COVID-19 Policies & Procedures Plan for Return to Newberry College Athletics
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Introduction

Newberry College (NC) has a responsibility to student-athletes (SA) to provide a safe environment. According to the NCAA Prevention of Catastrophic Injury booklet, injury diagnosis, management and return-to-play following injury/illness are the responsibility of the primary healthcare providers. The following are the recommended policies and procedures plan for the opening of varsity athletics as determined by the athletic training (AT) staff, with guidance from the Newberry College Health Care Task Force in cooperation with the Director of Athletics.

The intent of this document is to demonstrate and communicate preparation and implementation strategies for the safe return to campus and athletic activities following the COVID-19 pandemic. This departmental plan is part of the overarching plan for the institution.

Please Note: This is a living document, subject to change, and will be continuously updated as changes occur, based on recommendations by the South Carolina Independent Colleges and Universities (SCICU), National Athletic Trainers Association (NATA), the National Collegiate Athletics Association (NCAA), as well as guidelines and regulations from the Centers for Disease Control and Prevention (CDC), and state and local government health departments.

Campus General Counsel/Risk Management Liability Understanding

The departmental policy is part of and compliant with the College-wide plan and public health guidelines. A student-athlete who experiences symptoms should call Health Services immediately at 803-321-3316. An email should also be sent to John Lopez, Assistant Athletic Director of Sports Medicine. Sports Medicine staff members should thoroughly document any evaluations of the patient, including any patient contact (contact tracing) as well as a history of where the patient has traveled (locally and distant) and any communal buildings visited. Education of student-athletes and department staff regarding infectious diseases will also be done. This education will include pertinent College and department policies and procedures, guidelines for infection prevention and transmission control, proper communication methods for reporting symptoms, and personal conduct and hygiene. This education should be frequent and on-going as new information arises and policies and procedures are adjusted.

As the plan is subject to updates to information and guidelines concerning the COVID-19 pandemic it is recommended that all coaches, student-athletes, administrators and other applicable staff be familiar with, and practice the recommendations within the document.

Phased-In Process for Return to Athletics

As being recommended by the NCAA and the Intercollegiate Council for Sports Medicine (ICSM), a phased-in approach to returning SA safely into the athletic environment, including training and eventual competition, should be followed. Many SA, due to physical/social distancing, facility capacity restrictions, and state and local restrictions of access to training facilities, have not been preparing for
the return to their sport as they did prior to the COVID-19 pandemic. The necessary systems of cardiovascular strength and endurance, the musculoskeletal strength and endurance, general speed, power, fitness, kinesthetic awareness and the mental aspects of preparation have been severely compromised and, for some, non-existent for several months. Incidence of non-contact-related injuries is high following a period of inactivity. Also, risk of non-contact injury is high if training workouts and/or recovery strategies are not adjusted accordingly.

Recommendations of a phased-in approach, lasting as much as 6 weeks, are being developed at many Division I institutions as part of their “Return to Athletics” plans. Obviously, finances, facilities, athletic health care and support personnel, as well as housing, dining and mental health resources, are all critical aspects to consider as we bring SA back on campus. It is recommended that Newberry College follow a modified process due to limitations of resources. However, there is a need to follow some sort of phase-in process to return to athletic practice and play safely.

**Phase 1 (2-3 days)**

Some elements of this phase will require the SA to complete certain items prior to arrival to campus for the first time in the fall:

A. Request 14-day self-isolation prior to arrival on campus  
   (COVID-19 testing to be determined by the health care task force)  
   I. If tested, self-isolation until test results are known  
   COVID-19 education  
   II. Recommend platform that allows Q&A from participants  
   III. Required for all SA, coaches, and associated staff  
   Athletic Training Pre-participation Screening  
   Concussion testing & education for sports required by the NCAA and NC Athletic Training staff

**Phase 2 (2-3 days)**

B. Re-introduce SA to facility use and safety procedures in AT clinic, strength facilities, locker rooms, meeting rooms, and general team areas  
   Sports performance assessment and analyzation of SA for readiness for return to sports training  
   (see Sports Performance addendum)  
   Re-acclimation period (see Sports Performance addendum)  
   Sport-specific equipment distribution

**Phase 3 (5 days)**

A. Begin sport-specific practice as per NCAA Acclimatization Period and Exertional Heat Illness in Preventing Catastrophic Injury  
   I. Maintain appropriate physical/social distancing guidelines for spatial awareness for groups

**Phase 4 (5 days)**

C. Begin full practice activities in preparation for competition following NCAA Guidelines for hour restrictions
Follow COVID Guidelines for practices, games, and travel

Proposed Timeline for Resocialization of Sports at Newberry

<table>
<thead>
<tr>
<th>Arrival Date</th>
<th>Team(s)</th>
<th>Zero Days</th>
<th>First Workout Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>anytime</td>
<td>Local SA's</td>
<td>upon arrival</td>
<td>TBD</td>
</tr>
<tr>
<td>Monday, August 10, 2020</td>
<td>Football</td>
<td>Aug 10-11</td>
<td>Aug 11 PM</td>
</tr>
<tr>
<td>Tuesday, August 11, 2020</td>
<td>M/W Soccer, VB, FH</td>
<td>Aug 11-12</td>
<td>Aug 12 PM</td>
</tr>
<tr>
<td>Wednesday, August 12, 2020</td>
<td>M/W XC, CHEER, DANCE</td>
<td>Aug 12-13</td>
<td>Aug 13 PM</td>
</tr>
<tr>
<td>Friday, August 14, 2020</td>
<td>Winter Sports</td>
<td>Aug 14-17</td>
<td>Aug 20</td>
</tr>
<tr>
<td>Friday, August 14, 2020</td>
<td>Spring Sports</td>
<td>Aug 17-20</td>
<td>Aug 20</td>
</tr>
</tbody>
</table>

Pre-Participation Physicals for New Student-Athletes

A. A pre-participation physical examination is required for all new student-athletes that are playing a sport for the first time at Newberry College, or a SA who previously played a sport at NC but missed a season or sat out a year.

B. The NC Athletic Training Department will NOT be holding pre-participation physical examinations en masse, as we have done in previous years, due to the COVID-19 pandemic, the requirement of physical/social distancing, and the requirement of reduced crowding of less than 10 people.

C. All new SA (incoming freshman and transfers) and other SA that missed or sat out this previous season must complete a physical examination with their own provider.

D. The physical examination must be completed on the Newberry College Physical Examination Form.
   - Must have all required information completed on the form
   - Form must be signed by the provider and accompanied by either a stamp or printed name, address, and telephone number for the provider
   - We will only accept physicals from your personal physician or from a qualified healthcare provider
   - No physical will be accepted without the appropriate information
   - No physical exam will be accepted if completed prior to July 1st

E. The Department of Athletics Healthcare Administrator and the Athletic Training Staff have absolute and unquestioned authority to accept or deny a physical examination based on the appropriate completion of the form and the discernable completion of the providers information. If the form is denied, it may require a period of time to get confirmation on the information in question and the SA will not be permitted to participate in athletics until the form meets the requirements satisfactorily.
Newberry College Concussion Education and Management Plan/Testing

(These modifications have been made due to the current COVID-19 pandemic and are subject to change)

Concussion Education:
All coaches and student-athletes affiliated with Newberry College Athletics will be mandated to view a concussion NCAA CONCUSSION EDUCATION VIDEO (https://www.youtube.com/watch?v=T3FLRDxbLXg), attend a concussion education and management course conducted by Newberry College Athletic Training Department at the beginning of every academic year. This video and course will educate coaches and SA's on mechanism of injury, signs and symptoms, and immediate and long-term management of concussions. This all must be done and documented before we enter into Phase One(1). A link will be sent out to have this all completed online.

