August 3, 2020

Athletics Department

Return to Play Fall 2020

The Manual
Players and Staff: Return to Play - Policies and Procedures

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You will complete several **specific training and orientation modules**. Some will need to be done before you report to campus and others after you arrive.

Each module will require **verification**.

1. Upon completion each student, staff member and coach will **sign a declaration of understanding and willing compliance**.

2. Non-compliance at any point will result in a 3-day immediate quarantine of that individual.

**Family unit distinction is one of our important tools to manage our health and safety:**

1. Every effort will be made to clear each person when they join a group/team through testing and screening.

2. Once convened groups can control:
   a. Outside access to their group.
   b. Their own actions outside the group

3. You can help maintain the degree of safety that you have established much as families do now in their self-quarantine safety first mode.
   a. We are asking you to make choices to protect your “family”.
   b. We are asking you to make personal sacrifices to help increase the likelihood that your family gets to enjoy a season.
All students, staff and faculty will be tested upon arrival to establish the safest possible base line going forward.

1. Most of you will test negative for the virus and integrate with your team.

2. Some of you will be asked to quarantine until your specific status can be determined.

3. If you test positive, you will immediately move into controlled isolation.
   a. The University already has rooms ready for this.
   b. Medical providers will treat you as appropriate.
   c. Students will be released from isolation:
      1. When medical personnel declare them COVID-19 free/negative.
      2. To the level of activity those providers believe appropriate.
COVID Screening

1. You (and all students & staff) will be **required to self-screen every morning** using a smart device application. It will take 2-3 minutes. The app will be available August 7.
   a. The device will **record your face for 15 seconds** to determine your **respiration and pulse rate**.
   b. You need a **digital thermometer (get one now)** to take your temperature and show the readout to the device.
   c. You will answer typical COVID-19 screening questions.
   d. We will screen **twice a day during preseason**.

2. The system will give you an **immediate assessment**:
   a. **Green** means you are **free to go** to class and practice.
   b. **Red** means you **quarantine immediately** and consult with our medical folks.
      1. You may be cleared back to green after some procedures.
      2. You may be asked to quarantine where you will get appropriate medical attention. (We already have rooms ready.)
      3. If you exhibit any of the symptoms to prompt a Red designation you will be presumed to have COVID-19 until we can officially change that diagnosis.

3. You (all student/athletes) will be screened again before entering the practice environment.

4. Whenever your team is **traveling**:
   a. Each traveler must screen **Green prior to boarding**.
   b. You may be screened again **upon arrival** before being allowed to enter the playing area.

5. If **multiple student-athletes on a single team** are showing symptoms through the screening process, the University will determine an appropriate action on a case-by-case basis.
Students or staff who are knowingly exposed to verified cases of COVID-19 without PPE:

1. Are to alert the Student Life Office (or Residence Hall Dir. if after hours and if in university housing).

2. The Student Life office will follow up with both Residence Life (if the student is in university housing) and the university COVID-19 Coordinator.

If someone is determined to have a known or high probability of exposure, they will transition immediately into quarantine for 14 days.

Interaction outside of practice and competition with coaches, assistant coaches and other athletic department personnel.

1. All staff will clearly communicate with students their availability for one-on-one conversations.

2. Students should make appointments via email or phone to visit their office.

3. Office visits require social distancing. If this is not possible, plans should be made to hold the meeting virtually or in an area where social distancing is possible.

4. No students, staff or other visitors should “drop-in” an office without an appointment.
1. The **first allowable practice** is August 15.

2. The **first allowable competition** (scrimmage or regular) is Sept. 12 for football and Sept 5 for all other fall sports.

3. National Championships for the traditional fall sports will be held in the spring of 2021.

4. Competitive limits have been adjusted:
   - Football: 6 (minimum) to 9 (maximum)
   - Men’s Soccer: 8 (minimum) to 14 (maximum)
   - Women’s Soccer: 8 (minimum) to 14 (maximum)
   - Cross Country: 4 (minimum) to 7 (maximum)
   - Women’s Volleyball: 13 (minimum) to 22 (maximum)

Fall sports will **report (by invitation)** on the following staggered timeline:

- **Football**: August 9, 2020
- **Men’s Soccer**: August 10, 2020
- **Women’s Soccer**: August 10, 2020
- **Cross Country**: August 11, 2020
- **Women’s Volleyball**: August 11, 2020
- **Cheer**: With new/returning students (as appropriate)
- **Dance**: With new/returning students (as appropriate)
- **Golf**: With new/returning students (as appropriate)

The arrival process will be considered a “public space” activity and require face coverings.
1. **Physicals will be completed** before you come to campus.
   a. Here is the link to the form: [GU Physical Form](#)
   b. Bring the completed form with you.
   c. If you arrive without it, you will be referred to a local provider.

