

SARS-CoV2 PANDEMIC & Combative Sports

Universal Precautions 2.0

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INTRODUCTION

The New Universal Precautions

- Changes in how we function
- Guidelines for Safety
- The Virus Will be With Us
- We Cannot Reduce Risk to Zero
- Regional Differences
- Establish Guidelines Moving Forward

Primary Objective

What can we do?

- Personal Hygiene
- Social Distancing
- Sanitization of Work Area
- Laboratory Testing for the Contagion
- Reducing “Touch Points”

Pre- arrival at event

Covid prevention starts at home

- Education of Athletes: Hygiene, Isolation, Social distancing, Avoid “Sick People”
- Pre-arrival History (travel, cough, fever, flu like symptoms, exposure to “sick people”
- Testing: PCR testing by qualified personal in home city and submit to commission
- If positive athlete and camp disqualified
- Negative: Travel to venue
- Different athletes and camps should not travel together

Host Hotel

Arrival at Hotel

- Security Check- only personnel that are necessary
- After security check report to medical screening
- Initial Medical Screen- history regarding illness, travel, and contacts
- Temperature Check
- Covid Testing: Antigen via nasal swab (PCR)
- Antibodies
- If IgM or IgG positive- quarantine individual until antigen test available
- If antigen positive person is disqualified from supporting event
- Room check in after medical screening

Check into Room after Medical Screening

- All supporting staff given PPE (mask & gloves)
- Staff must practice social distancing while in communal areas of hotel
- Staff encouraged to not congregate in communal areas of hotel
- Hotel must practice proper sanitation technique
- Clean common touch points
- Hand sanitizer available in all common areas
- Staff educated on proper personal hygiene (hand washing, avoid face touching, avoid contamination of surfaces, proper donning and doffing of gloves & mask)

Host Hotel Sanitation

Hotel Plays an Important Role in Reducing Risk

- Sanitization procedures will reduce viral spread
- Hospital grade disinfectants should be used in common areas
- Examples Include- 10% bleach, 70% alcohol solutions, household disinfectants
- Food Provided: practicing social distancing, proper preparation, and protection
- Ideally Food provided at host hotel for all personnel involved with event
- Discourage staff from leaving hotel

Daily Medical Screening

- Repeat history regarding general health and potential exposure
- Daily temperature checks
- Wrist bands to identify staff that has been screened (different color for each day)

Weigh Ins

Social Distancing !!

- Schedule weigh ins incrementally
- Fighters have a prescheduled time to report
- Only one commission official needs to supervise weigh ins
- One commissionn official checking athletes in
- One commission official supervising and recording physicals
- Fighters report for pre-fight physicals performed either before or after weigh in
- Physicians wear PPE during exam
- Athletes wear masks removed only for oral/facial exam

Pre-bout Physicals

Universal Precautions 2.0

- Fighters report for pre-fight physicals either before or after weigh in
- Physicians wear PPE during exam
- Athletes wear masks removed only for oral exam
- Minimize use of exam equipment on athletes
- During exam- single use equipment when possible
- Sanitize equipment after each physical (e.g. stethoscope, BP cuff, penlight)
- Utilize Electronic Medical Record: eliminate paper as a touch point

Reevaluation of Pre Fight Physical

Do what is only necessary!

- Musculoskeletal Exam- (push ups, duck walk, crab walk, hop on each knee)
- The above requires no physical touching of athlete
- Do we need to exam the tympanic membrane pre-bout?
- Are there other parts of the pre-bout physical that can be deferred?

Event Day

Minimize Number of Staff

- Each fighter only allowed 2 corner men
- Strict adherence to social distancing when traveling to venue
- Fighters arrive incrementally to event.
- Fighter and corner arrive 60 minutes or less before fight & leave immediately after fight
- Individual locker rooms (only three people in locker room)
- Meticulous sanitation of locker room, mats, chairs, etc after team leaves
- Stagger locker room use

The Octagon

Keep Staff to Minimum

- Staff set back from cage
- Social distancing enforced
- PPE worn by staff: gloves, eye protection, masks
- Three Judges, Two Physicians, Three Commission members
- Cage doorman (2)
- Cut man (2)
- Referee
- Referee on deck collects score cards
- Time Keeper

