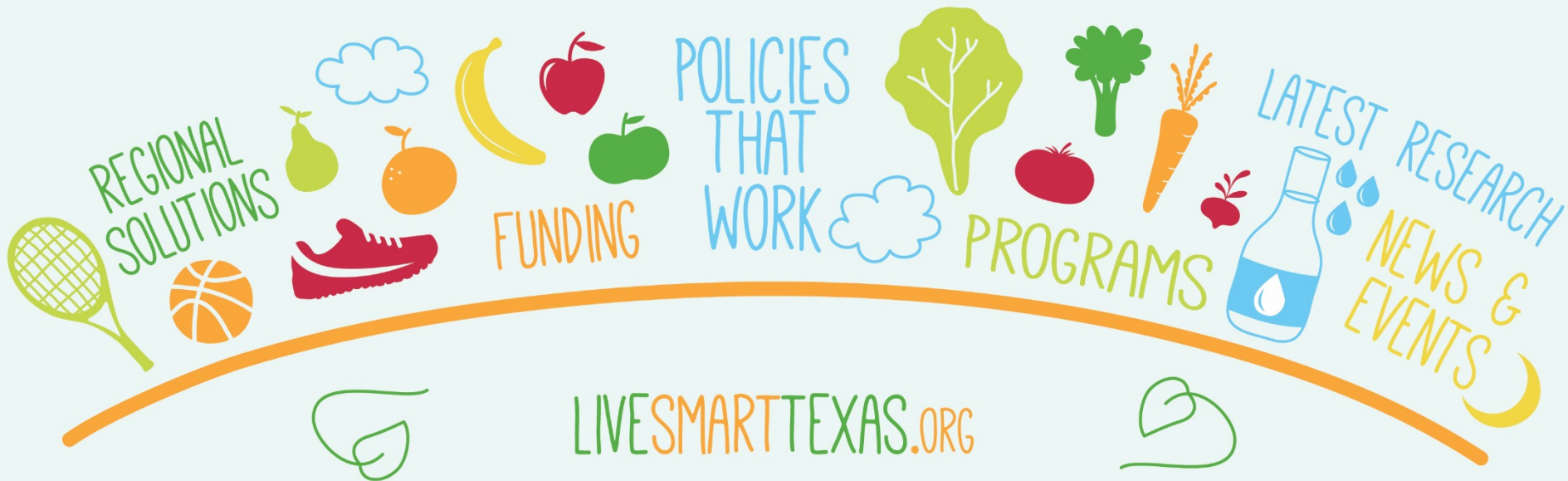


# Resuming In-Person Physical Activity Safely: Updated COVID-19 Guidance and Practical Recommendations

Facilitated by:

**Emily Dhurandhar, PhD**

Co-Chair of Live Smart Texas



# ABOUT LIVE SMART TEXAS



Live Smart Texas is a coalition of organizations and individuals who work together to address the state's obesity epidemic, especially in children.

**Connect with Us**

@LiveSmartTexas

[www.livesmarttexas.org](http://www.livesmarttexas.org)

[LiveSmartTexas@uth.tmc.edu](mailto:LiveSmartTexas@uth.tmc.edu)

# COVID-19 Guidelines for Physical Activity

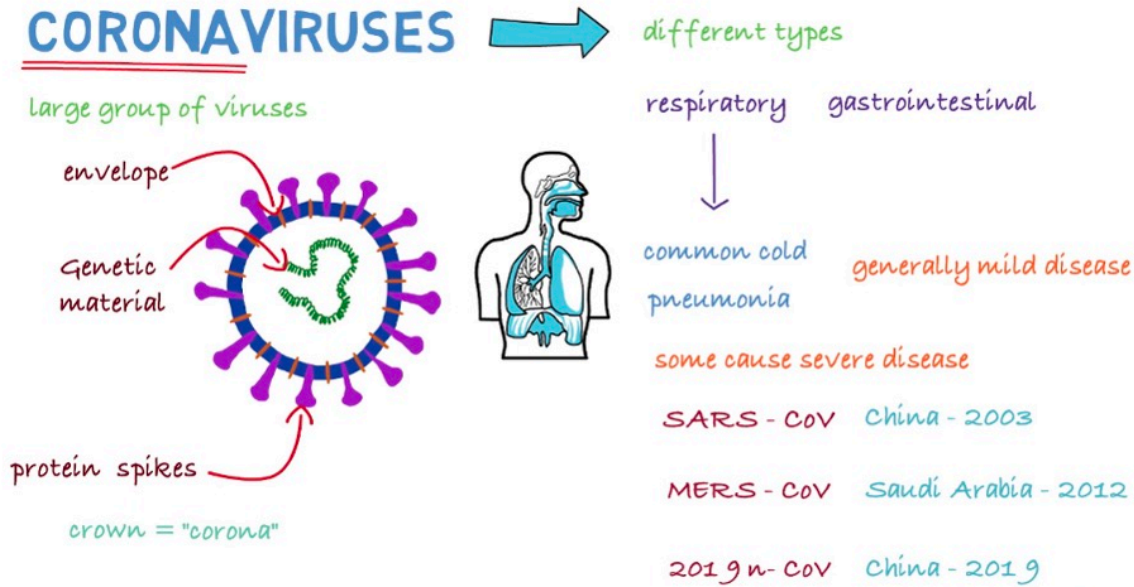
Presented by:

