



# U.S. PARALYMPIC TEAM TRIALS

## COVID-19 Mitigation Plan & Protocols

U.S. Paralympics is dedicated to protecting the health and safety of Team USA. In light of the ongoing pandemic, U.S. Paralympics has adopted this COVID-19 Mitigation Plan to ensure the health and safety of all Participants and the larger population as a whole. This document is intended to provide clear guidance, rights and responsibilities in order to protect against and reduce the spread of COVID-19, while maintaining competitive opportunity for eligible athletes.

The countermeasures adopted in this plan may be stricter than those applied at a local, county, state or national level, but they are designed to create a safe environment and provide exposure to the types of rigid protocols applied at the Paralympic Games in Tokyo.

## SECTIONS

1. [Key Terms](#)
2. [Key Staff](#)
3. [Participant Tiering](#)
4. [General Guidance](#)
5. [Event Requirements for All Participants](#)
6. [Close Sustained Contact](#)
7. [Response and Review Process](#)
8. [Dispute Resolution Process](#)
9. [Participant Rights](#)
10. [Event Postponement/Cancellation Parameters](#)

[Appendix A: Cycling-Specific Information](#)

[Appendix B: Swimming-Specific Information](#)

[Appendix C: Track & Field-Specific Information](#)

[Appendix D: At-Home Test Option for Test #1](#)

[Appendix E: Directions and Instructions for Test #2 in Minneapolis](#)

[Appendix F: GuideSafe Information](#)

*-- The following protocols may be updated as COVID-19 guidelines evolve and change in the U.S. and/or the Minneapolis area --*



# U.S. PARALYMPIC TEAM TRIALS

## 1. KEY TERMS

- **CDC Guidelines**—guidelines issued by the Centers for Disease Control regarding COVID-19, available [here](#) and the Centers for Disease Control’s Considerations for Events and Gatherings, available [here](#).
- **Close Sustained Contact**—contact within 6 feet sustained for at least 15 minutes over a 24-hour period, whether or not masks are worn.
- **COVID-19 Officer**—an individual appointed by U.S. Paralympics to oversee implementation of the COVID-19 Mitigation Plan & Protocols at the U.S. Paralympic Team Trials, including contact tracing.
- **COVID-19 Medical Director**—a physician who has admitting privileges at the nearby or official hospital facilities or is associated with a local medical team that has associated privileges.
- **Mitigation Plan** – this COVID-19 Mitigation Plan for the U.S. Paralympic Team Trials.
- **Participant**—any athlete, staff, support personnel, or other person with access to athletes or athlete areas during the event. While requirements are different for Tiers 1 and 2, Tier 3 must abide by the same protocols unless otherwise noted.
- **Irreplaceable Non-Athlete** – a Participant with specific training, skill, knowledge or expertise and whose role cannot be completed by another non-athlete Participant.
- **COVID-19 PCR Test**—a polymerase chain reaction test or equivalent nucleic acid amplification test such as loop mediated isothermal amplification to test for COVID-19. For purposes of clarity, antigen and antibody tests are not considered COVID-19 tests permissible under this Protocol.

## 2. KEY STAFF

*CYC COVID-19 Medical Director* – Dr. Chad Asplund

*SWI COVID-19 Medical Director* – Dr. Shelby Johnson

*T&F COVID-19 Medical Director* – Dr. Allison Schroeder

*Lead COVID-19 Officer* – Kyle McKinnis (719-439-0249, [kyle.mckinnis@usopc.org](mailto:kyle.mckinnis@usopc.org))

*CYC COVID-19 Officer* – Emily DeGroot (616-405-5123, [emily.degroot@usopc.org](mailto:emily.degroot@usopc.org))

*SWI COVID-19 Officer* – Justin Miller (719-421-0564, [justin.miller@usopc.org](mailto:justin.miller@usopc.org))

*T&F COVID-19 Officer* – Calli Doggett (719-291-6523, [calli.doggett@usopc.org](mailto:calli.doggett@usopc.org))



# U.S. PARALYMPIC TEAM TRIALS

## 3. PARTICIPANT TIERING

### Tier 1 – RED

- Athletes
- Access to field of play/athlete areas
- No interaction with Tier 3

### Tier 2 – WHITE

- Functional area leads (if not in Tier 1)
- Access to most areas of venue
- Access to participants in Tiers 1 and 3

**All Participants will receive a “welcome email” that shares their Tier status and the associated requirements.**

### Tier 3 – BLUE

- No interaction with Tier 1
- Specific access within venue



# U.S. PARALYMPIC TEAM TRIALS

## 4. GENERAL GUIDANCE

All Participants should adhere to the ensuing measures whenever possible. Where applicable, guidance should be followed at least seven days prior to travel and continue through the completion of the event.

Failure to adhere to items listed below, disregard for the spirit of the mitigation efforts, or egregious violations of safety for the event and its Participants may result in removal from the venue and/or barring from the competition.

- Minimize community contact, including but not limited to:
  - Public dining
  - Going to a movie
  - Participating in large, public gatherings
  - Competing in/working at events with less rigorous COVID-19 protocols
- Follow COVID-19 mitigation travel recommendations outlined in the “Considerations for Participation in National or International Camps or Competitions” document at <http://www.teamusa.org/coronavirus-updates>.
- If possible, stay in a hotel room by yourself to minimize exposure to others.
- Travel to and from the venue by yourself to minimize exposure to others.
- Limit time at a venue as much as possible. Plan to arrive when needed for appropriate warm up and depart when you have completed your last event of the session and any other obligations (media, medical, anti-doping, etc.).
- Wear your face mask at all times except when eating/drinking, competing, or in your hotel room by yourself.
  - When you are in areas that do not allow you to socially distance more than six feet (e.g. on an airplane), consider doubling up on face masks and wearing eye protection such as goggles/safety glasses or a face shield to protect your eyes from respiratory droplets (Remember, a face shield does not replace a face mask).
- Maintain at least six feet of physical distancing whenever possible.
- Wash your hands with soap and water (for at least 20 seconds) or use hand sanitizer with 60-95% alcohol thoroughly after touching anything someone else may have touched, after coughing/sneezing, blowing your nose, going to the bathroom, or eating.
- Avoid touching your face, including your eyes, nose, or mouth.



# U.S. PARALYMPIC TEAM TRIALS

- Cover your mouth with a tissue or your elbow if you cough or sneeze. Throw the tissue in the trash, and then wash your hands.
- Use an antiseptic wipe to clean and disinfect frequently touched surfaces regularly (e.g. airplane seat/armrests/seatbelts/tray table/video screens, door knobs, rental car surfaces, hotel room surfaces, suitcase, etc). Consider using an EPA-approved product for COVID-19 using the CDC's cleaning guidelines when possible.
- Stay home if you are sick.
- Monitor the WHO and CDC websites for travel advisories and follow their recommendations.
- Avoid the following behaviors:
  - High-fives, fist bumps, handshakes, etc.
  - Sharing personal items (water bottles, other drinks, food, towels, tissues, etc.).
  - Label personal items so that they are not confused with other individuals' items.
  - Cheering, chanting, or singing.
  - Congregating in spaces like the airport gate, baggage claim, registration tables, hotel lobbies, etc.
  - Eating inside restaurants. If you are ordering food from a restaurant, either go through the drive-through (if available), order from a curbside restaurant, order food to-go to eat in an isolated space, or eat in an outdoor area that allows you to socially distance from others by at least six feet.
- Training should occur individually or with the minimum number of people required to effectively train during this time frame. Participants should avoid training at a public facility during this time frame, if possible.
- Monitor your signs and symptoms, to include:
  - Fever or chills
  - Cough
  - Shortness of breath or difficulty breathing
  - Fatigue
  - Muscle or body aches
  - Headache
  - New loss of taste and/or smell
  - Sore throat
  - Congestion or runny nose
  - Nausea, vomiting and/or diarrhea



# U.S. PARALYMPIC TEAM TRIALS

## 4.1. Guidelines for Acceptable Face Masks

The following are acceptable face masks:

1. A medical mask;
2. N95 or KN95 mask; or
3. A fabric mask that is washable at high temperatures regularly, with at least two – but ideally three – layers, including an inner layer of absorbent material (such as cotton), a middle layer of non-woven material (such as polypropylene), and an outer layer of non-absorbent material (such as polyester or a polyester blend).
  - Consider doubling up on medical-grade/surgical-grade or cloth masks for added protection.
  - Face shields may be worn in addition to a face mask for added protection to the eyes from respiratory droplets, but face shields do NOT replace masks.
  - Masks must fully cover the nose and mouth and be secured under the chin.
  - Masks should fit snugly but comfortably against the side of the face, be secured with ties or ear loops and allow the individual to remain hands-free.

