

# Appendix A

## Return-to-Practice Plans / COVID-19 Protocols

Team 1

Football



# COLORADO STATE FOOTBALL

## STAFF - RETURN TO WORK PLAN

### Canvas Stadium Facilities:

Team Room (Split into 2 rooms)

- Offense: 9 People / Defense: 8 People

Upstairs – Support Staff: 2 People

### Sample Daily Schedule:

7:00 AM Virtual Staff Meeting (Microsoft Teams)

7:30 AM Offense Staff Arrive

8:00 AM Defense Staff Arrive

8:30 AM Support Staff Arrive

### General Notes:

All staff entering Canvas Stadium will comply with CSU symptom screening protocols

We will not utilize the Offensive Staff Room, Defensive Staff Room & War Room for meetings

- Rooms not big enough to practice social distancing

No congregating in common areas (Kitchen & Lobby Area)

Cleaning station at all work areas (Hand Sanitizer and Disinfectant spray)

- Meeting rooms, work room, training room, personal office space, etc...

All staff are required to have their own cloth mask

Recommend all staff wear mask while in meetings or common areas

<b>Offense</b>	<b>Defense</b>	<b>Support Staff</b>
<i>Tm Rm (O Side)</i>	<i>Tm Rm (D Side)</i>	<i>Upstairs</i>
S. Addazio	C. Heater	J. Goodman
L. Addazio	S. Cronin	C. White
K. Guiton	A. Perkins	
B. White	K. Dede	
J. Lynch	A. Smith	
C. Booth	B. Robertson	
C. Davie	C. Burns	
H. Parling	Z. Jancek	
H. Wall		

**\*The number of individuals allowed in any area will be consistent with state and local public health recommendations for group sizes and will be consistent institutional guidelines.**



**CSU Athletics**  
**Policies and Procedures for Return to Activity**  
**May 11, 2020**

**General Overview**

Colleges and universities have a responsibility to their student-athletes and staff to provide a safe environment for work and competition. As athletic departments address the impact of COVID-19 on athletic operations, they are challenged with identifying and implementing policies and procedures, consistent with public health recommendations and institutional guidelines that will minimize health risks associated with campus re-occupancy and return to athletic activity. It is important to recognize that medical decisions within the policy must maintain a structure of unchallengeable autonomous authority in order to allow health care providers to make medical decisions in the best interest of the patient as well as public health; thus protecting the patient, provider and institution.

The recommendations in this policy address the current threat imposed by COVID-19. However, the principles in this policy, as they pertain to proper management of all illnesses, viruses and infectious diseases that affect our population, have broad application beyond the current circumstances. It is important to acknowledge specific recommendations and procedures in this policy are subject to change in response to current public health recommendations. The goal of this policy is to:

- Prepare and provide implementation strategies consistent with public health and institutional guidelines to facilitate a safe return, re-occupancy, re-engagement and transition back to campus and athletic activity for student-athletes and staff.
- Provide recommendations to improve overall hygiene practices and to identify and deploy available resources to mitigate the contraction and spread of common illnesses and communicable disease.
- Educate student-athletes, coaches and staff on proper protocols, expectations, and communication procedures, and equip them with the resources and knowledge to provide a smooth transition to re-occupancy and return to activity.
- Implement containment and mitigation strategies, and identify appropriate response plans in the event of a recurrent spike in the number of local infections following return to occupancy or activity.

**Planning, Preparation and Communication**

In order to provide assessment of departmental preparedness for campus re-integration and return to participation, the department will communicate with the University's core planning team regarding the following areas:

**Identification and Acquisition of Personal Protective Equipment (PPE)**

- Maintain alignment with CDC, state, and institutional guidelines on appropriate protection specific to each department and employee job duties. Define departmental mask protocol and necessary PPE protocol (Appendix A) for:
  - Medical staff
  - Health and performance staff
  - Office staff and coaches
  - Student-athletes
  - Other constituents such as student workers



- Inventory PPE and equipment Needs/ Availability/Optimization and communicate PPE needs to the University pandemic team.  
\*\*Procurement of materials may dictate levels of service and operational capacity

#### **Development of Infectious Disease Prevention Plan (shared responsibility of all parties)**

- Prevention education and training
- Individual personal conduct expectations
- Signage
- Hand hygiene (hand washing and hand sanitizer)
- Personal hygiene
- Operational considerations

#### **Quarantine/Isolation Unit Planning**

- Alignment with public health agencies and institutional guidelines
- Considerations:
  - On and Off Campus Housing/ Dining
  - Documentation
  - Contact and Location Tracing (HIPPA/ FERPA considerations)
  - Length of time away from individuals/ facility
  - Location
  - Monitoring, follow-up and serial exams
  - Discontinuation considerations
  - Personal travel procedures
  - Team travel procedures

#### **Infectious Disease Cluster Response Plan**

- Contact local and institutional health authorities
- Consideration of general epidemiological strategies, and best practice recommendations
- Re-Evaluation of prior Disinfectant/Sanitation/Equipment Plan
- Follow public health recommendations regarding participation/organized activity

#### **Prevention Disinfectant/Sanitation/Equipment Plan**

- Identify resources necessary for effective disinfecting and cleaning plan:
- Considerations:
  - Procurement of materials and institutional capacity may dictate levels of service and operational capacity
  - Proper products and application methods
  - Available personnel and resources
  - Identify locations of concern
  - Sanitary hydration
  - Laundry

#### **EMS/911 Emergency Planning**

- Adaptation of Emergency Action Plans based on Campus and Local EMS/ Safety availability, facilities considerations, increased demands and increased risk of exposure at local emergency facilities.
  - Monitor healthcare capacity at local hospitals and healthcare facilities
  - Identify Alternate Transportation plan (emergent/non-emergent injury/illness)
  - On-site availability of physicians

**TO EDUCATE,  
ENGAGE,  
AND EXCEL**

**DRAFT May 18, 2020**



- Capacity of Student Health Services

### Social Distancing Considerations

- Social Distancing Principles for:
  - Staff capacity
  - Office space configuration
  - Scheduling of shared team facilities
  - Healthcare facilities
  - Locker rooms
  - Weight rooms
  - Team meeting rooms
  - Athletic academic areas
  - High volume communal areas within athletic facilities
  - Athletic dining areas
- Recommendations to conduct virtual team activities when possible
- Recommendations to work remotely when possible

### Re-occupancy plan for staff and students

- Phase-in model for buildings and personnel
- Alignment with public health agencies, governmental and institutional guidelines regarding travel and post-travel recommendations.
- Submit a building-specific re-occupancy application for approval by University pandemic team. Appendix B
- Submit a sport-specific phased return to activity plan for approval by University pandemic team. Appendix C

### Recommendations

The department of athletics has identified several evidence-based and evidence-informed recommendations in an effort to prevent and/or diminish community spread infections within student-athletes and staff.

**\*\* Similar to most other communicable diseases, COVID-19 is most commonly transmitted via respiratory droplets or saliva in close proximity to an infected carrier. Practicing physical distancing, proper use of masks and other personal protective equipment (PPE) as indicated, and proper hygiene, including handwashing and use of sufficient hand sanitizers are important steps in minimizing transmission.**

Strategies for minimizing common illness and communicable disease, with specific consideration at this time to managing COVID-19, are categorized into four (4) recommendations:

1. Education and Reporting of Symptoms
2. Mitigation Strategies, Screening, and Testing
3. Return to Campus / Return to Participation
4. Facility Sanitation Practices



### **Recommendation 1: Education and Reporting of Symptoms**

#### **Education**

Student-athletes, coaches, and all athletics personnel will be educated on current guidelines for infection control through a variety of methods, including, but not limited to, in-person and remote presentations, team-specific messaging, facility signage and/or social media messaging.