Football – All Coaches and players:
All football coaches and all football players will be mandated to watch the NCAA’s 2013 player safety video.

NATA Issues Official Statement on Calling Crown of the Helmet Violations (http://s3.amazonaws.com/ncaa/web_video/football/2013playerSafetyTargetingHD.mp4). This video will educate football coaches and players on mechanism of injury of head injuries, concussions and catastrophic neck injuries. This all must be done and documented before we enter into Phase One(1). A link will be sent out to have this all completed online.

Concussion baseline and follow-up testing:
All SA’s will be given a computerized baseline neurocognitive test their freshman or entry year and follow-up tests if they sustain a concussion in order to best determine their baseline and return to play medical readiness. This all must be done and documented before we enter into Phase One(1). A link will be sent out to have this all completed online.

Coaches Responsibilities: if a coach notices any Student-Athlete displaying signs and symptoms of a concussion listed below, they are to remove that Student-Athlete from activity immediately and contact their attending Athletic Trainer or Assistant Athletic Director of Sports Medicine / Head Athletic Trainer. (See below check list for coaches)

Athlete’s Responsibilities: If a Student-Athlete feels like they have any signs or symptoms of a concussion listed below, after a blow to the head they are to contact their attending Athletic Trainer immediately. If they notice another Student-Athlete displaying signs and symptoms of a concussion listed below, they are to contact their coach, attending Athletic Trainer or Assistant Athletic Director for Sports Medicine / Head Athletic Trainer. (See below check list for SA’s)

Athletic Trainer’s Responsibilities:
The supervising Staff Athletic Trainer will refer all student-athletes with a suspected concussion for evaluation by a physician following the concussive event. The physician will determine when to begin
progressing the student-athlete through the Return to Activity Protocol as outlined in the 2017 Berlin Concussion in Sport Group Consensus Statement. A student-athlete will not return to sport until cleared by a physician.

Immediate Management Plan: Any student-athlete presenting to a Certified Athletic Trainer or other healthcare provider exhibiting signs and/or symptoms of concussion shall be removed from all activity for the remainder of that day. If a student-athlete reports signs or symptoms of concussion to a coach, or if a coach notices signs and symptoms of concussion, a Newberry College Certified Athletic Trainer shall be notified immediately, and that student-athlete’s care will be transferred to the Athletic Trainer. If a Certified Athletic Trainer is not onsite, the coach shall contact a Staff Athletic Trainer or Assistant Athletic Director for Sports Medicine / Head Athletic Trainer via cell phone. If the concussion occurs during an away competition, and a Newberry College Certified Athletic Trainer is unavailable, the Certified Athletic Trainer covering the event shall be notified immediately, and the Immediate Management Plan will be followed accordingly. Signs and symptoms of concussion, according to the Sport Concussion Assessment Tool 5 (SCAT5) are as follows:

1. Headache
2. “Pressure in head”
3. Neck Pain
4. Nausea or vomiting
5. Dizziness
6. Blurred vision
7. Balance problems
8. Sensitivity to light
9. Sensitivity to noise
10. Feeling slowed down
11. Feeling like “in a fog”
12. “Don’t feel right”
13. Difficulty concentrating
14. Difficulty remembering
15. Fatigue or low energy
16. Confusion
17. Drowsiness
18. Trouble falling asleep (if applicable)
19. More emotional
20. Irritability
21. Sadness
22. Nervous or Anxious
23. Abnormal behavior

A Certified Athletic Trainer shall evaluate the student-athlete using the Sport Concussion Assessment Tool (SCAT5), and those results shall be documented and forwarded to the physician. If the student-athlete is visiting from another school, the results shall be returned to the school with the student-athlete.

Post Event Management Plan: If a Newberry College Staff Athletic Trainer or Athletic Training Intern has responded to the injury, he/she will report the concussion to the Assistant Athletic Director of Sports Medicine / Head Athletic Trainer with all accompanying documentation. The student-athlete will be provided with the following instructions:

- No driving
- Rest and avoid strenuous activity. Strenuous activity includes any activity beyond those required for daily living
- No alcohol
- No sleeping tablets
- Take only acetaminophen (Tylenol) for headache. No anti-inflammatory medications (e.g. Aleve, Ibuprofen)
• No television, video game, computer, text or other multi-media device usage
• Must follow the “Home Concussion Information Sheet” (see end of CE&MP)

The student-athlete is expected to adhere to the aforementioned instructions until he/she is seen by a physician and the physician states otherwise.

**Academic Accommodations:** A Staff Athletic Trainer will complete a *Report of Concussion Form* and attach it to an email sent to the Director of Academic and Special Services. When the student-athlete is evaluated by the attending physician the physician will issue a document outlining appropriate academic accommodations. The student-athlete will then provide a copy of this document to the Director of Academic and Special Services.

**Return to Play:** Student-Athletes that have been diagnosed with a concussion must be cleared by a physician before they can return to full activity. The student-athlete will be required to complete the RTP Protocol administered by a Newberry Certified Athletic Trainer Staff. The RTP protocol will be a 6-day progression that will start the first day that the student-athlete has no symptoms as indicated by the daily symptom check sheet also administered by a Newberry Certified Staff Athletic Trainer.

**Fall 2020 COVID-19 Policies & Procedures**

**Newberry College Strength & Conditioning**

The weight room schedule will work differently this semester due to several limitations induced by the COVID-19 pandemic. Social distancing and maintaining a sanitary weight room environment are going to be critical if our student-athletes (SA) are going to train safely. Maximum occupancy rules will be strictly enforced:

- Maximum Occupancy Eleazer Weight Room = 10 people including S&C staff (9 SA + 1 S&C Coach)
- Maximum Occupancy North End Zone Weight Room = 20 people including S&C staff (19 SA + 1 S&C Coach)
- Sliding garage doors facing Seltzer Field allow training area to be expanded to the turf
- S&C staff will be able to effectively monitor all SA’s with garage doors open while still maintaining a safe training environment per social distancing guidelines

Thirty minutes will be added between each 1-hour training block to allow the S&C staff to sanitize the weight room. SA’s will assist in daily spot cleaning before and after use, but it will be necessary for S&C staff to do a deeper cleaning between team training sessions. Therefore, team training sessions in both weight rooms will be scheduled as shown in the example schedule (Table 1). Head coaches must request their team’s lifting time based upon this schedule. Additionally, head coaches will choose which of their SA’s will train in the weight room based upon the maximum occupancy guidelines. SA’s who are unable to train in the weight room will be assigned to an outdoor training session as shown in Table 2. Weight room team assignments will be given according to following guidelines:

