

# ATSNJ Covid Survey:

Impact on high school athletes,  
athletic trainers and high  
school programs as they  
return to sports.

- Results of Online Survey Conducted  
8/24-8/29/2020
- ATSNJ Secondary School Members



# Purpose:

- Gather information about return to sporting activity during the time frame 7/13-8/28/2020 (Summer Recess Period)
- Identify policies and procedures that have been put in place for high school athletic programs to assist them in their return to sporting activity in the era of Covid in the state of New Jersey.
- An additional purpose of this study was to measure the impact of these measures on athletes, athletic trainers and athletic programs.

# The Survey:

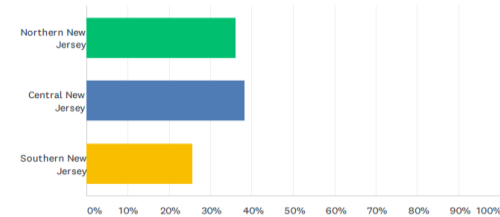
- Online Survey
- Questions developed by expert panel of Licensed Athletic Trainers
- 25 questions
- Request to complete survey emailed to Athletic Trainers in the state of New Jersey who work in the secondary school.
- The survey was collected 8/26-8/30/2020

# Results:

- 172 responses
- Representing the care of 30,000 High School Athletes.
  - From across state
  - Representing various sizes of schools
- Good cross section of demographics
- Statistical analysis indicated there was no significant difference in response patterns across NJSIAA groupings or regions in state. ( $p > .05$ )

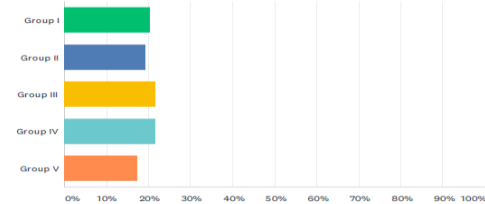
## Q1 Demographics Information: I currently work at a high school in:

Answered: 172 Skipped: 0



ANSWER CHOICES	RESPONSES
Northern New Jersey	36.05% 62
Central New Jersey	38.37% 66
Southern New Jersey	25.58% 44
TOTAL	172

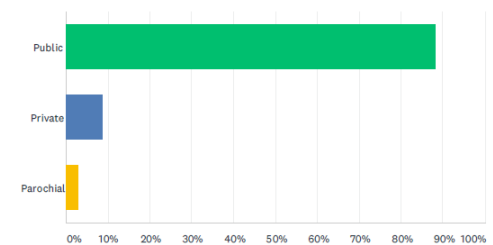
Answered: 172 Skipped: 0



ANSWER CHOICES	RESPONSES
Group I	20.35% 35
Group II	19.19% 33
Group III	21.51% 37
Group IV	21.51% 37
Group V	17.44% 30
TOTAL	172

## Q3 Type of school

Answered: 172 Skipped: 0



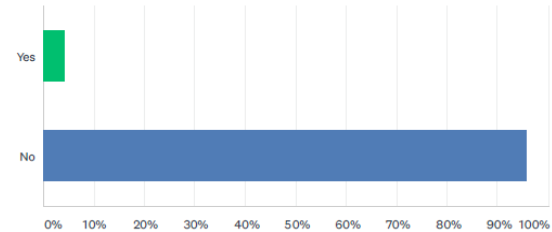
ANSWER CHOICES	RESPONSES
Public	88.37% 152
Private	8.72% 15
Parochial	2.91% 5
TOTAL	172

# Results:

- 7/172 (4%) noted that their schools have formally cancelled Fall sports.
- 21/172(12.21%) – noted that their schools DID NOT have formal Summer programs
- 24/172 (13.95%) noted that their schools had Summer programs, but the AT was not present.
- 127/172 (73.83%) – respondents have been providing care during formal Summer workouts.