Everyone associated with Athletics has a role to play in decreasing the spread of communicable diseases. Practicing good hand, cough, and/or personal hygiene, appropriate physical distancing, appropriate use of PPE, self-monitoring of symptoms, self-reporting of symptoms, *"Stay At Home If You Are Sick!"*, and appropriate communication with athletic trainers and/or your supervisor are key to keeping everyone healthy.

#### **Self-Reporting**

Student-Athletes:

- Student-athletes should immediately report (*via phone or text*) any symptoms to their athletic trainer.
- **Student-athletes should not come to athletic facilities and/or events** (including treatments / rehab, meetings, practice, individual workouts, strength & conditioning, etc.) **if they are symptomatic.**
- Student-athletes should call or text their athletic trainer prior to showing up to any athletics facility.
- Student-athletes who present with illness will be given a mask to wear as soon as possible and will be given further instructions regarding physician evaluation (if applicable), self-care and/or quarantine.

Student Support Staff (i.e. managers, student-workers, video students, practice players, etc.):

- Student support staff should immediately report (*via phone or text*) any symptoms to the team's athletic trainer and their supervisor. **Student support staff should not come to athletic facilities and/or events** (including meetings, practice, individual workouts, strength & conditioning, etc.) **if they are symptomatic.**
- Student support personnel who present with illness will be advised to put a mask on and contact the CSU Health Network or their primary care physician (PCP) as soon as possible for further instructions regarding physician evaluation (if applicable), self-care and/or quarantine.

Departmental / Team Personnel (i.e. coaches, administration, operations, and/or other support staff, etc. that attend practices, travel, and/or otherwise are around student-athletes on a day-to-day basis):

- Team personnel should immediately report (*via phone or text*) any symptoms to the team's athletic trainer and their supervisor.
- **Team personnel should not come to athletic facilities and/or events** (including routine office work, meetings, practice, individual workouts, strength & conditioning, etc.) **if they are symptomatic.**
- Team personnel who present with illness will be advised to put a mask on and contact their primary care physician (PCP) as soon as possible for further instructions regarding physician evaluation (if applicable), self-care and/or quarantine.

Athletics Primary Health Care providers (physicians; athletic trainers) maintain **unchallengeable autonomous authority** to remove any person (i.e. student-athlete, coach, staff, etc.) from participation if they are symptomatic.

### **Recommendation 2: Mitigation Strategies, Screening and Testing**

Colorado State University will utilize multiple strategies to prevent the spread and transmission of the COVID-19 virus. Mitigation strategies may include various levels of screening and testing for students and staff who are in close contact with student-athletes.



### Self-Monitoring

All individuals should assume that they have been exposed to COVID-19 and self-monitor for symptoms on a daily basis, as well as practice other appropriate mitigation measures. Self-monitoring includes, but is not limited to frequent monitoring of body temperature, and monitoring for other common symptoms (i.e. cough, “night sweats”, shortness of breath, difficulty breathing, other respiratory symptoms, diarrhea, etc.)

- Create a *“Stay at Home if You Are Sick”* culture among all individuals.

### Student-Athlete Check-Ins

The Health and Performance staff (athletic counselor, sports medicine staff, sports nutrition staff, strength and conditioning staff), sport coaches, academic advisors and other appropriate personnel will routinely make contact with student-athletes. Routine contact can be in the form of phone calls, video calls, text message, email, etc. The purpose of such routine contacts include, but are not limited to:

- Mental and emotional health check-in
- Physical health check-in, including rehabilitation / treatment
- Nutrition check-in and needs
- Academic check-in
- Other needs and/or issues

### Daily Screening (CSU Athletics)

- All individuals entering athletic facilities will be required to undergo screening on a daily basis, consistent with University protocol.
- Such screening may include, but is not limited to, a COVID-19 Risk Assessment Questionnaire, temperature assessment, and/or other recommended items.
- Individuals disclosing symptoms and/or with a fever (temperature > 100.4 degrees F) will be given appropriate PPE, politely directed to go home, and will be referred to the appropriate medical resource. CSU Public Health will be notified.

### Physical Distancing

- Also called “social distancing”.
- Means keeping space between yourself and other people outside of your home.
- Physical (social) distancing and personal hygiene remain the most important ways to prevent ongoing transmission of the COVID-19 virus.
- General principles of physical (social) distancing:
  - Stay at least 6 feet (2 meters) from other people
  - Limit group sizes consistent with public health recommendations
  - Use appropriate PPE (i.e. masks)
  - Use appropriate hand and cough hygiene

### Personal Protective Equipment (PPE)

- Adopt a “mask wearing culture” for all departmental personnel consistent with public health and institutional recommendations.
- Healthcare personnel must use masks for all direct patient care, consistent with public health and institutional recommendations.
- Healthcare personnel must don appropriate PPE (i.e. gown; eye protection, N95 mask, etc.) during any aerosol-producing procedure and/or direct patient interaction with individuals who are confirmed (Lab Confirmed) COVID-19 positive and/or other symptomatic individuals.
- Patients must use masks during all in person activities within the athletic training room and/or the team physician’s (OCR clinic) office, consistent with public health and institutional recommendations.
- Student-athletes are required to wear non-medical masks when participating in indoor strength and





conditioning activities, consistent with public health recommendations. Accommodations will be made on an individual basis based on personal medical need.

- Student-athletes are required to wear non-medical masks in all athletic facilities for all non-practice activities
- Wear gloves when in contact with customers or goods if required as part of your job function such as food service, receiving, healthcare, etc.

#### **Pre-Participation Physical Examinations**

- Updated physical exam status prior to participation
- Suspend “mass physical exams”.
- Limit the number of student-athletes in facility and/or scheduled for physical at any one time.
- Appropriate distance between stations.
- Limit “face-to-face” interactions w/ healthcare personnel (remote advanced review of health history questionnaires).
- Utilize remote / online technology for education presentation.
- Increased availability of hand sanitizer.

#### **Strength & Conditioning Facilities**

- Phase-in approach maximizing outdoor activities when possible
- Coordinate staff scheduling to minimize personnel cross-over
- Schedule training groups to minimize personnel cross-over
- Schedule workouts to allow for enhanced facility sanitation.
- Limit room capacity consistent with public health and institutional guidelines
- Establish dedicated training times. Discontinue walk-ins sessions.
- Maintain social distancing
- Program to avoid “spotting” when applicable, to limit close contact and “aerosol spray” during exercise.
- Enhance facility sanitation
- Increased availability of hand sanitizer

#### **Athletic Training Rooms**

- Coordinate staff scheduling to minimize personnel cross-over
- Schedule appointments to allow for enhanced facility sanitation.
- Monitor strict hand hygiene protocols
- Limit room capacity consistent with state and local guidelines
- Dedicated appointment times. No walk-ins allowed.
- Maintain social distancing
- Limit / modify hands on manual therapies.
- Enhance facility sanitation for commonly touched surfaces
- Sanitation of treatment tables and shared equipment following use
- Use of hydrotherapy room by appointment only.
- Minimize “recovery sessions” to avoid group gatherings

#### **Physician Clinic**

- Enhanced facility sanitation.
- Increase use of video and telemedicine where appropriate to decrease face-to-face interaction.
- Limit capacity of facility, including waiting rooms.
- All patients must have a scheduled appointment
- Enhance facility sanitation for commonly touched surfaces
- Sanitation of treatment tables and equipment following use



- Divert symptomatic individuals to CSU Health Network or other designated healthcare provider.