2. Your **Medical history and insurance** information must be up to date in Vivature.
   a. Instructions: [Vivature User’s Guide](#)
   b. You will not be able to practice until this is completed.

3. You are required to sign an “**assumption of risk**” form before you will be allowed to practice or compete.

4. Access to the Athletic Training Room will be controlled.
   a. We will only use the West entrance from the breezeway.
   b. Maximum occupancy (staff included) will be set at 10.
   c. Face coverings will be required of all.
   d. Users will be asked to shower and be in clean clothes prior to entry.
   e. Staff and students will be screened prior to entry.
   f. Touchable spaces will be disinfected after any use in preparation for the next student.
   g. The room will be secured and unavailable anytime when staff are not present.
   h. The waiting area will require the six-foot social distance standard and face coverings.
PHASE 1 - VOLUNTARY QUARANTINE AND CONDITIONING:
During the **fourteen days prior to arrival** on campus we want you (all student/athletes, staff and coaches) to:

- Voluntarily **quarantine**.
- Refrain from travel.
- **Self-screen** each day and keep a record.
- Take the appropriate actions implied by the screening.

**International Student Athletes** traveling from abroad. During the **fourteen days prior** to your departure and arrival on campus we want you to:

- Voluntarily **quarantine**.
- Refrain from travel.
- **Self-screen** each day and keep a record.
- Take the appropriate actions implied by the screening.
- We expect that you will seek the most **socially distanced airplane seating** possible.
- Local airport pick-up and subsequent travel to campus will be the responsibility of the specific coach and team involved.
  - Face covering will be required of all.
  - Socially distanced as possible.
- You will be asked to report **72 hours before your team** is set to arrive on campus. That reporting date for most students will be August 7, 2020.
- You will be located in your own assigned room unless a unique roommate situation requires a different temporary arrangement.
- Your initial 72 hours will be **spent in strict quarantine**.
  - Meals will be provided by the University and delivered to rooms by protected team personnel.

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Every effort will be made to add some welcoming “normalcy” to your arrival.

You will self-screen three times per day.

Should you fail a screening for any reason you will be tested for COVID-19 as immediately as possible.

Presuming your initial 72-hour quarantine is successful, you will join your arriving teammates.

- All **Student/Athletes will voluntarily quarantine** after arrival on campus for a period of not less than three consecutive days before limited “practice” will begin.

- Students, staff and coaches will **self-screen at least 2 times** per day during this period.

- Screening will be required before any face-to-face team event.

- **Conditioning activities** conducted with strict adherence to social distancing guidelines are permissible. Face coverings will be optional for those players engaged in active conditioning.

### Transition to Phase 2:

- Participants who have not exhibited symptoms and who have not interacted with others exhibiting symptoms will be allowed to transition to Phase 2.

- Explicit person-by-person approval from the Athletic Training and Medical staff will be required to allow transition.
PHASE 2 - LIMITED PRACTICE:
This phase will consist of **three days** of “practice”.

- Limited to those activities that can be accomplished within social distancing guidelines.
- Ultimately, each student/athlete should act as a gatekeeper and “enforcers” of the six-foot “rule”.
- **Face coverings will be optional** for those players engaged in active practice.
- Students, staff and coaches will continue to self-screen at least 2 times per day during this period to identify any emerging symptoms.

Transition to Phase 3:

- Students, staff and coaches who are considered acceptable risks by our Athletic Training staff or other medical providers at the 7-day benchmark will be allowed to engage in managed team practice.

