

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 [COVID Management 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 COVID Management 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.

Mitigating Risk-Testing

- Before returning to practice and team activities, unvaccinated student-athletes must provide a negative COVID-19 test from 72 hours prior to moving to campus or full vaccination proof.
- In order to monitor student populations with a higher likelihood of community spread and maintain compliance with the CSAC and ECFC's protocols for return to play, Keystone College will require unvaccinated resident students and unvaccinated in-season student-athletes to participate in surveillance testing. This strategy will allow for at least 25% of Keystone College's unvaccinated resident students and unvaccinated student-athletes to be tested each week, with 100% of these populations tested every 4 weeks.
- Currently, when community spread is high or substantial, unvaccinated in-season athletes are expected to be tested 3 times a week. Keystone College will be following this guidance.

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

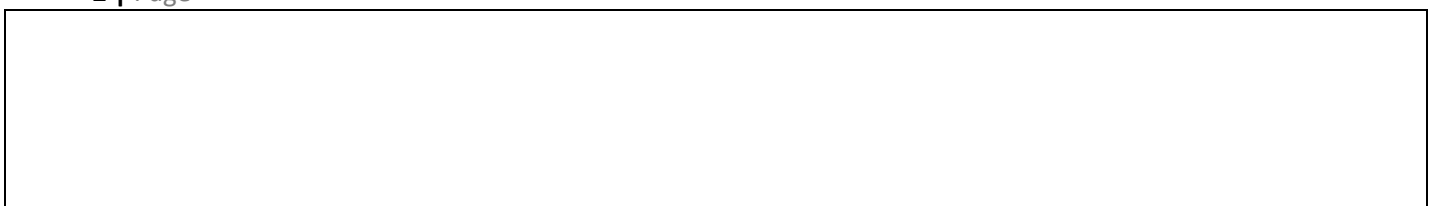


Mitigating Risk-Daily Self-Health Checks

- As part of Keystone College's COVID Management 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.
- As described in the College's [COVID Management 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.

Mitigating Risk-Face Coverings

- Once an athletic trainer has cleared the student-athletes, they may begin practice or training, which must be supervised by a coach and/or athletic trainer at all times.
- Throughout practices and training activities, unvaccinated student-athletes, coaches, athletic trainers, and other athletics staff must wear face masks/coverings.
- Unvaccinated student-athletes actively participating in the contest do not have to wear masks or face coverings outside. The mask-wearing exception is also applicable to the warm-up period immediately preceding the contest. The College shall support any student-athlete who chooses to wear a mask during warm-ups and / or during active competition.
- Vaccinated student-athletes, coaches, athletic trainers, and other athletics staff do not have to wear face masks/coverings outside. However, they may continue to do so if they choose.



- Currently, all individuals regardless of vaccination status are required to wear face masks inside Keystone College buildings. Face masks are not required in individual residence hall rooms and personal offices, but may be worn if an individual chooses.

Mitigating Risk-Sanitation and Good Hygiene

- Student-athletes, coaches, athletic trainers, and other athletics staff will practice good hygiene with hand sanitization.
- 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 Risk-Social Distancing

- Coaches may 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.
- When at all possible, outdoor training should be used to mitigate the risk of COVID-19.
- 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 and sanitation protocols.

Spectator Policy

- Spectators will be allowed at athletics venues at this time.



- All spectators must follow the campus visitor policy. Currently, all individuals regardless of vaccination status are required to wear face masks inside Keystone College buildings.