**Bertha Hidalgo, PhD, MPH**

Associate Professor of Epidemiology, University of Alabama at Birmingham

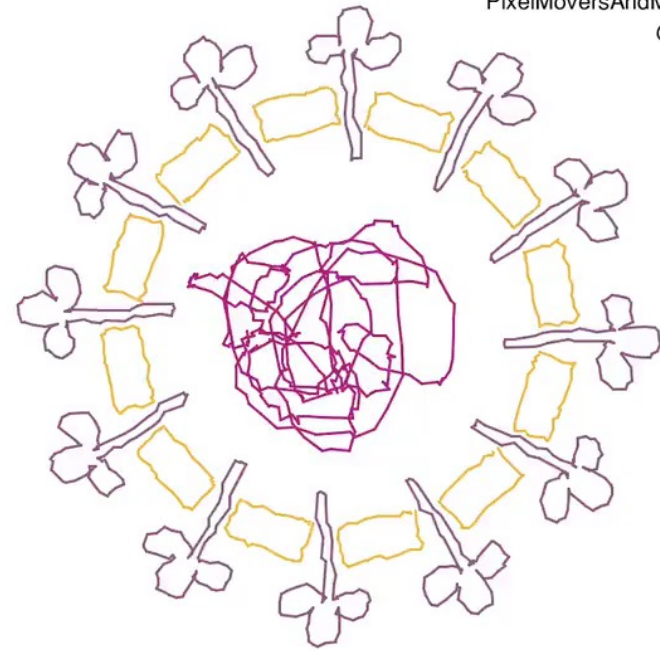


SARS-CoV-2 is part of the coronaviruses family. The coronaviruses family includes viruses that cause the common cold, MERS, and SARS.



# SARS-COV-2

- SARS-COV-2 is made up of a small set of genes, surrounded by fatty lipid molecules.
- This fatty covering can be dissolved by soap/detergents. That means, hand-washing with soap and water for 20 seconds is highly recommended. Ethanol also breaks the virus apart, so hand sanitizers with at least 60% ethanol are effective, in the absence of water.
- Finally, for cleaning, Windex, bleach water, and soap and water are effective for cleaning surfaces.

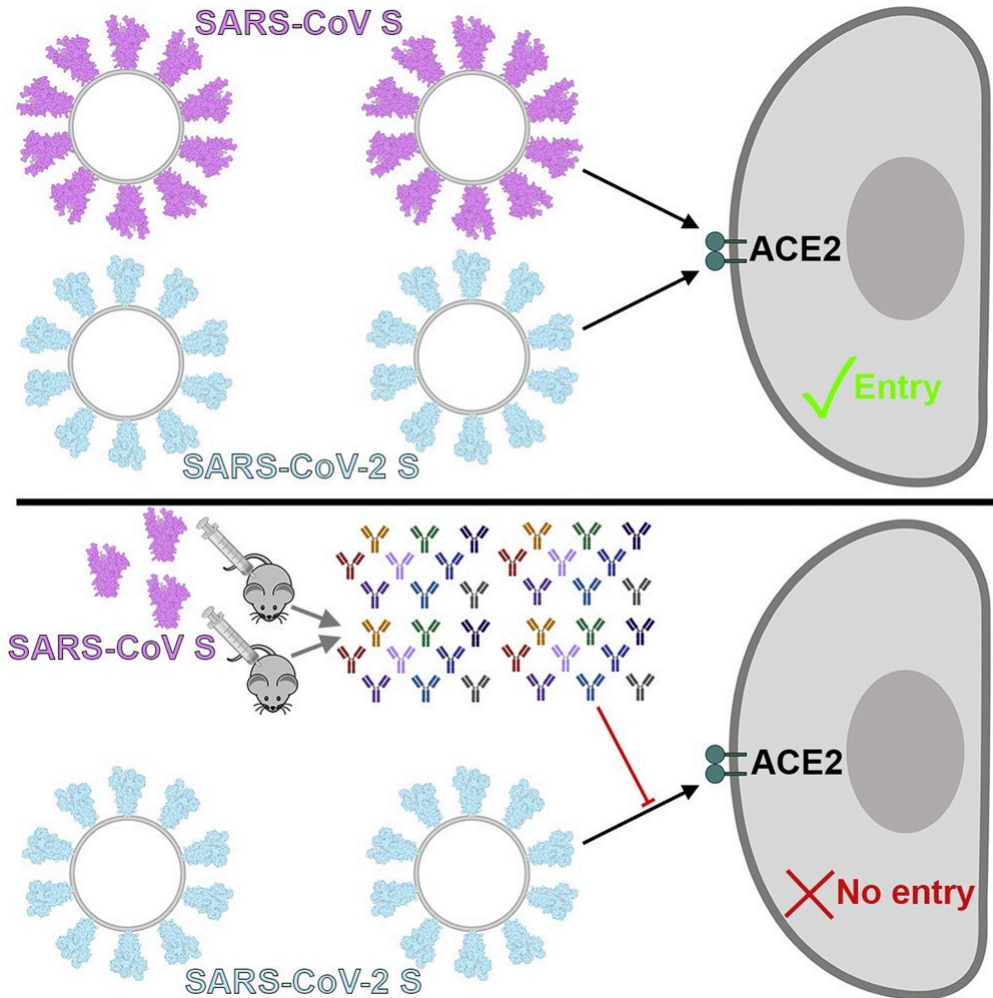


PixelMoversAndMakers.com

@KevPluck

# How does sars-Cov-2 enter human cells?

- SARS-CoV-2 uses ACE2 to enter target cells
- SARS-CoV-2 and SARS-CoV bind with similar affinities to ACE2
- Structures of SARS-CoV-2 spike glycoprotein in two conformations
- SARS-CoV polyclonal antibodies inhibit SARS-CoV-2 spike-mediated entry into cells