PHASE 3 - FULL “NORMAL” PRACTICE:

- Utilizing “best practices and procedures”.
- Designed to attain optimal distancing.
- Face coverings will be optional for those players engaged in active practice.
- If phase 3 starts before the beginning of school, students, staff and coaches will continue to self-screen at least 2 times per day.
1. Practice, weight room and locker room spaces will be **cleaned and disinfected** between uses.
   a. Teams may need to help.
   b. They will **locked** except for team or class use.

2. **Tools of play and practice equipment will be cleaned and disinfected** before and after each practice. They will be secured and otherwise unavailable.

3. Hand sanitizing stations will be available at each location.

4. Water fountains will be disabled. **Bring your own** full water bottle with your name on it. Safe refill will be available.

5. Standard University face covering and social distance protocols will apply to “non-practice” activity.

6. We will use all five courts in the Morden center.
   a. Use will be limited to scheduled practices and classes.
   b. We will try to limit interaction between courts.

7. Outdoor sports will:
   a. Choose spaces to attain best distancing options.
   b. Apply “public space” guidelines and require face covering for all “non-practice” activity.

8. **After practice, a competition or conditioning - players should put on their face covering, avoid close contact (less than 6 feet distance) and avoid common areas (including the travel vehicle) until they are able to bathe, put on clean clothes, and a clean facemask. Commons food service hours have been extended to 7:30p on weekdays to facilitate this requirement.**

9. **Laundry**
   a. The department laundry will be available to every team.
   b. It will be cleaned/disinfected before and after each use.
   c. You will be allowed to do laundry at home as well.
   d. **Practice uniforms must be clean - no exceptions.**
1. All participants in the contest (players, staff, coaches, officials, game management etc.) will be **Covid screened within six hours** of the beginning of competition and before accessing contest space.

2. Should an individual (home or away) evidence symptoms they will be escorted to a predetermined quarantine location.

3. Players and staff will wear facemasks whenever they are not in the contest. Players who are “warming up” can unmask.

4. **Spectators will be permitted:**
   - a. Capacity: the number possible with social distancing.
   - b. Fan access will be carefully restricted.
     1. Morden: East doors of the main North entrance
     2. Football stadium: Southwest & North gates
   - c. Outside Spectators will undergo a typical screening.
     1. Individuals must be thought safe before access.
     2. Spectators must comply with University COVID-19 rules including face covering and social distance.
     3. Spectators will be expected to sign an assumption of risk/waiver including their name and phone.
     4. We will make the Self-Screening app available to spectators to speed access to the venue.
   - d. Student spectators may access the competition venue:
     1. Within the total occupancy standards of that venue.
     2. With their self-screen **green** clearance for the day.
   - e. Potential spectators who choose not to comply with specified protocols will not be allowed access.

5. **Concessions will be allowed** with prevailing food preparation and handling protocols.

6. An appropriate number of hand sanitizing stations will be available.
1. Graceland teams will conduct a monitored self-screening of all travelers before boarding vehicles for departure.

2. Self-screening results and actions will be shared with destination Athletic Training staff.

3. The travel party will be limited to essential team personnel.

4. Any travel equipment will be cleaned/disinfected per CDC recommendations and transported in an isolated location.

5. All protocols of the host location will be strictly followed.

6. **After the competition, players will put on their face covering, avoid close contact (less than 6 feet distance) and proceed to bathe, put on clean clothes, and a clean facemask prior to boarding vehicles for the trip back.**

7. **Upon return to campus all travelers should avoid close contact (less than 6 feet distance) and avoid common areas until they are able to bathe, change into clean clothes, and a clean face mask.**

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1. Each traveler will **wear an appropriate face covering.**

2. A consistent pattern of seating will be applied for each trip.

3. Vehicles will be cleaned/disinfected before and after each trip.

4. Hand sanitizers will be on board any travel vehicles.

5. Meals - Coaches will inquire ahead of time to determine if a given location is able to handle the group safely.
1. Will be **avoided if possible**.

2. Any hotel accommodations will be situated in adjacent rooms and away from the general public.

3. Hotel rooms will be limited to two occupants.

4. A pattern of roommate assignments will be established and maintained so travelers have the same person each trip.

YOU WANT A SUCCESSFUL SEMESTER
YOU WANT A FUN SEASON
THIS IS OUR PLAN
IT CAN WORK - MAKE IT YOUR PLAN!