The following are not acceptable face coverings:

- Neck gaiters
- Open-chin triangle bandanas
- Face coverings containing valves, mesh material, or holes of any kind
- Costume masks

Participants are responsible for supplying their own mask, in accordance with the above requirements, and should not expect masks to be provided on-site.

## 4.2. Medical Access

Participants with COVID-19 symptoms or other health issues should seek medical assistance at one of the following nearby hospitals:

**Hennepin Healthcare** – 701 Park Ave, Minneapolis, MN 55404

**East Bank Hospital – UMN Medical Center** – 500 SE Harvard St, Minneapolis, MN 55455

**North Memorial Health Hospital** – 3300 Oakdale Ave N, Robbinsdale, MN 55422



# U.S. PARALYMPIC TEAM TRIALS

## 5. EVENT REQUIREMENTS FOR PARTICIPANTS

### Step 1 – Trials Participation Agreement

Each Participant will be provided a copy of this Mitigation Plan prior to their anticipated arrival in Minneapolis and must sign and return the Trials Participation Agreement to abide by and be bound by said plan, including any and all testing, signs and symptoms monitoring and removal requirements. The link to sign this agreement will be emailed to Participants directly.

### Step 2 – Symptom Monitoring with GuideSafe

Starting June 7 and extending through the completion of the U.S. Paralympic Team Trials, all Participants in Tiers 1 and 2 will be required to begin daily symptom monitoring through the GuideSafe platform. More information about how to set-up your profile and complete these surveys can be found in the GuideSafe Information section, [Appendix F](#).

Completion of GuideSafe symptom monitoring is required by anyone trying to access a venue, including Tier 3 individuals. More detail can be found in the sport-specific appendices (CYC – [Appendix A](#), SWI – [Appendix B](#), T&F – [Appendix C](#)) of this document.

### Step 3 – COVID-19 Test #1, OR, Proof of Prior Positive

Participants in Tiers 1 and 2 must provide documentation of a negative COVID-19 PCR or RT-PCR test obtained between four (4) and six (6) days in advance of the Participant's first competition or first sustained interaction with athletes. It is strongly recommended that Participants obtain this test as early as possible in this four (4) to six (6) day timeframe to ensure results are returned in a timely fashion, or to allow for repeat testing should the original test deliver positive or indeterminate results. The Participant will be responsible for any costs associated with Test #1.

If the result of Test #1 is positive, and the Participant is asymptomatic with no known exposure to an individual with COVID-19, the Participant may obtain another COVID-19 PCR or RT-PCR test. If the result of the subsequent COVID-19 PCR or RT-PCR test is also positive, the Participant has COVID-19, should immediately begin isolation and comply with all applicable public health requirements and guidance.

If Test #1 delivers an indeterminate result, the result does not count as a negative test. The Participant must repeat the COVID-19 PCR or RT-PCR test to obtain a clear positive or negative result.



# U.S. PARALYMPIC TEAM TRIALS

- A Participant who can provide clear documentation of COVID-19 infection occurring within 90 days of the competition (evidence of a positive COVID-19 test result and a doctor's note verifying the Participant is no longer contagious) is not required to complete Test #1.
- A Participant who has received a COVID-19 vaccination or series of vaccinations is still required to complete Test #1.

**Antigen, antibody or any other type of test besides a PCR, RT-PCR or equivalent molecular test will NOT be accepted and the Participant will be asked to complete a subsequent test in the correct format. Please check that you are completing the appropriate test type and that the lab result will indicate the type of test. If the type of test is not indicated on the lab result, you will be required to show proof it was an approved test type.**

Visit [www.testfortravel.com](http://www.testfortravel.com), or the websites of local health departments or pharmacies to find suitable testing options in your area.

**Participants who are unable to obtain a free test in their area and/or a test that will deliver results in an adequate timeframe may register for and purchase an "at-home" test to be sent to their location. While this test kit does come at a cost, Participants can have peace of mind that the test is an approved method that will return results within 30 minutes without the need for a lab. More information about this approved testing option can be found in [Appendix D](#).**

**Test #1 results can be uploaded here:**

[https://usoc.az1.qualtrics.com/jfe/form/SV\\_6Q1Z1jb5E4oG8Mm](https://usoc.az1.qualtrics.com/jfe/form/SV_6Q1Z1jb5E4oG8Mm)

**Proof of prior infection within 90 days can be uploaded here:**

[https://usoc.az1.qualtrics.com/jfe/form/SV\\_eKSm35sYEyctRDE](https://usoc.az1.qualtrics.com/jfe/form/SV_eKSm35sYEyctRDE)

## **Step 4 – Arrive Early**

All Participants in Tiers 1 and 2 must arrive in Minneapolis at least 72 hours prior to their first competition or first sustained interaction with athletes, absent a showing of extenuating circumstances (e.g. flight delays). Arrival deadlines listed below are based on first competition date. Non-athlete Participants with roles that require sustained interaction with athletes must arrive at least 72 hours prior to the first sustained interaction or first competition date, whichever comes first.



# U.S. PARALYMPIC TEAM TRIALS

## CYC

First Competition Date	Arrival Deadline
Saturday, June 19 <sup>th</sup>	Wednesday, June 16 <sup>th</sup> by 5pm CT

## SWI

First Competition Date	Arrival Deadline
Thursday, June 17 <sup>th</sup>	Monday, June 14 <sup>th</sup> by 5pm CT
Friday, June 18 <sup>th</sup>	Tuesday, June 15 <sup>th</sup> by 5pm CT
Saturday, June 19 <sup>th</sup>	Wednesday, June 16 <sup>th</sup> by 5pm CT

## T&F

First Competition Date	Arrival Deadline
Thursday, June 17 <sup>th</sup>	Monday, June 14 <sup>th</sup> by 5pm CT
Friday, June 18 <sup>th</sup>	Tuesday, June 15 <sup>th</sup> by 5pm CT
Saturday, June 19 <sup>th</sup>	Wednesday, June 16 <sup>th</sup> by 5pm CT

### Step 5 – COVID-19 Test #2 (On-Site Test)

All Participants must complete an on-site COVID-19 PCR test within 72 hours of their first competition or first sustained interaction with athletes and must return a negative test result in order to participate/work.

Participants must be in Minneapolis prior to the applicable deadline listed in Step 4. It is strongly advised and recommended that Participants complete Test #2 as early as possible within their eligible window to allow for repeat testing should it be required. Delay in arriving for Test #2 eliminates any assurance of access to testing or timely results and could impact ability to compete.

