

## **Athletic Health Care Infection Control Policy Considerations**

Athletic health care rooms typically are shared environments with multiple individual and groups of athletes all seeking the attention of the athletic trainer or other member of the Sports Medicine Team during a short consolidated period of time as the athletes prepare for practice or a game. This close contact environment in a shared space may act as a source for the spread of infection. It is therefore critical that infection control standards be adopted to attempt to mitigate this risk.

Infection control in and around the athletic training room is a shared responsibility among the certified athletic trainer, members of the Sports Medicine Team, the student athletes, and the school.

### **Hand Hygiene and Common Materials**

1. Athletic trainers should use and demonstrate appropriate hand hygiene, by thorough hand washing or the use of approved hand sanitizer, before and after contact with each athlete.
2. Athletes entering the athletic training room should be required to use hand sanitizer before entering and after exiting the athletic training room. Sanitizer stations should be located outside the athletic training room door.
3. To minimize the volume of athletes who need to enter and exit the athletic training room, common individual items/products (band-aids, tape, under-wrap, etc.) should be available for athletes outside the athletic training room door. Athletes should be required to use hand sanitizer prior to accessing common products.

### **Athletic Training Room Physical Space and Equipment Cleaning Standards**

1. All exposed surfaces (desks, counter tops, chairs) should be cleaned with CDC approved anti-viral and anti-bacterial cleaners at the start and end of each day.
2. Treatment surfaces should be cleaned with appropriate anti-viral and anti-bacterial cleaners after an athlete has been treated utilizing that surface
3. Excess unpacked supplies should not be stored in the athletic training room where athletes typically are treated.
4. Coolers and extra team medical kits should not be stored in the athletic training room area where athletes typically are treated.
5. The inside and outside of coolers should be cleaned after each use/day they are checked out. Cleaning should be done by team members based on procedures set up and outlined by athletic trainers.
6. The outside of travel medical kits (often used by individual teams) should be cleaned upon return. The inside should be inspected by the athletic trainer and cleaned as appropriate based on that inspection.
7. Floors and other hard surface areas should be cleaned at the end of each day with CDC approved disinfectant by school custodial staff.

### **Personal Protective Equipment (PPE)**

1. Personal protective equipment, including but not limited to gloves, gowns, masks (surgical and N95) and protective eyewear, should be available for use by the athletic trainer, at their discretion, based on the athlete they are treating.
2. Used PPE and contaminated materials (such as used PPE, sharps, contaminated medical waste) should be discarded in appropriately labeled containers and disposed of through appropriate methods.

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