
UC Athletic Return to Sport/Infectious Prevention and Exposure Control Plan: Competition Plan

- **The decision to follow the UC athletic guideline is up to the institution and guidelines from our institutions local/state/federal guidelines regarding return to school, practice, and competition. It is understood that this document may change due to changes in local/state/federal guidelines.**
- Safe competition and team travel will be consistent with compliance of local/state/federal guidelines and understanding plans could be altered due to local or national circumstances.
- An Athletic Department COVID team will be organized and comprised of the following individuals:
 - Athletic Director, Athletic Trainer, Team Physician, Licensed Campus Psychologist, Resident Director, SID/Athletic Facility Coordinator, Compliance, Athletic Administrative Assistant, and Strength and Conditioning Coach. Other individuals on campus will be consulted as necessary in an advisory capacity.

I. Current Guidelines/ Practices/Games

- ❖ In accordance with state guidelines, at this time, sports teams may do the following:

A. Screening/PPE:

- All student athletes, coaches, officials, athletic trainers, and anyone involved in practice or competition, is required to do a **daily self-symptom check** to ensure they do not have any COVID-19 symptoms, including a fever >100 degrees Fahrenheit, and to ensure that they have not been in the company of anyone who has been diagnosed with or has had symptoms of COVID-19.
- Any student athlete who has any signs or symptoms, should contact the athletic trainer by phone or email. The student athlete should not come to campus or practice. The student athlete may quarantine in the residence halls.
- Coaching staffs need to perform symptom checks as soon as student athletes arrive to campus for practice, competition, or any team activity. If coaches are picking up athletes for an off-campus practice/competition – the symptom check needs to be done before they are allowed in the vehicle.
- Prior to practice/competition coaches are expected to perform symptom and temperature checks for their athletes at each practice, competition, or team activity. **The coach must keep documentation/log detailing everyone who attended each team practice, competition, or activity in addition to keeping records of all symptom/temperature checks. The date should also be noted.**
- Student athletes should have a way to get home, or to their off campus residence if they do not live on campus, if they fail the screening, otherwise they will have to wait in isolation until they can find a way home.
- Anyone who does not pass screening must immediately go home, to their dorm or off campus residence, and follow up with their physician and/or contact the athletic trainer for further follow up information.
- DOCUMENT: The athletic director will be notified if an athlete did not pass a COVID screening.
- DOCUMENT: Documentation must be kept as to anyone who did not pass the COVID screening.
- **ALL** coaches, athletic trainers, and staff are expected to wear a mask at all practices, games, and team activities.

- Student athletes are required to wear a mask/face covering to and from practice and games. A Gaiter covering is recommended. Mask/face covering does not need to be used during any strenuous exercise during practice, games or in the fitness center.
- Face shields may be acceptable to wear, but the shields need to wrap around the sides of the face and under the chin.
- Hand sanitizer will be available for all practices and games.
- Transitional/Acclimatization considerations should be made in order to gradually build practice intensity to aid in cardiovascular conditioning and to prevent injuries.
- **High Risk Sports:** Lacrosse, Soccer, Volleyball, Basketball
- **Moderate Sports:** STUNT, Cross Country, Softball
- **Low Risk:** Bowl, Swim, Golf, Tennis, Track and Field

B. Physical Distancing:

- Universal masking will be in place. Student athletes who are not participating must wear a mask and social distance. Any student athletes on the sideline must wear a mask or face covering.
- Physical distancing remains in place except for athletes when they are participating on the field/court of play.
- For practices, athletes need to be in small groups, or pods, that will remain together for much of the practice. Groups should not be mixed.
- It is recommended to establish functional units of 5-10 individuals who will consistently work out together. If possible, have one unit of a team always play against another unit. This would help decrease the risk of infection for the entire team.
- When distanced for practice, athletes need to be staggered, not in a line.
- Time will be limited on activities/drills where student athletes will be near/close to each other.
- Student athletes, coaches, officials will not have any physical contact with each other before or after competition. No high-fives, team huddles, congregating.
- Team meetings will be done with social distancing or virtually.

C. Equipment:

- Whenever possible, equipment should not be shared. If equipment must be shared, then there must be proper sanitation of equipment between users.
- If possible, make sure there are adequate supplies to prevent sharing.
- Face shields affixed to equipment: Coaches need to confirm from helmet manufacturer that it retains NOCSAE (National Operating Committee on Standards for Athletic Equipment) certification.
- All student athletes will have their own water bottle. **A student athlete may not practice or participate if they do not remember to bring their own water bottle.**
- Shared water cooler: one person should be designated to refill bottles; if possible, and hand sanitizer will be available for use next to the water coolers.
- Ice Baths will be closed except for use in medical emergencies
- Masks/Face coverings and clothes need to be washed in hot water daily.
- Disinfect doorknobs, light switches, pull pins, weight bars, phones
- Use a mesh bag for dirty clothes – do not put practice/game clothes and equipment in same bag with everyday belongings.
- All equipment will be labeled.