#### **Equipment Rooms**

- Enhance facility sanitation
- Increase frequency for sanitation of shared equipment
- Coordinate staff scheduling to minimize personnel cross-over
- Limit room capacity consistent with state and local guidelines
- Maintain social distancing
- Increased availability of hand sanitizer

#### **Locker Rooms/lounge**

- Phase-in approach
- Limit room capacity consistent with state and local guidelines
- Limit “after-hours” access to allow for enhanced facility sanitation.
- Increase spacing between lockers, if applicable.
- Limit lounge access
- Increased availability of hand sanitizer.

#### **Fueling Stations**

- Enhanced facility sanitation.
- Remove benches and seating areas to avoid social gathering within and outside of the facility.
- Increased availability of hand-washing stations and/or hand sanitizer.
- Limit numbers within the facility to allow for appropriate social distancing
- Discontinue self-service.
- Discontinue use of non-pre-packaged items (i.e. loose bagels and/or breads, bulk milk, juice, Powerade, etc.).
- Implementation of grab-n-go menu options

#### **Practice Considerations**

- Discontinue use of shared hydration appliances (i.e. water bottles; self-serve at “waterboys”; etc.).
- Single use of towels / disposable towels.
- Increased sanitation of shared field and sports equipment.
- Increased availability of hand sanitizer.

#### **Team / Position Meetings**

- Continue virtual / remote meeting format when possible
- Limit room capacity consistent with public health recommendations.
- reconfigure meeting space to maximize physical distancing
- Limit “after-hours” access to allow for enhanced facility sanitation.
- Increased availability of hand sanitizer.

#### **Team Travel**

- Work with bus companies and charter aircraft to confirm sanitation policies.
- Implement physical distancing considerations (may require the procurement of additional buses).
- Plan for physical distancing within hotel meal and meeting rooms.
- Limit exposures while traveling by limiting travel party members to essential team / game personnel only.
- Encourage all members of the travel party to use PPE when appropriate, practice good hand, cough, and sneeze hygiene at all times, and maintain appropriate physical distancing while traveling, dining out, etc.
- Members of the travel party should report any symptoms to the athletic trainer as soon as possible.
- Members of the travel party who are symptomatic should not travel with the team and/or should be



isolated in a separate room in the hotel.

#### Other / Miscellaneous

- Limit “after-hours” facility access to decrease exposures and allow for enhanced facility sanitation.
- Increase sanitation of all facilities.
- Increase availability of hand sanitizer in all environments.
- Limit IPF use for scheduled team activity.
- Suspend use of athletic facilities by non-CSU athletics personnel.
- Increase spacing or remove furniture in common areas.

#### Contact Tracing / Tracking

- Immediately notify the CSU Public Health Department of symptomatic individuals in order to promote contact tracing / tracking of symptomatic and confirmed COVID positive individuals.

#### Self-Quarantine (need CSU policy for Staff and SA's)

- Employees and student-athletes may be asked to self-quarantine for a period of time, consistent with public health and institutional regulations.
- Definition: The separation of asymptomatic person or group of people reasonably believed to have been exposed to a communicable disease, from others who have not been exposed, in order to prevent the possible spread of the communicable disease.
- Application: Stay separated from others, limit movement outside of your home or current residence.
- Discontinuation when:
  - Continued asymptomatic; AND
  - 14 days since the last exposure (or current public health recommendations)

#### Self-Isolation (need CSU policy for Staff and SA's)

- Employees and student-athletes who are suspected or confirmed positive for an infectious disease will be required to self-isolate, consistent with public health and institutional regulations.
- Definition: The separation of a person or group of people known or reasonably believed to be infected with a communicable disease and potentially infectious from those who are not infected to prevent spread of the communicable disease. Isolation for public health purposes may be voluntary or compelled by federal, state, or local public health order.
- Application: While at home, separate yourself from others by staying in a specific “sick” bedroom or space and using a different bathroom (if possible).
- Applies to individuals that:
  - Confirmed (Lab Confirmed) COVID-19 positive or not tested but there is clinical suspicion (i.e. fever, mild respiratory illness, etc. without alternative diagnosis).
- Discontinuation when:
  - At least three (3) days (72 hours) have passed since recovery defined as resolution of fever without the use of fever-reducing medications and improvement in respiratory symptoms (e.g. cough, shortness of breath); AND
  - At least seven (7) days have passed since symptoms first appeared.

#### COVID-19 Testing

- CSU will monitor, assess and provide testing recommendations based on current evidence and testing availability.
- As appropriate testing measures become available, Colorado State University may consider implementation of testing measures for student-athletes, coaches, administration, support staff, etc. based on current expert recommendations.



- Departmental testing protocols will be updated based on public health and institutional recommendations.

#### **COVID-19 Vaccination**

- At this time, a vaccination for COVID-19 has not been approved by the FDA.
- At such time when an FDA approved COVID-19 vaccine becomes available in sufficient quantities to the public and higher education systems, Colorado State University and the Department of Athletics may consider offering the vaccine to student-athletes, coaches, support staff, and other appropriate personnel based on the current public health recommendations.

#### **Transportation of Symptomatic Individuals (student-athletes)**

- It is highly recommended that symptomatic individuals not seek the assistance of other personnel for transportation if possible in order to minimize the potential spread of any communicable diseases.
- Symptomatic individuals should call in advance of showing up at a medical facility.
- If asymptomatic personnel must transport a symptomatic individual:
  - Symptomatic individuals must don appropriate PPE during the transport.
  - Personnel transporting symptomatic individuals must don appropriate PPE during the transport.
  - Only the driver should be in the car with the symptomatic individual.
  - Symptomatic individuals should sit as far away from the driver as possible during transport.
  - Windows will remain open if possible and ventilation is increased.
  - Individuals in the vehicle will use hand sanitizer prior to entering the vehicle.
  - Appropriately sanitize the transport vehicle after the transport and before further use.

#### **Recommendation 3: Return to Campus / Return to Participation**

Several national, regional, state and CSU campus community parameters will be monitored before return to campus is considered and permitted.

*The CSU Department of Athletics will not open facilities and/or allow for student-athlete return until cleared by Colorado State University Administration, based on recommendations of the State of Colorado and Larimer County Department of Public Health.*

In preparation for student athlete's return to campus, the goal of the CSU Department of Athletics personnel is to protect all individuals by establishing an infrastructure to support current and future needs, as well as continuing efforts to cull transmission of the virus within CSU Athletics and the campus community.

#### **Physical Exams**

Upon return to campus, all student-athletes must complete a pre-participation physical examination and receive medical clearance prior athletic participation and use of Colorado State University facilities. CSU team physicians determine pre-participation physical exam requirements in collaboration with medical providers at the CSU Health Network. Physical exams are administered by a CSU team physician, CSU Health Network physician or designee.

- Student-athlete returning and pre-participation physical examinations will be structured to enhance physical distancing, limit face-to-face interactions where possible, and allow for appropriate physiological return to participation.
- The physical exam will include, but is not limited to
  - Updated Health History and Patient Profile
  - Provide primary health insurance information / complete CSU insurance waiver process
  - Complete new or returning SA health history questionnaire
  - Complete annual student-athlete educational modules (online / remote when possible)



- Vitals
- Vision screen
- Physical exam (per physician recommendation)
- Orthopedic assessment / evaluation if applicable
- Mental health screening Currently CESD-R
- Labs (Sickle cell trait testing, ferritin testing) if applicable
- Additional testing determined by physician (cardiology, labs etc)
- Concussion baseline testing
- Submission of all applicable documentation and/or medical records from any hospitalizations, diagnostic testing, laboratory testing, physician visits, etc.
- COVID-19 Risk Assessment
- Clearance by CSU Team Physician

#### Other Considerations

- Athletics coaches and staff with confirmed (Lab Confirmed) COVID-19 positive or not tested but there was clinical suspicion (i.e. fever, mild respiratory illness, etc. without alternative diagnosis) must be cleared as per CSU Human Resources guidelines to return to work.
- High-risk individuals should consider continuing to work from home and/or use extreme caution with public interactions.

