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.
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.
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COVID-19
What is COVID-19?

- It is spread through respiratory droplets.
- COVID-19 can cause death or career-ending complications.
- In the US, COVID-19 has infected tens of millions and killed hundreds of thousands of people.
- Three vaccines are currently available in the U.S.
- 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

Other symptoms include:

- Sore Throat
- Headache
- Muscle & Joint Pain
- Congestion
- Nausea, Diarrhea & Vomiting
- Chills
- Loss of sense of smell
INFECTION PREVENTION MEASURES
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.

The USOPC takes the privacy rights of all individuals extremely seriously and expects all USOPC staff, athletes, contractors and other OPTC visitors to do so as well. To that end, OPTC visitors should not gossip about, or disclose to anyone, a person’s medical condition or health information – this includes information related to COVID-19 status. If an individual voluntarily elects to discuss his or her health with you, that is their choice. However, even then, it is not appropriate for you to discuss that information with anyone other than the individual in question. The one exception to this is that every individual may raise any concerns about the spread of contagious diseases – like COVID-19 – or any other threat to the health and safety of our community with Patrice Bonello at Patrice.Bonello@usopc.org. Any person may raise any reasonable, good faith concern about threats to health or about our policies related to the public health emergency. An individual’s private health matters, however, should be treated as private and should not be shared in any way.

The USOPC is also working to protect the confidentiality of health information. Any information obtained through self-monitoring, or otherwise, that relates to an individual’s health is being maintained as confidential to the fullest extent possible, consistent with the need to ensure the health and safety of others at a particular worksite and/or in the community.

If you have any questions about this policy – you may reach out to Patrice Bonello.
INFECTION PREVENTION MEASURES

Vaccination Requirement

Effective on November 1, 2021, the USOPC will require all individuals who access the Training Centers to be fully vaccinated* against COVID-19.

This requirement applies to:

» All USOPC staff (including temporary and agency staff members).

» All athletes who are eligible for an FDA approved vaccine (currently 12 and over).

» Any staff of an NGB accessing our Training Centers.

» Other community members like vendors, contractors, visitors who will be inside a USOPC facility for > 1 hour or may have contact with athletes.

Documentation of your full vaccination or exemption should be completed prior to arrival at any of the training centers. The verification process will begin in October. More information about the process will be shared before then.

We also realize there is a small percentage of our community who cannot get vaccinated due to medical or religious reasons, and we have a process to address those situations. Details about that process will be communicated soon.

* Fully vaccinated is more than 2 weeks after the second dose of a 2-dose series, or more than 2 weeks after the single dose of a single dose vaccine, or 2 weeks after a booster shot.
All athletes and coaches must also adhere to the following measures to help prevent the spread of COVID-19 infection:

- Wear a face covering at all times except when alone in your room or when eating, drinking, sleeping or training.
- Due to research demonstrating loosely folded face masks such as bandanas and gaiters do not provide the same level of protection as fitted or cone-style facial coverings with multiple layers of fabric, only fitted or cone-style multilayered facial coverings are allowed at the Training Centers.
- Frequently wash your hands for 20 seconds with soap and water or use 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).
- Follow local public health guidelines for activities outside of the training center, including public transportation, but minimize activities at indoor public locations when COVID-19 numbers go above 25 cases per 100,000 people on a 7-day rolling average.
If you are exposed to someone who tests positive for COVID-19, notify a sports medicine representative at:

**Colorado Springs:**
- **719-866-4554**
- **719-330-2697**

**Lake Placid:**
- **518-523-8450**
- **518-572-3652**

Effective November 1, 2021, unvaccinated individuals will need to:

- ☑ Quarantine for 10 days;
- ☑ Test for COVID-19 between days 5-7;
- ☑ Monitor for COVID-19 symptoms; and
- ☑ Provide evaluation and treatment as necessary should symptoms develop.