## Q4 Has your school cancelled all Fall Sporting activity for 2020?

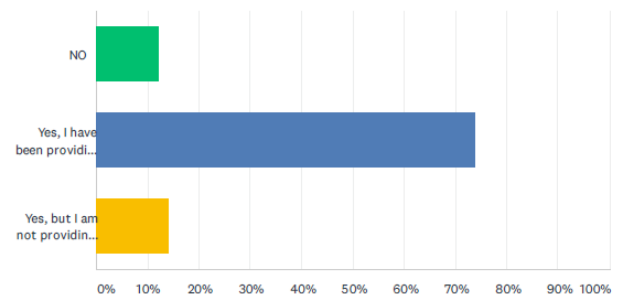
Answered: 171 Skipped: 1



ANSWER CHOICES	RESPONSES	
Yes	4.09%	7
No	95.91%	164
TOTAL		171

## Q5 Did you start practices during the Summer recess?

Answered: 172 Skipped: 0



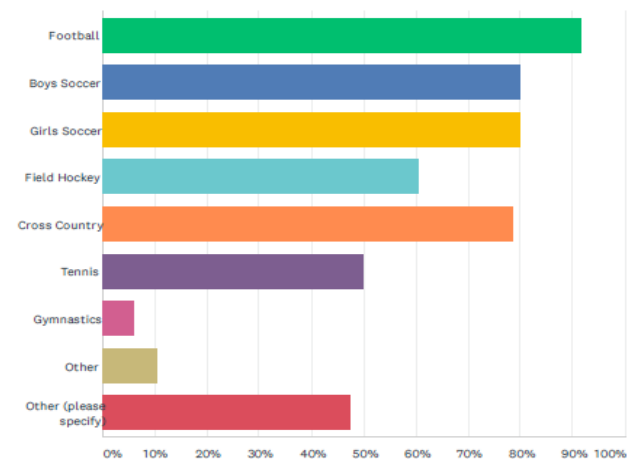
ANSWER CHOICES	RESPONSES	
NO	12.21%	21
Yes, I have been providing coverage/care	73.84%	127
Yes, but I am not providing coverage/care	13.95%	24
Total Respondents:		172

# Results:

- Football – 141 - 91.5%
- Boys Soccer – 79.87%
- Other sports in order reported:
  - Cross Country
  - Field Hockey
  - Tennis
  - Volleyball
  - Cheer

Q7 What sports are currently practicing? (Please check all that apply)

Answered: 154 Skipped: 18



ANSWER CHOICES	RESPONSES	
Football	91.56%	141
Boys Soccer	79.87%	123
Girls Soccer	79.87%	123
Field Hockey	60.39%	93
Cross Country	78.57%	121
Tennis	50.00%	77
Gymnastics	5.84%	9
Other	10.39%	16
Other (please specify)	47.40%	73
Total Respondents: 154		

Other sports included:

Volleyball – 41

Cheer – 34

Other sports noted:

B/G Basketball, Wrestling, Band, Dance, Track, Rugby, Ice hockey



# Results:



- Total number of reported athletes working out
  - 29,699
  - Range 30-425/school
  - Avg 194
  - Survey numbers did not differentiate by sex/sport

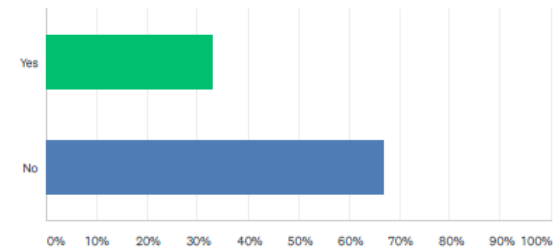


# Results:

- 51 (33%) of respondents noted that they identified a student through temperature screen, history or conversation who was potentially covid positive.
- 28 (18%) of respondents reported Covid positive patients were identified at their school.
  - In total **54** cases were identified as Covid +
    - $54/30,000 = 0.0017$
  - Range: 0-6 student athletes reported