#### Return to activity

- A sport-specific physiological return-to-participation, acclimatization, and phased incremental return program will be developed for each sport through collaboration between Health and Performance personnel, sport coaches and department administrative personnel. Program development will be consistent with consensus and/or position statement documents and in alignment with NCAA and Mountain West Conference recommendations.
- Daily screening of all individuals (i.e. student-athletes, coaches, staff, support staff, etc.) will be instituted prior to entering facilities. Screening procedures will be consistent with University protocol.
  - Daily screenings will continue until determined unnecessary by the Institution based on public health recommendations.

#### Recommendation 4: Facility Sanitation Practices

Cleanliness and sanitation of Athletics facilities is an important practice in the mitigation of COVID-19 transmission. CSU athletics will work with University Facilities and EHS to provide proper sanitation of facilities on an ongoing basis.

- Instruction and support will be given to athletics personnel and custodial staff by the appropriate entities to provide proper sanitation for mitigating the spread of infection.
- Approved PPE will be required during all sanitation activities.
- Emphasis on increased cleaning frequency of high touch surfaces, in addition to thorough and regular cleaning of common areas and open spaces.
- Consider use of electro-static sanitation for larger athletic venues.
- Cleaning frequency will be determined by CSU Facilities with frequency of cleaning based on the risk level of defined spaces
- Hand sanitizer will be readily accessible throughout the building.
- Maintenance and monitoring of hand sanitizer stations is a shared responsibility between CSU Facilities and the Department of Athletics.
- Specific cleaning protocols will be established for the following areas in cooperation with CSU facilities:
  - Healthcare facilities (i.e. Physician's Clinic, Athletic Training Room, etc.)



- Fueling Station / Training Table Sanitation
- Strength & Conditioning Facility Sanitation
- Locker Room / Lounge Sanitation
- Meeting rooms
- Academic Areas
- High touch surfaces
- Team specific/practice equipment
- Shared health, fitness, sports equipment
- Office and common spaces

DRAFT

## Pre-Return and Return-to-Campus Preparation and Communication Plan

The intent of this document is to assist collegiate athletic departments with preparation and implementation strategies to enhance a safe return to campus and athletic activity following the COVID-19 pandemic. Each institution should personalize the content of this plan to incorporate campus-specific policies and resources.



*\*Disclaimer: Recommendations are fluid and subject to change. Therefore, it is important to stay current with public health care guidelines as well as recommendations from governing bodies.*



## Resources

1. [World Health Organization website](#)
2. [CDC Coronavirus Website](#)
3. [CDC Infection Control Guidelines](#)
4. [Colorado Department of Public Health Recommendations for Higher Education](#)
5. [Larimer County Public Health Department](#)
6. [CSU Coronavirus Webpage](#)
7. [CSU EHS Website](#)
8. [CSU Medical Mask Protocol](#)
9. [CSU Cloth Mask Protocol](#)
10. [NCAA Sport Science Institute Athletics Health Care Administration Best Practices](#)
11. [Interassociation Recommendations on Prevention of Catastrophic Injury and Death](#)
12. [American College Health Association COVID-19 Resources](#)
13. [CSCCa and NSCA Joint Guidelines for Transition Period Safe Return Following Inactivity](#)
14. [NATA ICSM COVID-19 Resources](#)





## Appendix A

### Mask and PPE Protocol

CSU Athletics will strive to maintain alignment with public health and institutional guidelines regarding personal protective equipment and use of masks (medical and non-medical) specific to employee job duties. This policy will be updated based on public health and institutional recommendations.

#### Initial Recommendations:

- Wear gloves when in contact with customers or goods if gloves are provided as part of your job function such as food service, receiving, health care, etc
- Adopt a “mask wearing culture” for all departmental personnel
- Medical staff
  - Athletic Trainers, Counselors, Dietitians, Physicians and other medical staff
  - Use of medical masks for all direct patient care, in including, but not limited to injury / illness evaluations, treatments, rehabilitation, taping, in person physician’s appointments, performance nutrition appointments, and athletic counseling appointments
  - Healthcare personnel must don appropriate PPE (i.e. gown; eye protection, N95 mask, etc.) during any aerosol-producing procedure and/or direct patient interaction with individuals who are confirmed (Lab Confirmed) COVID-19 positive and/or other symptomatic individuals
  - Patients must use masks during all in person activities within the athletic training room and/or the team physician’s (OCR clinic) office, including, but not limited to injury / illness evaluations, treatments, rehabilitation, taping, physician’s appointments, sports nutrition appointments, counseling appointments, etc.
- Strength and Conditioning Staff
  - Use of non-medical grade mask (cloth mask) for all work-related activity
- Office staff and coaches
  - Use of non-medical grade mask (cloth mask) for all work-related-activity
- Student-athletes
  - Student-athletes are required to wear non-medical masks (cloth mask) when participating in indoor strength and conditioning activities, consistent with public health recommendations. Accommodations will be made on an individual basis based on personal medical need.
  - Student-athletes are required to wear masks non-medical masks (cloth mask) in all athletic facilities for all non-practice activities
  - Student-athletes may remove masks for outdoor conditioning activities if the area and group size allows for appropriate physical distancing.

[CSU EHS Website](#)

[CSU Medical Mask Protocol](#)

[CSU Cloth Mask Protocol](#)



Appendix B

Application for Re-occupancy

[Checklist for CSU Re-Opening - CSU Application and Procedures](#)

Provide supporting documentation (PPE needs and plan for use, signage, screening procedures, social distancing plan, cleaning and disinfecting plan)

DRAFT



Appendix C

Phased Return to Activity Plan

		Projected Dates	Location	
<b>Phase 1</b>	(groups of 10 or less)			
Re-occupancy for staff				** All staff will continue to work remotely where possible. ** continue virtual staff meetings
	Sequencing (fall sport priority)			
	Football coaching staff	5/26/2020	Canvas	
	FB strength and conditioning	6/1/2020	Canvas	
	Nutrition	6/1/2020	Canvas	
	Sports med	6/1/2020	Canvas	
	Equipment	6/1/2020	Moby/Canvas	
	Exec Staff	6/15/2020	McGraw	
	Volleyball coaching staff	6/15/2020	McGraw	
	Soccer coaching staff	7/1/2020	McGraw	
	Cross country	7/15/2020		
	Winter/Spring sport coaches	June 15/July 1 8/1/2020	McGraw South College Opens	** continue to work remotely where possible.
	Ticket office			
	Sales Team			
	Development			
	Marketing			
	Communications			
	Video			
<b>Phase 2</b>	(groups of 10 or less, progress to groups of 50)			
Phased return for Student-athletes		6/1/2020		** build in quarantine time if needed.
	sequencing			
	Local Football SA's	6/1/2020	volunteer workouts	
	Football Transfer SA's	6/1/2020	** transfers arrive for physicals	
	Returning Football SA	6/8/2020	volunteer workouts	
	Incoming Football SA's	6/15/2020	begin mandatory workouts	
	Local Moby SA's, VB SA's	7/1/2020		
	MBB/WBB	7/1/2020		
	Soccer	7/13/2020		
	Cross Country	8/1/2020		
<b>Phase 3</b>	(full team activities allowed)	8/1/2020		
Return to team practice				
<b>Phase 4</b>				
Return to competition				