- Scheduling priority will be given for in-season teams
- Number of assigned training sessions and weight room assignment (Eleazer or North End Zone) will be determined by roster size, need for heavy loading, physicality of sport, speed of sport, and prevalence of contact and non-contact injuries
• Football = 76 players in NEZ Weight Room (due to roster size of 200+ players)
• Field sports (MLAX, WLAX, Field Hockey, Women’s Soccer, Men’s Soccer, Baseball, Softball) = 19 players in NEZ Weight Room
• Court sports (Men’s Basketball, Women’s Basketball, Men’s Tennis, Women’s Tennis, Volleyball, Cheer, Dance) and smaller roster teams (Men’s Golf, Women’s Golf) will be allowed 9 SA’s in the Eleazer Weight Room
• Wrestling will do all training in Wrestling Facility to minimize any cross-contamination with other SA’s due to the high physical contact involved in wrestling. They will be limited to 9 SA’s training at a time, but this number may increase depending upon how the environment can be altered for social distancing
• Track & Field + Cross Country may train in either NEZ Weight Room or Eleazer, but this is yet to be determined. These teams will be allotted 19 SA’s if training occurs in the NEZ weight room, but only 9 (or possibly 18 SA’s) if training occurs in Eleazer
• SA’s who are unable to attend their team’s assigned training session will be reassigned to another weight room training time ONLY IF SOCIAL DISTANCING GUIDELINES CAN BE MAINTAINED during another session. However, if a suitable alternative is not available, then these SA’s will be assigned to an outdoor training session. S&C staff will not reduce another team’s SA weight room limit to accommodate a SA from a different team who cannot make their assigned time

**Weight Room Sanitization Procedures**
Student-athletes (SA) will participate in weight room sanitization procedures to help maintain a safe training environment.

A. SA’s must wear clean, team-assigned athletic clothes during all training sessions. Any SA who reports to the weight room in unclean clothing (e.g., sweaty, foul-odor) will not be allowed to train
B. SA’s will check body temperature prior to entering the weight room with a touchless infrared thermometer. Body temperature must below 100.4°F and each SA must not exhibit any potential COVID-19 related symptoms. SA’s will use hand sanitizer prior to handling the thermometer

**Entering Weight Room**
A. One door will be used to enter the weight room(s) and different door will be used to exit the weight room(s). The purpose of this traffic flow is to minimize any potential cross contamination between SA’s
B. Temperature monitoring station will be setup outside the door labeled as “entrance only”
C. SA’s will social distance (6 feet apart) outside the weight room as they wait to check their body temperature
D. If a SA must place personal belongings in a locker outside of the Eleazer weight room or cubby inside the North End Zone weight room, they will do so after checking their body temperature. SA’s will then use hand sanitizer after putting away their belongings
**Guidelines for Using Weight Room**
A. SA’S will use a disinfectant wipe to sanitize their assigned station prior to use. This includes wiping down the barbell, clips, plates, bands, and any other equipment they may have to retrieve (e.g., dumbbells, foam pad, trap bar, etc.)
B. SA’s will avoid sharing equipment as best as possible to minimize any cross-contamination
C. SA’S will disinfectant their station and any equipment they have used at the completion of training

**Exiting the Weight Room**
A. SA’s will exit through the door labeled “exit only” and will use hand sanitizer as they exit the weight room
B. SA’s are required to shower immediately after training prior to going to class, cafeteria, or anywhere else on campus where gatherings occur.
C. SA’s need to ensure that they wash their training clothes in a timely manner after training. S&C staff will strictly enforce clean hygiene standards

**Signage in Weight Room**
A. Entrances and exits will be labeled to control traffic flow and minimize potential SA cross contamination
B. Maximum occupancy signs will be placed in a conspicuous manner at entrances/exits and throughout both weight rooms. Maximum occupancy = 20 people including S&C staff for NEZ weight room. Maximum occupancy = 10 people including S&C staff for Eleazer weight room
C. Disinfecting instructions will be placed at the assigned entrance, exit, and at every rack in both weight rooms. Additional signs will be posted where frequent SA contact occurs, such as dumbbell racks, machines, and equipment storage areas
D. Social distancing tape will be placed between racks in both weight rooms to give SA’s a visual reference to maintain six feet social distancing while training
### Table 1. Fall 2020 Weight Room Schedule

Team assignments are listed as examples and will not be finalized until mid-August 2020.

<table>
<thead>
<tr>
<th>TIME</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 A.M.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:00 A.M.</td>
<td>SANITIZE</td>
<td>SANITIZE</td>
<td>SANITIZE</td>
<td>SANITIZE</td>
<td>SANITIZE</td>
</tr>
<tr>
<td>8:30 A.M.</td>
<td>MLAX: NEZ</td>
<td>MLAX: NEZ</td>
<td>VB: Eleazer</td>
<td>VB: Eleazer</td>
<td></td>
</tr>
<tr>
<td>9:30 A.M.</td>
<td>SANITIZE</td>
<td>SANITIZE</td>
<td>SANITIZE</td>
<td>SANITIZE</td>
<td>SANITIZE</td>
</tr>
<tr>
<td>10:00 A.M.</td>
<td>S&amp;C STAFF MEETING</td>
<td>S&amp;C STAFF MEETING</td>
<td>S&amp;C STAFF MEETING</td>
<td>S&amp;C STAFF MEETING</td>
<td>S&amp;C STAFF MEETING</td>
</tr>
<tr>
<td>11:00 A.M.</td>
<td>OPEN WR FOR ATHLETIC STAFF (S&amp;C STAFF MUST BE PRESENT)</td>
<td>OPEN WR FOR ATHLETIC STAFF (S&amp;C STAFF MUST BE PRESENT)</td>
<td>OPEN WR FOR ATHLETIC STAFF (S&amp;C STAFF MUST BE PRESENT)</td>
<td>OPEN WR FOR ATHLETIC STAFF (S&amp;C STAFF MUST BE PRESENT)</td>
<td>OPEN WR FOR ATHLETIC STAFF (S&amp;C STAFF MUST BE PRESENT)</td>
</tr>
<tr>
<td>12:00 P.M.</td>
<td>Football: NEZ</td>
<td>Football: NEZ</td>
<td>Football: NEZ</td>
<td>Football: NEZ</td>
<td>MLAX: NEZ</td>
</tr>
<tr>
<td>1:00 P.M.</td>
<td>SANITIZE</td>
<td>SANITIZE</td>
<td>SANITIZE</td>
<td>SANITIZE</td>
<td>SANITIZE</td>
</tr>
<tr>
<td>1:30 P.M.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2:30 P.M.</td>
<td>SANITIZE</td>
<td>SANITIZE</td>
<td>SANITIZE</td>
<td>SANITIZE</td>
<td>SANITIZE</td>
</tr>
<tr>
<td>4:00 P.M.</td>
<td>SANITIZE</td>
<td>SANITIZE</td>
<td>SANITIZE</td>
<td>SANITIZE</td>
<td>SANITIZE</td>
</tr>
<tr>
<td>5:30 P.M.</td>
<td>SANITIZE</td>
<td>SANITIZE</td>
<td>SANITIZE</td>
<td>SANITIZE</td>
<td>SANITIZE</td>
</tr>
<tr>
<td>6:00 P.M.</td>
<td>Baseball: NEZ</td>
<td></td>
<td></td>
<td></td>
<td>WSOC: NEZ</td>
</tr>
<tr>
<td>7:00 P.M.</td>
<td>SANITIZE/DEEP CLEAN</td>
<td>SANITIZE/DEEP CLEAN</td>
<td>SANITIZE/DEEP CLEAN</td>
<td>SANITIZE/DEEP CLEAN</td>
<td>SANITIZE/DEEP CLEAN</td>
</tr>
</tbody>
</table>
All SAs that are unable to train in either weight room will be assigned an outdoor training session. These assignments will be based upon team. Ideally, in-season teams will train twice per week and off-season teams will train three times per week. Multiple teams will train together on Walker Field, Setzler Field, or Atwater Field in order to accommodate social distancing for groups of approximately 75-100 SA’s. These training sessions will be aimed at total body training to develop strength, power, speed, endurance, and flexibility. SA’s will train with bodyweight resistance, bands, kettlebells, prowlers, and any other available resources. Training assignments are yet to be determined, but the schedule will look similar to Table 2. Exceptions will be made for SA’s based upon academic conflicts. SA’s with an academic conflict will be assigned a session that fits their schedule.