Test #2 will be a self-administered nasal swab, available at the following dates and times\*. Please ensure your test is within 72 hours of first competition or first sustained interaction with athletes:



# U.S. PARALYMPIC TEAM TRIALS

Date	Times	Location <sup>^</sup>
June 11 <sup>th</sup> – 13 <sup>th</sup>	9:00am – 12:00pm	<b>University of Minnesota Lot C13</b> Essex St SE, Minneapolis, MN 55414 -Drive-thru and walk-up testing
June 14 <sup>th</sup> – 16 <sup>th</sup>	9:00am – 12:00pm 3:00pm – 5:00pm	<b>University of Minnesota Lot C13</b> Essex St SE, Minneapolis, MN 55414 -Drive-thru and walk-up testing
June 17 <sup>th</sup>	9:00am – 11:00am	<b>University of Minnesota Lot C13</b> Essex St SE, Minneapolis, MN 55414 -Drive-thru and walk-up testing

\*Based on role and arrival date, some Participants may be asked to complete testing at alternate dates, times and/or locations. Those Participants will be contacted by U.S. Paralympics to arrange testing. If you need/want immediate testing during a time when testing is not available, please contact the relevant COVID Officer to potentially arrange a different testing time.

<sup>^</sup>Instructions for how to access the University of Minnesota Lot C13 can be found in [Appendix E](#).

If the result of Test #2 is positive, the Participant will not be allowed to enter a Trials venue. Athlete Participants and irreplaceable non-athlete Participants who are asymptomatic and have no known exposure to an individual with COVID-19 will be provided the opportunity for further testing, as outlined in [Section 7.1](#) below.

If the result of Test #2 is indeterminate, the result does not count as a negative test. The Participant must repeat the COVID-19 PCR Test to obtain a clear positive or negative result.

- A Participant who can provide clear documentation of COVID-19 infection occurring within 90 days of the competition (evidence of a positive COVID-19 test result and a doctor’s note verifying the participant is no longer contagious) is not required to complete Test #2.
- A Participant who has received a COVID-19 vaccination or series of vaccinations is still required to complete the Test #2.
- Medical personnel for the event do not need to complete Test #2 through the provided testing dates/locations if they can provide proof of a negative PCR or RT-PCR test result through their employer within 72 hours of their work for the U.S. Paralympic Team Trials.



# U.S. PARALYMPIC TEAM TRIALS

Confirmatory tests may be used to determine status of COVID-19 infection, including for symptomatic Participants after a previous negative test result, up until 7pm CDT the day before competition (per sport). After this point, the evaluation of symptomatic individuals will be conducted by the COVID-19 Medical Director or a proxy.

## 5.1. ACCESS FOR OFFICIAL TRAINING

Entry to the competition venues during official, posted training sessions will only be permitted for Tier 1 and 2 Participants who have met the following requirements\*:

1. Completion of Step 1 (signature)
2. Exhibit compliance with Step 2 (GuideSafe)
3. Verification of Step 3 (Test #1)
4. Adherence to Step 4 (arrival date)

If any of the above steps are not completed, the Participant will not be granted access to the venue for training sessions.

Tier 3 individuals do not need to complete the previously listed steps but will be able to access specific portions of the venues with a green Trials Passport symptom check and temperature screen.

\*Access requirements for training are slightly different for Para-cycling. Please check [Appendix A](#) for those requirements.

## 5.2. ACCESS FOR COMPETITION DATES

Entry to the competition venues during competition dates for Tier 1 and 2 Participants will only be permitted after completion of all five (5) steps listed above in [Section 5](#).

1. Completion of Step 1 (signature)
2. Exhibit compliance with Step 2 (GuideSafe)
3. Verification of Step 3 (Test #1)
4. Adherence to Step 4 (arrival date)
5. Negative result in Step 5 (Test #2)

Participants must display their green Trials Passport (explained in detail in [Appendix F](#)) and clear a temperature screen in order to enter a venue. The official U.S. Paralympic Team Trials credential will then grant access to specific sections of the venue.



# U.S. PARALYMPIC TEAM TRIALS

Tier 3 individuals do not need to complete the previously listed steps but will be able to access specific portions of the venues with a green Trials Passport symptom check and temperature screen.

More detail about venue entry requirements can be found in the sport-specific appendices (CYC – [Appendix A](#), SWI – [Appendix B](#), T&F – [Appendix C](#)) of this document.

## 6. CLOSE SUSTAINED CONTACT

Any Participant who has had Close Sustained Contact with someone diagnosed with COVID-19 must be removed from or barred access to the U.S. Paralympic Team Trials venues and should quarantine for the period recommended by the CDC Guidelines, unless they meet one of the following requirements:

- An asymptomatic Participant who can provide clear documentation of COVID-19 infection within 90 days of the U.S. Paralympic Team Trials (evidence of a positive COVID-19 test result and a doctor's note verifying the Participant is no longer contagious) does not need to quarantine and can compete/work at the event.
- An asymptomatic Participant who can provide clear documentation of completion of a full COVID-19 vaccination series at least two weeks before the episode of Close Sustained Contact does not need to quarantine and can compete/work at the event.

### 6.1. Responsibility of Cost

U.S. Paralympics, Medalist Sports, the Local Organizing Committee, competition venues, officials, staff, medical, and event volunteers are not responsible for the costs associated with Participant quarantines following a positive COVID-19 test result, a quarantine due to contact tracing or Close Sustained Contact with a Participant returning a positive COVID-19 test. Any such costs are the responsibility of the Participant.

## 7. RESPONSE AND REVIEW

This Response and Review process outlines the protocol to provide athlete Participants and irreplaceable non-athlete Participants with an opportunity for a second evaluation before being barred from participation in the U.S. Paralympic Team Trials due to a medical determination resulting from:

- having COVID-19 symptoms;
- receiving a positive COVID-19 PCR test result; or
- being in Close Sustained Contact with someone who tested positive for COVID-19



# U.S. PARALYMPIC TEAM TRIALS

The intent of this process is to protect the health and safety of everyone at the U.S. Paralympic Team Trials by providing for clear and swift protocols where a potential risk presents itself or public health guidelines apply.

Depending on the circumstances, an individual may need to be removed from a venue or barred from participation in the competition.

#### Removal from Venue

*Immediate removal from a U.S. Paralympic Team Trials venue to protect the health and safety of all.*

#### Bar from Participation

*Barred from participating in the U.S. Paralympic Team Trials after a secondary medical review (if time permits).*

### 7.1. Positive COVID-19 PCR Test Result

#### 1. Opportunities for Review Prior to Barring Participation in the U.S. Paralympic Team Trials

##### a. Confirmatory Tests

An athlete Participant or irreplaceable non-athlete Participant who returns a positive test result, is asymptomatic and has no known exposure to an individual with COVID-19 will be provided the opportunity for two additional tests. If the Participant produces two negative COVID-19 test results (and no positives), they will be permitted to participate in the U.S. Paralympic Team Trials. If, for any reason, two negative COVID-19 PCR test results are not returned prior to the time of the Participant's competition or work, the Participant will not be permitted to participate in the event.

U.S. Paralympics and other event organizers have no control over delays attributable to the testing facilities. If an athlete Participant cannot get the results of two confirmatory tests in advance of competition, then the athlete is presumed to have COVID-19 and cannot compete in the event.

##### i. COVID-19 Officer Review

The event COVID-19 Officer will review and ensure that the testing protocols were followed and, where there were deviations, request further testing as time permits.



# U.S. PARALYMPIC TEAM TRIALS

## b. Final Determination

There will be no further review after a positive test result has been confirmed (or where time does not permit two negative confirmatory test results). In such cases, the Participant will be barred from participating in the competition and must follow all relevant CDC guidelines.