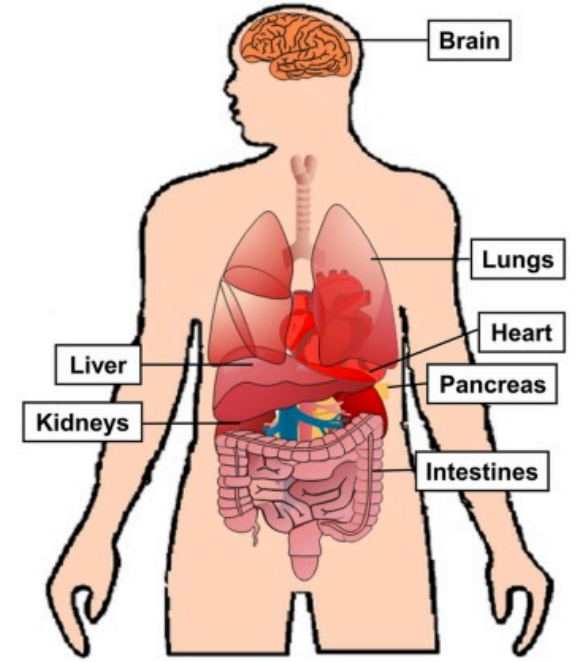
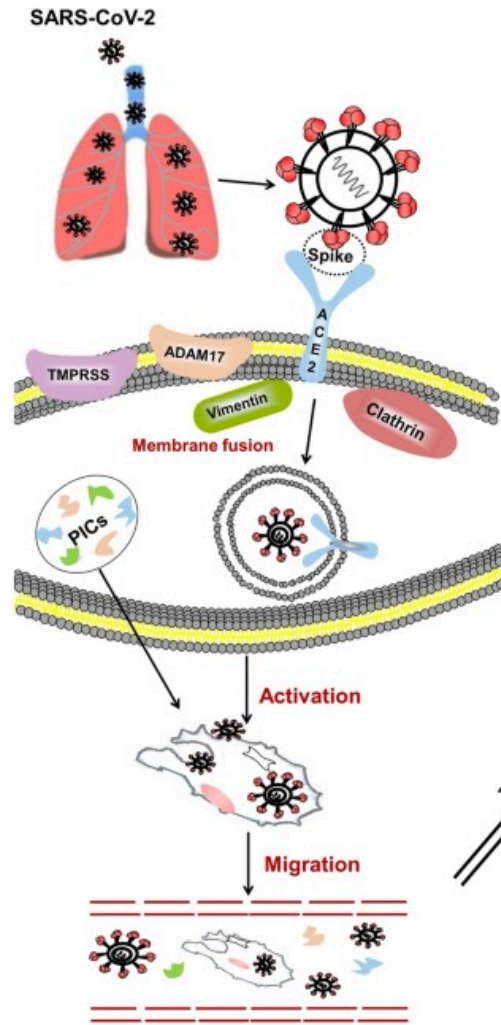


# Viral entry and interaction with target cells

- SARS-CoV-2 binds to ACE 2, the host target cell receptor.
- Active replication and release of the virus in the lung cells lead to non-specific symptoms such as fever, myalgia, headache, and respiratory symptoms.
- In an experimental hamster model, the virus causes transient damage to the cells in the olfactory epithelium, leading to olfactory dysfunction, which may explain temporary loss of taste and smell commonly seen in covid-19.
- The distribution of ACE 2 receptors in different tissues may explain the sites of infection and patient symptoms. For example, the ACE 2 receptor is found on the epithelium of other organs such as the intestine and endothelial cells in the kidney and blood vessels, which may explain gastrointestinal symptoms and cardiovascular complications.
- Lymphocytic endothelitis has been observed in postmortem pathology examination of the lung, heart, kidney, and liver as well as liver cell necrosis and myocardial infarction in patients who died of covid-19.

# ACE2 Receptors

- ACE2 receptors are like doorways
- Virus is like the key



Multi-organ injury in COVID-19

Ni, et al, Critical Care, 2020



# COVID-101

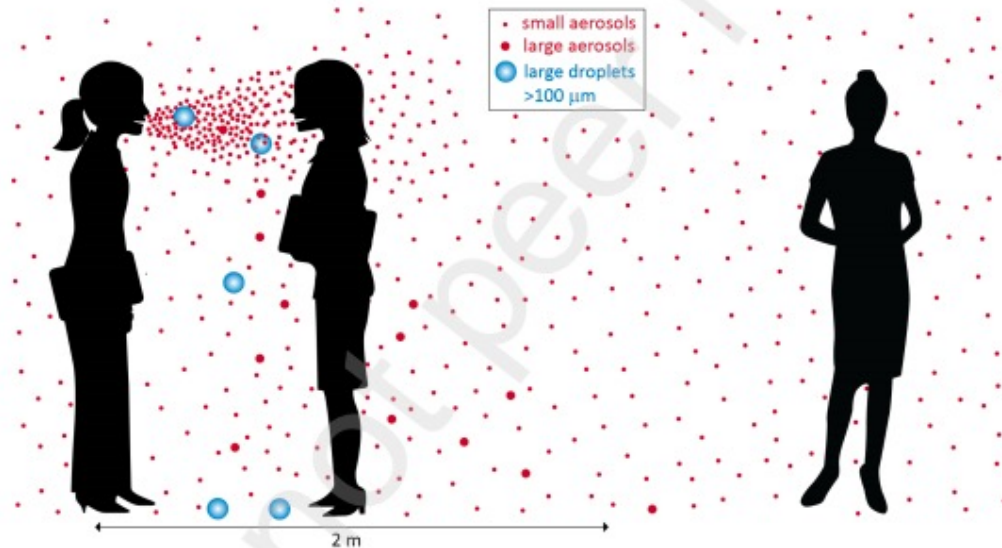
- Sars-COV-2 is the virus that causes COVID-19
  - **There are several variants that have/are circulating, the most prevalent being the delta variant**
  - **The delta variant is highly transmissible**
    - That means people infected with delta have 1000X more virus than people who were infected with earlier versions of the virus
    - Because of the higher viral load, it takes less time for people to become infected
      - Seconds vs the 15 min you heard about previously
  - **The vaccines work great to provide protection for severe disease, hospitalization and death against delta.**
    - In some vaccinated cases, “breakthrough” infections may happen. Not all breakthrough infections lead to severe disease, hospitalization or death
    - Breakthrough infections that lead to hospitalization and/or death in vaccinated individuals are most common in individuals who are immunocompromised/immunosuppressed or older individuals >65+

