



## **COVID-19 Testing/Quarantine Protocol Wrestling**

### *Introduction*

The Great Midwest Athletic Conference and the University of Findlay provides the following testing and quarantine recommendations for the Men's Wrestling Team during winter indoor intercollegiate competition. These recommendations have been developed in consultation with medical professionals and are part of institutionally established guidelines or policies.

### *Team List*

1. Each Coach must define the individuals within each program (team list) that regularly maintain the potential for direct, close contact.
2. Those with prolonged close contact (greater than 15 minutes within 6 feet or local regulation whichever is stricter) during the period of infectivity (2 days prior to symptom onset or test date for asymptomatic cases until the time of isolation) are considered close contacts.
3. Student-athletes and coaches for each program are included in this team list, along with any additional staff, administrators, volunteers, or others that may be defined as having the potential for prolonged close contact.

### *Testing Timeline*

1. Each team member and associated team staff must complete an upon arrival test prior to any team related activity after any prolonged break or time away from campus.
2. COVID-19 surveillance testing occurs once per week for all individuals identified within each team list during the competition season.
3. Each member is requested to have a completed test conducted with results within 96 hours prior to the first competition.
4. Surveillance testing, with timely results, must be conducted once during each subsequent seven-day period in which a team engages in outside competition through the end of intercollegiate competition in that segment.
5. Continuous testing of team member list personnel, along the lines of 3, 5, and 7 days after potential exposure to the virus, may be considered a replacement for weekly surveillance testing, or may be added as an additional requirement to weekly surveillance testing.

### *Testing Protocol*

1. Weekly surveillance testing of all members of the team list may be conducted utilizing a polymerase chain reaction (PCR) test or antigen test.
  - a. Any FDA authorized test, including those with Emergency Use Authorization (EUA), may be utilized by the institution in weekly testing.
2. Symptomatic testing be conducted via PCR or antigen tests.
3. Any positive antigen test may be confirmed with a positive PCR test prior to any extended isolation protocol. However, initial isolation must be in place for a positive antigen test prior to any confirming PCR test.
4. If team medical staff determines a team list member shows COVID-19 symptoms, those individuals should quarantine until a negative COVID-19 test is confirmed.

*Updated 12/16/20*

5. Current medical guidance provides that individuals who have previously tested positive for COVID-19 do not need to quarantine or get tested again for up to 90 days if no additional symptoms develop
6. The definition of close contact for wrestling does not automatically include on-mat practice activities or game competition for full team. Close contact may include team activities or competition and does include locker room and team meeting gatherings where social distancing and masking standards are not followed. The greater risk of transmission remains within the team, not team to team.

*Positive Test Protocol*

1. If any team list member tests positive,
  - a. the individual must isolate for a minimum of 10 days, and
  - b. the individual may return to competition with medical clearance following the 10-day isolation and be symptom free without the use of medication for 24 hours.
  - c. the individual must proceed through a medically-directed return-to-sport protocol before returning to full participation with their team.
2. If a team list member is determined by the institution to be a close contact to a positive case, the individual must complete a 10-day quarantine. Following the 10-day quarantine, the team list member may be removed from quarantine by being symptom free without the use of medication for 24 hours.

*Updated 12/16/20*