If you test positive for COVID-19, you will be placed into isolation and treated according to CDC guidelines. You will be released from isolation 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 if your symptoms were moderate to severe, or you have any signs or symptoms of cardiopulmonary involvement.
PROTOCOLS FOR INDIVIDUALS TRAINING AND/OR RESIDING ON CAMPUS
STEP 1: ON-SITE AGREEMENT

Your ability to train at the OPTC is contingent upon your agreement to the terms and conditions set forth in the standard OPTC Agreement Packet. Please read the documents carefully prior to signing.

STEP 2: SCREENING PROCESS

Beginning November 1, 2021, all individuals who wish to access a training center must provide a negative COVID-19 PCR or molecular test 72 hours prior to accessing the training center.* The test must be performed at an outside testing facility and cannot be a home test unless the home test is supervised and interpreted by a physician and a report is generated by the testing company (e.g., Meenta). Those leaving a training center and traveling out of state for less than 72 hours must get a COVID-19 PCR or molecular test upon return from travel and before entering the training center.

Athletes, coaches and OPTC staff should contact sports medicine to arrange for their test.

* EXCEPTION:

Individuals who have had COVID-19 are exempt from testing for 90 days after recovering from their infection unless they are symptomatic, in which case they should be tested for COVID-19.
FULLY VACCINATED INDIVIDUALS*

After arrival, vaccinated individuals can begin accessing the training center immediately but need a COVID-19 PCR or molecular test between 3-5 days after arrival. Contact sports medicine to arrange for your test.

Vaccinated individuals will not be tested thereafter unless they develop signs or symptoms of COVID-19.

UNVACCINATED INDIVIDUALS*

After arrival and prior to entering the training center, unvaccinated individuals must quarantine for 7 days and get a COVID-19 PCR or molecular test between days 3-5 of the quarantine. Those who are arriving from out-of-state or international travel will need to test daily during the 7-day quarantine.

After 7 days (i.e., on the morning of day 8), and if the COVID-19 test is negative, they can begin accessing the training facilities.

Unvaccinated individuals will be tested daily after completing their quarantine.

After arrival, the COVID-19 tests will be performed by USOPC Sports Medicine for athletes, coaches and OPTC staff.

* EXCEPTION:

Individuals who had COVID-19 are exempt from testing for 90 days after recovering from their infection unless they are symptomatic, in which case they should be tested for COVID-19. Furthermore, they do not need to quarantine after arrival.
GUIDING PRINCIPLES

The Playbook contains specific guiding principles and guidelines for use of the CSOPTC by NGBs. Below are the general guiding principles that encompass all usage:

BEDS

- Currently a total of 80 maximum on-complex beds will be available to NGBs.
- Effective November 1, 2021, when the vaccination requirement is in place, CSOPTC will have approximately 350 beds available to NGBs.
- USOPC sport performance and Paralympics will determine which NGBs will be allocated beds and how many beds each sport will receive.

DINING

- On-site and off-site athletes will dine at separate times when the county COVID-19 prevalence exceeds 25 cases per 100,000 people for 7 days in a row.
  - El Paso County case prevalence can be found [here](#).
- **Effective November 1, 2021,** when the vaccination requirement will be in place, CSOPTC will follow public health guidelines, allowing on-site and off-site athletes and staff to dine together. However, on and off-site athletes and staff will be separated when the prevalence is above 25 cases per 100,000 for 7 days in a row.

AQUATICS CENTER

- CSOPTC will follow public health guidelines for swimming pool capacity to increase from two people per lane to additional people per lane for those who are vaccinated or have completed their quarantine.
- Individuals who are in a quarantine swim will need to continue following the current quarantine swim guidelines.
DINING HALL HOURS

Breakfast  7:00-10:00 a.m.
Lunch  11:00 a.m.-1:30 p.m.
Dinner  4:30-7:30 p.m.

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.