## 7.2. Displaying Signs & Symptoms of COVID-19

Any Participant displaying signs and symptoms indicative of COVID-19 (including a temperature higher than 100.4°F) may be removed immediately from or barred access to the competition venue as determined by the COVID-19 Medical Director.

### 1. Opportunities for Review Prior to Barring Participation at the U.S. Paralympic Team Trials

#### a. Medical Evaluation

Time permitting, an athlete Participant or irreplaceable non-athlete Participant who displays symptoms of COVID-19 will be directed to a safe location for further medical evaluation by a physician to determine whether the Participant can compete or work. The evaluating physician may instead immediately direct a Participant to an urgent care health facility in their sole medical judgment.

The evaluating physician, the COVID-19 Medical Director, or their proxy may monitor the Participant for a reasonable amount of time (up to an hour) to make a medical determination, recheck their temperature using different thermometers, and do other evaluations as appropriate. The Participant is not permitted out of the medical area during that time or out of sight of the physician.

The Participant may present information and medical documentation regarding conditions that may impact the appearance of signs and symptoms similar to those related to COVID-19. The Participant will be denied access to the competition venue pending physician approval to compete.

#### b. Secondary Medical Review – COVID-19 Medical Director



# U.S. PARALYMPIC TEAM TRIALS

If the physician determines it is appropriate to bar a Participant from competing or working, then a second physician<sup>1</sup> will conduct a secondary medical review. If both agree, the decision to bar the Participant from competing or working in the U.S. Paralympic Team Trials stands.

c. Final Medical Review (tiebreaker)

If the physicians do not agree about whether to bar a Participant from competing in or working at the event, a third physician (appointed and approved by U.S. Paralympics) will conduct a medical review. This may be in-person, or telephonically, with the physician to review the records and medical determination.

i. COVID-19 Officer

The COVID-19 Officer will review and ensure that the physicians followed the proper protocols and processes. The COVID-19 Officer may request further medical evaluation if the process was not followed.

2. Final Determination

A decision to bar a Participant from competing in or working at the U.S. Paralympic Team Trials made by the physicians (or third physician, as necessary) based on signs and symptoms of COVID-19 and confirmed by the COVID-19 Officer is final and binding.

### 7.3. Contact Tracing

1. Opportunities for Review Prior to Barring Participation at the U.S. Paralympic Team Trials

a. Contact Tracing Identification

Upon a Participant testing positive for COVID-19, the COVID-19 Officer will gather information from the Participant and will identify all other individuals who have been in Close Sustained Contact. Those individuals will be notified, will not be permitted at the competition venue, and must follow CDC guidelines. The U.S. Paralympic Team Trials requires the release of identifying information in the event of a positive test as a condition of participation. This provides other

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<sup>1</sup> The second physician could be the COVID-19 Medical Director if the COVID-19 Medical Director did not perform the initial review. Alternatively, it could be any other pre-identified individual either on or off-site. This could be the NGB's head team physician, or a physician in private practice, urgent care, emergency room or inpatient hospital ward. It is recommended that the physician have a sport and/or infectious disease background.



# U.S. PARALYMPIC TEAM TRIALS

Participants with sufficient information to have the opportunity to contest being contact traced out of the competition.

b. Secondary Review – Opportunity to Present Evidence

To rebut a finding that an athlete Participant or irreplaceable non-athlete Participant was in Close Sustained Contact with an individual who tested positive for COVID-19, the removed Participant will have the opportunity to present evidence to the COVID-19 Officer about their whereabouts and any other relevant information, including corroborating evidence. Based on a review of all of the evidence available, the COVID-19 Officer will make a determination of whether the evidence shows the removed Participant was in Close Sustained Contact with an individual who tested positive for COVID-19.

c. COVID-19 Medical Director Confirmation

The COVID-19 Medical Director will confirm if the COVID-19 Officer followed the appropriate contact tracing protocols.

2. Final Determination

A decision to bar a Participant from competing in or working at the U.S. Paralympic Team Trials made by the COVID-19 Officer and confirmed by the Medical Director is final and binding.

## **8. DISPUTE RESOLUTION PROCESS FOR VIOLATIONS OF U.S. PARALYMPIC TEAM TRIALS COVID-19 MITIGATION PLAN & PROTOCOLS**

All Participants must agree to and be bound by the U.S. Paralympic Team Trials COVID-19 Mitigation Plan & Protocols as a condition of participation. When a Participant fails to abide by a requirement of the U.S. Paralympic Team Trials COVID-19 Mitigation Plan & Protocols, the following dispute resolution process will provide Participants with an opportunity for a hearing before the USOPC Trials Administrative Board (TAB).

### **A. Mitigation Plan Enforcement**

The COVID-19 Officers, or their designees, will enforce the U.S. Paralympic Team Trials COVID-19 Mitigation Plan & Protocols at the event venues. U.S. Paralympics may learn of an alleged violation of the U.S. Paralympic Team Trials COVID-19 Mitigation Plan & Protocols



by any means, including allowing Participants to report suspected violations to U.S. Paralympics.

#### **B. Sanctions**

The COVID-19 Officers, or their designees, may impose sanctions on Participants for violations of the U.S. Paralympic Team Trials COVID-19 Mitigation Plan & Protocols, ranging from a warning to being barred from participating in the event. The Participant will be permitted to share explanatory or other relevant information related to the violation. The COVID-19 Officer will notify the Participant if they are being barred from participating in the event.

#### **C. Request for Hearing**

If a Participant (athlete or non-athlete) is barred from participating in the event, the Participant may request a hearing in front of the Trials Administrative Board (TAB). This request must be made within 90 minutes of the removal.

#### **D. USOPC Dispute Resolution Unit**

If a Participant requests a hearing, U.S. Paralympics will immediately contact the USOPC Dispute Resolution (DRU) to initiate the proceeding at [dru@usopc.org](mailto:dru@usopc.org).

DRU is responsible for ensuring that all disputes are heard in an expedited, fair, and impartial manner. DRU may modify these procedures at any time for the effective administration of complaints taking into consideration any time constraints, while also ensuring fairness to all parties.

An attorney from DRU will serve as an impartial counsel to the TAB solely to answer questions and provide legal assistance when requested, and will not in any way take part in rendering the decision or influencing the TAB.

#### **E. Trials Administrative Board**

DRU will convene the TAB to hear and render a decision on the dispute.

The TAB is comprised of the following individuals:

1. USOPC Board Chair
2. USOPC CEO
3. National Governing Body Council (NGBC) Chair



# U.S. PARALYMPIC TEAM TRIALS

4. Athletes' Advisory Council (AAC) Chair
5. 10 Year+ Athlete<sup>2</sup> (designated position from the Chef de Mission)

Any member of the TAB may designate to an alternate. No member on the TAB will have a direct interest, either personally or by virtue of organizational affiliation, in the outcome of the proceeding. As long as a quorum<sup>3</sup> of the panel members is present, the hearing may proceed. The USOPC Board Chair, or their designee, will be chair of the panel.

## **F. Initiation of the Proceeding**

DRU will immediately provide confirmation of the request for hearing to the NGB and the Participant. DRU will provide details about the proceeding to the NGB and the Participant, including information about the date, time, and call-in details for the hearing.

## **G. Conduct of the Proceeding**

The TAB will run the proceeding, with assistance from DRU. The proceeding will be held telephonically or through videoconference on an expedited basis.

The TAB has the authority to rule on all matters raised in the proceeding and will set such other rules regarding the proceeding and the conduct of the hearing as it deems necessary.

U.S. Paralympics and the Participant will be permitted to present evidence relating to the violation of the U.S. Paralympic Team Trials COVID-19 Mitigation Plan & Protocols. The TAB may ask questions at any time.