Octagon Staff Continued

- Production Staff
- Use robotics as much as possible
- TV Announcer's Table: set back, social isolation
- Cage Announcer: Isolated at his own table
- Media: Limited & set back from immediate area

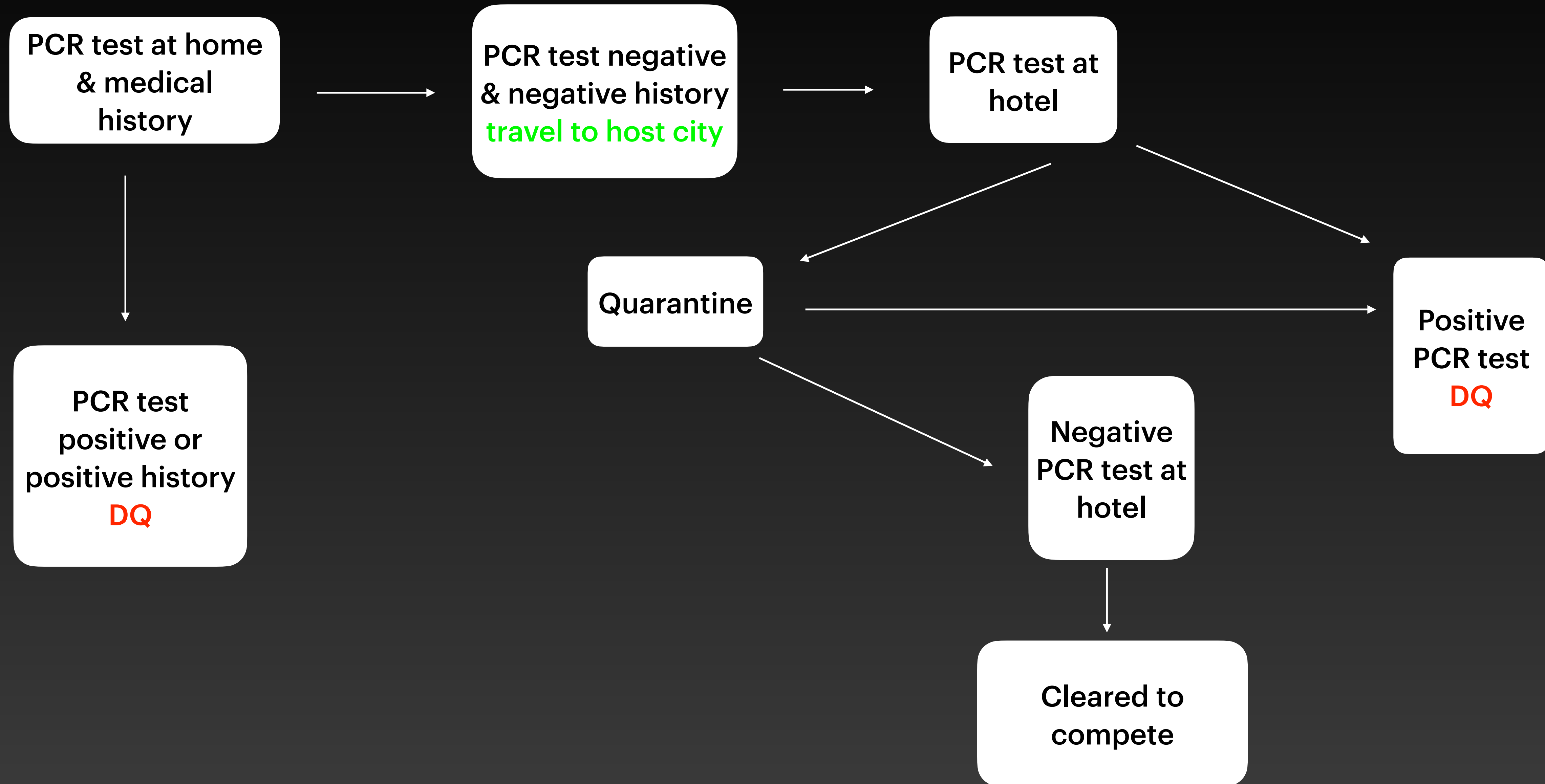
Ringside Physicians

- Two doctors at cage
- Minimize time in cage
- Only enter cage when necessary
- Protective Clothing: masks, eye protection, gloves
- Clothes: Eliminate coats and ties, Consider Black Scrubs
- Tuck credentials in shirt during fight
- Post bout physical: Ask fighter to wear mask after oral/facial exam