Table 2. Outdoor Training Schedule.

<table>
<thead>
<tr>
<th>TIME</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THURS</th>
<th>FRI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early Morning (~6:30 a.m.)</td>
<td>Football</td>
<td>Men’s Soccer, Field Hockey, Volleyball, Cheer, Dance</td>
<td>Football</td>
<td>Men’s Soccer, Women’s Soccer, Field Hockey, Volleyball, Cheer, Dance</td>
<td></td>
</tr>
<tr>
<td>Midday (~12:00 p.m.)</td>
<td>MLAX, WLAX, Wrestling, Baseball, Softball</td>
<td>MLAX, WLAX, Wrestling, Baseball, Softball</td>
<td>MLAX, WLAX, Wrestling, Baseball, Softball</td>
<td>MLAX, WLAX, Wrestling, Baseball, Softball</td>
<td></td>
</tr>
<tr>
<td>Mid-afternoon (~3:00 p.m.)</td>
<td>Men’s, Basketball, Women’s Basketball, Women’s Soccer, M/W Tennis, M/W Golf, Track &amp; Field, XC</td>
<td>Men’s, Basketball, Women’s Basketball, M/W Tennis, M/W Golf, Track &amp; Field, XC</td>
<td>Men’s, Basketball, Women’s Basketball, M/W Tennis, M/W Golf, Track &amp; Field, XC</td>
<td>Men’s, Basketball, Women’s Basketball, M/W Tennis, M/W Golf, Track &amp; Field, XC</td>
<td></td>
</tr>
</tbody>
</table>
General Concerns & Concepts of Graduated Return to Activity

A. Statements
- Incidence of non-contact related injuries is high following a period of inactivity. ¹
- Risk of non-contact injuries is high if training workloads and/or recovery strategies are not adjusted accordingly. ¹,³
- The onset of excessive fatigue places athletes at the following physical disadvantages seven
  • Diminished optimal and consistent repetitive muscle force (strength and explosive strength) quality output
  • Poor reactivity to the ground surface (i.e., propulsion, deceleration, change of direction)
  • Diminished kinesthetic and proprioceptive awareness (i.e., foot and hand placement when moving at high velocity)
  • Diminished ability to concentrate on specific tasks during the practice session
  • Diminished ability to optimally physical recover after repetitive maximal efforts
  • Diminished ability to optimally physical recover between sport practice sessions

B. Decline in Athletic Abilities
- Due to the inability and/or access to training facilities, all aspects associated with athletic abilities (strength, power, speed, fitness, mobility, etc.) will most likely have decreased during this pandemic
- Graduated Return
  • Assessment (needs to be coordinated with ATC staff)
    ▪ Assess & analyze each athlete to establish new baseline testing values. ¹
      ○ Movement Assessments (Ankle, Hip, Thoracic Spine, Vertical Leap)
      ○ This should be done upon intake with ATC and S&C – likely not feasible for 700+ student-athletes.
  • Fitness Assessment
    ▪ A standard fitness test with published normative data should be used to screen fall sport athletes for physical preparedness to practice
    ▪ YoYo intermittent recovery test is an option to screen SA’s for their ability to recover between intense bouts of physical activity and tolerate training in the heat
  • Key Performance Indicators (e.g., Strength, Power, Speed, Endurance, Flexibility)
    ▪ S&C staff will conduct strength and power assessments at least two weeks after training with gradual progression of training volume and intensity
    ▪ Compare the data to previous SA data to determine SA fitness, preparedness to play, and/or preparedness to return to play from injury (communicate with ATC regarding return to play)
    ▪ Address areas of concern to optimize athletic ability to prepare the SA to return to full play protocols

C. Acclimatization Period (Transition Period)
- First 7 to 10 Days at minimum need adjusted volumes/workloads ¹,²,⁴
  • Recommendations for Return to Training
  • Work-to-Rest Ratios
- Begin at 1:4 & progress as SA’s conditioning improves over the course of the acclimatization period ¹,⁴
- 50/30/20/10 Rule for a 2 to 4-week period
- Weekly reduction of volume/workload in a percentage of upper limit volume/workload when fully active
- Sport Practice during period?
  - Individualized training programs for certain SA’s based upon injury history and current level of preparedness

D. Recovery Strategies – Areas of Focus
- Sleep – 8+ Hours can reduce injury risk
- Nutrition
- Stress Reduction

E. Return to Play Volume/Workload Management
- Limiting workouts to 2 to 3 non-consecutive days per week
- Utilizing the equation Preparedness + Readiness = Optimal Performance; understanding each athlete's current functional state (Readiness), leading into and out of each training session, is paramount to management and prescription.
- Load Monitoring – Subjective
- Pre- and post-practice RPE/Fatigue Scale

```
<table>
<thead>
<tr>
<th>Fatigue Scale</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 = Extremely Tired, No desire to train</td>
</tr>
<tr>
<td>9  = Very Tired, Difficult to get motivated</td>
</tr>
<tr>
<td>7-8 = Tired, Need some help getting motivated</td>
</tr>
<tr>
<td>4-6 = Feel okay, but not fully rested</td>
</tr>
<tr>
<td>2-3 = Feel good, ready to workout</td>
</tr>
<tr>
<td>1  = Very Energetic, Fully Recovered, Ready to Train Hard</td>
</tr>
</tbody>
</table>
```

- Wellness Questionnaire (Soreness, Mood, Hydration, Fatigue, Sleep Quality, Mental Focus, Energy, Stress, Nutritional Quality)
- Load Monitoring – Objective - DO NOT HAVE THIS TECHNOLOGY
  - HRV
  - Omegawave

F. Strength & Conditioning Load Prescription
Considerations: Volume, Intensity, Mode, Density, Duration, Frequency, Recovery between sessions
- 50/30/20/10 Rule – 4 Weeks
  - Progress from 1:4 > to a 1:3 Work-to-Rest Ratio
- Workload Management: Reverse Taper Model – Progress to 100%
  - Gradually increase volume, intensity, and duration
  - Allow SA time to adapt to training stimulus prior to introducing new training stimulus
- E.g., Focus on building strength and keep high impact activities, such as plyometrics, at reduced volume during first couple of weeks
  - Training progression during first 4 weeks should be general to specific
    - Conditioning → Strength → Power → Speed
  - Emphasis placed on mobility/flexibility and core/abdominal strength
- External Monitoring
  - Do not have equipment available for most SA’s such as GPS
- Check with Head Coaches to see if any external monitoring devices are available for fall sport athletes
NCAA Compliance and Title IX Education

All student-athlete education and orientation sessions will be conducted virtually. All student-athletes will be required to join the virtual meeting and stay logged into the meeting until its conclusion.

