologic studies, surgical evaluations, laboratory studies, etc. Therefore, other than massage, there should not be a decrement in medical care.

Q. How will managing chronic issues that do not fit into the “serious injury” category be handled?

If an athlete has a chronic injury that requires rehabilitation, the OPTC sports medicine staff will provide that service.

Q. Are chiropractic services, physical therapy or any kind of treatment (including check-ins) allowed?

The USOPC sports medicine team will provide chiropractic and physical therapy services at the OPTCs.
Q. Could on-site or off-site athletes get massage therapy in the community? Would the treatment need to be related to an injury?

We would not recommend receiving a massage at this time. Health care workers are at increased risk for acquiring and transmitting COVID-19 due to close sustained contact with people, and medical data does not support massage as an essential for injury prevention or sport performance.

Q. Are coaches and OPTC support staff required to wear masks?

Yes, masks are required for all coaches and OPTC support staff. Additionally, staff should maintain a 12-foot distance from athletes during training.

Q. Are coaches who live off-site permitted to train on-site resident athletes, or only off-site athletes?

Yes, off-site coaches can coach on-site athletes. The coach will need to have a mask on and remain 12 feet away.

Q. Will the NGBs be limited in the number of coaches conducting training and interacting with the athletes?

The minimum number of coaches necessary to effectively work with athletes should be used to minimize exposure between coaches and athletes.

Q. Are on-site resident athletes and off-site athletes required to train separately on campus?

Initially, on-site resident athletes and off-site athletes will be required and scheduled to train at different times. If you are an on-site athlete and you have gone through the testing, then you can train with other on-site resident athletes – if your training requires you to be in close contact. It is preferred that all athletes train as independently as possible (in the same area, but physically distanced). This policy may change over time based on our experience and the community prevalence of COVID-19. Our goal is to facilitate a safe and effective training environment for all athletes. We recognize that in some cases, combining on- and off-site athletes for training purposes is important and will work to enable that to happen when it can be done safely.
Essential vs. Non-Essential

Q. What is the logic behind deciding what is essential?

We are committed to creating the safest environment possible for athletes and staff without being overly restrictive. Our timing and strategy for re-entry will continue to be driven primarily by local and state regulations. While some public guidelines are available (e.g. pharmacy visits for medicine), they are not exhaustive. Thereby, our leadership group (represented by members from sports medicine, OPTC operations, sport performance, security and athlete safety) made informed decisions that would strike an appropriate balance for essential and non-essential activities and services. Specific measures may be updated and refined as we learn more and as the environment changes in our respective locations.

These guidelines are our best efforts to maintain a safe and healthy training environment for all athletes and the staff who support them. Recognizing that individual circumstances may need to be assessed, we have established a process to further evaluate if an athlete feels the restrictions are overly punitive to their needs after a decision is made by OPTC operations. An athlete can send an email to dru@usopc.org to request a review panel — inclusive of athlete representation—to determine if the guidelines may be adjusted or changed.

Q. What about religious services, protests and classes?

We respect and value the importance of and access to education, as well your rights to protest and to practice religion. We would encourage and prefer that classes and religious services be done virtually, if possible. Given the high risk of infection associated with participating in large-group gatherings during a pandemic, we ask that you please talk with the OPTC operations staff if you are considering attending such events. If necessary, they can assist in escalating your request to the review panel, which is inclusive of athlete representation. If you participate in these events in-person, we also ask that you please follow our recommended infection control measures, including physical distancing, wearing face covering, and hand washing after touching anything in a public location, etc.
Training Center/Staff Concerns

Q. Will OPTC staff also be required to sign a contract similar to the athlete agreement?
Yes, all OPTC employees will be required to submit a signed agreement that is similar in nature to the off-site athlete agreement, acknowledging that they agree to comply with all health and safety guidelines for OPTC re-entry and failure to do so will result in appropriate disciplinary action.

Q. How will OPTC staff be monitored while they are away from the OPTC?
Similar to the off-site athletes, employees will not be monitored; however, repeated failure to abide by the health and safety protocols will be reviewed and addressed accordingly, meaning that appropriate disciplinary action will be taken.

Q. If OPTC staff travel – or are exposed to individuals who have recently returned from travel – will they need to self-quarantine?
Since employees do not complete a COVID-19 testing protocol like the athletes, after returning from travel for either work-related or for personal reasons, they will be required to self-quarantine for 14 days and monitor for signs or symptoms of COVID-19. If they live with someone who returns from traveling, they will also need to self-quarantine unless that person can stay somewhere else in the community for at least 14 days before returning to their shared place of residency.

