

Athletics & Recreation Resocialization Plan

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- **Health and Safety Committee:**
 - Assists with stages and monitoring of policies and procedures
- **Staff / Student-Athlete Responsibility:**
 - Proper Hygiene
 - Don't touch your face
 - Cover all coughs and sneezes
 - Reduce anything that causes excess saliva
 - i.e. spitting, chewing gum, eating sunflower seeds, licking fingers, etc.
 - Hand washing
 - Wash your hands frequently. Before and after meals, practice, class, etc.
 - When hand washing is not possible, use hand sanitizer
 - Face coverings
 - Face coverings are mandatory during skill-building and strength and conditioning workouts, in addition to proper physical distancing guidelines.
 - Face coverings are mandatory at all times, and must cover both your nose and mouth.
 - Students will receive one reusable mask from the university. It is encouraged to also bring your own to campus and wash them as necessary.
 - Physical distancing when not participating in your sport
 - When not involved in direct physical activity when contact is permitted, you must physically distance as much as possible
 - No sharing personal equipment or belongings
 - i.e. equipment, phones, water bottles, clothing, etc.
 - Conscious of cleaning of your own personal space
- **Cleaning / Sanitation:**
 - Training Room – SA's and staff will wipe down/clean surfaces after each student athlete is in the room or getting treatment.
 - Weight Room - SA's and staff will wipe down/clean surfaces and or equipment after each student athlete is in the room or working out.
 - Locker Rooms – cleaned and disinfected by interstate daily when used.
 - Coordinate use schedule with interstate
 - High touch areas still need to be cleaned multiple times throughout the day
 - Door handles, bathrooms, water fountain areas, etc.
 - Common use spaces (Conference Rooms, Mezzanine, etc.) – should be cleaned and disinfected daily by interstate
 - IBC fitness center and satellite areas – Students, student workers, and staff will wipe down / clean surfaces and or equipment after each student uses it.
 - Equipment room – SA's and staff will wipe down throughout the day as needed.
 - Academic Services – SA's and staff will wipe down his/her area after use of a space before leaving.

- All spaces are cleaned overnight with an electrostatic sprayer.
 - Training Room, Academic Services, Equipment room, weight room, IBC Fitness Center, and any other spaces used during the day (i.e. locker rooms, conference room, media room, etc.)
- Since all spaces are scheduled out in advance, there must be a buffer time between sessions to allow for the proper cleaning to take place between groups
- For individual equipment during practice use (i.e. balls, bands, sticks, etc.), it will be wiped down after each use by a combination of the coaching staff, student athletes, trainers or strength coaches
- **Laundry:**
 - Laundry drop off is to be scheduled with equipment manager and then scheduled to be picked up before the next practice.
- **Essential Staffing for return:**
 - Currently, only essential staff should be reporting to campus and all other employees should plan to work remotely following the university's remote work plan.
 - Essential staffing will be determined by the area vice-president.
- **Facilities / Specific Spaces:**
 - All activity in TruMark must be scheduled and is essential activity only
 - Training room will be split between main ATR and mezzanine
 - Strength and conditioning workouts encouraged in auxiliary space in gym or at outside facilities
 - Academic Services by appointment only; when permitted to be open in person.
 - Locker rooms will be closed upon our return back to campus
 - Locker Room access will be evaluated after the first 2 weeks of activity
 - Only one entrance to TruMark (designated exits)
 - Outdoor facilities will have designated entrances and exits as well
 - Signage has been placed around the building
- **Screening / Symptom Checking:**
 - All student athletes must check in on the SWAY app which is a daily screening tool to ensure their health every day.
- **Education plan:**
 - All student athletes and staff will need to attend an education session about what returning to campus will look like prior to physically returning to campus
 - SA's and coaches will receive invites to these sessions.
 - Staff education sessions will be scheduled.
- **Returning to campus:**
 - All SA's will be tested upon arrival to campus
 - The SA's must quarantine while awaiting their test results
 - People in quarantine should stay in their residence, separate themselves from others, monitor their health, and follow directions from their state or local health department.
- **Recreation:**
 - IBC
 - Must reserve a time to work out (IM Leagues)
 - Limited capacity inside of the IBC