## **H. Decision**

The TAB will render a written decision promptly after the hearing, and a verbal or operative decision may be rendered on an expedited basis. The decision will be determined by a majority of the TAB.

The TAB has the authority to impose any consequence, including the decision to uphold the bar on participation in the event. The consequence will be in effect immediately after a decision is made, unless stated otherwise.

## **I. Medical Expert**

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<sup>2</sup> A 10 Year+ Athlete is defined in the USOPC Bylaws.

<sup>3</sup> A majority of the panel members (i.e., 3 of the 5 panel members) will be necessary to establish a quorum.



# U.S. PARALYMPIC TEAM TRIALS

Upon the request of the TAB, a medical expert may serve as an advisor to the TAB.

## J. Representative

U.S. Paralympics and Participant have the right to have counsel or a representative present at any point during these proceedings at their own expense.

## 9. PARTICIPANT RIGHTS

Athlete and irreplaceable non-athlete Participants have the following rights under this COVID-19 Policy:

- Listed Participants have the right to be informed of the U.S. Paralympic Team Trials COVID-19 Mitigation Plan & Protocols at least two weeks in advance of their arrival.
- Listed Participants have the right to present medical documentation regarding conditions that may impact the appearance of signs and symptoms similar to those related to COVID-19 infections.<sup>4</sup>
- Listed Participants have the right to have their temperature taken by a second thermometer if their first temperature check returns a reading over 100.4°F.
- Listed Participants who are asymptomatic have the right to take two confirmatory COVID-19 PCR tests if their first test returns a positive result, which should occur prior to the day of their competition/work if possible.
- Listed Participants who are suspected of being in Close Sustained Contact with someone diagnosed with COVID-19 have the right to present evidence regarding their whereabouts.
- Listed Participants have the right to report suspected signs or symptoms of illness of another Participant.

## 10. EVENT POSTPONEMENT AND CANCELLATION PARAMETERS

U.S. Paralympics is dedicated to holding the U.S. Paralympic Team Trials unless this Mitigation Plan is rendered ineffective due to circumstances outside of its control. Examples of this include:

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<sup>4</sup> For example, if a Participant has allergies that lead to congestion or sore throat, both of which could be symptoms of COVID-19, the Participant has the right to present documentation from a physician explaining that the Participant suffers from allergies, how they present (i.e., what symptoms are typical), and when they typically present.



# U.S. PARALYMPIC TEAM TRIALS

- Requirement of cancellation by Minneapolis, MN, Hennepin County or State of Minnesota public health officials
- Local COVID-19 prevalence greater than a seven-day moving average of 100 daily cases/100k people for five or more days, as reported at <https://globalepidemics.org/key-metrics-for-covid-suppression/>
- Positive COVID-19 test results in 10% or more of the registered athletes (each sport will be considered separately – e.g. positive COVID-19 test results in one sport's trials will not impact the viability of the others)



# U.S. PARALYMPIC TEAM TRIALS

## APPENDIX A

### CYCLING-SPECIFIC INFORMATION

While specific to the trials of Para-cycling, the information in this section shall be considered an addition to the material provided in the rest of the document and is not meant to take precedent over any of the previously listed general guidance or event requirements for all Participants.

#### Credential Pick Up

Credentials will be available for pick up on the following schedule only after all requirements in [Section 5.2](#) are met.

Date	Time	Location
Thursday, June 16	1:00 – 4:00pm	Doubletree by Hilton Hotel Minneapolis – University Area 511 SE Huron Blvd, Minneapolis, MN 55414

#### Venue and Parking Entry Requirements for Training and Competition

COVID-19 requirements for venue entry are:

##### *Tiers 1 and 2*

- Credential (provides proof of all prior requirements)
- Green Trials Passport (GuideSafe)
- Temperature screen

##### *Tier 3 (Parking Entry Only)*

- Green Trials Passport (GuideSafe)
- Temperature screen

#### Venue Arrival Process for Training and Competition

Everyone driving to the venue should arrive in the following fashion. If Participants are riding their bike to the venue, they should make their way to step four (4) in a safe fashion:

##### *All Participants*

1. From S Washington Ave, turn north-northeast on 12<sup>th</sup> Ave S
2. Turn right on S 2<sup>nd</sup> St
3. Continue around the corner, road changes to 13<sup>th</sup> Ave S



# U.S. PARALYMPIC TEAM TRIALS

4. Turn right onto the ramp leading to the top deck of the West Bank Office Building Parking Garage (West Bank Office Building Ramp, 1300 13<sup>th</sup> Ave S, Minneapolis, MN 55415)
5. Pass through the COVID-19 Checkpoint, collect a sticker and park.
  - Athletes will receive a sticker to be placed on the bib number
  - Non-athletes will receive a sticker to be placed on a credential
6. When you are ready to enter the venue to work (non-athlete) or queue for the time trial ramp (athlete), exit down the parking garage ramp on foot or in your bike cautiously
7. Cross the street, head south on 13<sup>th</sup> Ave S, around the corner as the road changes to S 2<sup>nd</sup> St
8. Turn right on 11<sup>th</sup> Ave S into the venue and show your sticker for access

## **Cycling-Specific Requirements**

Athletes may remove their mask when competing, cooling down or otherwise actively cycling. Masks must be worn to media appearances, podium ceremonies and while queuing for the time trial start.



# U.S. PARALYMPIC TEAM TRIALS

## Venue Entry Map





# U.S. PARALYMPIC TEAM TRIALS

## APPENDIX B

### SWIMMING-SPECIFIC INFORMATION

While specific to the trials of Para swimming, the information in this section shall be considered an addition to the material provided in the rest of the document and is not meant to take precedent over any of the previously listed general guidance or event requirements for all Participants.

#### Credential Pick Up

Credentials will be available for pick up on the following schedule only after all requirements in [Section 5.2](#) are met.

Date	Time	Location
Tuesday, June 15	4:00 – 6:00pm	Jean K Freeman Aquatic Center – Red Cross Door
Wednesday, June 16	3:00 – 5:00pm	Jean K Freeman Aquatic Center – Red Cross Door

#### Venue Entry Requirements for Training

COVID-19 requirements for venue entry on the official training days are:

##### *Tiers 1 and 2*

- All required documents signed
- Pre-submitted proof of negative Test #1 or prior infection
- Green Trials Passport (GuideSafe)
- Temperature screen

##### *Tier 3*

- Green Trials Passport (GuideSafe)
- Temperature screen

#### Venue Arrival Process for Training

To prepare for the official competition day, all Participants should arrive to the venue in the following fashion:

##### *Tier 1 and Tier 2 Participants (Including Athletes)*



# U.S. PARALYMPIC TEAM TRIALS

- After parking or traveling from The Graduate Minneapolis hotel, approach Jean K Freeman Aquatic Center from the east side off of Walnut St. SE
- Pass through the COVID-19 Checkpoint, verify requirements and collect a wristband valid until competition starts (when credentials are required)
- Enter through the Red Cross door

### *Tier 3 Participants*

- After parking, enter Jean K Freeman Aquatic Center at the north entrance off of University Ave. SE
- Pass through the COVID-19 Checkpoint

*Note: Tier 2 Participants can also arrive through this checkpoint, but will not have access to the pool deck from this entrance*

### **Venue Entry Requirements for Competition**

COVID-19 requirements for venue entry on competition day are listed in [Section 5](#) and below. Participants will be refused entry without compliance to the protocols.