## Q9 During your screening process, did you identify any students with potential COVID?

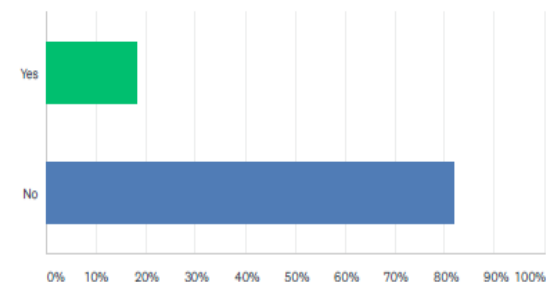
Answered: 154 Skipped: 18



ANSWER CHOICES	RESPONSES	
Yes	33.12%	51
No	66.88%	103
TOTAL		154

## Q11 During the Summer Workouts, has any of your athletes tested positive for COVID - 19?

Answered: 154 Skipped: 18



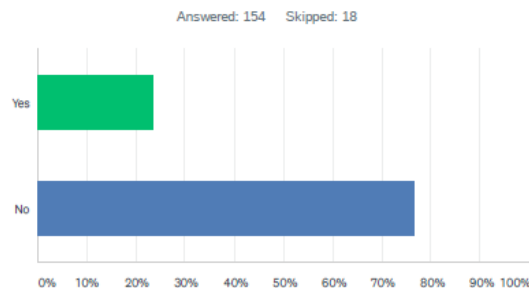
ANSWER CHOICES	RESPONSES	
Yes	18.18%	28
No	81.82%	126
Total Respondents: 154		



# Results:

- **23% (36)** of respondents noted a reason to shut down a pod because of exposure
- **12% (19)** of respondents noted that a sports program was shut down due to positive findings.

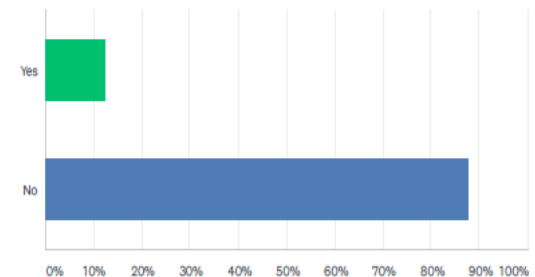
Q13 Did you have any reason to have to shut down any of the workout pods due to COVID 19 concerns?



ANSWER CHOICES	RESPONSES
Yes	23.38% 36
No	76.62% 118
Total Respondents: 154	

Q14 Did you have any reason to shut down an entire sports program?

Answered: 154 Skipped: 18

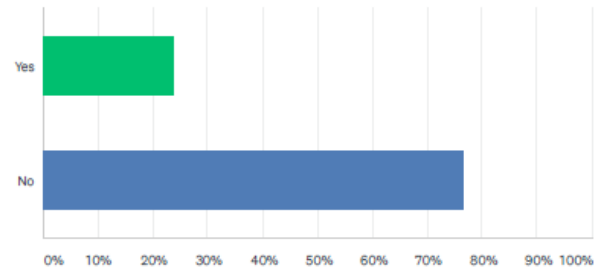


ANSWER CHOICES	RESPONSES
Yes	12.34% 19
No	87.66% 135
TOTAL	154

# Results:

Q24 Have your athletes been utilizing your weight room at your high school?

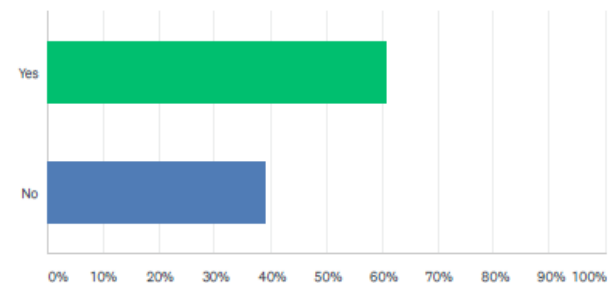
Answered: 167 Skipped: 5



ANSWER CHOICES	RESPONSES
Yes	23.95% 40
No	76.65% 128
Total Respondents: 167	

Q25 If yes, are they able to maintain proper spacing, clean equipment and accomplish strength training?