## Appendix D

### Signage

- Protect yourself checklist  
Posted at building entrances and throughout the building  
Distributed to staff and students electronically
- COVID symptoms  
Posted at building entrances

DRAFT



Appendix E

CSU Athletic Staff Re-Occupancy and Return to Activity Expectations

- I have received and reviewed a copy of the CSU Athletic Department Policies and Procedures for Return to Activity dated May 11, 2020 (the “Return Policy”).
- I understand and agree that:
  - Compliance with the provisions of the Return Policy is a condition of my continued employment with CSU Athletics.
  - I may not come to campus or be physically present for any CSU Athletics activity regardless of location (e.g. road trip) if I feel sick or am aware that I am symptomatic for Covid-19.
  - I understand that access to campus is personal to me and I may not bring any guests, family members or others to campus unless approved by the Athletic Director, Deputy Athletic Director or Senior Associate Athletic Director for Sports Performance.
  - That there may be consequences to my employment status with CSU, up to and including termination of my employment, if I do not comply with the Return Policy requirements.
  - That the Return Policy is subject to revision and I am responsible for complying with any changes to the policy that are emailed to my CSU email address.

Signature: \_\_\_\_\_

Print Name: \_\_\_\_\_

Date: May\_\_\_\_, 2020

Appendix E

CSU Athletic Staff Return to Activity

I have received and reviewed a copy of the CSU Athletic Department Policies and Procedures for Return to Activity dated May 11, 2020 (the "Return Policy").

I understand and agree that:

\*Compliance with the provisions of the Return Policy is a condition of my continued employment with CSU Athletics.

\*I may not come to campus or be physically present for any CSU Athletics activity regardless of location (e.g. road trip) if I feel sick or am aware that I am symptomatic for Covid-19.

\*I understand that access to campus is personal to me and I may not bring any guests, family members or others to campus unless approved by the Athletic Director, Deputy Athletic Director or Senior Associate Athletic Director for Sports Performance.

\*That there may be consequences to my employment status with CSU, up to and including termination of my employment, if I do not comply with the Return Policy requirements.

\*That the Return Policy is subject to revision and I am responsible for complying with any changes to the policy that are emailed to my CSU email address.

X \_\_\_\_\_

Print Name: \_\_\_\_\_

Date: May\_\_\_\_, 2020

Team 2

Men's Basketball

# RETURN TO ACTIVITY PLAN

FALL 2020

## Goal Dates:

All players back in Fort Collins by Sunday August 23rd

Begin workouts after Labor Day, Tuesday September 8th

## Workout Plan:

### Strength and Conditioning

- Sessions on Monday, Tuesday, Thursday, Friday
- Groups of players or individual times by appointment with strength and conditioning staff.
- Weights/bars cleaned after each set
- We will schedule time between sessions for sanitizing procedures in the Weight Room

### Basketball

**Having the ability to play live is the next step in furthering our team workouts. Our team has proven that we are taking everything COVID-19 related seriously, and have been the only team without a positive COVID-19 case. We went into the summer with the mindset that we would start to phase into normal activity and we feel like our student-athletes have done everything expected of them with the protocols. Progressing to live play would be mentally, physically, and emotionally beneficial to all as we plan and prepare to compete this**



COLORADO STATE RAMS MEN'S BASKETBALL



**winter. We've seen that surrounding schools and several competitors are already competing and practicing live.**

- Full team in Moby Arena (20 ppl) starting Tuesday, September 8th, 2020
- Sessions Monday - Friday (Gym Availability: 2:30pm-5:30pm)
  - All Coaches, managers, support staff wear masks during workouts
  - Modified live play (4 v 4 shell, 5 v 5 shell, etc.)
  - Continue shooting on goals with rebounders and passers
- Procedures for Managers
  - Will complete the University COVID-19 Questionnaire before arriving on campus.

### **Team Meetings**

- Having the ability to meet with our student-athletes is critical to our team's development
- Social distancing set up in Auditorium or Bob Davis Hall (20 ppl total)
- Players would sit in every 4th chair and every other row

### **Equipment Procedures**

- Laundry (coordinate with Katie and Melinda)
- Towel and individual bottles will be provided by the ATR. Guys will return towels to equipment for daily cleaning
- Sanitizing Equipment in Gym- Bleach Water
- Take basketball and pads over to Canvas Stadium to be sanitized in cleaning chambers



**COLORADO STATE RAMS MEN'S BASKETBALL**

## **Fueling**

- Players would pick up shakes after workouts
- Designated meal pick up time for entire team (info comes from Julie and what football has been doing)
  - Find a set up space (parking lot?)
  - Nutrition Staff wears gloves and masks while handing out boxed meals to minimize touching and contact by everyone
  - All players wear masks when picking up meal
  - Simple choices from places like Qdoba, CFA, Sandwiches, BBQ
  - Could we also have snacks and supplements passed out with the bag lunches?

## **Other Questions and Needs:**

- Sourcing PPE for Players and Staff
  - Masks and Gloves
- Propose what times we would like to be in the facilities so we can begin to coordinate with other teams
  - Would like to be completed by lunchtime
- Supply Requests:
  - Masks
  - Gloves
  - Bleach
  - Buckets/Spray Bottles and Rags for bleach-water solution
  - Hand Sanitizer



Team 3

Men's Golf

## **Return to practice plan for CSU Men's Golf**

### **Fall 2020 Roster**

Andrew Lafferty  
AJ Ott  
Davis Bryant  
Gavin Hagestrom  
Gunnar Broin

### **CSU Practice Facility at the Harmony Club**

Professional cleaned once per week  
Masks worn inside  
Sanitize hands upon entry of facility  
Surfaces and shared equipment wiped down after each use  
All staff and player distanced at 6 feet  
Removal of flag sticks on putting green  
No touching of flag sticks on chipping green  
No more than 10 people inside at one time

### **CSU Golf Performance Center**

Surfaces and shared equipment wiped down after each use  
Mask worn inside  
Sanitize hands upon entry of facility  
No more than 3 people in each room  
Removal of all flag sticks

### **Team Activities**

Start 9/3 and end 10/30  
All players passed COVID intake testing  
Non team workouts to be scheduled individually based on availability  
Practices at 1p Mon-Fri  
Team meetings done outside at the Harmony facility  
Coaches and support staff will be required to wear a mask at all times during practice, whether indoors or outside.  
Student-athletes will be required to wear masks to and from practice, and will be encouraged to wear masks when not engaged in high intensity cardiovascular activity.

### **Items needed**

Masks  
Spray bottles  
Cleaner  
Hand sanitizer

Team 4

Softball

## CSU SOFTBALL RETURN TO ACTIVITY PHASED PLAN

As of August 21<sup>st</sup>, 2020/Updated on 9/11/2020

### PHASE 1: JULY-AUG 31, 2020 – PHYSICALS, CONCUSSION & COVID TESTING

- Contact Coach Fisher & Stephanie Johnson with the arrival dates
  - o Steph to schedule COVID tests & physicals to follow
  - o Steph to update COVID & physical schedule
  - o Steph to coordinate Impact & any other required testing (concussion protocol, etc)
- **NO ACCESS TO ANY ATHLETIC FACILITIES DURING THIS PHASE** (including softball field, weight room, locker room, McGraw, Moby, Team Room) until you have the results of your COVID test!

