



Effective Date: May 26, 2020

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## **NWSL Medical Testing Protocol**

### **Tests**

1. Antigen polymerase chain reaction (PCR) testing obtained from NP or EUA approved specimen that detects for an active infection
2. Antibody (IgG) blood testing that assesses if the body has built up antibodies in response to prior infection

### **Testing Principles**

1. Testing must occur prior to start of preseason. Any player (contracted or trialist) or staff member that will participate in team training must take both a PCR and Antibody test prior to being present at any team trainings.
2. Throughout the preseason, testing must occur according to our protocol below.
3. Throughout the tournament, testing must occur according to our protocol below.
4. All team physicians and/or athletic trainers must confirm testing has occurred and inform the players and staff of their results.
5. Team physicians and/or athletic trainers must confirm with the league that their players have all had negative test results. Any positive test results must be communicated immediately to the player/staff member and league. The player or staff who tested positive must be quarantined and the team will begin the steps defined in positive testing protocol.
6. The team may choose to test additional staff and trialists during preseason, following the same protocol listed so that those players and staff may participate in training while in home market.
7. Accurate and up-to-date logs of all testing must be maintained by the team physicians and/or athletic trainers.

### **International Travel after arriving in Home Market or Utah**

1. 7-day Quarantine - Player should be isolated in their own living quarters and not be integrated into any team activities or have contact with any other players
2. After arrival into the United States, PCR and IgG testing is required on Day 2/3 AND PCR testing is required on Day 5/6.
3. Outcomes: If 2 negative PCR tests, 1 negative IgG test, and 7 days of quarantine are confirmed, then group training may begin. If a positive PCR or IgG test is obtained, then additional physician required clinical evaluation and cardiac testing for players prior to return to training or games (per positive test protocol).



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### **Baseline Home Market & Utah Testing**

1. 1 PCR antigen test (48-72 hours prior to group training)
  - a. Players
  - b. Referees
  - c. NWSL & Club Staff
2. 1 IgG antibody test
  - a. Players
  - b. NWSL & Club Staff
3. Outcomes: If negative PCR and IgG tests are obtained, then group training may begin. If a positive PCR or IgG test is obtained, then additional physician required clinical evaluation and cardiac testing for players prior to return to training or games (per positive test protocol).

### **Preseason Testing**

1. Weekly PCR antigen testing
2. For teams traveling to Utah after preseason: 1 PCR antigen test (48-72 hours prior to travel)
3. Outcomes: If a negative PCR test is obtained, then group training may continue. If a positive PCR test is obtained, then additional physician required clinical evaluation and cardiac testing for players prior to return to training or games (per positive test protocol).

### **Tournament & Utah Preseason Testing**

1. Day 0: ARUP will complete PCR antigen test for the entire travel party after arrival (within 24 hours) in Utah (For those teams traveling into Utah for or after preseason)
2. Game-day PCR antigen tests (within 24-48 hours of every game)
  - a. Players, Club Staff, and Referee Staff
  - b. NWSL Staff (weekly)

Outcomes: If a negative PCR test is obtained, then group training and games may continue at the Tournament facilities. If a positive PCR test is obtained, then additional physician required clinical evaluation and cardiac testing for players prior to return to training or games (per positive test protocol).

3. ARUP completes testing and compiles all team test results for immediate email to team physician and team athletic trainer by group email with a copy to Venue Medical Director. If there is a positive test result, communication will follow the protocol steps described in the communication protocol and will begin the protocol steps defined in positive testing protocol.

### **Return to Home Market Testing**

1. PCR antigen testing
2. IgG antibody testing