Answered: 64 Skipped: 108

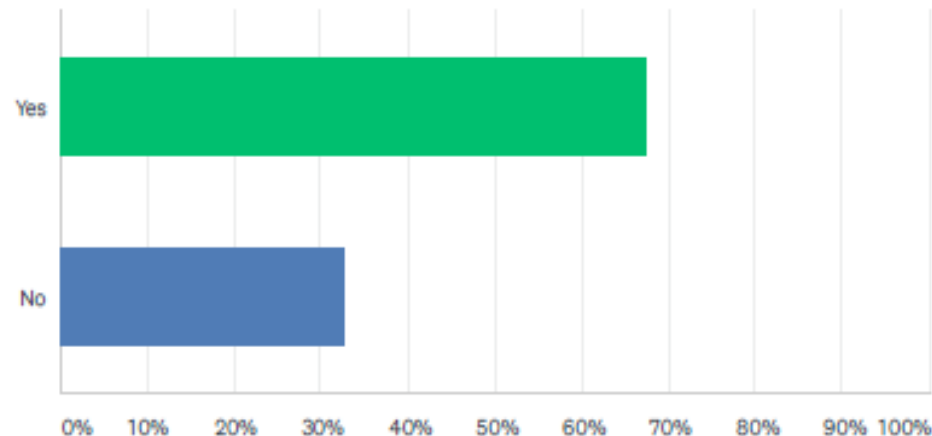


ANSWER CHOICES	RESPONSES
Yes	60.94% 39
No	39.06% 25
TOTAL	64

# Results:

Q16 Did your school establish a formal COVID return to sports plan?

Answered: 169 Skipped: 3



ANSWER CHOICES		RESPONSES	
Yes		67.46%	114
No		32.54%	55
TOTAL			169

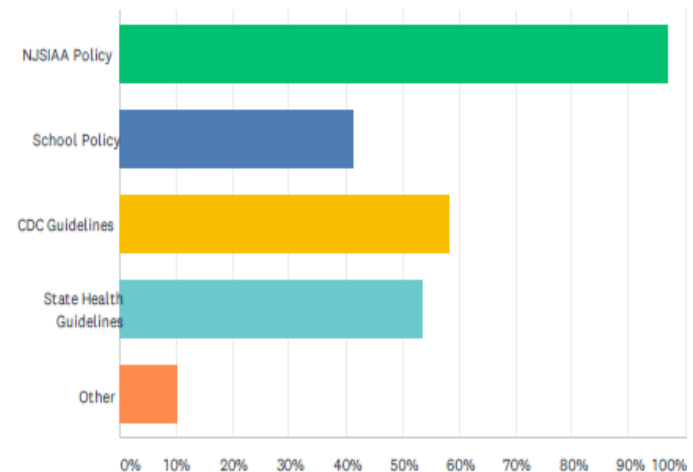
# Results:

What are schools utilizing to establish their Covid Protocol for sports?

\*Answers may reflect multiple references for establishing protocol.

Q17 What do you utilize as guidance for your return to sports plan?

Answered: 170 Skipped: 2



ANSWER CHOICES	RESPONSES	
NJSIAA Policy	97.06%	165
School Policy	41.18%	70
CDC Guidelines	58.24%	99
State Health Guidelines	53.53%	91
Other	10.00%	17
Total Respondents: 170		

# Results:

- Who is regulating the protocol and screening?

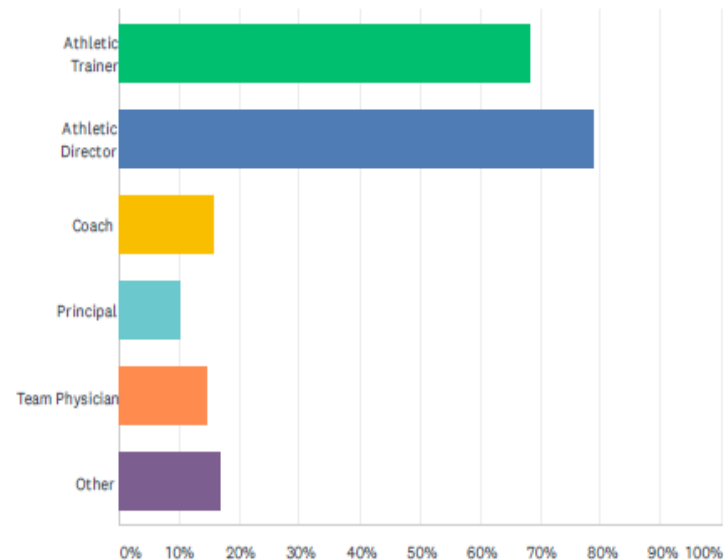
- AD – 78.79%

- LAT – 68.48%

\* Answers may reflect multiple individuals who are regulating protocol and screening.