- Electronic whistles should be considered for use by coaches and officials to prevent the spread of water droplets from forced air from traditional whistles.

D. Facilities:

- Time will be allotted between practice/competition times to allow for disinfection of shared spaces and to allow enough time for one team to exit facility prior to arrival of the next team.
- In the weight room/fitness facility: All clothes need to remain on.
- Masks/face coverings must be worn in the fitness center unless engaging in strenuous exercise.
- There will be a number limit on the amount of people allowed in the fitness center at one time. The limit will be approximately 10 people at a time.
- Sweat/dirt on any equipment/surface – need to wipe off sweat/dirt first and then follow with disinfecting spray.
- There will be social distancing in the fitness center - use every other machine, ensure 6-foot social distancing. All equipment cleaned before and after each use by whomever is using the equipment.
- If any fans are in use, they need to be pointed outward, toward a window or door, so it does not potentially spread the virus around inside the facility.
- Indoor ventilation systems and fans should be operating properly; the % of outdoor air in HVAC system should be increased.
- There will be minimal use of small, enclosed rooms. Conditioning should be performed outdoors if possible. When needed, there will still be social distancing enforced, sanitation of the room and disinfection of high touch areas.
- Team activities should be virtual, when possible. Use of film and conference rooms should be limited. If it needs to be used – there needs to be a limit on the number of individuals in the room to allow for social distancing. Face coverings/masks must be used.
- Teams are not to switch benches during competition.
- The number of student athletes in the locker rooms will be limited to approximately 5 student athletes at a time.
- Locker Rooms will be cleaned and sanitized nightly.
- Student athletes will use masks and socially distance in locker rooms.
- There will be disinfectant spray in each locker room.
- Each team will be responsible for keeping the locker rooms clean and everything picked up off the floor.
- Each team is responsible for locking up the locker room after use.

E. Travel:

- Everyone traveling with a team must undergo screening. If anyone does not pass the screening, or is ill, then the individual cannot go on the trip. This applies to anyone traveling including student athletes, staff, and drivers.
- 2 people allowed per room. Recommended to keep the same student athletes from a workout pod together.
- Face coverings/masks are to be worn when traveling.

- When traveling, student athletes should be seated near other student athletes they have been working out with in their group/pod.
- There will be social distancing while traveling. Van – 5 people including the driver; Minibus – 14 people
- If someone gets sick while on a trip – they will isolate from the rest of the team and be brought back in a 15-passenger van alone. The person will be expected to sit in the back, with the driver of the van as the only other occupant of the vehicle.
- Additional steps may be taken when traveling to visiting schools.

F. Spectators:

- Expected to conduct daily assessments at home and not attend any contests if they have any symptoms.
- Social distancing must be maintained.
- Universal masking is required at all times.
- No congregating before or after games/contests.
- There will be no bleachers outside. Spectators are expected to bring their own chair or blanket.
- For indoor competitions – bleachers will be marked off for social distancing.

G. Visiting teams:

- All teams will perform symptom and temperature checks prior to traveling.
- Documentation will be provided to home team stating everyone visiting has been symptom and temperature checked and results for everyone were negative.
- Upon arrival, visiting teams will be subject to another temperature check.
- Visiting teams are expected to follow universal masking and social distancing protocols.
- There will be hand sanitizer and disinfecting spray available for visiting team use.
- Visiting teams will have separate tables for taping and evaluation situated outside the visitor's locker room and the visitor's bench at the court/field, where possible.
- We will not be sharing training room equipment or modalities, including hot packs, with visiting teams.
- Visiting teams are expected to bring and utilize their own supplies.
- Cups and coolers will be provided to teams. Hand sanitizer will be placed next to coolers for visiting team use.
- All coolers will be disinfected after use.

II. Training room:

A. Equipment

- The training room will have a new temporal thermometer and get water bottles for each individual athlete. There will be no sharing of water bottles.
- The training room staff will use PPE, gloves, and masks. The training room will place more medical privacy screens between tables.
- Everything, including high touch surfaces, in the training room will be cleaned regularly and after each use.
- Hand Sanitizer will be available at practices and competitions.