#### *Tiers 1 and 2*

- Credential (provides proof of all prior requirements)
- Green Trials Passport (GuideSafe)
- Temperature screen

#### *Tier 3*

- Green Trials Passport (GuideSafe)
- Temperature screen

*Note: Credential may be necessary to access particular sections of the venue*

### **Venue Arrival Process for Competition**

#### *Tier 1 and Tier 2 Participants (Including Athletes)*

- After parking or traveling from The Graduate Minneapolis hotel, approach Jean K Freeman Aquatic Center from the east side off of Walnut St. SE
- Pass through the COVID-19 Checkpoint
- Enter through the Red Cross door

#### *Tier 3 Participants*



# U.S. PARALYMPIC TEAM TRIALS

- After parking, enter Jean K Freeman Aquatic Center at the north entrance off of University Ave. SE
- Pass through the COVID-19 Checkpoint

*Note: Tier 2 Participants can also arrive through this checkpoint, but will not have access to the pool deck from this entrance*

## Swimming-Specific Requirements

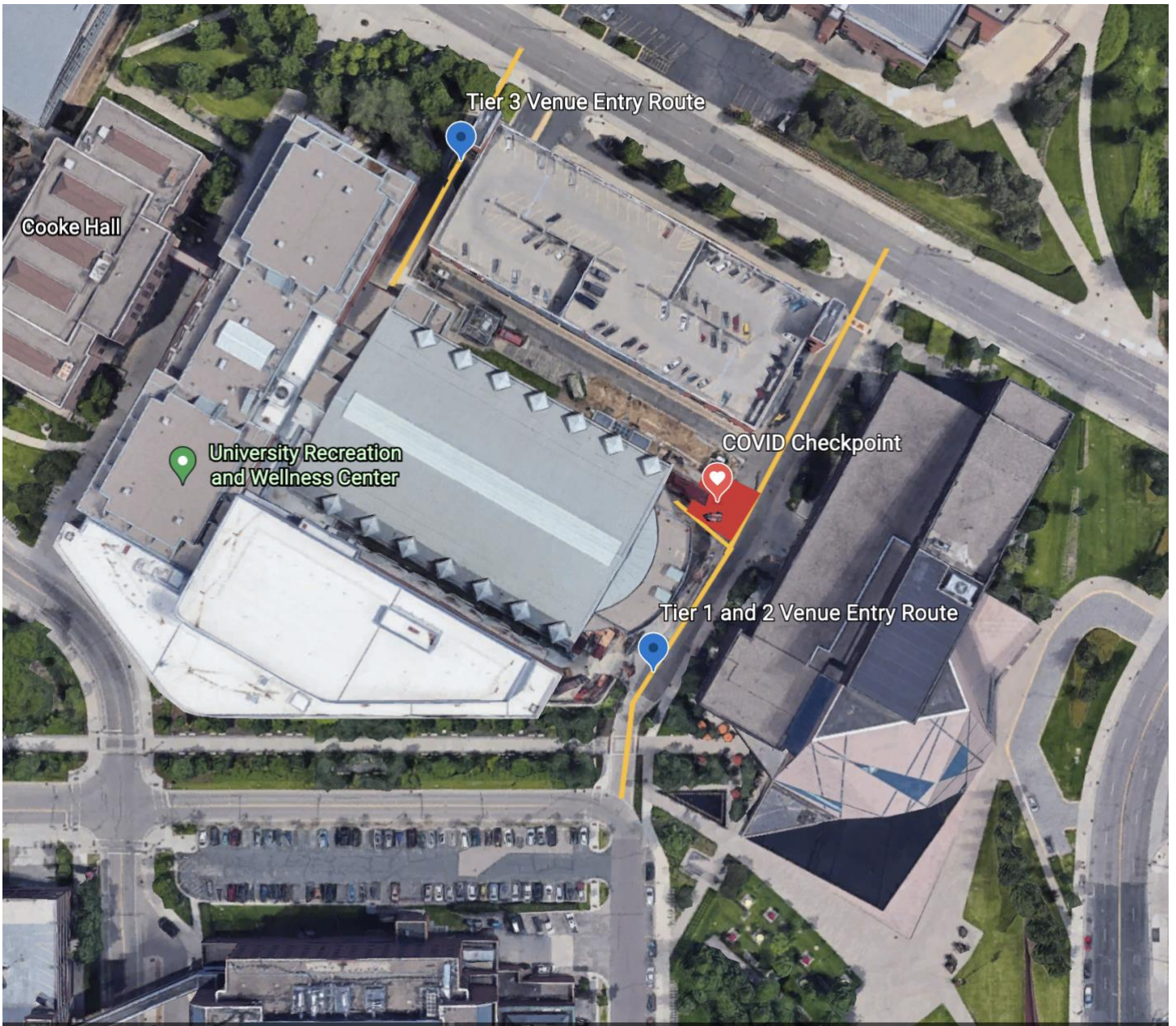
1. Everyone must wear a mask properly at all times.
  - a. The only exceptions are when eating, hydrating, swimming or competing.
    - i. If you need to eat or hydrate, please do so in an area at least six feet away from others. Best practice is to pull your mask up/down, take a bite or sip, then immediately pull your mask back up/down to fully cover your mouth and nose.
2. Upon arrival at the starting blocks/starting end of the pool, athletes may remove their mask and clothing and place all of their belongings in a designated location isolated from others' belongings.
  - a. After completion of the event and upon getting out of the pool, the athlete will need to retrieve their belongings immediately.
  - b. After drying off their face, each athlete must put their mask back on appropriately after retrieving their belongings.
3. Maintain a six-foot difference from others at all times.
  - a. The only exception is when an athlete requires assistance or is actively swimming.
4. Attendees assisting athletes must wear a mask fully covering their nose and mouth and will clean their hands with hand sanitizer immediately prior to and after assisting an athlete.
5. Limit your time in the venue.

When an athlete has completed all of their events in a session, they are expected to leave the venue.



# U.S. PARALYMPIC TEAM TRIALS

Venue Entry Map





# U.S. PARALYMPIC TEAM TRIALS

## APPENDIX C

### TRACK & FIELD-SPECIFIC INFORMATION

While specific to the trials of Para Track & Field, the information in this section shall be considered an addition to the material provided in the rest of the document and is not meant to take precedent over any of the previously listed general guidance or event requirements for all Participants.

#### Credential Pick Up

Credentials will be available for pick up on the following schedule only after all requirements in [Section 5.2](#) are met.

Date	Time	Location
Tuesday, June 15	4:00 – 6:00pm	Breck School Track Entrance
Wednesday, June 16	9:00 – 11:00am 4:00 – 6:00pm	Breck School Track Entrance
Thursday, June 17	9:00 – 11:00am 3:30 – 4:30pm	Breck School Track Entrance
Friday, June 18	9:00 – 10:00am 3:00 – 4:00pm	Breck School Track Entrance
Saturday, June 19	8:00 – 9:00am 2:45 – 3:45pm	Breck School Track Entrance

#### Venue Entry Requirements for Training

COVID-19 requirements for venue entry on the official training day are:

##### *Tiers 1 and 2*

- All required documents signed
- Pre-submitted proof of negative Test #1 or prior infection
- Green Trials Passport (GuideSafe)
- Temperature screen

##### *Tier 3*

- Green Trials Passport (GuideSafe)
- Temperature screen



# U.S. PARALYMPIC TEAM TRIALS

## Venue Arrival Process for Training

To prepare for the official competition day, all Participants should arrive to the venue in the following fashion:

### *All Participants*

- From Glenwood Ave., turn north onto Lilac Dr. N
- Continue straight through the parking lot of the Chester Bird American Legion
- Continue to wind around the back of the school until reaching the COVID-19 Checkpoint
- After clearing the checkpoint, follow directions for parking or exit
- Tier 1 and 2 Participants can visit the table near the track entrance to verify requirements and get a temporary wristband valid until competition starts (when credentials are required)

## Venue Entry Requirements for Competition

COVID-19 requirements for venue entry on competition day are listed in [Section 5](#) and below. Participants will be refused entry without compliance to the protocols.