## Q15 Who is regulating your COVID -19 Protocol?

Answered: 165 Skipped: 7

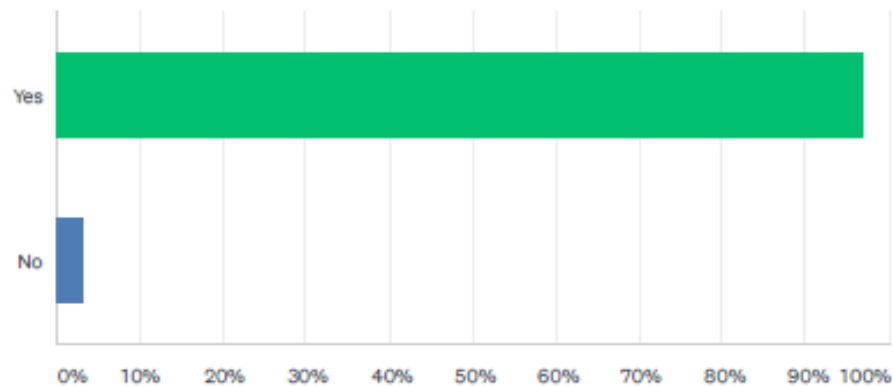


ANSWER CHOICES	RESPONSES	
Athletic Trainer	68.48%	113
Athletic Director	78.79%	130
Coach	15.76%	26
Principal	10.30%	17
Team Physician	14.55%	24
Other	16.97%	28
Total Respondents: 165		

# Results:

**Q21 Do you require a physicians note of clearance if a student has undergone COVID-19 testing?**

Answered: 164 Skipped: 8



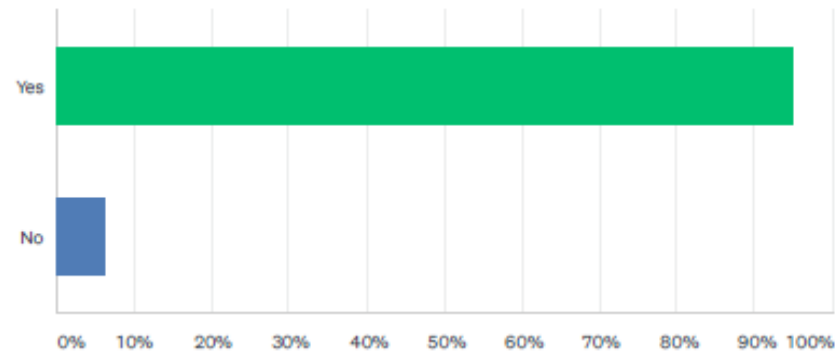
ANSWER CHOICES	RESPONSES	
Yes	96.95%	159
No	3.05%	5
<b>TOTAL</b>		<b>164</b>



# Results:

Q23 In your opinion, have your parents been receptive to your return to sports plan/procedures?

Answered: 157 Skipped: 15

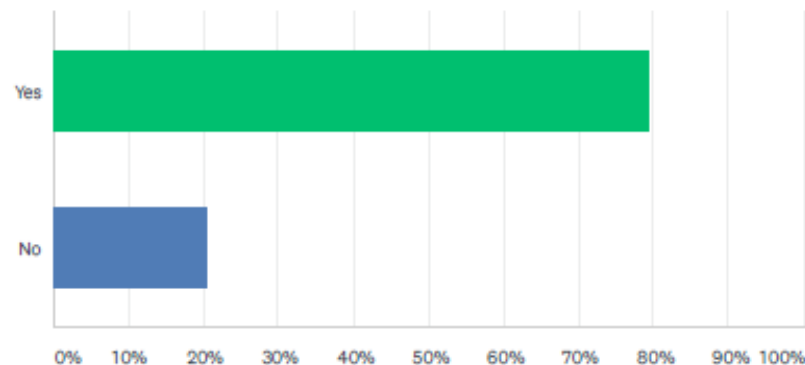


ANSWER CHOICES	RESPONSES	
Yes	94.90%	149
No	6.37%	10
Total Respondents: 157		

# Results:

Q22 In your opinion, if you have been covering Summer recess workouts, has the graduated work out plan recommended by the NJSIAA been successful?