Q. Are coaches and OPTC support staff required to wear masks?
Yes, masks are required for all coaches and OPTC support staff. Additionally, staff should maintain a 12-foot distance from athletes during training.
**Volunteer Access**

Q. Where does volunteer support needed for Paralympic athletes fall into the phases? Can volunteers access the OPTCs in the same phases that their athletes are allowed back?

Volunteer support aligns with the sport re-entry phase. Volunteers will be required to adhere to the same protocols and precautions that employed coaches and staff must follow.

**Additional Support**

Q. Will athletes be permitted to seek employment opportunities, including those with outdoor working environments?

We encourage athletes who wish or need to work to find remote employment that can be completed from the OPTC. For questions or to learn more about employment opportunities, please contact AthleteServices@usopc.org. The USOPC and OPTC operations staff is available to discuss individual circumstances and/or considerations with athletes.

Q. This is a stressful time. Does the USOPC have any resources for health care navigation, financial resources, mental health support and more?

The USOPC has extended the benefits of its Employee Assistance Program to all Team USA athletes and USOPC employees, which provides unlimited 24/7 access to phone counseling sessions and other resources such as emotional and wellness support, legal guidance and more. Reach out to Athlete Services (athleteservices@usopc.org) or your NGB for access to these ComPsych resources.
Q. 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).

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)

Travel: Nicole Deal, Chief Security & Athlete Safety Officer (nicole.deal@usopc.org)

General & ComPsych Access: Julia Clukey, USOPC Sr. Director of Athlete Development and Engagement (julia.clukey@usopc.org)
APPENDIX 1
ON-SITE PARTICIPATION AGREEMENT
COVID-19 ON-SITE 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 On-Site 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 or Nicki Skinner, associate director of CSOPTC operations and transportation (nicki.skinner@usopc.org) for questions regarding the training facilities and operations.

The United States Olympic & Paralympic Committee (USOPC) is committed to protecting athlete health. As part of this commitment, we have developed an infectious disease management strategy designed to reduce the risks of transmission of COVID-19 at USOPC facilities and events while allowing athletes to train.

COVID-19 is a disease caused by the SARS-CoV-2 virus. This highly contagious virus is spread primarily through respiratory droplets from infected individuals. There is no vaccine or effective treatment for COVID-19, and it can result in serious health problems, including death. Until effective vaccinations or treatments are developed, the primary method of prevention of COVID-19 is through physical distancing, personal hygiene measures (e.g., hand washing, proper coughing/sneezing etiquette), wearing facial coverings, not sharing equipment, thorough cleaning procedures, identification of infected individuals or those exposed to infected individuals (i.e., contact tracing), and quarantining those individuals until they are no longer infectious.

While it is impossible to completely eliminate risk of COVID-19 transmission, the USOPC has implemented a vigorous infection prevention program at the OPTCs to keep you and your fellow users as safe as possible during training. 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, which are described in further detail below:

1. Attend a COVID-19 education session prior to your arrival at the OPTC, or for those already at the OPTC, attend the education session prior to going through the isolation and screening protocol.
2. Prior to engaging in any training activities at the OPTC:
   a. Participate in the initial isolation process, which will last a minimum of six days, and undergo a medical screening exam, which will include laboratory tests for COVID-19 (PCR and antibody tests), blood markers designed to reveal cardiac damage (troponin), assessments of heart and lung function (ECG & pulmonary function tests), and a physical exam.
b. If it is determined that you previously had COVID-19, you agree to undergo additional cardiac testing as recommended by sports medicine prior to initiating your training program to screen for life-threatening cardiac complications associated with the COVID-19 infection.

3. Comply with all on-site infection prevention and training guidelines, which may be updated from time to time.

4. Commit to minimizing off-campus activities outside the OPTC, leaving the premises only for essential activities, which must be approved in advance.

5. Abide by the isolation protocol outlined below (or as otherwise required by the USOPC) in the event you travel, are exhibiting symptoms, and/or have been exposed to someone with COVID-19.