LIMITATIONS

• On-site and off-site athletes will dine at separate times when the county COVID-19 prevalence exceeds 25 cases per 100,000 people for 7 days in a row.
  o El Paso County case prevalence can be found [here](#).

• **Effective November 1, 2021,** when the vaccination requirement will be in place, CSOPTC will follow public health guidelines, allowing on-site and off-site athletes and staff to dine together. However, on and off-site athletes and staff will be separated when the county prevalence is above 25 cases per 100,000 for 7 days in a row.
SPORTS MEDICINE

Services by Appointment:

Appointments will be scheduled during the following service hours (for both on-site and off-site athletes):

Monday-Friday: 9 a.m.–4 p.m.
After-hours: Call 719-330-2697

SPORTS PSYCHOLOGY AND MENTAL HEALTH

Available Services:

1. Assistance for creating an Athlete Plan for quarantined athletes.

2. Individual one-on-one meetings with a designated Sports Psychologist or Mental Healthcare Provider
   - An initial video chat will be scheduled within 24 hours of athlete’s entry into quarantine.
   - Daily check-ins will continue throughout the quarantine
     - Athletes can confirm their preferred daily check-in mode (e.g. call, text, video chat) with a Sports 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
   - Imagery
TED STEVENS STRENGTH & CONDITIONING and AQUATICS CENTER Locker Rooms

- Limit locker room to 50% capacity or maximum allowed by public health authorities, whichever is less.

WRESTLING Locker Room

- Both onsite and offsite athletes will have access to the showers, but it is preferred that onsite athletes shower in their dorm room rather than in the wrestling locker room.
- Upon completion of training, athletes should wear masks in the restrooms and common areas of the locker room (masks are not required in the sauna or shower).
- Simultaneous sauna use is limited to training partners only.

AQUATICS CENTER

- CSOPTC will follow public health guidelines for swimming pool capacity to increase from two people per lane to additional people per lane for those who are vaccinated or have completed their quarantine.
- Individuals who are in a quarantine swim will need to continue following the current quarantine swim guidelines.
USOPTC MEETING SPACES

Indoor meeting spaces will be open for use and will follow public health capacity guidelines.

- Face masks should be worn at all times unless eating or drinking.
- Meeting space users must physically distance a minimum of 6 feet when eating and drinking.
LAKE PLACID
OPTC
GUIDING PRINCIPLES

The Playbook contains specific guiding principles and guidelines for use of the LPOPTC by NGBs. Below are the general guiding principles that encompass all usage:

BEDS

- Currently a total of 90 maximum on-complex beds will be available to NGBs.

- **Effective November 1, 2021,** when the vaccination requirement is in place, LPOPTC will have approximately 200 beds available to NGBs.

- USOPC sport performance will determine which NGBs will be allocated beds and how many beds each sport will receive.

DINING

- On-site and off-site athletes will dine at separate times when the county COVID-19 prevalence exceeds 25 cases per 100,000 people for 7 days in a row.
  - Essex County case prevalence can be found [here](#).

- **Effective November 1, 2021,** when the vaccination requirement will be in place LPOPTC will follow public health guidelines, allowing on-site and off-site athletes and staff to dine together. However, on and off-site athletes and staff will be separated when the prevalence is above 25 cases per 100,000 for 7 days in a row.
CHECK-IN PROCESS

Do not leave your home to go to the OPTC if you have been sick, had symptoms of COVID-19, or have 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.

Effective November 1, 2021: The below process is for individuals who are unvaccinated. If you are vaccinated, you will bypass the temperature screening and symptom questionnaire while entering the OPTC.

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

- Upon entry to LPOPTC, you will get your temperature taken, and 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 located in Node E, and then proceed to your room.