A. Student-athletes are required to complete beginning of the year compliance orientation session. These sessions are a review of NCAA, SAC and Newberry College rules and legislation.
   - Progress towards degree
   - Extra benefits
   - Promotional Activities
   - NCAA and Newberry College Drug Testing Policy

B. Student-athletes are required to complete 4 documents prior to be cleared for practice. These forms are completed through the FrontRush system:
   - NCAA Student-Athlete Statement
   - NCAA drug Testing Consent
   - SAC promotional authorization
   - Newberry College SA Code of Conduct

C. Student-athletes are required to complete Title IX education and training as well as sexual violence prevention education and training. Newberry College conducts the Title IX training in tiers group by academic class:
   - Freshmen education is Newberry’s policies and procedures and consent in their COL 113 classes
   - Sophomores receive bystander intervention education in conjunction with their compliance session
   - Juniors and Seniors receive Healthy Masculinity education in conjunction with their compliance session

COVID-19 (Brief Overview)

A. Signs & Symptoms
   - People with COVID-19 have reported a wide-range of symptoms, ranging anywhere from mild to severe and may appear anywhere from 2-14 days after exposure to the virus.
   - Common Symptoms include:
     • Cough
     • Shortness of breath or difficulty breathing
     • Fever
     • Chills
     • Muscle pain
     • Sore throat
     • New loss of taste and/or smell
     • Other less common symptoms include GI symptoms such as nausea, vomiting or diarrhea

B. COVID-19 Testing
   - Types of COVID-19 Testing
     • Point of Care (POC) testing:
• Medical diagnostic testing at or near the point of care (i.e. at the time and place of patient care)
• Antigen/Polymerase Chain Reaction (PCR) testing:
  • Currently the most predominantly used test
    o Directly detects the presence of an antigen, rather than the body’s immune response, or antibodies
    o Test can detect whether someone has the COVID-19 virus
    o Test currently has a high false negative rate (~30%)
• Antibody testing
  o Analyzes a patient’s sample (usually blood) for the presence of a particular antibody (qualitative) or for the amount of antibody that is present (quantitative)
  o Test will tell us if the patient is potentially immune to the virus
  o Passive immunity:
    ▪ Protection against disease through antibodies produced by another human being or animal
    ▪ Is effective, but protection is generally limited and diminishes over time (usually a few weeks or months)
  o Active immunity:
    ▪ The production of antibodies against a specific disease by the immune system
    ▪ Can be acquired either by contracting the disease or through vaccination
    ▪ Active immunity per individuals is protected from the disease for an unknown period
• Currently, POC testing and Antibody testing is still in clinical trials and is not approved by the Food & Drug Administration (FDA). Additionally, PCR testing is not readily available to all entities in sufficient quantities. Implementation of appropriate testing will be directed by SHS.

C. COVID-19 Vaccination
- At the time, a COVID-19 vaccine has not been developed and appropriately tested in clinical trials by the FDA.
- At such time when a COVID-19 vaccine becomes available in sufficient quantities to the College, dispensing of the vaccine will be guided by DHEC based on current recommendations (similar to seasonal flu vaccine).
Guidelines for Use of Personal Protection Equipment (PPE)

A. General Rule: “Treat all as potential COVID-19 patients,” therefore, appropriate PPE must be worn, and proper hygiene techniques should be followed.

B. All individuals must always practice proper hygiene techniques as defined by the CDC. This includes:
   - Proper handwashing
   - Proper body-washing
   - Facial cleanliness
   - Covering your mouth and nose when you cough and sneeze.
     * With a tissue: Throw used tissues in the trash
     * Into your elbow if you don’t have a tissue, not your hands

C. Personal Protective Masks
   - All (AT staff, student-athletes, coaches, administrators, etc.) who enter the Athletic Training Clinic (ATC) will be required to wear a CDC acceptable mask at all times, unless an injury restricts the ability to wear a mask.
     * This will be strictly enforced until state and local regulations relax this requirement.

D. Protective Gloves
   - Will be worn by all AT staff while supplying care to a patient.
   - Those receiving injury management and/or rehabilitation will wear gloves when handling any equipment in the ATC.

E. Face Shields or Eye Protection
   - May be required when evaluating a patient with any of the following:
     * Upper respiratory illness or injury
     * Facial injury
     * Any other injury where upper respiratory expectoration could occur

F. Gowns, Head Caps and Shoe Coverings
   - Optional for all AT staff

G. Facility Signage
   - All facilities that house athletic activities should have a well-defined and posted COVID-19 policy
     - This includes, but is not limited to:
       * Sports Performance
       * Equipment rooms
       * Coaches meeting rooms
       * Coaches offices

H. Additional Considerations
   - Special attention/considerations should be applied to those who are in the “High Risk” categories for complications associated with COVID-19.
   - As specified by the CDC, “High Risk” categories include:
     * People above the age of 65
     * Those in all age groups with co-morbidities including but not limited to:
• COPD
• Asthma
• High Blood Pressure
• Obesity
• Diabetes
• Heart disease and any major organ disease
• Compromised immune systems
• Sickle cell disease (SCD)

• Health History Screening and should self-identify any of these conditions
• Special considerations may be necessary, such as:
  - Delayed return to campus
  - Delayed return to sport
  - Requirement of supplying necessary rescue medications (MDI, Glycogen, Nitroglycerin, etc.)
  - Rapid response plan to any COVID-related signs/symptoms or a positive test
  - Proper and appropriate monitoring and care if symptomatic, including isolation/quarantine
  - Contact tracing when applicable

COVID-19 Screening Procedures

Purpose: To help control the possible spread of COVID-19 by promptly identifying potential cases prior to entering into various athletic facilities and/or activities.

A. Screening Tools
   - COVID-19 Screening Questionnaire via Athletic Trainer System (ATS). This will be done daily as part of required scheduling to be seen in AT Clinic
   - Temperature check via Non-Contact Infrared Thermometers (NCIT)
B. Procedures
   - Both the questionnaire and temperature check will be completed prior to entrance to the facilities and events listed below.
   - All ATS Covid-19 questionnaires are electronically stored in ATS as part of the SAs protected health information
   - Physical/Social distancing (min. 6ft) will be maintained, as effectively as possible, while questionnaire and temperature check is completed.
     • Use of PPE is required during temperature check
   - Questionnaire and temperature checks will be performed by one of the following:
     • Athletic Training Staff
     • Athletic Training Interns
     • Strength & Conditioning Staff
     • Coaching Staff
   - Questionnaires that are completed with any answer of “YES”:
• AT Staff/AT Students
  o Staff member may not be permitted to work that day
  o Staff member should follow the Newberry policy on self-isolation and reporting
  o If symptomatic, contact school administration and local health department
• Student-athletes
  o Student-athletes will not be permitted into the specified facilities or events
  o Student-athletes should follow the Newberry policy on self-isolation and reporting
  o If symptomatic, student-athletes should follow NC recommendations regarding reporting and treatment
• Strength & Conditioning staff, Coaches, and other Athletic Department staff
  • May not be permitted to work that day
  • Should follow the SU policy on self-isolation and reporting
  • If symptomatic, individual should contact athletic/school administration (as required) and local health department

C. When pre-entrance screenings will occur
  - Any individual entering the following locations or participating in the following events will be screened prior to entry. This includes, but is not limited to: Athletic Training staff, Strength & Conditioning staff, student-athletes, team physicians, coaches, administrators and officials.
  - Facilities and events that necessitate pre-entrance screening procedures:
    • Athletic Training Clinic MacLean Gym, Younts Athletic Performance Center
    • Weight Rooms/Lifting facilities MacLean Gym, Younts Athletic Performance Center
    • Pre-practice
    • Pre-game
    • Team travel
    • Team meetings

Other organized events sponsored by NC athletics (i.e. Pre-participation physicals/screenings, team concussion testing, etc.)