**Education & Infection Prevention/Training Guidelines**

As noted above, you will be required to attend an education session and follow all on-site infection prevention and training guidelines in order to reside and train at the OPTC. The education session and required infection prevention and training guidelines are based on current guidance provided by public health authorities concerning COVID-19 and its risks as well as best practices for mitigating the spread of the disease. Note that this guidance is changing frequently and the USOPC therefore reserves the right to update infection prevention and training guidelines and other rules of participation at any time. The USOPC will inform you of such changes when they occur. Currently, the infection prevention and training guidelines that you are required to comply with include, but are not limited to, the following:

- Complete a daily electronic symptom survey, self-symptom and temperature check, and accurately report findings from these assessments to USOPC sports medicine.
- Wear facial covering at all times when outside of your room except (a) during training where the facial covering would inhibit exercise or potentially be dangerous and (b) when eating meals in the dining hall
- 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 when not exercising or more than 12 feet away when exercising, unless your sport requires you to be closer
- Do not share food, water bottles, towels or other personal hygiene products
- Access only those areas you have been authorized to access and follow all OPTC cleaning protocols (which includes cleaning all equipment before and after use)
- Stay in your room if you are sick, experience symptoms and/or if you’ve been exposed to someone with COVID-19. In such cases, notify USOPC sports medicine immediately:
  - Colorado Springs OPTC: 719-866-4554; after hours on-call: 719-330-2697
  - Lake Placid OPTC: 518-523-8450; after hours on-call: 518-572-3652
Minimize Off-Campus Activities Requirement
In order to ensure the safest environment possible for on-site users, you will be required to minimize all off-campus activities while at the OPTC. You will be permitted to leave for essential activities only (e.g., competitions, outdoor training activities – such as cycling and running – grocery shopping, picking up medications at the pharmacy, etc.) provided you obtain prior approval from OPTC operations (located at the front desk in both Lake Placid and Colorado Springs) and sign in and out with security (in Colorado Springs) or the front desk (in Lake Placid).

Should you leave the OPTC without following the procedures above and/or for reasons that OPTC operations (in coordination with your NGB) determines are non-essential, you will be given a warning. If it is determined by the OPTC that your off-site activity resulted in significant exposure to COVID-19, you will be required to self-isolate for a period of six days and be re-tested for COVID-19 before you may resume training. Repeated failure to limit your departures for essential purposes only may result in your on-site privileges being terminated. In such cases, you may be permitted to continue training in a more limited capacity as an outside user.

Isolation Protocols Due to Travel or Exposure
If you travel to a distant site, as determined by the OPTC, using public transportation (e.g., plane, train, bus) or in a car with people with whom you have not lived with for at least 14 days, or if you stay off-site overnight, then upon your return to the OPTC, you will be required to go through the testing and quarantine process again (minimum of six days).

In the event you are experiencing symptoms and/or are exposed to someone with COVID-19, you will be placed into isolation for a minimum of 14 days. Sports medicine will facilitate any necessary medical care. If you are diagnosed with COVID-19, you will not be allowed to leave isolation until it has been a minimum of 10 days since your symptom onset, you have been symptom-free for 72 hours and you have two negative COVID-19 PCR tests.

Acknowledgment
In consideration for you being allowed to reside on-site and access the OPTC facilities, you are required to comply with all rules and procedures outlined in this COVID-19 On-Site Participation Agreement. As a reminder, all rules and procedures are subject to change based on changes in public health guidance. Any changes will be communicated to you.

FAILURE TO COMPLY WITH THE HEALTH AND SAFETY MEASURES OUTLINED IN THIS DOCUMENT OR ANY UPDATED HEALTH AND SAFETY MEASURES MAY RESULT IN TERMINATION OF YOUR 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. No vaccine or treatment is yet available, and people who have COVID-19 may be asymptomatic or 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 On-Site 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 On-Site Participation Agreement on behalf of the below-named minor. I have read this COVID-19 On-Site 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.
APPENDIX 2
OFF-SITE PARTICIPATION AGREEMENT
COVID-19 OFF-SITE 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 Off-Site 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 or Nicki Skinner, associate director of CSOPTC operations and transportation (nicki.skinner@usopc.org) for questions regarding the training facilities and operations.

The United States Olympic & Paralympic Committee (USOPC) is committed to protecting athlete health. As part of this commitment we have developed an infectious disease management strategy designed to reduce the risks of transmission of COVID-19 at USOPC facilities and events while allowing athletes to train.

COVID-19 is a disease caused by the SARS-CoV-2 virus. This highly contagious virus is spread primarily through respiratory droplets from infected individuals. There is no vaccine or effective treatment for COVID-19, and it can result in serious health problems including death. Until effective vaccinations or treatments are developed, the primary method of prevention of COVID-19 is through physical distancing, personal hygiene measures (e.g., hand washing, proper coughing/sneezing etiquette), wearing facial coverings, not sharing equipment, thorough cleaning procedures, identification of infected individuals or those exposed to infected individuals (i.e., contact tracing), and quarantining those individuals until they are no longer infectious.