# Ways to prevent COVID-19

## **To help prevent the spread of COVID-19:**

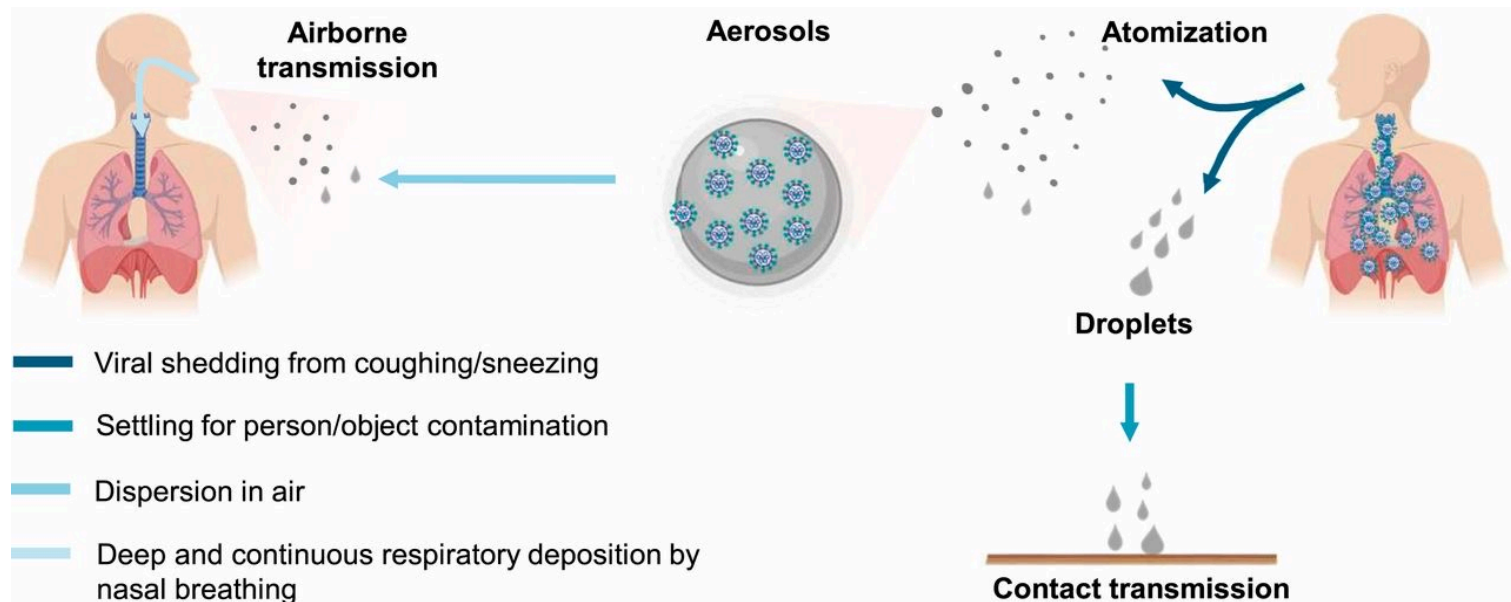
- Wear a mask to protect yourself and others and stop the spread of COVID-19.
- Stay at least 6 feet (about 2 arm lengths) from others who don't live with you.
- Avoid crowds and poorly ventilated spaces. The more people you are in contact with, the more likely you are to be exposed to COVID-19.
- Get a COVID-19 vaccine when it's available to you.
- Clean your hands often, either with soap and water for 20 seconds or a hand sanitizer that contains at least 60% alcohol.
- Avoid close contact with people who are sick.
- If you're not wearing a mask, cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean frequently touched objects and surfaces daily. If someone is sick or has tested positive for COVID-19, disinfect frequently touched surfaces.
- Monitor your health daily.

# 6 foot rule is great for outdoor activities



*Figure 1. Illustration of droplets and aerosols released during talking; these may carry viruses if the person is infected. The large droplets fall rapidly to the ground in close proximity. The small aerosols are much more concentrated in close proximity, and they can remain floating in the air and spread throughout the room, leading to (reduced) exposure at a distance.*