Answered: 146 Skipped: 26



ANSWER CHOICES		RESPONSES
Yes		79.45% 116
No		20.55% 30
TOTAL		146

# Things to consider:

- This is data based on information from 7/13-8/28/20 (1.5 months)
- Summer exercise did not involve formal person to person contact.
  - Two weeks Pods 10
  - Two weeks Groups of 30
  - Maintaining social distance
- Put the “onus” on HS Athletes?
  - Trusting the decision making of minors
  - Conflict of interest
    - They are biased and want to play!
  - How do minors legally fill out medical questionnaires?

New Jersey High School Sports

## NJSIAA chief reiterates case for HS sports, putting onus on athletes to be safe

Updated Aug 25, 2020; Posted Aug 25, 2020



NJSIAA Chief Operating Officer Colleen Maguire was Director of Finance when she presented Moorestown's Nick Cartwright-Atkins the boys basketball Group 3 championship trophy in 2019. Scott Faytok | For NJ Advance Media



374  
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By [Mike Kinney](#) | [NJ Advance Media for NJ.com](#)

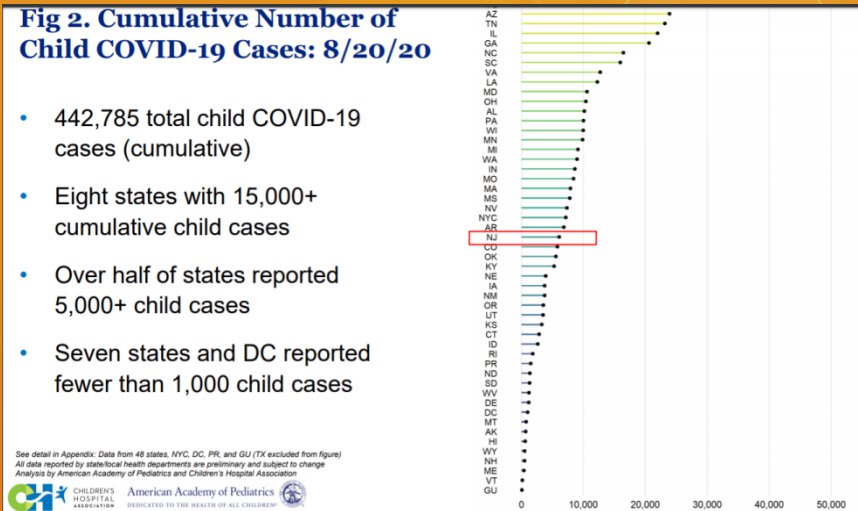
# Considerations:

- Covid + cases among children rose 90% July-August, 2020, and from 8/6-8/20, there was a 21% increase in cases.
- 3.2-17.8% of all children tested, tested +
  - In NJ, our rate is 3.2% and ranks among lowest in country.
- Overall, children account for 9.3% of all covid cases
- 0-0.7% of all child covid cases have resulted in death

*\*Am Academy of Pediatrics and Childrens Hospital Assoc Report 8/20/20*

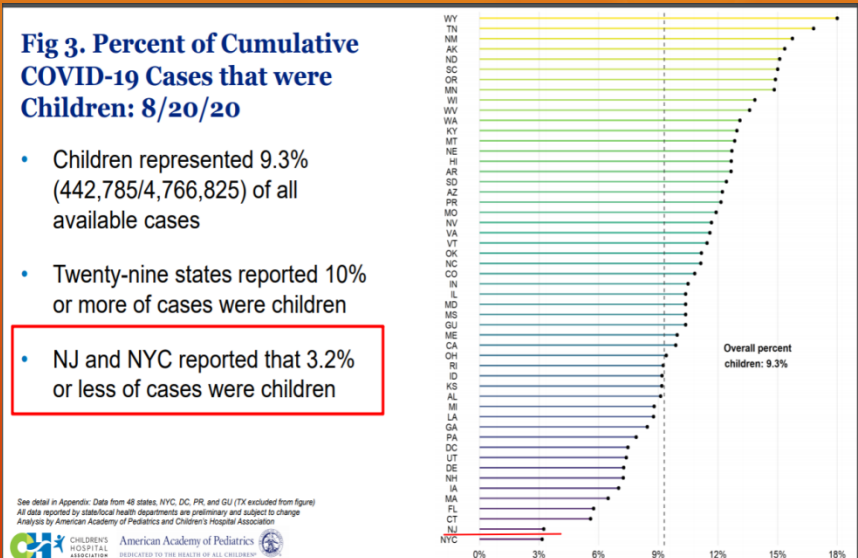
**Fig 2. Cumulative Number of Child COVID-19 Cases: 8/20/20**