While it is impossible to completely eliminate risk of COVID-19 transmission, the USOPC has implemented a vigorous infection prevention program at the OPTCs to keep you and your fellow users as safe as possible during training. For this program to be successful, we need everyone to commit to the process. As such, in consideration for you being allowed to train at the OPTC, you agree to comply with each of the following, which are described in further detail below:

1. Attend a COVID-19 education session prior to your arrival at the OPTC.
2. Prior to engaging in any training activities at the OPTC:
   a. Undergo a medical screening exam, which will include laboratory tests for COVID-19 (PCR and antibody tests), blood markers designed to reveal cardiac damage (troponin), assessments of heart and lung function (ECG & pulmonary function tests), and a physical exam.
   b. If it is determined that you previously had COVID-19, you agree to undergo additional cardiac testing as recommended by sports medicine prior to initiating your training program to screen for life-threatening cardiac complications associated with the COVID-19 infection.
Comply with all on-site infection prevention and training guidelines, which may be updated from time to time.

3. Abide by the isolation protocol outlined below (or as otherwise required by the USOPC) in the event you are exhibiting symptoms and/or have been exposed to someone with COVID-19.

**Education & Infection Prevention/Training Guidelines**

As noted above, you will be required to attend an education session and follow all on-site infection prevention and training guidelines in order to train at the OPTC. The education session and required infection prevention and training guidelines are based on current guidance provided by public health authorities concerning COVID-19 and its risks as well as best practices for mitigating the spread of the disease. Note that this guidance is changing frequently and the USOPC therefore reserves the right to update infection prevention and training guidelines and other rules of participation at any time. The USOPC will inform you of such changes when they occur. Currently, the infection prevention and training guidelines that you are required to comply with include, but are not limited to, the following:

- Complete a daily electronic symptom survey, self-symptom and temperature check, and accurately report findings from these assessments to USOPC sports medicine
- Wear facial covering at all times when at the OPTC except during training where the facial covering would inhibit exercise or potentially be dangerous
- 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 when not exercising or more than 12 feet away when exercising, unless your sport requires you to be closer
- Do not share food, water bottles, towels or other personal hygiene products
- Access only those areas you have been authorized to access and follow all OPTC cleaning protocols (which includes cleaning all equipment before and after use)
- Do not come to the OPTC if you are sick, experience symptoms and/or if you’ve been exposed to someone with COVID-19. In such cases, notify USOPC sports medicine immediately:
  - Colorado Springs OPTC: 719-866-4554; after hours on-call: 719-330-2697
  - Lake Placid OPTC: 518-523-8450; after hours on-call: 518-572-3652

While not required for off-site users, we **strongly encourage** you to minimize community activities outside your home when not at the OPTC. Try to minimize your activities outside of the home to essential errands (e.g., shopping, going to the pharmacy, getting gas, etc.) and activities (e.g., individual training outside with your own equipment) to protect yourself and the athletes and staff you train with from COVID-19 infection. Please try to avoid situations and activities that expose you to groups of people when physical distancing cannot be maintained.
Isolation Protocols Due to Exposure

In the event you are experiencing symptoms and/or are exposed to someone with COVID-19, you will be placed into isolation for a minimum of 14 days. Sports medicine will facilitate any necessary medical care. If you are diagnosed with COVID-19, you will not be allowed to leave isolation until it has been a minimum of 10 days since your symptom onset, you have been symptom-free for 72 hours and you have two negative COVID-19 PCR tests.

Acknowledgment

In consideration for being allowed to access the OPTC facilities, I agree to comply with all rules and procedures outlined in this COVID-19 Off-Site Participation Agreement. I understand all rules and procedures are subject to change based on changes in public health guidance and that such changes will be communicated to me.

I UNDERSTAND THAT MY FAILURE TO COMPLY WITH THE HEALTH AND SAFETY MEASURES OUTLINED IN THIS DOCUMENT OR ANY UPDATED HEALTH AND SAFETY MEASURES MAY RESULT IN TERMINATION OF MY 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. No vaccine or treatment is yet available, and people who have COVID-19 may be asymptomatic or 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 Off-Site 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 Off-Site Participation Agreement on behalf of the below-named minor. I have read this COVID-19 Off-Site 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.