Guidelines for Managing a Positive Screening Outcome

- A positive screening outcome would consist of a scanned temperature reading of 100.4°F and an affirmative response to existing or progressing symptoms.
- The patient will be required to wear a face mask at all times, they will be isolated from the team and referred to NC SH or designated clinic, as determined by the Director of NC SH, as priority as a potential COVID-19 patient.
- The patient will be tested for COVID-19 and will be required to self-isolate, with or without symptoms, until test results are determined.
- Self-isolation is in a space unoccupied by another individual, preferably with an isolated restroom and bathing/showering facility and have support to have meals delivered while maintaining appropriate physical/social distancing.
- If the patient has a positive COVID-19 test and is void of associated symptoms, they must continue to self-isolate for 14 days in a space that is unoccupied by another individual.
- If the patient tests positive and is symptomatic, their treatment will be determined by the attending physician and must be quarantined as determined by the NC HCTF policy for management of COVID-19 positive patients.
- Return to athletic participation will require a physician’s clearance letter and will be predicated on the patient’s physical readiness, as determined by the Athletic Training Staff and the Sports Performance Staff.
- A staged acclimation period will be required as recommended in the NCAA Inter-Association guidelines: https://ncaaorg.s3.amazonaws.com/ssi/injury_prev/SSI_PreventingCatastrophicInjuryBooklet.pdf
- It is encouraged that all COVID-19 positive patients volunteer for the COVID-19 antigen/antibody test (see below for more information on types of COVID-19 tests)
- Each positive COVID-19 patient will be required to comply with the contact tracing data in order to contact those who may have been exposed so they can take the appropriate steps.

Physical/Social Distancing

- What is Physical/social distancing? www.cdc.gov
  • Physical/Social distancing, also called “physical distancing,” means keeping a space between yourself and other people outside of your home.
  • To practice physical/social distancing:
    o Stay at least 6 feet (about 2 arms’ length) from other people
    o Stay out of crowded places and avoid mass gatherings
- Why is it important to practice physical/social distancing? www.cdc.gov
  • COVID-19 spreads mainly among people who are in close contact about 6 feet) for a prolonged period.
  • Spread happens when an infected person coughs, sneezes, or talks, and droplets from their mouth or nose are launched into the air and land in the mouths or noses of people nearby.
  • The droplets can also be inhaled into the lungs
- Development of Social Distancing Guidelines
  • Physical/Social distancing will be followed within the Athletic Training department as per guidelines developed by the federal, state, and local guidelines, and per guidelines developed by the NC, SC DHEC and CDC.
- Locations where physical/social distancing guidelines should be followed:
  • Athletic Training Clinic
    o Occupancy of the Athletic Training Clinic will be limited to no more than 10 people at a time, including staff in either AT. Clinic
    o Treatment tables will be limited to every other table having an occupant
- Weight rooms
  • Occupancy of the weight rooms should be limited to no more than 10 people at a time, including staff, in Yarborough and 20 people at a time, including staff, in Younts
  • No exercises should be performed that requires contact between two or more individuals
- Team locker rooms
• Team locker room occupancy should be limited based upon square footage. Each team will have a plan that demonstrates the maximum occupancy as well as the correct spacing of the lockers (Appendix A)

• Pre- or post-practice meetings should occur on the field/court or in open spaces if the weather does not permit an on-field meeting
  - Meeting rooms
  - Residence buildings (dorms or off-campus housing)
  - Dining facilities
  - Team buses
    - No more than 1 person will be allowed per every row of seats
  - Hotel rooms
  - Social events

**Daily Hygiene Recommendations**

As per CDC guidelines, personal daily hygiene practices can help slow the spread of COVID-19 to yourself and those around you. The NC Athletic Training Department encourages all student-athletes, athletic training students, staff, and faculty to follow these guidelines:

A. Wash your hands with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol
B. Clean and disinfect frequently touch surfaces (i.e. phones, computers, light switches, counter tops, handles, desks, toilets, sinks, faucets) with EPA-approved cleaning agents.
C. Avoid close contact with people who are sick
D. Stay home if you are sick, except to get medical care
E. Cover your cough or sneeze with a tissue and then throw the tissue in the trash.
   - If no tissue is available, cough or sneeze into your elbow
F. Avoid touching your eyes, nose, and mouth with unwashed hands
G. When in public, wear a cloth face covering over your nose and mouth
H. Put distance between yourself and others outside of your own.
   - Stay at least 6 feet away from other people and do not gather in groups

*For Athletic Training related personnel*

Athletic training staff, athletic training students, and undergraduate athletic training interns will need to adhere to the following precautions during patient care:

A. Wear facemask (N95 or higher) and non-sterile gloves
   - May wear cloth face covering when doing non-direct patient care, but caution with changing mask often
B. If working with suspected or diagnosed COVID-19 patient:
   - Wear facemask (N95 or higher), non-sterile gloves, face shield or goggles, isolation gown
C. Perform hand hygiene before and after all patient contact, contact with potentially infectious material, and before putting on and after removing PPE, including gloves.
- Hand hygiene for healthcare staff should be performed by using alcohol-based hand rub (ABHR) with 60-90% alcohol or washing hands with soap and water for at least 20 seconds.
  - If hands are visibly soiled, use soap and water before returning to ABHR.
  - Hand sanitizer wall dispensers in athletic training clinic will need to be refilled as needed

**Disinfectant/Purification/Equipment Plan**

- Disinfection procedures are critical in preventing the spread of COVID-19 and in the response to a person with diagnosed COVID-19, or a person under investigation.
- The procurement of appropriate EPA approved disinfectant materials is the first step and must be available for immediate use by the appropriate individuals.
- We propose that each student-athlete will be provided with Clear Gear spray bottle that they will need to spray on locker, stool, and athletic gear before and after each activity session.

**A. Electro-Static Disinfection (i.e. Clorox 360)**
- High-risk areas (i.e. athletic training rooms, physician’s clinics, strength & conditioning areas, rowing erg room, locker rooms, meeting/study rooms, fueling stations, training table areas, etc.) should be completed frequently (2-3 times per week)
- Medium to low risk areas (i.e. offices, common areas, conference rooms, competition areas, etc.) should be completed weekly, at minimum

**B. Prevention Cleaning:** Identify for each location proper products, application methods, and responsible individuals. Each location should have easily accessible sanitizing stations, including liquid/gel hand sanitizer and disinfectant wipes.
- **Locker Rooms**
  - All surfaces and personal athletic equipment will be cleaned daily by the student-athlete
  - All surfaces will be cleaned nightly by custodial staff

- **Weight Rooms**
  - All surfaces will be cleaned after each use by sports performance staff
  - All surfaces will be cleaned nightly by custodial staff

- **Communal Areas of all athletic facilities**
  - All surfaces will be cleaned nightly by custodial staff

- **Meeting Rooms**
  - All surfaces will be cleaned by coaching staff and team after use
  - All surfaces will be cleaned nightly by custodial staff

- **Academic Areas**
  - All surfaces will be cleaned nightly by custodial staff

- **Any Shared Health, Fitness and Sports Equipment**
  - Team equipment will be cleaned daily, after activity use, by coaches and/or student-athletes

- **Athletic Training Clinics**
• All surfaces will be cleaned after each use, and at the close of the day, by athletic training staff
• All surfaces will be cleaned nightly by custodial staff