- Temperature taken upon entry
 - Hand sanitizer provided at the entry
 - Locker rooms and showers are closed – only bathrooms open
 - Face coverings should be worn at all times, along with physical distancing (6 feet)
 - Fitness classes will be conducted virtually or outside where physically distancing is able to take place
 - Satellite Rooms (St. Katherine’s and St. Basil’s)
 - Closed upon start of school
 - Will re-evaluate throughout the semester
 - Intramural and Club Sports
 - Club sports and in person intramurals will not be permitted at the beginning of the semester.
 - This will be re-evaluated throughout the semester
 - Alternatives to intramural activity is being considered and more information will follow
- **If showing symptoms:**
 - For student – athletes:
 - Notify athletic trainer
 - Call student health services and follow physician guidelines
 - For staff:
 - Notify HR and follow physician guidelines
- **Testing:**
 - All SA’s will be tested upon their return to campus
 - Specific information regarding these tests will be sent out individually
 - Throughout the semester, SA’s will be tested on a surveillance basis pending their sports risk classification determined by the Philadelphia Department of Public Health.
 - Specific information regarding these tests will be sent out individually
 - Testing is available for SA’s when they are showing symptoms
 - When Student Athletes are awaiting their test results they must quarantine until they receive their test result back
 - If a student-athlete tests positive:
 - The student-athlete will be notified by their athletic trainer and enter the isolation process.
 - During this time, the student athlete will have access to their course materials.
 - During this time, dining services will coordinate with the student-athlete regarding meals.
 - More specific information regarding this process will be communicated on an individual basis.

La Salle Athletics Resocialization of Intercollegiate Athletics for Student-Athletes

Overview: This document has been created by La Salle Athletics with information gathered from the CDC, NCAA, USOPC, local and state guidelines. This combines items from these guidelines to suit best what La Salle Athletics deems a proper plan to resocialization of Athletics on our campus.

Stage 1:

- a. All student-athletes and staff are still at home
- b. Individual training sessions conducted at home using the student-athletes own equipment.
- c. Per NCAA rules there are no virtually guided workouts by La Salle University staff.
- d. Only leave your home for essential errands or exercise and follow infection prevention measures.
- e. Student-athletes are encouraged to self-quarantine at home 14 days prior to reporting to campus and minimize contact with people outside of who they live with and avoid large gatherings.
- f. Student-athletes will be asked to monitor and report symptoms to La Salle staff during 14-day period.
- g. During this period, student-athletes will be completing an education session.

Stage 2: Begins when student-athletes return to campus.

- a. Upon Return to campus – student-athletes will be tested; student-athletes will not be allowed to participate in physical activity until their test result is back
 - i. Upon return of a negative test, the student athlete may begin to participate in athletic activity
 - ii. Student-athletes who test positive will have to go into self-isolation before starting physical activity
- b. Vulnerable student-athletes, athletics health care providers, coaches and athletics personnel should continue to shelter in place. Vulnerable populations include individuals age 65 or older, or those of any age with serious underlying health conditions such as heart disease, high blood pressure, chronic lung disease, diabetes, obesity and asthma, and those whose immune system is compromised, such as by chemotherapy.
- c. Those living in dorms and other residences where vulnerable individuals reside should be aware that by returning to work or other environments where distancing is not practical, they could carry the virus back home, and appropriate isolating precautions should be taken.
- d. Physical distancing enforced at all times, including during physical activity.
- e. Face coverings will be required in all spaces (indoor or outdoor) at all times, coving both the nose and mouth, including during physical activity.
- f. Training pods of 5-8 athletes will be used
 - i. Athletes should stay in the same pod group
 - ii. No contact or scrimmage activity
- g. Gatherings of up to 10 people will be allowed to participate in non-contact athletic activities.
 - i. Reacclimating and increasing conditioning should be the focus
 - ii. Up to 10 people includes the training pod, coaches, and athletic trainer

- h. Physical distancing and strict cleaning protocols must be observed in athletic training room, weight room, locker rooms, and academic services.
- i. Locker-rooms will be closed upon the return to campus
 - i. Locker-room opening will be evaluated after 2 weeks
- j. Virtual meetings should be encouraged whenever possible and feasible.
- k. Nonessential travel should be minimized, and Centers for Disease Control and Prevention guidelines regarding isolation after travel should be implemented.
- l. Student-athletes will document Covid-19 related symptoms daily and submit to the Department of Athletic Training using SWAY Software.
- m. Stage 2 will be carried out for a minimum of 14 days.

Stage 3: If stage 2 is completed for a minimum of 14 days with no evidence of rebound of Covid-19 cases and there are no reinstated restrictions from state or local governments stage 3 may begin.