B. Training Room Rules

- The student athletes will either sign in electronically or the training staff will sign in the student athletes. Pens will also be available for single use and a receptacle will be available to put used pens into for cleaning.
- The training room door will remain closed. Student athletes will have to knock or have an appointment in order to enter the training room.
- We will have the student athletes schedule a time to come into the training room and set a limit on the number of student athletes in the training room at one time. The number, depending on what the student athletes are coming into the training room for, will be limited to 5 or 6.
- Student athletes will be required to wash hands, change into clean clothes, if wearing sweaty/dirty clothes, if possible. Student athletes will be required to wear a face covering when coming into the training room.
- Any student athlete who needs to have a private talk will have to make an appointment or knock on the door. A mask/face covering, and social distancing must be maintained. We will have a designated space for private meetings with student athletes.

C. Education and Testing

- An athletic department COVID team will be organized. The return to sport plan will be shared with members of the team in order to receive feedback and make any necessary changes to the plan. The team will meet or be contacted, when necessary, to discuss any updates to the plan.
- Signs concerning COVID-19 symptoms, Ohio Department of Health phone number and ways to prevent spreading COVID-19 will be posted outside the training room, in addition to adding the information to the training room talk for the student athletes. Student athletes and coaches will be told to stay home, at their dorm or at their off-campus housing, if they have any symptoms.
- Training room team talk – will be sent to athletes virtually or in an email. The training room talk will include COVID updates so the student athletes will know what to expect.
- Concussion test – All student athletes need to be concussion tested. We will coordinate times for computer lab usage, determine how many athletes can be tested in one sitting while utilizing social distancing, and everyone will be required to wear masks and wash their hands or use hand sanitizer upon entering and leaving the lab.
- Proper hygiene, use of hand sanitizer and hand washing, proper cough and sneeze etiquette, physical distancing and use of facial coverings will be encouraged for all student athletes and staff.
- Symptomatic testing will be conducted through University Hospitals and coordinated through our team physician.
- **All students who need testing done need to use the college's address.** If the student does not use the college's address for testing, it could impact testing results and contact tracing.
- The athletic staff will be updated on return to sport information prior to returning to campus, at beginning of the year meetings, and will be kept updated throughout the year concerning any changes.

D. Positive Cases/Positive Symptoms/Illness

- Athletes who are ill will be required to stay home, in their dorm or at their off-campus residence. The student athletes can contact the training room by phone, email, or text.
- If it is necessary for the student athlete to come to the training room, we will set up a time when no one else will be in the training room.
- The student athlete would be required to wear a mask in the training room.

- If there is a concern for coronavirus we will work with our team physician to get a physician note to be able to send the student athlete for testing if the team physician feels it is necessary.
- Individuals are most contagious when they have symptoms.
- The student athlete or individual who has positive symptoms, has a fever >100 degrees Fahrenheit, and answers yes to any screening questions, must be isolated. On campus, the individual will be isolated in the Family bathroom, next to the gym in the Stano building. If the individual is an on-campus, residential student, then the individual will be isolated in the resident halls.
- The athlete/individual needs to seek medical care for any symptoms developed.
- If the athlete/individual is sick then they need to isolate and stay home/at dorm/off-campus residence, avoid crowds, wash hands, clean surfaces A LOT. If in dorms, they need to follow campus procedures.
- If the team has been using small groups/pods and one athlete gets sick, but the other athletes are not having any symptoms, then the asymptomatic athletes need to check with their physician to see if they need to get tested. We can consult with the team physician. It is possible that the student athletes without symptoms may be able to continue to practice. However, those student athletes should be kept in the same pod and observed for any developing symptoms.
- Other schools need to be notified if an athlete from another team tests positive within 48 hours after competition.
- Documentation: We would note anyone who did not pass a screening and why.
- The athletic director will be notified if a student athlete did not pass the COVID screening.
- If we are concerned about the possibility of the student athlete having the coronavirus, then the Athletic Director and Vice President for Student Affairs will be notified.
- If the student athlete is an on-campus resident, then the Resident Director will also be notified.
- If the test is positive, then we would need to contact the Board of Health or local public health officials.
- Student athletes are responsible for any costs associated for medical care for any illness.