- Hydration Supplies
  • Equipment will be cleaned by the athletic training staff
  • This includes:
    ▪ Water/ice coolers
    ▪ Water pumpers
    ▪ Water horses
    ▪ Water bottles
    ▪ No team water bottles will be provided
    ▪ Student-athlete must provide own water bottle that the AT will refill
    ▪ There should be no sharing of water bottles

- Laundry
  • Laundry will be cleaned daily by equipment staff

- Turf
  • Due to antimicrobial features of turn and natural UV exposure, turf will be maintained under normal conditions by grounds crew

Recommended Travel Policy

A. Physical/social distancing, along with appropriate PPE will be required while traveling for a NC athletic event
B. Bus Travel
   - All traveling must have met basic COVID-19 criteria prior to boarding the bus (temperature scan and questionnaire)
   - All traveling personnel and SA will be required to wear approved protective face mask
     • Gloves could be required as well
   - All personnel and SA will wipe the area down where they will be sitting, including the armrests, head rests and tray table, and anything else that they may touch or encounter.
     • SA will be supplied with appropriate sanitation materials (hand sanitizer, disinfectant wipes)
   - All individuals must maintain appropriate physical/social distancing while on the bus
   - Use of the bus restroom is discouraged, however appropriate hygiene should be followed if use is necessary
     • Sanitation wipes of all objects touched prior to entering
     • Appropriate hand washing
   - No changing and/or buses
     • Must occupy the same seat for the duration of the trip
   - No sharing of any personal items between individuals
     • This includes food, drink, clothes, blankets, pillows, electronic devices, etc.
C. Air Travel
- Each airline has their own process of screening, prior to entering the ticketing area
- A personal facemask is required
- Check-in will include a more thorough process, so it is imperative you are on time and that you are familiar with the rules of the airline
- COVID-19 screening will be completed prior to departure to the airport

D. Hotels/Motels
- It is highly recommended that there is no more than 2 people per room with 2 beds in each room
- Rooming assignments will require physical/social distancing and each person is to wear a face mask while walking through the hotel
- There should be no sharing of any face masks, bedding, towels, toiletries, food, drink, etc.
- Use appropriate sanitizing and hygiene technique prior to using and sharing restroom facilities
- No additional visitors not assigned to your room are permitted
- No leaving your room unless it is for a team activity scheduled by the coach
- COVID-19 symptoms on the road
  - If you develop symptoms consistent with COVID-19, contact the athletic trainer traveling with your team (coach if no AT is traveling), wear a face mask, self-isolate and refrain from contact with anyone in the hotel and on the team until further directions are received.
  - Transportation will be arranged, or an accommodation will be made to get you back to NC.
  - Once home, self-isolate and report to NC SH as soon as possible.
    - If SHS is closed, report to the recommended healthcare facility

E. Visiting locker room while traveling
- There should be some assurance from the institution being visited that proper and appropriate sanitation techniques have been administered.
  - If there is doubt, caution should be applied and may require alternate plans
- Maintain physical/social distancing and wear personal face mask at all times while in the locker room
- Use appropriate sanitizing materials to clean the locker space you have been assigned
- Do not share any personal clothes, towels, toiletries, drinks, food, etc.
- If you use the restroom, use proper sanitation and hygiene techniques
- Showering post-game is highly recommended if appropriate physical/social distancing is maintained
  - No sharing of any showering materials, towels, etc.
- When finished in the locker room, exit immediately to a designated area prior to boarding the bus, van, car, etc.

**COVID-19 Education Planning**

A. Need to explain procedures and policies to the following groups
- AT Staff
  - In-person meeting, building signs
- Student-Athletes
  - Virtual meetings, signs in locker rooms, meeting spaces, residences halls
- Sport Coaches
  - In-person meeting, building signs, office signs
- Sports Performance Coaches
  - In-person meeting, building signs,
- Facility Managers
  - In-person meeting, building signs

B. Content of education—PowerPoint slides, time for Q&A (all based on most recent CDC info)
- What is COVID-19?
- What is the common s/s?
  - Noting sometimes there are no or mild s/s – fever, cough, SOB
- How is it transmitted?
- Overall current orders for physical/social distancing, masks, etc.
- Prevention techniques YOU can do
  - Washing hands with soap and water
  - Use of alcohol-based (60%) hand gel
  - Hands away from face
  - Coughing and sneezing into tissue or elbow, NOT out in the open or onto other surfaces
  - Not sharing cups or water bottles
  - Cleaning common areas in your dorm/house
  - Not sharing towels
  - Cleaning practice, game and workout gear
- Prevention techniques NC is enacting
  - Hand sanitizing stations in MacLean and Younts
  - Increased sanitizing in/of:
    - Team weight rooms
    - AT clinics
    - Team locker rooms
    - Sport equipment
  - Physical/Social distancing in AT clinic
    - By means of regulated appointment times and regulated pre/post practice treatment times
  - Cleaning and altered management of hydration machines
  - Use of your own personal water bottle, refilled by AT or hydration machines
  - Any new specific guidelines for Sports Performance and Equipment
  - Daily temp checks for SA’s and coaches prior to practice
  - Travel procedures for prevention
• Need to wear mask in certain locations
  - General illness management
    • What YOU should do if you are concerned about possible illness
    • What will happen if you report to us and are found to have a fever and/or other symptoms
    • What will happen if you become ill while away on team travel

C. Specific educational points for certain groups
  - AT staff and students
    • Scheduling, sanitizing policies of AT clinics, hydration, temp checks, travel policies, SHS policies, procedure following s/s of illness, procedure if you or other staff members are ill
  - Coaches/admin
    • Referees, visiting teams, travel, virtual team meetings when possible
  - Sports Performance
    • Communication between AT and Sports Performance regarding SA with s/s and/or illness

Signage for Athletics (CDC Coronavirus print resources, NATA and NCAA print resources)

A. Inside locker rooms in MacLean, Younts, Eleazer, Wrestling Building and Baseball Castle
  - Hand washing, sneezing, coughing
  - Not sharing towels, cups, water bottles, razors
  - Keeping lockers clean
  - Doing laundry
  - Maximum occupancy

B. In MacLean, Younts, Eleazer, OL Casey, Wrestling Building and Baseball Castle hallways
  - Hand washing, sneezing, coughing
  - Physical/Social distancing
  - Face masks
  - Maximum occupancy

C. Logistics
  - Sign will be ordered and installed by facilities and the signage subcommittee of the spaces and places committee

APPENDIX A (S&C references and resources)
Reference Papers:
1. CSCCa & NSCA Joint Consensus Guidelines for Transition Periods
2. Inter-Association Recommendations: Preventing Catastrophic Injury and Death in Collegiate Athletes
4. The Inter-Association Task Force for Preventing Sudden Death in Collegiate Conditioning Sessions: Best Practices Recommendations
5. NSCA COVID 19 Return to Training
6. CDC: Cleaning and Disinfecting Your Facility
7. When Sports Return: Will Great Performance or Injury Rule?
# NSCA’S SAFETY CHECKLIST