# Considerations for indoor activities



Masks are important, especially for indoor activities

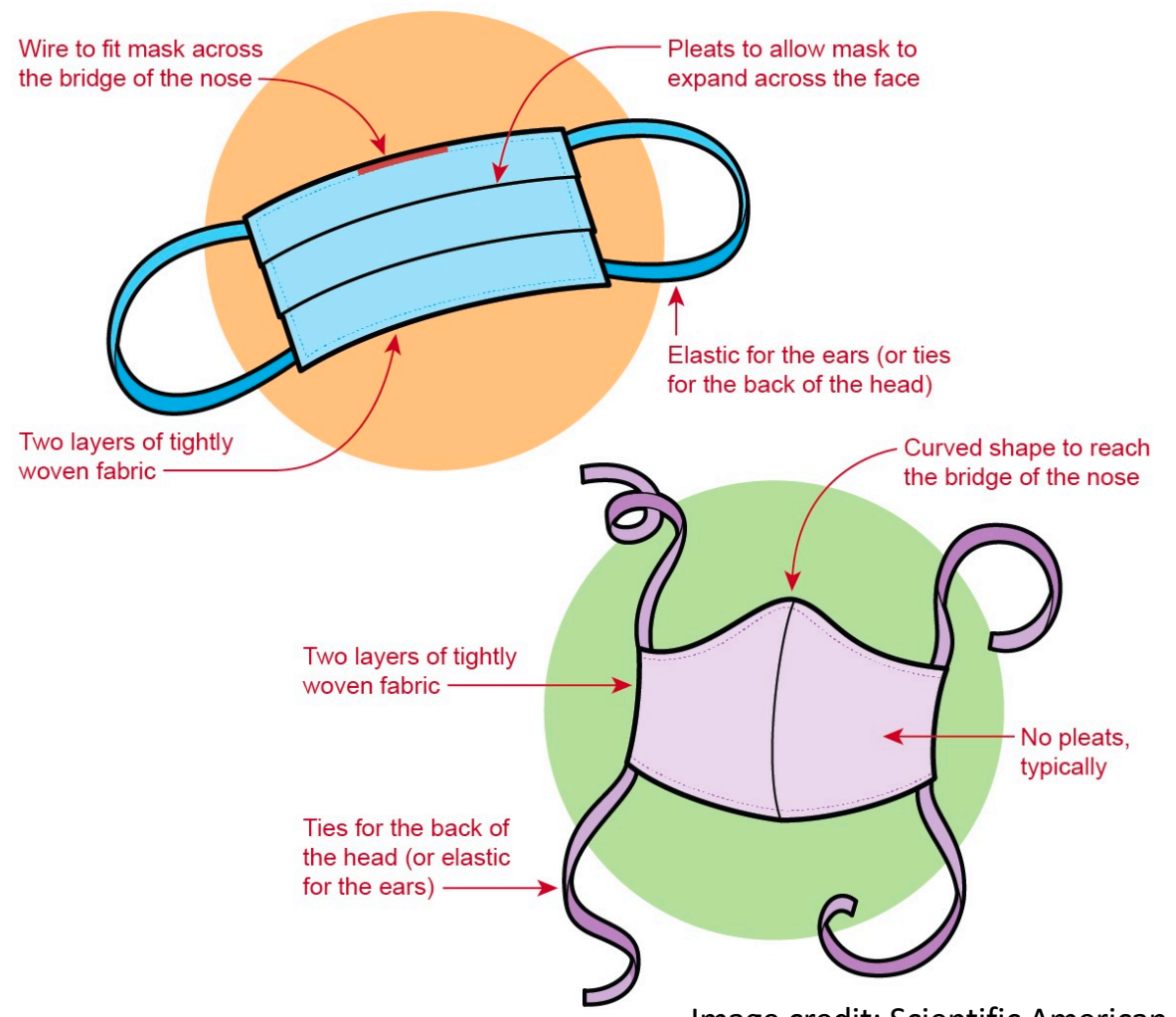


Image credit: Scientific American

# Does my mask protect the user even if no one else is wearing one? YES

- Masks work best when everyone is wearing one, but if you're the only one, it will help decrease the amount of virus that enters your body if you are around someone who is infected.
- How does the mask protect me?
  - Traps saliva/mucus containing virus in the weave of the mask
  - Decreases the infectious dose



# Outdoor transmission?

HOME > MUSIC > COUNTRY MUSIC

AUGUST 16, 2021 3:37PM ET

## **Watershed Country Music Festival Linked to More Than 200 Covid Cases**

Approximately 25,000 fans attended the July 30th through August 1st concert in Washington state

## **More Than A Dozen COVID Cases Linked To Electric Zoo Music Festival On Randall's Island**

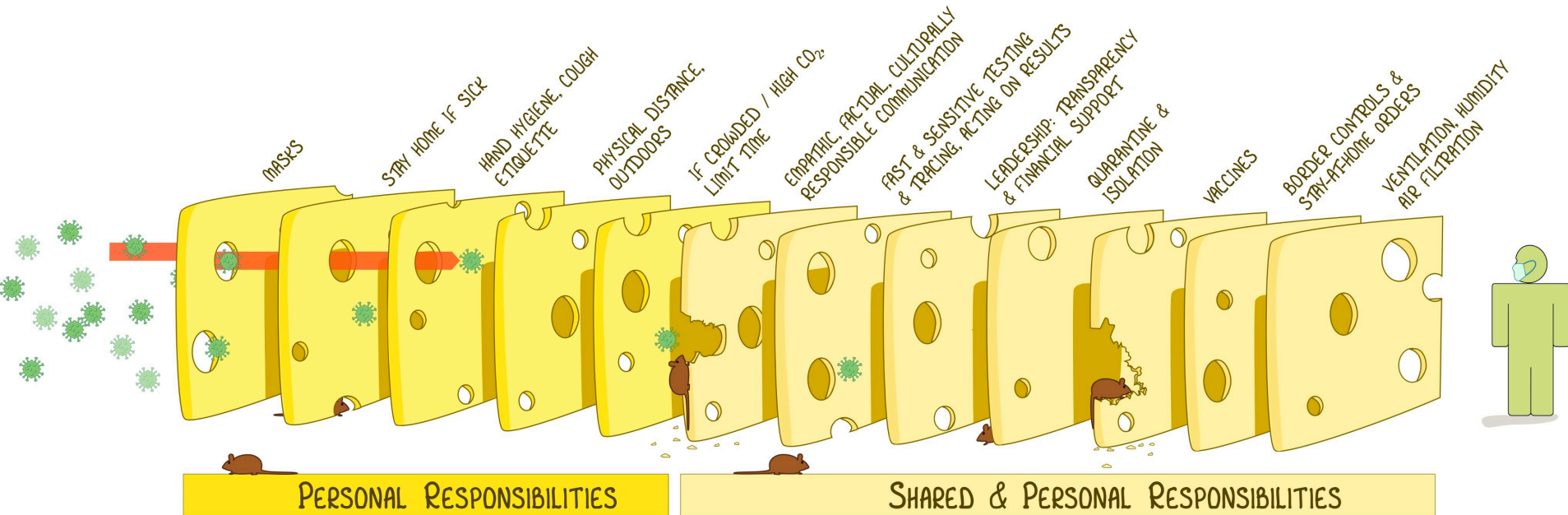
By [CBSNewYork Team](#) September 15, 2021 at 11:10 pm Filed Under: [Coronavirus, C](#)

## **Almost 5,000 Covid cases linked to Cornish music and surf festival**

**Organisers of Boardmasters say event had measures in place 'above and beyond national guidelines'**

# THE SWISS CHEESE RESPIRATORY VIRUS PANDEMIC DEFENCE

RECOGNISING THAT NO SINGLE INTERVENTION IS PERFECT AT PREVENTING SPREAD



EACH INTERVENTION (SLICE) HAS IMPERFECTIONS (HOLES) WHICH CHANGE IN SIZE, NUMBER AND POSITION DEPENDING ON HOW THE INTERVENTION IS ROLLED OUT.