Summary

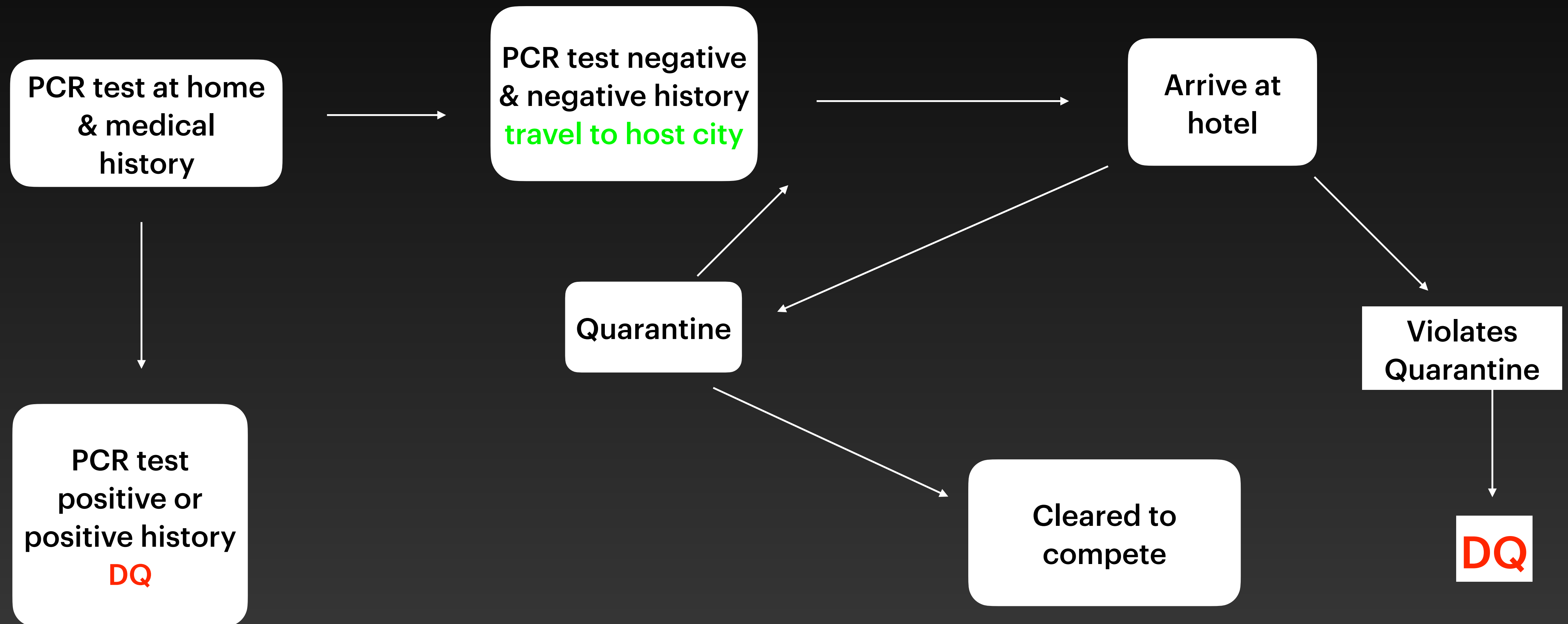
- Application to other Pandemics (Influenza, SARS, MERS)
- Adaptability is key
- Quarantine of Athletes can minimize testing
- Limitations of Quarantine: Practicality, “leaks”
- Limitations of testing: time for results, expense, reliability
- COVID: Fluid situation, guidelines will need to be adaptable as situation evolves

Proposed Testing & Screening Flow Chart



Alternate Proposed Testing & Screening Flow Chart

Limited PCR



Pre-event History

Completed Before Travel to Venue

1. Please list travel history (national & international)
2. Have you had any symptoms such as cough, fever/chills, shortness of breath, muscles aches, chest pain, sore throat, headache, nausea or vomiting
3. Have you been in contact with anybody that that has been sick or has any of the above symptoms
4. What jobs have you held over the last 2 weeks
5. Have you been diagnosed with COVID19
6. Have you been in contact with anybody diagnosed with COVID19