COVID testing dates as of August 21<sup>st</sup>:

TESTED in July	VETS TESTED AUG 17 <sup>th</sup>	TEST AUG 24 <sup>th</sup>	TEST AUG 31 <sup>st</sup>
Jordan Acosta	Kate Cook	ALLY BEECHER	ASHLEY YORK*
Haley Donaldson	Corina Gamboa*	SYDNEY HORNBUCKLE	KATELYN HORNBUCKLE
Tara Shadowen	Peyton Allen	Tyler Trott	JALYN McGUFFIN
Ashley Michelena		Taylor Gilmore	HALEY SMITH
		Julia Cabral	MAYA MATSUBARA
		Makenna McVay	Brooke Polenz
		Kailyn McVay	
		Nelly Serna	
		Jessica Jarecki	

\*Tested positive for COVID w/in last 90 days

ONCE CLEARED FOR PARTICIPATION ONLY & **USING UNIVERSITY APPROVED PROTOCOLS**, A STUDENT-ATHLETE MAY BEGIN THE FOLLOWING:

### PHASE 2A: SEPT 1-5, 2020 – VOLUNTARY STRENGTH & CONDITIONING W/COACH PARSONS

- o please schedule a time w/Coach Fisher to clean out all non-essential/unnecessary items & organize & sanitize your personal locker space (supplies will be available in the locker room & no more than 4 student-athletes at a time will be allowed in; wear your mask!)
- o Schedule a time with Melinda to try on/get your issued work out gear; wear your mask!
- After this there will be no further access to the locker room until a schedule can be made!
- Once a schedule can be made, you will still need to be aware that our Moby Custodial Team will have the softball & volleyball locker rooms & common showers & bathrooms CLOSED from 9:30-11:00am Monday-Friday! There is NO access at this time, even once a schedule can be made!!!
- Beginning August 31<sup>st</sup> voluntary workouts will be available ONLY for those cleared to participate

## CSU SOFTBALL RETURN TO ACTIVITY PHASED PLAN

As of August 21<sup>st</sup>, 2020/Updated on 9/11/2020

- Coaches and support staff will be required to wear a mask at all times during practice, whether indoors or outside. Student-athletes will be required to wear masks to and from practice, and will be encouraged to wear masks when not engaged in high intensity cardiovascular activity.
- Weight workouts in the weight room are TBD
  - o This will be dependent upon scheduling & availability
  - o Currently the Strength & Conditioning staff is working on a plan to accommodate teams that is acceptable & equitable; if allowed in the weight room, there will be strict & pre-approved protocols in place
  - o Weight workouts may need to be outside...if so, they will follow the same guidelines set forth below under Conditioning/Speed/Agility workouts
- Conditioning/Speed/Agility workouts with Coach Parsons will be outdoors on the old turf practice FB field OR on the softball field (Days & Times TBD, based upon availability & class schedules)
  - o Maximum of 25 people (including staff)
  - o PLEASE DO NOT TOUCH one another's personal items
  - o Each person should place their personal items, spaced at least 6' apart, along the sideline of the old FB turf field (water bottle, mask, sweatshirt, extra shoes, etc)
  - o If workout is conducted on the softball field, each person will have a designated "taped off" space along the fence, in the bleachers, or in the bullpen (depending on your position). It will be clearly marked with your name/number. This is where you are to keep your personal items.
  - o You must distance yourself while working out/running; Coach Parsons will coordinate with cones, etc.
  - o Masks can be worn, but will not be required during workouts, however, they must be worn to/from the field
  - o Coach Parsons will store equipment in the shed & it will be cleaned after each session
  - o Disinfectant spray & paper towels and/or sanitizing wipes, and hand sanitizer will be readily available at the softball field or old FB turf field
  - o Players must complete and submit the CSU student daily symptom checker and have temp screened daily by athletic department personnel prior to training. Locations & times will be communicated via team athletic trainer who will share the link with you & you should bookmark it on your phone, so that you can easily access it
  - o No shared water bottles – must bring your own
    - Steph will have a water cooler at the location of workouts.
    - This is a cooler that she (or a member of the ATR Staff) has personally cleaned & prepared & brought outside
    - Steph or substitute qualified member of the ATR staff will be the only person allowed to refill water bottles (will wear gloves & be very conscientious; i.e. right hand accept & return bottle, left hand push button; change gloves often)
  - o There will be no laundry during Phase 2, you must wash your own practice items, masks, etc. & all items must be freshly washed (for example, no wearing the same shorts for 2 days in a row without washing)
  - o The fueling station will have a copy of our schedule & items will be "Grab & Go" after workouts
  - o You will NOT be allowed to take off your mask to eat in Moby; masks must be worn in the buildings

## CSU SOFTBALL RETURN TO ACTIVITY PHASED PLAN

As of August 21<sup>st</sup>, 2020/Updated on 9/11/2020

### **PHASE 2B SEPT 1-5, 2020 – VOLUNTARY WORKOUTS – OPTIONAL SOFTBALL ACTIVITIES**

- Coaches and support staff will be required to wear a mask at all times during practice, whether indoors or outside. Student-athletes will be required to wear masks to and from practice, and will be encouraged to wear masks when not engaged in high intensity cardiovascular activity.
- If you wish, you may get some optional softball work in on the softball field but it must be PRE-SCHEDULED
- There will be a schedule with optional times, but please submit your requested times & groups to Coaches at least the night before.
- The coaches &/or equipment staff will lay out clearly designated equipment for each particular group.
- A sanitizing schedule will be set up & no two groups will use the same equipment without sanitizing in between groups (the Coaches &/or ATR Staff &/or Equipment Room staff will sanitize balls & wipe down any other equipment utilized between each group)
- Groups must follow the same protocol as above for voluntary S & C Workouts, however the maximum number of athletes will be smaller!
  - o Maximum number of 8 student-athletes on the field at any one time
  - o Maximum number of 4 student-athletes per bull pen at any one time (one group of 4 may use the visitor bull pen & one group of 4 the home bull pen)
  - o Due to heavy snow damage last April, at this time there is no batting cage access
  - o Hand sanitizer will be readily available at field
  - o No shared water bottles – you must bring your own CLEAN water bottle (sanitize each evening & wipe often throughout the day)
  - o Equipment cleaning protocol:
    - o Coaches will spray the balls with product (TBD) to clean the balls, bucket handles & lids.
    - o Coaches will wipe high touch surfaces such as screens, gates & other equipment every day after training or in between each group if the same equipment is to be used
      - Product, spraying mechanism, wipes to be supplied by the equipment staff

### **PHASE 3A: SEPT 6-26, 2020 – SKILL WORK SEGMENT W/STRENGTH & CONDITIONING COACH**

SAME AS PHASE 2A

### **PHASE 3B: SEPT 6-26, 2020 – SKILL WORK SEGMENT W/SOFTBALL COACHING STAFF**

- Coaches and support staff will be required to wear a mask at all times during practice, whether indoors or outside. Student-athletes will be required to wear masks to and from practice, and will be encouraged to wear masks when not engaged in high intensity cardiovascular activity.
- Supervised coaching of softball activities will be resumed in small groups (8 players or less on the outfield at a time, 8 players or less on the infield at a time, & no more than 4 players at a time in each of the bullpens)
- In the skill work segment the NCAA allows up to 8 hours per week of CARA (countable athletically related activities) with up to 4 of these being softball related & the other 4 being strength & conditioning related. It is also mandated that there are 2 day off per week.
- Skill instruction will be scheduled based on the availability of each student-athlete, but will be Tuesday & Thursday mornings sometime between 6:00-10:30am; Wednesday afternoons between 1:00-6:30pm, & Sundays (times TBD).
- The same protocols as above will be followed, with the following exception: a locker room access schedule & a laundry protocol will be put in place, whereby student-athletes will have their practice gear washed



## CSU SOFTBALL RETURN TO ACTIVITY PHASED PLAN

As of August 21<sup>st</sup>, 2020/Updated on 9/11/2020

- For locker room access, student-athletes MUST sign up with coaches & must adhere strictly to the university COVID protocol
- There should never be more than 8 student-athletes in the softball locker room at a time & they should always be in masks
- Student athletes will be allowed a maximum of 15 minutes to change & pick up or drop off their equipment bag ONLY, before & after practice
- Student athletes will be allowed a maximum of 10 minutes to change & get ready for Athletic Training Room appointment
- Absolutely no hanging out in the locker room
- Student-athletes will be allowed to pick up their clean laundry loop in the “clean laundry” bin in the locker room & drop off their dirty laundry on the loop in the “dirty” bin.