## FOR EXERCISE FACILITY AND EQUIPMENT MAINTENANCE

### EXERCISE FACILITY

<table>
<thead>
<tr>
<th><strong>FLOOR</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Inspected and cleaned daily</td>
</tr>
<tr>
<td>□ Wooden flooring free of splinters, holes, protruding nails, and loose screws</td>
</tr>
<tr>
<td>□ Tile flooring resistant to slipping; no moisture or chalk accumulation</td>
</tr>
<tr>
<td>□ Rubber flooring free of cuts, slits, and large gaps between pieces</td>
</tr>
<tr>
<td>□ Interlocking mats secure and arranged with no protruding tabs</td>
</tr>
<tr>
<td>□ Nonabsorbent carpet free of tears; wear areas protected by throw mats</td>
</tr>
<tr>
<td>□ Area swept and vacuumed or mopped on a regular basis</td>
</tr>
<tr>
<td>□ Flooring glued or fastened down properly</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>WALLS</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Wall surfaces cleaned two or three times a week (or more often if needed)</td>
</tr>
<tr>
<td>□ Walls in high-activity areas free of protruding appliances, equipment, or wall hangings</td>
</tr>
<tr>
<td>□ Mirrors and shelves securely fixed to walls</td>
</tr>
<tr>
<td>□ Mirrors and windows cleaned regularly (especially in high-activity areas, such as around drinking fountains and in doorways)</td>
</tr>
<tr>
<td>□ Mirrors placed a minimum of 20 inches (51 cm) off the floor in all areas</td>
</tr>
<tr>
<td>□ Mirrors not cracked or distorted (replace immediately if damaged)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>CEILING</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>□ All ceiling fixtures and attachments dusted regularly</td>
</tr>
<tr>
<td>□ Ceiling tile kept clean</td>
</tr>
<tr>
<td>□ Damaged or missing ceiling tile replaced as needed</td>
</tr>
<tr>
<td>□ Open ceilings with exposed pipes and ducts cleaned as needed</td>
</tr>
</tbody>
</table>

### EXERCISE EQUIPMENT

<table>
<thead>
<tr>
<th><strong>STRETCHING AND BODYWEIGHT EXERCISE AREA</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Mat area free of weight benches and equipment</td>
</tr>
<tr>
<td>□ Mats and bench upholstery free of cracks and tears</td>
</tr>
<tr>
<td>□ No large gaps between stretching mats</td>
</tr>
<tr>
<td>□ Area swept and disinfected daily</td>
</tr>
<tr>
<td>□ Equipment properly stored after use</td>
</tr>
<tr>
<td>□ Elastic cords secured to base with safety knot and checked for wear</td>
</tr>
<tr>
<td>□ Surfaces that contact skin treated with antifungal and antibacterial agents daily</td>
</tr>
<tr>
<td>□ Nonslip material on the top surface and bottom or base of plyometric boxes</td>
</tr>
<tr>
<td>□ Ceiling height sufficient for overhead exercises (12 feet [3.7 m] minimum) and free of low-hanging apparatus (beams, pipes, lighting, signs, and so on)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>RESISTANCE TRAINING MACHINE AREA</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Easy access to each station (a minimum of 2 feet [61 cm] between machines; 3 feet [91 cm] is optimal)</td>
</tr>
<tr>
<td>□ Area free of loose bolts, screws, cables, and chains</td>
</tr>
<tr>
<td>□ Proper selectorized pins used</td>
</tr>
<tr>
<td>□ Securing straps functional</td>
</tr>
<tr>
<td>□ Parts and surfaces properly lubricated and cleaned</td>
</tr>
<tr>
<td>□ Protective padding free of cracks and tears</td>
</tr>
<tr>
<td>□ Surfaces that contact skin treated with antifungal and antibacterial agents daily</td>
</tr>
<tr>
<td>□ No protruding screws or parts that need tightening or removal</td>
</tr>
<tr>
<td>□ Bolts, chains, and cables aligned with machine parts</td>
</tr>
<tr>
<td>□ No worn parts (frayed cables, loose chains, worn bolts, cracked joints, and so on)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>RESISTANCE TRAINING FREE WEIGHT AREA</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Easy access to each bench or area (a minimum of 2 feet [61 cm] between machines; 3 feet [91 cm] is optimal)</td>
</tr>
<tr>
<td>□ Olympic bars properly spaced (5 feet [91 cm]) between ends</td>
</tr>
<tr>
<td>□ All equipment returned after use to avoid obstruction of pathways</td>
</tr>
<tr>
<td>□ Safety equipment (bolts, collars, safety bars) used and returned</td>
</tr>
<tr>
<td>□ Protective padding free of cracks and tears</td>
</tr>
</tbody>
</table>
MINIMIZING RISK: MANAGING SCHEDULES & TEAM TRAINING SESSIONS

- Adhere to social gathering and distancing policies at your institution, according to local, state, and federal authorities.
- Group size counts should include both athletes, staff, and account for transition periods between sessions.
- Schedule mid- and post-workout cleaning periods, allowing a 10 – 15 minute buffer between teams or groups.
- Limit or stagger training groups throughout workout blocks and/or alternate training days.
- Favor efficient training methods, limiting workouts to 2 – 3 non-consecutive days per week.
- Avoid person-to-person contact while spotting with use of bar catches and the two-spotter technique.
- For programming purposes, consider grouping athletes based on conditioning status.
- Create exercise pairings to limit weight room traffic; or one-way traffic flow based on entrances and exits.
- Maximize fresh air flow in the weight room, and a relative humidity ≤60%.
- Use outdoor training spaces whenever possible.
- Keep doors propped open and lights on throughout the day.

FACILITY & EQUIPMENT: CLEANING & SANITATION PROCEDURES

- Clean all weight room surfaces with germicidal disinfectant.
- Consider providing masks and/or gloves.
- Educate on weight room upkeep expectations during on-boarding meetings with new athletes.
- Provide COVID-19 related updates to weight room rules for athletes already in the program.
- Promote hand washing before and after workouts, and provide hand sanitizer.
- Keep extra bottles of disinfectant for athletes to wipe down equipment after use.
- Avoid the sharing of cloth towels or rags. Provide one for each athlete and staff member.

- Remove and store extra loose equipment from the training floor to minimize cleaning surfaces.
- Carry a personal water bottle instead of drinking directly from the community water fountain.
- Delegate staff cleaning duties, especially towards commonly shared pieces of equipment, including: Medicine balls, dumbbells, kettlebells, weight belts, bars and plates.
- Ensure that cleaning and sanitation procedures are extended to restrooms, locker rooms, carpet and flooring, exercise mats, water fountains, and athlete nutrition “Fueling” stations.
- Also refer to the NSCA’s Safety Checklist for Exercise Facility and Equipment Maintenance.

TRAINING SAFETY: RISK FACTORS FOLLOWING PERIODS OF INACTIVITY

- In the first 2 – 4 weeks of training, apply CSCCa-NSCA Joint Consensus, and NCAAC Sport Science Institute Guidelines on training volumes, intensity, and work-to-rest ratios as upper limits to protect against catastrophic injury.
- Avoid high volume submaximal exercises to fatigue, or performed within in a limited time frame.
- Emphasize a 10 – 20 minute daily dynamic warm-up for reestablishing sport-related movement patterns.
- Consider that prolonged inactivity increases the likelihood of delayed onset muscle soreness (DOMS).
- Communicate regularly with the medical and coaching staffs about at-risk athletes, including those with cardiac abnormalities, siddle cell trait, history of aortic or non-aortic collapse, asthma, and diabetes.
- Consider the use of pre-screening, readiness surveys and/or workload monitoring for tracking athlete status.
- Plan and adjust workouts to match environmental factors, especially in cases of high heat and humidity.
- Do not perform physically exhausting drills for the purpose of developing “mental toughness.”