MULTIPLE LAYERS IMPROVE SUCCESS.

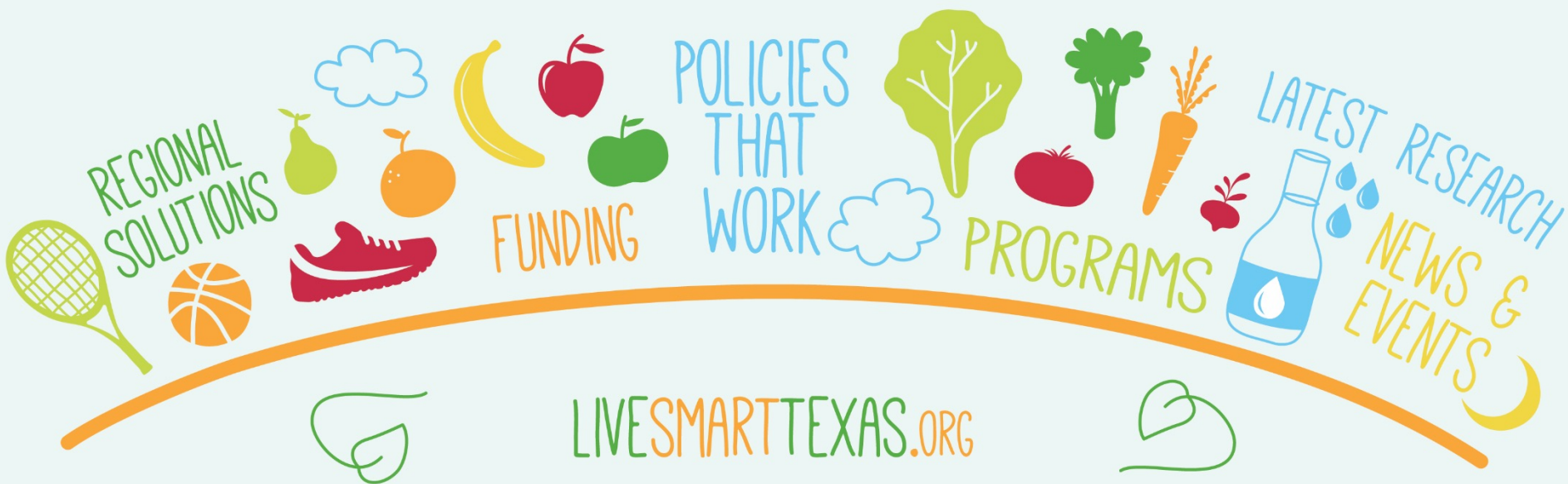


# COVID-19 Race Protocols

Presented by:

**Heidi Swartz**

Coordinator, Cowtown Marathon

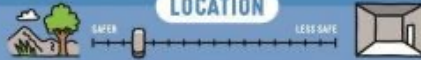


LIVESMARTTEXAS.ORG

### 3 FACTORS TO HELP YOU MAKE SAFER CHOICES

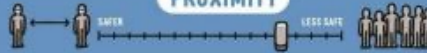
WHEN YOU'RE IN AN AREA OF WIDESPREAD COVID-19 TRANSMISSION

#### LOCATION



Open air spaces safer than enclosed spaces

#### PROXIMITY



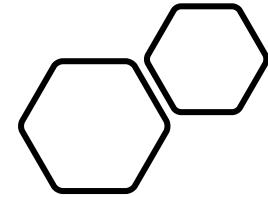
Farther away from others safer than close together

#### TIME



Shorter time periods with others are safer

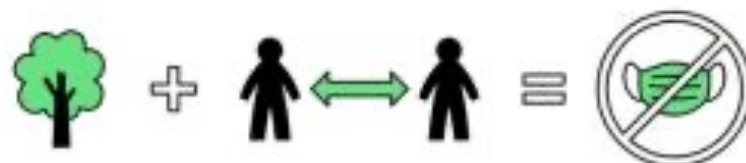
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>



### Use the 2-out-of-3 Rule

To lower risk for Covid-19, make sure your activity meets two out of the following three conditions: outdoors, distanced and masked.

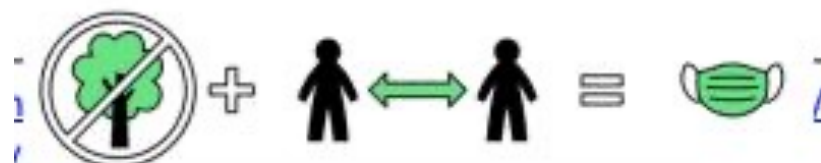
Outdoors + Distanced = No Mask Needed



Outdoors + No Distance = Mask Needed



Not Outdoors + Distanced = Mask Needed





**THE COWTOWN** 2021

HALF MARATHON · HEALTHY HIG HALF MARATHON RELAY · 10K · 5K

**SATURDAY, MAY 8 · FORT WORTH, TX**

PRESENTED BY



## Changes in Road Racing Amid Covid

## What we did May of 2021

- Limited capacity of participants
- Children's race was made virtual
- Start line open for 2.5 to 3 hours
- Runners were asked to carry their own water
- The race provided refill stations with limited cups
- NO Gu distributed on course Gu included in packet
- NO Spectators allowed at venue
- Food and medals distributed in color coded bags
- NO reunite area
- NO after party
- NO Hotel shuttle or relay shuttle
- NO gear check
- Medical course protocols were updated amid Covid
- Had masks readily available for runners while waiting to run and after completing the run