### REMINDERS:

- The coaches &/or equipment staff will lay out clearly designated equipment for each particular group.
- A sanitizing schedule will be set up & no two groups will use the same equipment without sanitizing in between groups (the Coaches &/or ATR Staff &/or Equipment Room staff will sanitize balls & wipe down any other equipment utilized between each group)
- Groups must follow the same protocol as above for voluntary workouts
  - Maximum number of 8 student-athletes on the field at any one time
  - Maximum number of 4 student-athletes per bull pen at any one time (one group of 4 may use the visitor bull pen & one group of 4 the home bull pen)
  - Due to heavy snow damage last April, at this time there is no batting cage access
  - Hand sanitizer will be readily available at field
  - No shared water bottles – you must bring your own CLEAN water bottle (sanitize each evening & wipe often throughout the day)
  - Equipment cleaning protocol:
    - Coaches will spray the balls with product (TBD) to clean the balls, bucket handles & lids.
    - Coaches will wipe high touch surfaces such as screens, gates & other equipment every day after training or in between each group if the same equipment is to be used
      - Product, spraying mechanism, wipes to be supplied by the equipment staff?

### **PHASE 4A: SEPT 27-NOV 7, 2020 – TEAM SEGMENT W/STRENGTH & CONDITIONING COACH**

**SAME AS PHASE 2A**

### **PHASE 4B: SEPT 27-NOV 7, 2020 – TEAM SEGMENT W/SOFTBALL COACHING STAFF**

- This phase will follow all of the same protocols as in Phase 3B, with a couple exceptions:
  - 1) In the team practice segment the NCAA allows up to 20 hours per week of CARA (countable athletically related activities). It is mandated that there is one day off per week.
  - 2) More team-type of softball activities will be resumed where practices could include up to 22 players & 6 staff members at a time, & have more of a “live” or “scrimmage” type of atmosphereThe following protocols will be added:
  - No team huddles, players must stay social distanced pre, during, & post practice except for the necessary interactions such as a batter being in close proximity to the catcher while they bat, or a base runner being in close proximity to the defensive player
- The same protocols as above will be followed, including:

## CSU SOFTBALL RETURN TO ACTIVITY PHASED PLAN

As of August 21<sup>st</sup>, 2020/Updated on 9/11/2020

- For locker room access, student-athletes MUST sign up with coaches & must adhere strictly to the university COVID protocol
- There should never be more than 8 student-athletes in the softball locker room at a time & they should always be in masks
- Student athletes will be allowed a maximum of 15 minutes to change & pick up or drop off their equipment bag ONLY, before & after practice
- Student athletes will be allowed a maximum of 10 minutes to change & get ready for Athletic Training Room appointment
- Absolutely no hanging out in the locker room
- Student-athletes will be allowed to pick up their clean laundry loop in the “clean laundry” bin in the locker room & drop off their dirty laundry on the loop in the “dirty” bin.

### REMINDERS:

- Coaches and support staff will be required to wear a mask at all times during practice, whether indoors or outside. Student-athletes will be required to wear masks to and from practice, and will be encouraged to wear masks when not engaged in high intensity cardiovascular activity.
- The coaches &/or equipment staff will lay out clearly designated equipment for each particular group.
- A sanitizing schedule will be set up & no two groups will use the same equipment without sanitizing in between groups (the Coaches &/or ATR Staff &/or Equipment Room staff will sanitize balls & wipe down any other equipment utilized between each group)
- Groups must follow the same protocol as above for voluntary workouts
  - We hope to have access to the batting cages by this time
  - Hand sanitizer will be readily available at field
  - No shared water bottles – you must bring your own CLEAN water bottle (sanitize each evening & wipe often throughout the day)
  - Equipment cleaning protocol:
    - Coaches will spray the balls with product (TBD) to clean the balls, bucket handles & lids.
    - Coaches will wipe high touch surfaces such as screens, gates & other equipment every day after training or in between each practice if the same equipment is to be used
      - Product, spraying mechanism, wipes to be supplied by the equipment staff?

### **PHASE 6: NOV 8-21, 2020 – RETURN TO SKILL WORK SEGMENT**

**SAME AS PHASES 2A & 3B**

### **PHASE 7: NOV 22, 2020 – JAN 9, 2021 – NO TEAM ACTIVITIES, VOLUNTARY/SKILL/TEAM OR OTHERWISE**

**No in-person activities or access to campus facilities**

### **PHASE 8: JAN 10-MAY 31, 2021 – TEAM COMPETITIVE SEASON**

**TBD**

Team 5

Swim

## **CSU SWIM & DIVE RETURN TO PRACTICE**

**Declaration of Playing Season: 144 Days**

**Segment 1: September 7-Dec. 19, 2020 (4 non-academic days: Nov. 21-24, Dec. 19)**

**Segment 2: January 2-March 8, 2021**

**Competition Dates: See Attached Schedule**

### **PHASE 1 – PHYSICALS & COVID TESTING**

- Mike DeLuca communicating via GroupMe regarding COVID testing protocol and requesting health insurance documentation.
- Mike to schedule COVID tests & physicals to follow.
- Mike to update COVID & physical schedule for coaching staff and testing results.
- Posting of EAP and procedures for removing potentially ill athletes.
  
- Athletes can only move to Phase 2 after clearance from medical staff.
- COVID testing ongoing and will be completed August 24.
- Team physicals all scheduled through August 28.

### **PHASE 2 – OFF-SEASON TEAM MEETINGS: August 24-August 30**

- Academic Meeting via Zoom, 3-4 p.m. Monday.
- Team Meetings located outside on IM Fields with two separate groups 3-4 p.m. Tuesday-Thursday.

### **PHASE 3 – OFF-SEASON DRY WORKOUTS/POOL SESSIONS: August 31-September 6**

General Procedures:

- Coaches and support staff will be required to wear a mask at all times during practice, whether indoors or outside.
- Student-athletes will be required to wear masks to and from practice, and will be encouraged to wear masks when not engaged in high intensity cardiovascular dryland training.

Weight Room/Outdoor Dryland:

- Weight Room Orientation to occur on IM Fields or open space adjacent to Moby Arena where social distancing and masking can be enforced. Orientation and Dryland sessions occur Tuesday and Thursday morning with two team groups (multiple staff group leaders) on IM Fields (if weather or availability does not permit—we would request Moby concourses with split groups), 7:15-8:15 a.m.
- All participants will have to bring own equipment (clothes, masks, yoga mats, water bottles, cords). No Locker room access required.
- Workouts will be structured so that any shared equipment will be sanitized prior to another group utilizing it (i.e., we will conduct a circuit and physio balls will be wiped clean between stations).
- Weight Room protocols to be followed per Kelsey Zachman's instructions.