### *All Participants*

- Green Trials Passport (GuideSafe)
- Temperature screen

*Note: Credentials (provides proof of all prior requirements) will be necessary to access specific sections of the venue, e.g. athlete areas, media areas, etc.*

## Venue Arrival Process for Competition

### *All Participants*

- From Glenwood Ave., turn north onto Lilac Dr. N
- Continue straight through the parking lot of the Chester Bird American Legion
- Continue to wind around the back of the school until reaching the COVID-19 Checkpoint
- After clearing the checkpoint, follow directions for parking or exit

*Note: Credentials (provides proof of all prior requirements) will be necessary to access specific sections of the venue, e.g. athlete areas, media areas, etc.*



# U.S. PARALYMPIC TEAM TRIALS

## Track & Field-Specific Requirements

### *General Mask Requirements*

All Participants are required to always wear face mask over their nose and mouth when at Breck High School. The only exceptions to this are listed below:

1. While eating/drinking
2. While actively warming up
3. While actively competing
4. When in your vehicle with the window rolled up

### *Athlete Assistant Mask Requirements*

In addition to general mask requirements, all athlete assistants are required to always wear a facemask on the field of play with the following exceptions:

1. While positioning the athlete on a runway or in a ring
2. During the athlete's attempt, while the athlete is actively on a runway or in a ring
3. While warming up with the athlete while the athlete is actively on a runway or in a ring

All athlete assistants must wear a facemask while strapping an athlete into a field chair. Athlete assistants aiding in the strapping/unstrapping of an athlete in a field chair will be required to wear gloves, which will be provided in the call room.

### *Athlete and Guide Athlete Mask Requirements*

In addition to general mask requirements, all athletes and guide athletes are required to wear a mask in the following situations:

1. In the call room
2. While being escorted to the field of play

A disposable facemask will be given to all athletes in the call room. Track athletes will be provided a trash bin as they enter the track where they may dispose of their facemask. It is highly recommended that athletes utilize the provided facemask as there will not be an option to save the facemask once athletes are escorted from the call room to the track. At the conclusion of all track events, athletes are required to take a disposable facemask upon exiting the track and while they retrieve belongings.

Field and jumps athletes will be given a disposable facemask, if desired, in the call room. Facemasks must be worn in the call room and while being escorted to the field of play. Field



# U.S. PARALYMPIC TEAM TRIALS

and jumps athletes may only remove their facemask when they begin actively warming up on the field of play and while actively competing.

### *Coach Mask Requirements*

In addition to general mask requirements, all coaches should always wear a mask unless actively communicating instructions to an actively competing athlete while maintaining at least six feet of distance from the athlete and others. Masks must immediately be placed back over the nose and mouth after instructions are given.

Coaches are responsible for supplying their own mask, in accordance with the above requirements.

### *Officials Mask Requirements*

In addition to general mask requirements, all officials should always wear a mask with the following exceptions:

1. The starter should remove their mask at the start of track races and place the mask over their nose and mouth when appropriate following the start of the race.
2. Field officials can remove their mask while calling out marks for field events. The mask should be replaced over the nose and mouth immediately after.

### *PPE Considerations for Officials, Volunteers and Staff*

1. Gloves are required when handling implements
2. Gloves are required in field events when actively strapping an athlete into a chair
3. Glove are required in the call room if coming directly in contact with athletes (e.g.. taking a mask measurement, medical services)



# U.S. PARALYMPIC TEAM TRIALS

Venue Entry Map





# U.S. PARALYMPIC TEAM TRIALS

## APPENDIX D

### At-Home Test Option for Test #1

The Lucira COVID-19 All-In-One Test Kit is a single-use test kit intended to detect the novel coronavirus SARS-CoV-2 that causes COVID-19. This test is authorized for prescription home use with self-collected nasal swab samples in individuals aged 14 and older. This test is authorized for use at the Point of Care (POC) in individuals aged 13 and under when the specimen is collected by a healthcare provider at the POC.

**Type of sample:** Self collected nasal swab

**Results:** Results within 30 minutes

**Price:** \$55

**Video Instructions:** <https://www.youtube.com/watch?v=GVgRfK32qQ0>

If you are interested in purchasing the Lucira test for at-home results, please follow the instructions below:

1. Visit the purchasing website:  
[CLICK HERE](#)
2. Order your test kit, checkout and pay
3. Take the test, following all included instructions, four (4) to six (6) days from your first competition or significant interaction with athletes. This should be prior to any travel to Minneapolis.
4. When your test kit has displayed a result, take a picture and upload it to the following link as proof of your Test #1 result:

[CLICK HERE](#)





# U.S. PARALYMPIC TEAM TRIALS

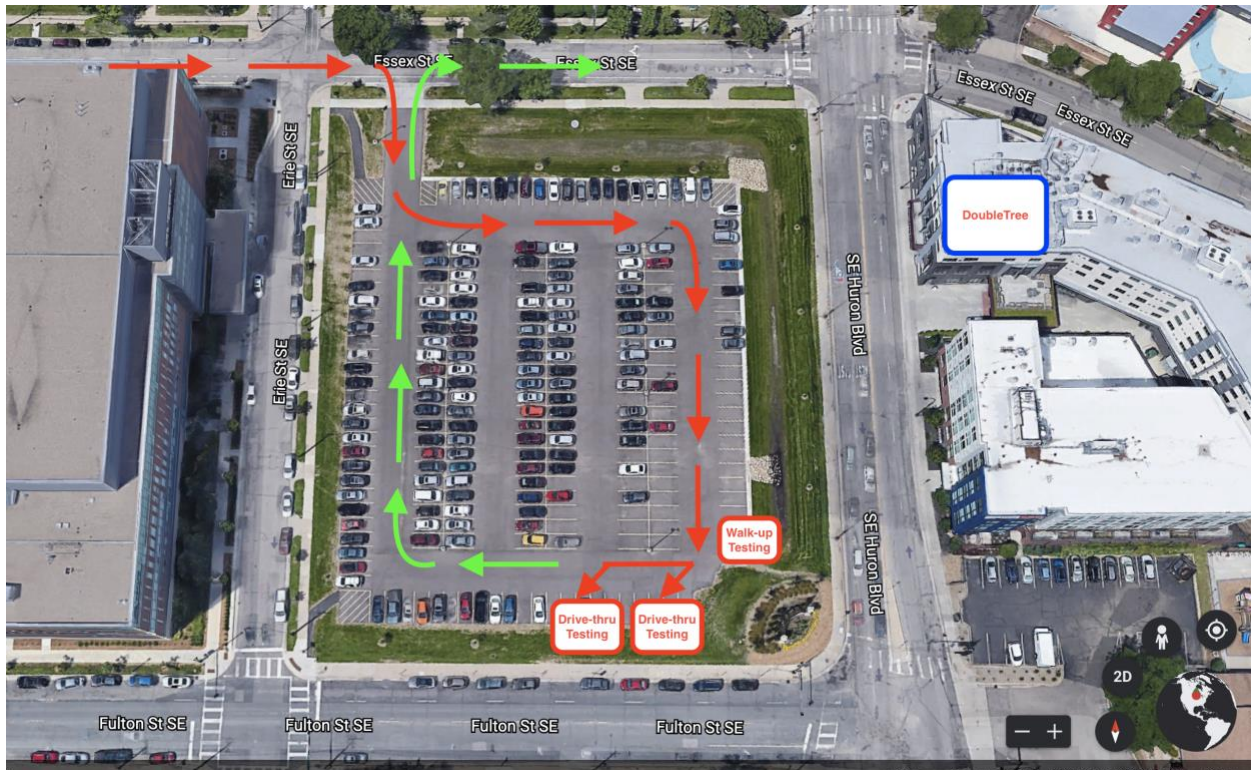
## APPENDIX E

### Directions and Instructions for Testing in Minneapolis

Testing will be available via drive-thru or walk-up in University of Minnesota Lot C13. Follow the directional signage to be assisted by the on-site staff.