- 442,785 total child COVID-19 cases (cumulative)
- Eight states with 15,000+ cumulative child cases
- Over half of states reported 5,000+ child cases
- Seven states and DC reported fewer than 1,000 child cases



**Fig 3. Percent of Cumulative COVID-19 Cases that were Children: 8/20/20**

- Children represented 9.3% (442,785/4,766,825) of all available cases
- Twenty-nine states reported 10% or more of cases were children
- NJ and NYC reported that 3.2% or less of cases were children





# Considerations:

- It is hard to identify asymptomatic covid + patients.
  - 80% of youth may be asymptomatic
  - Viral load is low.
    - Damien Martins, MD, NJSIAA Medical Advisory Board
- Asymptomatic patients likely to infect 2.5 other people
  - CDC July 10, 2020



# Consideration:

- “Children have been responsible for the spread of every respiratory virus in the last 100 years”.
- Close quarters, share everything, generally poor hygiene, hand-nose-mouth, and social practices.
- Children are like petri dishes and promote spread of viruses.

\*Daniel Griffin, MD

Div of Infectious Disease,  
Columbia University

## THIS WEEK IN VIROLOGY

AUDIO ONLY

TWIV 608: DANIEL GRIFFIN'S COVID-19  
CLINICAL REPORT





# Consideration:

- What is happening in other states who have been playing football?



## Bingham-Weber football opener canceled following 3 positive tests for COVID-19

By Sean Walker, KSL.com | Updated - Aug. 12, 2020 at 7:59 p.m. | Posted - Aug. 12, 2020 at 6:26 p.m.



## Rivalry dashed: Provo's Week 3 clash with Timpview canceled after 3 classes quarantined

...com | Posted - Aug. 27, 2020 at 2:33 p.m.

## Hueytown cancels next 2 football games over possible COVID-19 exposure



Associated Football - First and goal - Kick up of football from the goal line

By Drew Taylor  
Posted: Aug 26, 2020 / 11:59 AM CDT | Updated: Aug 16, 2020 / 12:03 PM CDT

HUEYTOWN, Ala. (WIAT) — Due to concerns over possible COVID-19 exposure among Hueytown High School has canceled its next two games.

## Lewiston HS football to play in county with most COVID-19 cases in Idaho

The Bengals travel to play Kuna High School in Ada County on Friday. As of Tuesday morning, that county has had a total of 10,700 cases of COVID-19.

Lewiston HS football to play in county with most COVID-19 ...



NEWS

## High school football, other "high risk" sports not allowed to play in New York



NEWS | Aug 25, 2020  
By Michael D. Clark

High school football cancellations show fast-changing landscape of coronavirus in southwest Ohio

News

## Get ready for spike in case football crowds, north Alabama official warns

Updated Aug 24, 2020; Posted Aug 24, 2020



The Saraland Spartans are following the Covid-19 guidelines for social distancing during the Saraland vs Theodore game, Friday, August 21, 2020, in Saraland, Ala. (Scott Donaldson | preps@al.com) Scott Donaldson/al.com

f t 2,736 shares

By Paul Gettis | pgettis@al.com

## Why kids are playing football in Ohio but not in Michigan

Posted Aug 30, 7:12 AM



Michigan High School football postponed until the Spring

# Take aways from the survey:

- Licensed Athletic Trainers (LAT) in the state play a key role in the administration of policy and monitoring of athletes.
- Covid + athletes were identified by LAT through the screening process
  - Risk of contacting/transmitting covid is low, but REAL despite precautions.
- Pods and sports programs WERE shut down in response to positive cases.
  - Though formal athlete to athlete transmission via contact has not been formally documented, transmission is facilitated by close contact and respiratory exchange.
  - Findings re-enforce the importance of universal precautions, and formal School board approved COVID policy based on the best available medical recommendations.