*All individuals are required to wear a mask at all times while at the OPTC regardless of vaccination status, except when alone in your room, outside, exercising, eating, drinking, or sleeping.
Effective November 1, 2021, when the vaccination requirement will be in place, LPOPTC will follow public health guidelines, allowing on-site and off-site athletes and staff to dine together. However, on and off-site athletes and staff will be separated when the prevalence is above 25 cases per 100,000 for 7 days in a row.

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.

LIMITATIONS

- Effective November 1, 2021, when the vaccination requirement will be in place, LPOPTC will follow public health guidelines, allowing on-site and off-site athletes and staff to dine together. However, on and off-site athletes and staff will be separated when the prevalence is above 25 cases per 100,000 for 7 days in a row.
SPORTS MEDICINE

Services by Appointment:

Appointments will only be scheduled during the following service hours (for both on-site and off-site athletes):

Monday-Friday: 9 a.m.–5 p.m.

MENTAL HEALTH SERVICES AND SPORTS PSYCHOLOGY

Service Hours:

You can schedule a mental health appointment with Taryn Brandt by calling sports medicine at 518-523-8450 or at taryn.brandt@usopc.org

For sports psychology services, Mara Smith at 530-377-6780 or at mara.smith@usopc.org

Available Services:


2. Individual check-ins will be conducted with quarantined athletes.
   - 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:
   - Thriving in Uncertainty
   - Motivation
   - Focus
   - Mindfulness into Action
   - Emotion Management
   - Imagery
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 health authorities concerning COVID-19 and may be updated from time to time based on current public health guidelines.

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:

- **Effective November 1, 2021**, provide vaccination verification information or have an approved exception. *Details on providing this information or obtaining an approved exception will be communicated soon.*
- You must always wear face coverings while indoors at the OPTC, except when you are alone in your own office with the door closed or when you are eating, drinking, or exercising.
- 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.
- 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 and Patrice Bonello in people & culture, and contact your health care provider.
USOPC staff are required to wear a face covering at all times when entering, working or moving within any public indoor space at the CSOPTC and LPOPTC.

While it is understood that some level of protection is better than none, a recent study sheds light on the effectiveness of certain facial coverings. As such, we are asking USOPC staff not to use loosely folded face masks such as bandanas and gaiters as facial coverings as these do not provide the same level of protection as fitted or cone-style face coverings with multiple layers of fabric.

**BEST PRACTICES**

- Wash your hands before and after putting on a face covering.
- Face covering should fit snugly but comfortably against the side of your face.
- Do not touch the face covering again until you remove it.
- Face covering should be positioned so that there is no need to adjust or otherwise touch the face frequently.

It is essential that staff continue to practice physical distancing and good hygiene even when wearing a face covering. You will not be required to wear a face covering if you are working privately within a closed door office space or while eating in a physically distanced setting.
Effective November 1, 2021, USOPC staff working at the OPTC can start using the weight room and pool (indoor and outdoor) at the training center.

Staff may only use the pool during “open swim” hours, which are posted at the OPTC.

For the weight room, staff will need to schedule with strength and conditioning staff prior to using OPTC facilities:

**CSOPTC**
- Amanda Fleece  
  amanda.fleece@usopc.org
- Katie McClosky  
  katie.mcclosky@usopc.org

**LPOPTC**
- Ambrose Serrano  
  ambrose.serrano@usopc.org

Staff are responsible for cleaning equipment as directed by strength and conditioning. Fully vaccinated individuals do not need to wear masks while exercising.
If you are exposed to someone who tests positive for COVID-19, notify Patrice Bonello in People & Culture.

Unvaccinated individuals will need to:

- Quarantine for 10 days;
- Test for COVID-19 between days 5-7;
- Monitor for COVID-19 symptoms.

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

- 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

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
Wear a mask over your nose and mouth on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the U.S. and while indoors at U.S. transportation hubs. Follow all recommendations and requirements at your destination, including mask wearing and social distancing.

