



COVID-19 POSITIVE TEST RESPONSE PLAN

THIS DOCUMENT IS INTENDED TO PROVIDE A FRAMEWORK FOR RESPONDING TO A POSITIVE COVID-19 TEST WITHIN THE PDXSTRENGTH COMMUNITY

When a positive COVID-19 result is reported by a PDXstrength client or coach, we will confirm that it is a true positive test:

- Verify that it is a confirmed positive test and not just presumed
- Make sure it is a PCR (nasal swab) test result and *not* an antibody test

Once a positive test has been confirmed, PDXstrength community members and staff will be notified: (1) the result and (2) that exposure control measures will be activated immediately.

- All attendance days/times in the gym by confirmed athlete/coach in last 7 days leading up to positive test result will be reported
- Athletes that were in the gym at the same time as individual(s) with a confirmed positive test result will be notified
- The individual's name will not be used by PDXstrength staff in reference to a positive test. However, the individual with the positive test can disclose their results with whomever they choose (and will also have access to the gym attendance reports)
- The individual with a confirmed COVID-19 case cannot return to the gym until the **COVID-19 return criteria** are met.

COVID-19 return criteria

1. A full 14 days have passed since positive test
2. They are symptom free for 3 days
3. They have a doctor's note saying it is safe to return to the gym

COVID-19 POSITIVE TEST EXPOSURE CONTROL MEASURES

- A true exposure is defined as **over 3 minutes within 6 feet with neither wearing masks, when the person was symptomatic or within 48 hours of them becoming symptomatic.**
- After a true exposure, the individual exposed needs to stay in quarantine for **14 days from that exposure** regardless of what the PCR (which is nasal swab for COVID-19) test shows.
- Even if the person exposed tests negative after exposure, they still need to quarantine for 14 days (and will be required to remain outside the gym for that period of time).
- **Note:** true exposures should not happen in the gym and can be prevented through proper social distancing measures and face coverings both in and out of the gym. If a confirmed true exposure occurs outside the gym, we ask that athletes consider the greatest good for the community and self-quarantine/avoid coming in for 14 days.
- If the athlete or coach is diagnosed and has not been to the gym within 48 hours, then there are no needed extra precautions for others in the gym, but the member or coach cannot return until the **COVID-19 return criteria** are met.

If/when we have a positive case of COVID-19 in the PDXstrength community, we will also consult experts in public health from inside and outside our gym community to make the most informed decisions in moving forward.

THIS DOCUMENT HAS BEEN ADAPTED WITH PERMISSION FROM THE CROSSFIT FORT VANCOUVER COVID-19 RESPONSE PLAN.