

COVID-19 Protocols-Supervised Athletics Activities

These protocols have been guided by the NCAA's "Sport Science Institute's Resocialization of Collegiate Sport: Developing Standards for Practice and Competition"¹ in conjunction with Keystone College's [Reopening Plan](#), recommendations from state and federal guidelines, the CDC, and the Department of Health. This document is intended to supplement the policies, procedures, and protocols identified in the College's Reopening Plan, which includes protocols for [quarantine](#), [isolation](#), and testing requirements for symptomatic [resident](#) and [commuter](#) students. It is expected that all team activities will follow these guidelines, at minimum, to ensure the health and safety of Keystone College student-athletes, coaches, athletic trainers, and other athletics staff. The College will continue to monitor these protocols and make updates as more information and/or resources become available.

"Out of Season" Overview

Based on the information that is currently available from the NCAA, we will consider our fall sports "Out of Season." We will continue to monitor the recommendations from the NCAA and update when appropriate, however the semester will begin with the following schedule:

- Monday, Aug. 24 – Sunday, Sept. 6 (1st two weeks) – No in person team activities
- Monday, Sept. 7 – Monday, Sept. 14 - Initial transition period for return to activity
- Tuesday, Sept. 15 – Friday, Oct. 9 - Four-week block of non-contact, socially-distanced activities in functional units
- **IF testing becomes available-** Monday, Oct. 12 – Friday, Nov. 6 – Four-week block of full-team practices/intra-squad scrimmages (*surveillance testing needed because masks/social distancing can't be maintained)
- *If testing does not become available, teams will continue to follow non-contact, socially-distanced activities in functional units until the testing situation changes.*

¹ <http://www.ncaa.org/sport-science-institute/resocialization-collegiate-sport-developing-standards-practice-and-competition>

Mitigating Risks With Testing

If testing becomes available, the following formula (suggested by the NCAA) will be used to conduct testing:

Roster size:

Coaches/staff:

Total roster + inner bubble:

25% every 2 weeks = # of tests every 2 weeks = # of tests over the 4- week period

of tests X \$\$\$ = ?????

Mitigating Risks with Daily Self-Health Checks

- As part of Keystone College's Reopening Plan, all student-athletes, coaches, athletic trainers, and other athletics staff will [conduct daily wellness checks](#) to verify that an individual is not experiencing an elevated temperature of 100 degrees or more, any new symptoms that may be COVID-19 symptoms, or reports that they are feeling unwell.
- In addition to the daily wellness checks, daily screenings of student-athletes will be conducted by an athletic trainer prior to any team activity or training. These screenings will verify that a player is not experiencing an elevated temperature of 100 degrees or more, any new symptoms that may be COVID-19 symptoms, or reports that they are feeling unwell.
- As described in the College's [Reopening Plan](#), [commuter students](#) who are experiencing symptoms or signs of COVID-19, should remain home or will be asked to return home and schedule an appointment with their primary care provider. [Resident students](#) should contact the Wellness Coordinator and/or designee at (570) 945-8255 or Campus Safety (570) 945-8989 to get in contact with the Wellness Coordinator and/or designee after hours to arrange for testing and be assigned to isolation housing while they wait to receive test results.

Ensuring Student-Athlete Safety through a Transition Period

- After the first two weeks of the semester have passed and teams can begin to engage in athletic activities, teams will abide by the recommendation of the NCAA to have a 7-10 day initial transition period to afford student-athletes the time to properly progress through the physiological and environmental stresses placed upon them as they return to activity.

Mitigating Risk with Face Coverings and Physical Distancing

- Once an athletic trainer has cleared the student-athletes, they may begin socially distanced practice or training, which must be supervised by a coach and/or athletic trainer at all times.
- Throughout practices and training activities, student-athletes, coaches, athletic trainers, and other athletics staff must wear face masks/coverings and maintain six feet of social distancing whenever possible.
- When at all possible, outdoor training should be used to mitigate the risk of COVID-19.
- Gym workouts must also be conducted in small groups that meet the criteria needed for social distancing guidelines and be supervised by a coach and/or athletic trainer at all times.

Mitigating Risk with Sanitation and Good Hygiene

- Student-athletes, coaches, athletic trainers, and other athletics staff will practice good hygiene by incorporating consistent hand sanitization and cough/sneeze etiquette into their daily lives.
- Student-athletes, coaches, athletic trainers, and other athletics staff will frequently sanitize any equipment that is used.
- Coaches, athletic trainers, and other athletics staff should consider implementing equipment that is available to help reduce the potential spread of COVID-19. For example, using electronic whistles instead of traditional whistles is recommended.

Mitigating Spread

- Coaches should consider the establishment of “functional units” as a strategy to minimize the potential spread of COVID-19. A functional unit may be composed of five to 10 individuals, all members of the same team, who consistently work out and participate in activities together.
- Meetings will be conducted virtually, with the exception of meetings that can take place outdoors and follow social distancing protocols (i.e. before practice/after practice, etc.).
- When in-person meetings must occur between student-athletes, coaches, athletic trainers, and other athletics staff, appointments will be by appointment only until further notice.
- All student-athletes, coaches, athletic trainers, and other athletics staff should understand that COVID-19 risk mitigation practices should be observed at ALL times, including non-athletic related activities.
- Student athletes should strive to be leaders on campus by consistently following mitigation (social distancing), hygiene (hand washing, cough/sneeze etiquette), and sanitation protocols in their daily lives.