EFFECTIVE November 1, 2021
Travel (International & Out-of-State) to a USOPC Facility

Fully Vaccinated Individuals

• Get a COVID-19 test within 72 hours of traveling to a USOPC facility. The test must be performed at an outside testing facility and cannot be a home test unless the home test is supervised and interpreted by a physician and a report is generated by the testing company (e.g., Meenta). If you were away from the USOPC facility for less than 72 hours, you can obtain a COVID-19 test upon return from your trip, but prior to entering the USOPC facility. *

  o Test may be administered by sports medicine if an exception for onsite testing is approved.
  o Get a COVID-19 test 3-5 days after travel.

• Self-monitor for COVID-19 symptoms. If you develop symptoms, isolate and get a COVID-19 test.

• Follow all state and local recommendations or requirements after travel.

Unvaccinated Individuals

• Follow the same guidelines described for fully vaccinated individuals. In addition, do not come to a USOPC facility and self-quarantine for a full 7 days after travel and get a COVID-19 test each day prior to entering a USOPC facility. Even if you test negative, do not come to a USOPC facility and continue to self-quarantine for the full 7 days. If your test is positive, isolate yourself to protect others from getting infected.

• If you do not get tested, do not come to a USOPC facility and self-quarantine for 10 days after travel.

• Self-monitor for COVID-19 symptoms; if you develop symptoms, isolate and get tested.

• Follow all state and local recommendations or requirements after travel.

* EXCEPTION: People who had COVID-19 are exempt from testing for 90 days after recovering from their infection unless they are symptomatic, in which case they should be tested for COVID-19.
PUBLIC TRANSPORTATION

When using public transportation, such as buses, subways, and rideshare programs, follow all public health guidelines including the use of a face mask. However, it is recommended to minimize the use of public transportation when the local COVID-19 prevalence is > 25 cases per 100,000 people on a 7-day rolling average.

VISITORS

If you have guest(s) (people that are not normally part of your household) that travel via public transportation and/or from a high transmission area stay at your home; we ask that you quarantine for 10 days* after the last exposure to your guest(s).

* Exceptions:

If you have completed a COVID-19 vaccination two shot or single shot series greater than two weeks before the time of your travel or guests’ visit AND are asymptomatic or had COVID-19 in the past 90 days and are asymptomatic, you do not need to self-quarantine following out-of-state travel or exposure to your guests.
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<th>IF YOU...</th>
<th>STEPS TO TAKE...</th>
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| If you or someone in your home might have been exposed to COVID-19: | SELF-MONITOR  
Be alert for symptoms (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 traveled from somewhere outside the U.S. or on a cruise ship or river boat: | SELF-QUARANTINE  
- Check your temperature daily and watch for symptoms.  
- Stay home from work for 7 days and get a COVID-19 test between days 3-5 of your self quarantine. If you remain asymptomatic and your COVID-19 test is negative, you may return to work on day 8.  
- If possible, stay away from people who are high-risk for getting very sick from COVID-19. |
| If you feel healthy but recently had close contact with a person with COVID-19*: | SELF-QUARANTINE  
- Check your temperature daily and watch for symptoms.  
- Stay home from work for 10 days* and get a COVID-19 test between days 5-7. If the test result is negative and you remain asymptomatic, you may return to work on day 11.  
- 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, are waiting for test results, or are symptomatic: | 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. |

*Exception: if you have completed a COVID-19 vaccination two shot or single shot series greater than two weeks before the time of your exposure AND are asymptomatic or had COVID-19 in the past 90 days and are asymptomatic, you do not need to self-quarantine following close contact with a person with COVID-19 or following travel. However, you should still need to obtain a COVID-19 test 3-5 days after travel.

USOPC team members should contact Patrice Bonello 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

LPOPTC will use Enviro-solutions and Pure and Clean for disinfection.
QUESTIONS and CONTACTS
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)

General & ComPsych Access: Julia Clukey, USOPC Sr. Director of Athlete Development and Engagement (julia.clukey@usopc.org)