E. Return to play following (+) test (following University Hospitals guidelines)

- For asymptomatic/mild symptom individuals with new positive test:
 - Isolate for at least 14 days and until symptom free for at least 3 days without any fever reducing medications.
 - No exercise for at least 14 days and symptom free for 7 days without any fever reducing medications.
 - Evaluation and clearance by primary care physician/provider (NOT URGENT CARE) before starting gradual return to activity
 - Consider ECG before returning to light exercise
 - Gradual increase in physical activity should be encouraged
- Athlete with new positive test requiring hospitalization
 - Isolated for at least 14 days and until symptom free for at least 3 days without any fever reducing medications
 - Evaluation and clearance from cardiologist and primary care physician/provider (NOT URGENT CARE) before starting gradual return to activity
- Athlete with previous (more than 14 days) positive test – asymptomatic or with mild symptoms
 - Evaluation and clearance by primary care physician/provider (NOT URGENT CARE) prior to starting gradual return to play
 - Consider ECG prior to light exercise

- Athlete with previous (more than 14 days) positive test requiring hospitalization
 - Evaluation and clearance from cardiologist and primary care provider (NOT URGENT CARE) before starting gradual return to play
- Athlete with severe symptoms requiring hospitalization – hypotension, arrhythmias, intubation or ECMO
 - No participation for at least 3-6 months
 - Evaluation and clearance from cardiologist and primary care physician/provider (NOT URGENT CARE) before starting gradual return to play
- Athletes with ongoing symptoms
 - No participation
 - Evaluation and clearance from cardiologist and primary care physician/provider (NOT URGENT CARE) before starting gradual return to play
- Athletes exposed to Covid-19 positive individual in close contact, i.e. household member
 - Isolation for minimum 14 days
 - May return to play if symptom free after 14 days
- Cardiac considerations – there can be an increased risk for cardiac complications to individuals who return to sport post infection. Individuals should undergo cardiac screening prior to return to sport. Depending on severity of illness, cardiac screening may include ECG and/or cardiology consult. We will consult with team physician.

F. Physicals

- Physicals will be determined by discussions with the team physician. There will be scheduled dates planned for on-campus physicals for student athletes who are unable to get their physical done at home.
- Student athletes will be required to get a physical done with their home physician, if possible.
- The team physician will provide a cover letter for the athletes to take to their appointment at home, along with their physical form.
- For on-campus physicals the student athletes will have scheduled times, they must socially distance, have forms completed in advance, and wear a face covering.
- Any physicals on campus, including returning physicals, will be scheduled in 5-10 min. increments. **Masking/face covering, and social distancing will be required in the training room.**
- In conjunction with physicals, and as a part of the student athlete’s medical history, all student athletes will be screened for COVID-19. This screening will either be done in conjunction with returning physicals, on-campus physicals or the athletes will be contacted and screened at a different time. The screening consists of the team physician or athletic trainer asking the following questions:
 - Have you or anyone in your household had any of the following symptoms in the last 14 days: sore throat, cough, chills, body aches for unknown reasons, shortness of breath for unknown reasons, loss of smell, loss of taste, fever at or greater than 100 degrees Fahrenheit?
 - Have you or anyone in your household tested positive for COVID-19?
 - Have you or anyone in your household visited or received treatment in a hospital, nursing home, long-term care, or other health care facility in the past 30 days?
 - Have you or anyone in your household cared for an individual who is in quarantine or is a presumptive positive or has tested positive for COVID-19?
 - Do you have any reason to believe you or anyone in your household has been exposed to or acquired COVID-19?

- To the best of your knowledge have you been in close proximity to any individual who tested positive for COVID-19?
- Returning physicals will be conducted at scheduled times once the athletes return to campus.
- High risk student athletes will be monitored. High risk athletes include student athletes with chronic kidney disease, COPD, weakened immune system, obesity (BMI>30), serious heart condition, sickle cell disease, type 2 diabetes. Other impacts could include athletes with asthma, high blood pressure, smoking and type 1 diabetes.

G. Mental Health:

- Any meeting with an athlete requires masks/face covering and social distancing
- Athletes must knock before entering
- May need to reserve a room if more space is needed
- The Counseling Services and Disability Services Suite is now located in MU 130

H. Emergency Plan – Severe Weather

- We will follow current Emergency Action Plan protocols.
- Everyone will be expected to use masks and social distancing if possible.
- For sports utilizing the soccer/softball/lacrosse fields, the visiting team will be directed to Grace lobby, and the home team and staff will be directed to Smith Hall.
- If we need to utilize the residence halls for severe weather, the resident director will be notified.

Print off and Hang up posters/signage concerning:

- 1) Properly wearing a mask/face covering: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/cloth-face-covering.pdf>
- 2) Symptoms of COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID19-symptoms-11x17-en.pdf>
- 3) Stop the spread of germs: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/stop-the-spread-of-germs-11x17-en.pdf>
- 4) Ohio Department of Health: For questions concerning the Coronavirus/COVID-19 call:
1-833-4ASKODH (1-833-427-5634)