# HOW TO START RACE MORNING

START AT YOUR  
ASSIGNED TIME  
ON YOUR BIB



**WEAR A  
MASK**  
IN THE MARKED  
ZONES

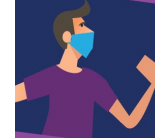
KEEP  
**6FT**  
APART 

ONCE YOU ENTER THE START  
LINE CHUTE  
**KEEP MOVING  
DON'T STOP.**

---- IF EARLY ----  
STAY IN YOUR CAR

# HOW TO START RACE MORNING

START AT YOUR  
ASSIGNED TIME  
ON YOUR BIB

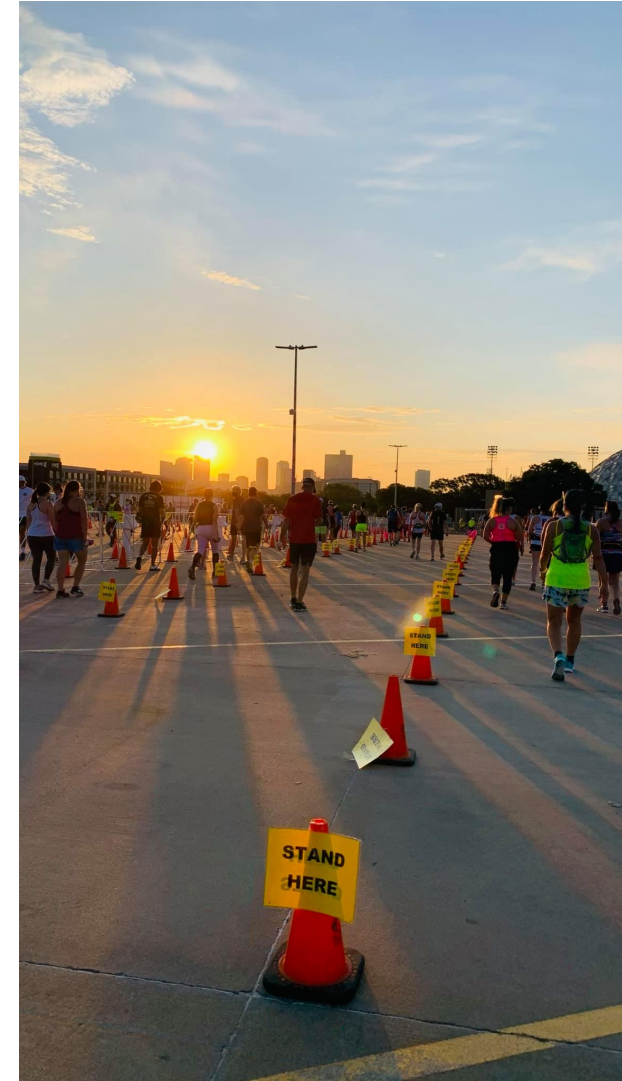


**WEAR A  
MASK**  
IN THE MARKED  
ZONES

KEEP  
**6FT**  
APART 

ONCE YOU ENTER THE START  
LINE CHUTE  
**KEEP MOVING  
DON'T STOP.**

---- IF EARLY ----  
STAY IN YOUR CAR







# Volunteers Protocol

- Questionnaire sent out prior to volunteer day, instructed to stay home if answering yes to any of the questions.
- Upon Sign-in, temperatures were taken
- No volunteers allowed to stay if fever present
- All volunteers required to wear face mask and gloves if handing off something to runners
- Face shields were also provided to any volunteer that wanted one
- All volunteers working at fluid refill stations required to wear mask and gloves

# Covid Safety Protocols

- The Cowtown conducted self-reporting symptom checks to all runners via email 10 days and 3 days prior to, participants reminded to stay home if they had symptoms, had direct contact with COVID-19 positive person. If runner's have symptoms or feel ill they were instructed to run virtually when they felt better, we then mailed them their finisher swag.
- Staff, Volunteers, and contracted workers conducted self-reporting symptom check 3 days prior and 1 day prior to event. All were required to wear face masks/coverings while working the event. The Cowtown conducted temperature checks and symptom screenings of all Cowtown staff and volunteers upon check-in at the event.

*The* **COWTOWN**  
*Fort Worth, Texas*

**FEB**  
25-27

**44<sup>TH</sup>**  
**ANNUAL**

**2022**

**ULTRA ★ MARATHON ★ HALF MARATHON**  
**Healthy Hig Marathon Relay 🏃 10K 🏃 Adults 5K 🏃 Kids 5K**

Presented by Baylor, Scott & White | All Saints Medical Center | Fort Worth, TX

# Covid Protocol for February 2022 Cowtown

## **To be Determined.....But most likely the following will occur:**

- Proof of vaccination or negative test 72 hours prior to race day
- Conduct self reporting questionnaire to runners, vendors, volunteers, staff
- Children's race possibly made virtual
- Start line open for an extended period in order to social distance
- Runners asked to carry their own water
- The race will provide refill stations with limited cups
- NO Gu distributed on course. Gu included in packet
- Limited spectators at start/finish venue
- Food and medals distributed in color coded bags
- NO Hotel shuttle or relay shuttle
- Medical course protocols updated amid Covid
- Masks required in indoor spaces or in tents
- Have masks readily available for runners while waiting to run and after completing the run

## For more information on how to conduct road races amid Covid:



Heidi Swartz, Executive Director of The Cowtown

Email – [heidi@cowtownmarathon.org](mailto:heidi@cowtownmarathon.org)



Checkout Running USA's Covid White Paper at the link below:

<https://bit.ly/RUSACovidwhitepaper>

# Using Community Voice in Transition Planning

Presented by:

**Vanessa Castro**

Program Director, Stronger Austin, IT'S TIME TEXAS





# Using Community Voice in Transition Planning



TEXAS IS  
BEST WHEN  
TEXANS ARE  
HEALTHY

# It's Time Texas

It's Time Texas is a statewide non-profit organization working to bring people, communities, and organizations together to take action that supports health for all, now and for generations to come. Through programs and partnerships designed to advance health on multiple fronts, we are shifting behaviors, practices, and policies to make health core to what it means to be a Texan.

