COVID-19 RETURN TO PLAY PLAN COMPONENTS

• Student-Athlete, Staff and Department Health and Safety Actions
• Personal Protective Equipment, Medical and Infection Control Supplies
• Student-Athlete, Staff and Department Prevention Education and Training
• Student-Athlete, Staff and Department Initial and Continuous Screening Procedures
• Facility and Equipment Cleaning Procedures
• FSC Campus COVID-19 Policy and Procedures

STUDENT-ATHLETE, STAFF AND DEPARTMENT HEALTH AND SAFETY ACTIONS

It is always the desire and goal to make sure our entire athletics department is provided with the highest level of care, which includes following all national, state and local healthcare guidelines and medical practices. It is important to be aware that during the COVID-19 pandemic we will follow these same guidelines and will continue to evolve as medical advances, procedures and treatment plans are developed. Plans and contingencies will be created to help provide flexibility as guidelines from these supervising entities develop.

During this time of development and implementation, we will engage the Athletic Department and anyone that would be included in these areas of providing care or have access to our department and facilities. Besides our student-athletes, coaches, staffs, support staffs, and administration, we will include – but not limit to – medical professionals, Building Service Attendants, Residence Life and Health and Wellness.

By including all areas and people that are associated with the implementation of return to athletic activities, we will be able to limit any exposures and provide a plan to mitigate any concerns that may arise. We will coordinate with the FSC campus plan to make sure everyone understands and has access to procedures put in place during our return. We will also be continuously monitoring all the medical resources and update our plans and procedures accordingly.

PERSONAL PROTECTIVE EQUIPMENT MEDICAL AND INFECTION CONTROL SUPPLIES  **Worn and utilized per state and local regulations**

• Face Coverings: Medical grade, cloth/cotton – disposable and reusable/washable provided to athletic department staff. Student-Athletes will be required to provide their own face covering, and are responsible for daily sanitation and care..
• Disposable Gloves: Multiple sizes used in healthcare, cleaning, laundry and other areas as needed
• Eye Protection, gowns: As needed in athletic training rooms
• Thermometers: Non-contact infrared utilized in athletic facilities
• Hand sanitizer (individual and mobile stations): Positioned based on facility use
• Soap and disposable towels in athletic facilities
• Other: Pulse oximeter, peak flow meter, emergency medical supplies available in athletic training rooms
• Biohazard containers and bags: Positioned based on facility use
• Cleaning and disinfecting solutions: Provided through FSC Facilities Management, FSC Athletic Training, FSC Athletic Facilities and other outside providers as necessary
  • Facilities and areas being utilized will have a specific plan for cleaning schedules daily and between uses
• Supply inventory and procurement will be through Athletic Training, Facilities, other medical entities

STUDENT-ATHLETE, STAFF AND DEVELOPMENT PREVENTION EDUCATION AND TRAINING ** Presented through an online workshop with confirmation of completion **

**Symptoms:** Fever, cough, shortness of breath, and loss of sense of smell or taste, but other symptoms may be present as well

**What to do if you experience any of these?**
  • Contact your athletic trainer immediately for directions
  • Utilization of the Health and Wellness Center, your personal physician, or an urgent care center/walk-in clinic may also be required
  • CALL 911 if you are experiencing trouble breathing, persistent pain or pressure in your chest, lethargy, confusion, or discoloration of your lips or face

**“How Do I Protect Myself?”**
  • Avoid anyone who is known to be sick or work in a high-risk group
  • Follow state and local prevention guidelines
  • Wear a face covering at all times when social distancing (6 linear feet of separation) is not possible
  • Cover your mouth with your elbow when coughing, blowing your nose or sneezing – throw tissues away immediately
  • Wash hands for 20 seconds with soap and water – perform this regularly throughout the day and especially after any contact with another person or an object used by other people. Do not touch your face, eyes or mouth until you have washed your hands
  • Use hand sanitizer that is at least 60% alcohol when you are unable to wash your hands with soap and water
  • Clean your home regularly with appropriate disinfectants
• Practice social distancing (6 feet) and avoid close contact with others with whom you do not live
• Do not gather in large groups or where social distancing cannot be maintained
• Do not share personal items, objects or effects – water bottles, cups, towels, etc.
• Limit touching surfaces, objects, etc. that are unnecessary
• Only go to places outside of your home that are for necessities; Wear a face mask during these times and only go by yourself – do not take others with you
• Wash hands immediately upon returning