- a. Vulnerable student-athletes, athletics health care providers, coaches and athletics personnel should continue to shelter in place. Vulnerable populations include individuals with serious underlying health conditions such as high blood pressure, chronic lung disease, diabetes, obesity and asthma, and those whose immune system is compromised, such as by chemotherapy.
- b. Those living in dorms and other residences where vulnerable individuals reside should be aware that by returning to work or other environments where distancing is not practical, they could carry the virus back home, and appropriate isolating precautions should be taken (discuss with doctor)
- c. Physical distancing should continue at all times except for student athletes who are in the same training pod.
- d. Wearing face coverings, covering both the nose and mouth, must continue at all times, including during physical activity.
- e. Gatherings of up to 10 people will be allowed to participate in contact athletic activities.
 - i. Contact activity is strictly limited to student athletes within their own training pod
 - ii. Reacclimating and increasing conditioning should be the focus
- f. Physical distancing and strict cleaning protocols must be observed in athletic training room weight room, locker rooms and academic services.
- g. Locker-rooms may be open on a limited and restricted basis, for use before and after activity
 - i. Locker Room may be closed depending on the evaluation after the initial 2 weeks back to campus
 - ii. Can only be in locker room with training pods
 - iii. Locker room time must be scheduled in advance
- h. Virtual meetings should be encouraged whenever possible and feasible.
- i. Nonessential travel should be minimized, and Centers for Disease Control and Prevention guidelines regarding isolation after travel should be implemented.
- j. Student-athletes will document Covid-19 related symptoms daily and submit to the Department of Athletic Training using SWAY Software.
- k. Stage 3 will be carried out for a minimum of 14 days.

Stage 4: If stage 3 is completed for a minimum of 14 days with no evidence of rebound of Covid-19 cases and there are no reinstated restrictions from state or local governments stage 4 may begin.

- a. Vulnerable student-athletes, athletics health care providers, coaches and athletics personnel should continue to shelter in place. Vulnerable populations include individuals with serious underlying health conditions such as high blood pressure, chronic lung disease, diabetes, obesity and asthma, and those whose immune system is compromised, such as by chemotherapy.
- b. Those living in dorms and other residences where vulnerable individuals reside should be aware that by returning to work or other environments where distancing is not practical, they could carry the virus back home, and appropriate isolating precautions should be taken (discuss with doctor)
- c. Physical distancing should continue at all times except for student athletes who are actively involved in physical activity.
- d. Wearing face coverings, covering both the nose and mouth, is required at all times, including during physical activity.
- e. Gatherings of up to 25 or 50 people will be allowed to participate in contact athletic activities. If the activity is indoor, no more than 25 are allowed, if it is outdoor no more than 50 are allowed
 - i. training pods are permitted to combine to conduct contact athletic activity to allow for larger team activity
 - ii. Reacclimating and increasing conditioning should be the focus
- f. Physical distancing and strict cleaning protocols must be observed in athletic training room
- g. Locker-rooms may be open on a limited and restricted basis, for use before and after activity
 - i. Locker Room may be closed depending on the evaluation after the initial 2 weeks back to campus
 - ii. Can only be in locker room with training pods
 - iii. Locker room time must be scheduled in advance
- h. Virtual meetings should be encouraged whenever possible and feasible.
- i. Nonessential travel should be minimized, and Centers for Disease Control and Prevention guidelines regarding isolation after travel should be implemented.
- j. Student-athletes will document Covid-19 related symptoms daily and submit to the Department of Athletic Training using SWAY Software.
- k. Stage 4 will be carried out for a minimum of 14 days.

Stage 5. If stage 4 is completed for a minimum of 14 days with no evidence of rebound of Covid-19 cases and there are no reinstated restrictions from state or local governments stage 5 may begin.

- a. Vulnerable student-athletes, athletics health care providers, coaches and athletics personnel can resume in-person interactions, but should practice physical distancing, wearing masks and minimizing exposure to settings where such distancing is not practical.
- b. Student-athletes must document Covid-19 related symptoms daily and submit to the Department of Athletic Training using SWAY Software.
- c. Groups should continue to follow physical distancing when possible.
- d. Wearing face coverings, covering both the nose and mouth, is required at all times, including during physical activity.
- e. Locker-rooms may be open on a limited and restricted basis, for use before and after activity

- i. Locker Room may be closed depending on the evaluation after the initial 2 weeks back to campus
 - ii. Can only be in locker room with training pods
 - iii. Locker room time must be scheduled in advance
- f. Athletic Training Room, Weight Room and academic services continue to follow strict scheduling, social distancing and cleaning protocols.
- g. Full team training may continue
- h. Athletic competition may resume
- i. All non-essential travel should be limited and recommendations from the CDC, state and city guidelines should be followed.
- j. This stage is carried out indefinitely.