---





## STRONGER AUSTIN

Prior to the COVID-19 pandemic, this Austin-based program offered FREE fitness classes and nutrition education programs, removing any financial barriers facing our most vulnerable communities and making health accessible to all of Austin.

### 500 Classes

Each year SA delivered an average of 500 group exercise and nutrition classes.

### 1,000 Participants

Each year, SA served an average of 1,000 individuals through our programming.

On March 13, 2020 the COVID-19 impacted the  
entire world.



### Classes Cancelled

All fitness & nutrition programming was cancelled immediately.



### Panic & Planning

After the dust settled, we began planning our next move.



### Program Transition

After a two-week hiatus, fitness and nutrition transitioned to our new virtual platform.

# PLANNING FOR THE FUTURE

After a year of virtual programming, our team began exploring what the future of the program could look like.





## COMMUNITY FEEDBACK

Community feedback was collected through surveys and interviews available in English and Spanish. Interviews were conducted with participants over the phone or using the Zoom platform. Surveys were distributed virtually to past and present participants.

- The majority (61%) of participants surveyed were slightly or very uncomfortable with in-person programming for the fall.
- Only 30% of respondents wanted all in-person programming while 46% wanted hybrid in-person and virtual, and 24% wanted all virtual.
- Arguments *in favor of In-Person programming* included: Social Connection, Motivation, Focus & Avoiding Tech Challenges
- Arguments *against In-Person programming* included: Safety for oneself & others, Living outside of Austin, Convenience, Lack of Transportation, Avoiding wearing a mask during exercise, and the uncertainty of Covid realities in the future.

# COMMUNITY NEEDS

---

When asked what conditions would need to be in place for in-person programming:

- 57% said participants needed to be six feet apart
- 40% said indoor classes must be limited to 50% capacity
- 33% said programming must be outdoors
- 29% said masks must be **encouraged** indoors
- 26% said masks must be **required** indoors
- 7% said masks must be **encouraged** outdoors
- 5% said masks must be **required** outdoors
- 20% listed other conditions including: a preference for continued online classes, availability of hand sanitizer, proof of vaccination, no children allowed, or no mask mandate





## WHAT WE LEARNED

---

- Although “Zoom fatigue” is real, participants are still hesitant about returning to in-person programming
- Virtual programming fulfills a need that wasn't previously met through in-person programming
- Since the transition to virtual, the program's participant demographic has shifted
  - Only 30% of participants are in the city of Austin



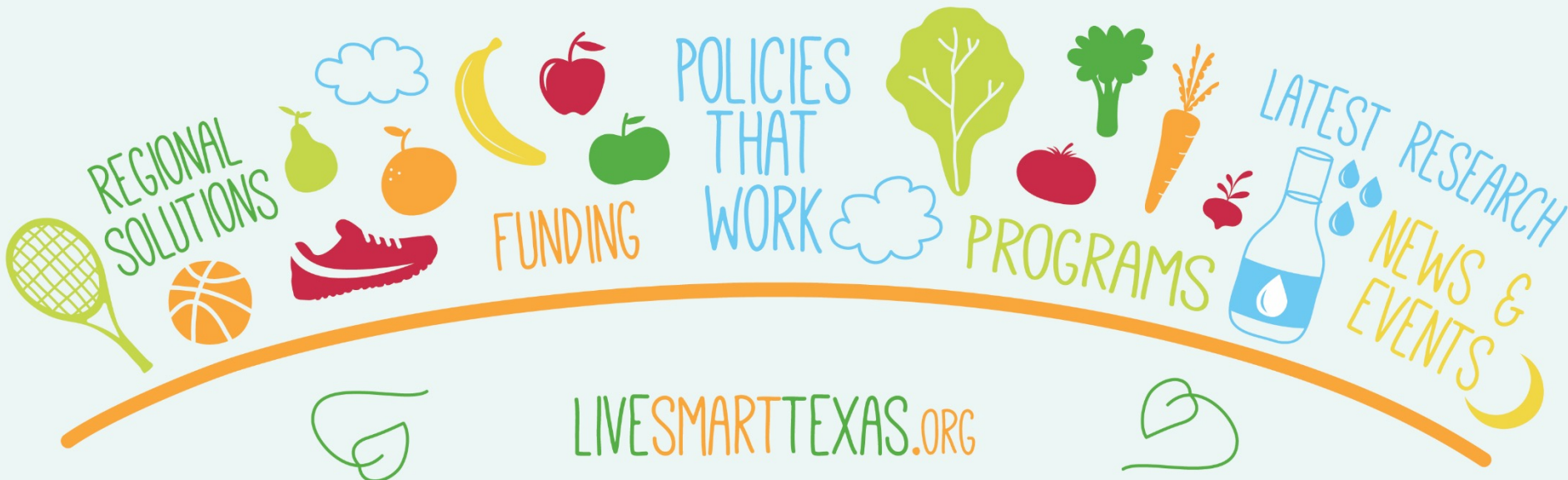
## Questions?

Thank you all for your interest!





# Thank you!



LIVESMARTTEXAS.ORG