STUDENT ATHLETE, STAFF AND DEPARTMENT INITIAL AND CONTINUOUS SCREENING PROCEDURES

**Student-athletes are subject to COVID-19 tests, if the situation is warranted. Out of state student-athletes are subject to possible testing and/or quarantine.**

COVID-19 Testing - Initial Screening Before Arrival
• Covid-19 Pre-Arrival Screening Questionnaire will be filled out and submitted to the FSC Athletic Training Staff prior to anyone coming to campus.
  * Athletes will be required to sign Student-Athlete Expectations & Commitment Pledge Form*

COVID-19 Testing - Ongoing Screening After Arrival
**Accepted temperature range: below 100.4 F**
Prior to entering the designated facilities, entrance will be determined based on appropriate flow. Each person will complete the daily questionnaire through an online portal and staff will review questionnaire with appropriate action taken as necessary. Staff and student-athletes will be required to have their temperatures and symptoms monitored daily by the athletic training staff, department supervisors or their designated individuals prior to entering the athletic facilities.

Coaches will be required to fill out daily attendance logs, which will include all staff, coaches and athletes that are at practice each day. This will support contact tracing, in the event a positive case is identified.

People that are not on athletic department rosters will be asked to enter the designated entrance and have their temperature checked prior to being allowed to enter. They will also be asked to not linger or enter any areas they do have direct business with. All entrances and exits will be locked where and when appropriate. It will be important to monitor any-one who enters any athletic facility in order to mitigate potential exposures to the COVID-19 virus.

Screening will continue or be revised as new processes are recommended by the DOH, NCAA, CDC, Skyline Conference or when FSC returns to normal operations.
If there is a potential or identified risk from the screen we will follow the plan set by local public health and our medical team.

COVID-19 testing will be performed, ordered or required when an individual has the signs or symptoms or other circumstances that suggest that testing is necessary. The guidelines will be evaluated and followed by Physicians and/or others they designate.

If there is a confirmed case, confirmed exposure, potential exposure or illness associated to COVID-19 – the person’s on- and off-campus history will be traced based on their input, team activity logs and other information necessary to make best judgment on level of care needed.

FACILITY AND EQUIPMENT CLEANING PROCEDURES

FSC Athletics has multiple facilities that undergo routine cleaning and sanitation before, during and following their use. It is important to continue the vigilant process of making our facilities – and most importantly, the health and safety of the users. Each facility has its specific processes, such as utilizing approved and appropriate chemicals that limit potential exposure to infectious diseases. The staff use disposable towels, gloves and other protective equipment based on the situation. They also dispose of medical waste into appropriate receptacles in order to minimize potential exposure.
The cleaning procedures that will be implemented may be adjusted based on emerging evidence.

Weight Room
- Clean and disinfect all equipment between each use by the user (weight room staff are NOT responsible for cleaning and disinfecting weights and equipment in between each use)
- Allow time in between each team - 30 minutes suggested – to ensure proper disinfecting and cleaning procedures can be implemented
- Clean entire facility with E-Mist type equipment utilizing an EPA-approved disinfectant at opening and closing of the facility each day by a designated individual on the custodial staff.
- Increase the frequency of deep cleaning by custodial staff.

Athletic Training Room
- Clean entire facility with E-Mist type equipment utilizing an EPA-approved disinfectant at opening and closing of the facility each day by a designated individual on the custodial staff
- All treatment areas will be cleaned and disinfected after each use by the Athletic Training Staff
- Increase the frequency of deep cleaning by custodial staff.

Locker rooms
- Limit group’s access to team locker rooms – minimal use in space and areas
- Disinfect areas utilized, between each team’s use
• Clean entire facility with E-Mist type equipment at opening and closing of the facility each day by a designated individual on the custodial staff
• Increase the frequency of deep cleaning by facilities/BSA

**Meeting Rooms/Classrooms**
• Assign times designated for each group’s access – minimize groups using the same space and areas
• Disinfect areas utilized during the day, between uses
• Clean entire facility with E-Mist type equipment at opening and closing of the facility each day by a designated individual on the custodial staff
• Increase the frequency of deep cleaning by facilities/BSA

**Main Gym and Aux Gym**
• Scheduled individual use and access – minimal use in space and areas of multiple groups
• Disinfect areas utilized during the day, between use by facilities and custodial staff
  *Allow time in between each team - 30 minutes suggested

**Turf Fields**
Turf fields will undergo routine disinfectant cleaning, in addition to the use of a separate COVID-19 disinfecting agent

**FSC Campus COVID-19 Policy and Procedures**

*Will be updated when finalized*