-From Hwy 52/I-94, take exit 235B. Turn left on Fulton St SE, right on Ontario St SE, right on Essex St SE, then right into Lot C13.

-For all other drivers, choose directions that approach Lot C13 heading east on Essex St SE.



Date	Times	Location
June 11 <sup>th</sup> – 13 <sup>th</sup>	9:00am – 12:00pm	<b>University of Minnesota Lot C13</b> Essex St SE, Minneapolis, MN 55414
June 14 <sup>th</sup> – 16 <sup>th</sup>	9:00am – 12:00pm 3:00pm – 5:00pm	<b>University of Minnesota Lot C13</b> Essex St SE, Minneapolis, MN 55414
June 17 <sup>th</sup>	9:00am – 11:00am	<b>University of Minnesota Lot C13</b> Essex St SE, Minneapolis, MN 55414



# U.S. PARALYMPIC TEAM TRIALS

## APPENDIX F

### GuideSafe Information

GuideSafe™ is a web-based COVID-19 assessment tool that interprets existence of any COVID-19-related symptoms or exposure history. The U.S. Paralympic Team Trials will use GuideSafe™ for symptom monitoring, event entry (Trials Passport) and exposure notification.

Participants will complete the HealthCheck symptom survey daily to ensure a safe event. The initial survey takes about 20 seconds to complete. Subsequent surveys take about 10 seconds to complete. If the survey responses indicate the Participant is symptom-free and has no close exposure to someone with COVID-19, the Participant is cleared to enter a venue.

GuideSafe™ is a password protected system that can be accessed on a phone, tablet or computer. It is mobile-enabled so that it can be easily viewed on a phone, and the site can be pinned to a smartphone home screen so that it appears as an app. It is highly recommended to access GuideSafe™ from a smartphone so that the required Trials Passport can be shown at the COVID checkpoint.

It is highly recommended to download the GuideSafe™ mobile app, available on the Apple Store or Google Play, to keep your symptom monitoring, Trials Passport and exposure notification all in one place.

### Steps for Tiers 1 and 2

#### 1. Register for Okta

You will receive an email from Okta in early June with a link directing you to create a password. Click the link and complete the requested information:

- Set password
- Set security question and answer
- Select security image

#### 2. Visit GuideSafe™ Mobile App or Link

To setup your GuideSafe™ account, you can then do either of the following:

- [RECOMMENDED] Download and open the GuideSafe™ mobile app, click on HealthCheck, and then select USOPC from the organization options.



# U.S. PARALYMPIC TEAM TRIALS

- Visit <https://forms.uab.edu/427>, sign in using the credentials you just created, and complete your initial survey.

### 3. Complete Symptom Monitoring Survey

Follow the prompts to complete the survey. You will receive a reminder to complete the survey daily. On days when venue access is needed (training or competition), press the Passport button to get your Trials Passport.

### Steps for Tier 3

These steps apply to all Tier 3 individuals for venue access only. This includes anyone accessing points beyond the COVID checkpoint at the Breck School (Track & Field), such as parents of minors, spouses, etc. The steps will need to be completed again for each venue entry.

#### 1. Visit the Link

Visit <https://guidesafe.com/laravel/blade/visitorparalymics/auth> on your device and complete the questions.

#### 2. Access the Survey

After answering the initial questions, you will receive a text and/or email to gain access to the symptom survey. Complete this survey and you will receive a Trials Passport.

#### 3. Show Trials Passport

Present your Trials Passport to gain access to the venue as part of the COVID checkpoint assessment.

If you have any issues with your symptom monitoring or Trials Passport, please contact the appropriate COVID Officer. If your issues are technical in nature, feel free to contact the GuideSafe™ support line.

**Lead COVID Officer** – Kyle McKinnis, 719-439-0249, [kyle.mckinnis@usopc.org](mailto:kyle.mckinnis@usopc.org)

**CYC COVID Officer** – Emily DeGroot, 616-405-5123, [emily.degroot@usopc.org](mailto:emily.degroot@usopc.org)

**SWI COVID Officer** – Justin Miller, 719-421-0564, [justin.miller@usopc.org](mailto:justin.miller@usopc.org)

**T&F COVID Officer** – Calli Doggett, 719-291-6523, [calli.doggett@usopc.org](mailto:calli.doggett@usopc.org)

**GuideSafe™ Support Line** – 844-948-3162



# U.S. PARALYMPIC TEAM TRIALS

## Downloading the App

- Find GuideSafe™ in the Apple Store or Google Play Store. It looks like a green, blue and black arrow on a white background.
- Click through the prompts and verify your age. You must be 14 years old to use the app.
- Click through the prompts and agree to terms of use.
- Consent or decline to share anonymized data about app usage.
- Activate or decline to activate exposure notifications. It is highly encouraged that you activate exposure notifications to alert you if you come in close sustained contact with someone who has tested positive for COVID-19.
- Allow notifications.
- At the home screen, select 'Complete Healthcheck.'
- Select the organization 'USOPC.'
- Complete your Healthcheck. You will now be able to visit the app daily to complete your survey and get your Trials Passport

## Exposure Notification FAQ

### ***Does the app use a lot of my phone's data or battery life?***

No, not at all. The app is designed to have minimal effect on data and battery life by using Bluetooth low energy technology.

### ***Can I turn the exposure notification tool off?***

Yes. The choice to use this tool rests with the you, and you can turn it off at any time by uninstalling the exposure notification app or turning off exposure notifications in your Settings. It's as simple as that.

### ***How do I turn off the exposure notification settings?***

For iPhones, complete the following steps:

1. Settings
2. Privacy
3. Health
4. COVID-19 Exposure Logging
5. Exposure Logging (Turn Off)

For Androids, complete the following steps:



# U.S. PARALYMPIC TEAM TRIALS

1. Settings
2. Google
3. COVID-19 Exposure Notifications
4. Use Exposure Notifications (turn off)

### ***Is GuideSafe™ Exposure Notification App secure? Is my privacy protected?***

Yes! The GuideSafe™ Exposure Notification App is completely secure and it protects your privacy while giving you the power to protect the health of yourself, your family, and your community. You control all data you want to share, and the decision to share it. The app does not collect identifying information such as your name, address, date of birth, contact information or specific location data.

### ***How does it work?***

When you are within six feet of others, your phones exchange encrypted, anonymous codes via Bluetooth. If you test positive to COVID-19, an anonymous notification will be sent to those with whom you came in close contact over the last 14 days. The notification they get is **completely** anonymous – they do not know from whom the notification came, the time, the location – I only the date of the possible exposure.

### ***Will I remain anonymous?***

Yes. The GuideSafe™ Exposure Notification App will not collect your identity, therefore the app does not share your identity with any other users.

### ***If I test positive for COVID-19, will my identity be shared with others I've come in contact with?***

No. If you test positive you are not identified to other participants, or to Apple or Google.

### ***If I've come in contact with someone who has tested positive for COVID-19 in the last 14 days, will their identity be shared with me?***

No. All matching with other participants will be done through the exposure notification app on your device. The app does not know identities so the app cannot share identities with you, Apple or Google.

### ***What should I do if I receive an exposure notification?***

After you receive an exposure in the app, you should immediately contact one of the COVID Officers for the U.S. Paralympic Team Trials.