Diving Well

- Divers will observe same protocols for Moby Pool (swimmers), with additional precautions.

- Signs will be posted in diving area regarding proper spacing protocol.
- Only one diver per board, trampoline, or hot tub.
- Only one diver in the well after dive before commencing with next diver.

#### Indoor Dryland Area:

- Only 1 coach and 6 divers per session maximum, following State and County protocols.
- Med-Balls and other dryland equipment will be used by one person during the session will be cleaned after each workout.
- All shared dryland equipment (i.e. dryboards will be used by one athlete at a time).
- Sanitizer will be used upon entry and exit by all athletes and staff.
- Signage will be posted on the door signifying that this is a private space only for CSU Swimming & Diving and will have proper protocols listed.
- Ventilation should be good as the ceiling is nearly 30 ft. tall and open air balcony, but a fan can be utilized for circulation.

#### Moby Pool:

- Athletes will report with athletic clothing/gear to avoid usage of locker room.
- Entry/exit procedures will be posted on each facility and will avoid multiple points.
- Traffic flow patterns directed by painter's tape on the pool deck to enhance social distancing.
- Daily temperature check & screening prior to team meetings/dryland via Sports Med personnel.
- Masking required, social distancing enforced in both indoor Moby bleachers Diving Dryland Area, and outside Moby facility on IM fields (weather permitting).
- Hand sanitizer will be available on deck at Moby Pool.
- No shared water bottles – must bring their own.
- No shared yoga mats—each athlete provided with their own and cleaned with disinfectant.
- No team gear utilized during this phase.
- Two training sessions 2-3 p.m./3-4 p.m. daily for swimmers (student-athletes will sign up for sessions—limit 13 per session).
- Locker room access will be granted through interior doors in groups of 6-8 athletes per 8 minute windows. Only quick showers allowed and items grabbed from personal locker space. Second group will follow after first group leaves through exterior (hallway doors) to avoid close contact.
- Locker room is scheduled for 12:30 p.m. daily cleanings by facilities (Monday-Friday).
- Deck surface will be cleaned weekly through facilities staff.
- Coaches locker room will be cleaned daily through facilities staff (Monday-Friday).

### **PHASE 4 –TRANSITION TO IN-SEASON WORKOUTS/TEAM MEETINGS: September 7-March 8**

#### General Procedures:

- Coaches and support staff will be required to wear a mask at all times during practice, whether indoors or outside.
- Student-athletes will be required to wear masks to and from practice, and will be encouraged to wear masks when not engaged in high intensity cardiovascular dryland training.

Weight Room: See Phase 2 details above

Diving Well/Dryland Area: See Phase 2 details above

#### Moby Pool:

- Athletes will report with athletic clothing/gear to avoid usage of locker room
- Entry/exit procedures will be posted on each facility and will avoid multiple points
- Traffic flow patterns directed by painter's tape on the pool deck to enhance social distancing
- Daily temperature check & screening prior to team meetings/dryland via Sports Med personnel
- Masking required, social distancing enforced in both indoor Moby bleachers Diving Dryland Area, and outside Moby facility on IM fields (weather permitting)
- Hand sanitizer will be available on deck at Moby Pool
- No shared water bottles – must bring their own
- No shared yoga mats—each athlete provided with their own and cleaned with disinfectant
- Daily cleaning of shared team equipment (i.e., tempo trainers, chutes, med balls) via spray bottles of disinfectant
- Moby Pool practices will observe 25% capacity (23 athlete maximum/94 person pool capacity) per State of Colorado guidelines (practice times adjusted accordingly and attached)
- Social distancing guidelines for competition lanes will observe USA Swimming suggested guidelines (competition pool template attached)
- No visitors allowed during workouts
- Coaches in compliance with masking and social distancing and no shared time-keeping equipment
- Gear will kept at the end of the lane and will not be shared
- Locker room transitions should be clear during split sessions due to overlap. Concurrent sessions would require additional windows for release.

#### **PHASE 5—Return to Competition: TBD**

- As yet to be determined, protocol will follow in compliance with State and County Health regulations.
- Travel will likely occur only by ground transportation, with exception of two meets (NAU and MWC). Will depend on current COVID conditions/regulations and safety of airline travel.

#### Attachments & Links:

1. USA Swimming Guidelines for Reopening: <https://www.usaswimming.org/docs/default-source/coaching-resourcesdocuments/facility-reopening-plan-guidelines.pdf>
2. State of Colorado Public Health guidelines for indoor pools/recreation: <https://covid19.colorado.gov/safer-at-home/recreation#:~:text=Limit%20indoor%20facilities%20to%20up,pool%20activity%20to%20lap%20swim.>
3. CDC Guidelines for indoor pool facilities: <https://www.cdc.gov/coronavirus/2019-ncov/community/parks-rec/aquatic-venues.html>
4. Revised Swim Training Schedule

Monday: 2.75-3.25 hours

6:10-7:10 a.m.	Free-Stk	Pool
7:20-8:20 a.m.	IM	Pool
2:15-4:00 p.m.	HT	Pool
3:15-5:30 p.m.	CLP	Dryland (45 minutes)/Pool

Tuesday: 2.25-2.5 hours

1:30-4:00 p.m.	CLP	Pool
3:15-5:30 p.m.	HT	Dryland (45 minutes)/Pool

Wednesday: 1.17~ hours

5:50-7:00 a.m.	Long-Axis	Pool
7:10-8:20 a.m.	Short-Axis	Pool

Thursday: 2.25-2.5 hours

1:30-4:00 p.m.	CLP	Pool
3:15-5:30 p.m.	HT	Dryland (45 minutes)/Pool

Friday: 4

6:10-7:10 a.m.	IM	Pool
7:20-8:20 a.m.	Free-Stk	Pool
2:15-3:00 p.m.	ALL	Chalk Talk-location TBD (social distancing observed)
3:15-5:00 p.m.	ALL	Pool (only 2-3 per lane in rotations of swimming & deck dryland)

Saturday: 2.5

7:00-9:30 a.m.	HT or CLP	Pool
9:30-12:00 p.m.	HT or CLP	Pool

\*Split of Groups TBD and times are tentative

**Groups:**

Monday/Friday AM

*IM Group:* Katelyn, Emma, Jennae, Madi H., Olivia L., Elsa L., Katie M., Kate M., Abbey, Caroline, Rachel, Grace, Maddie W. (13)

*Fr-Stk Group:* Olivia C., Kristina, Madison G., Megan, Amanda, Hope, Anika, Liza, Sarah, Kendra, Hannah, Sydnee (12)

Wednesday AM

*Long-Axis:* Back - Elsa / Olivia / Bartley / Perry / Liza / Rachel / Hope (Free & Back)  
Free - Abbey / Gordley / Sydnee / Mundy / Kristina / Hager / Anika

*Mid-Axis:* Fly - Hannah / Hoffman / Jennae / Hunter / Preski  
Breast - Ward / Meunier / Manzione / Grace / LeBlanc / Breslin

Monday/Tuesday/Thursday/Friday PM

*Horsetooth (HT):* Kristina, Elsa, Maddie W, Kate M, Sydnee, Sarah, Liza, Jennae, Olivia C., Megan, Anika, Emma (12)

Cache La Poudre (CLP): Abbey, Hope, Madi H., Madison, Grace, Caroline, Hannah, Amanda, Katelyn, Katie M., Rachel, Kendra, Olivia L. (13)

Saturday AM

Swim Groups TBD, but split sessions directed by coaches

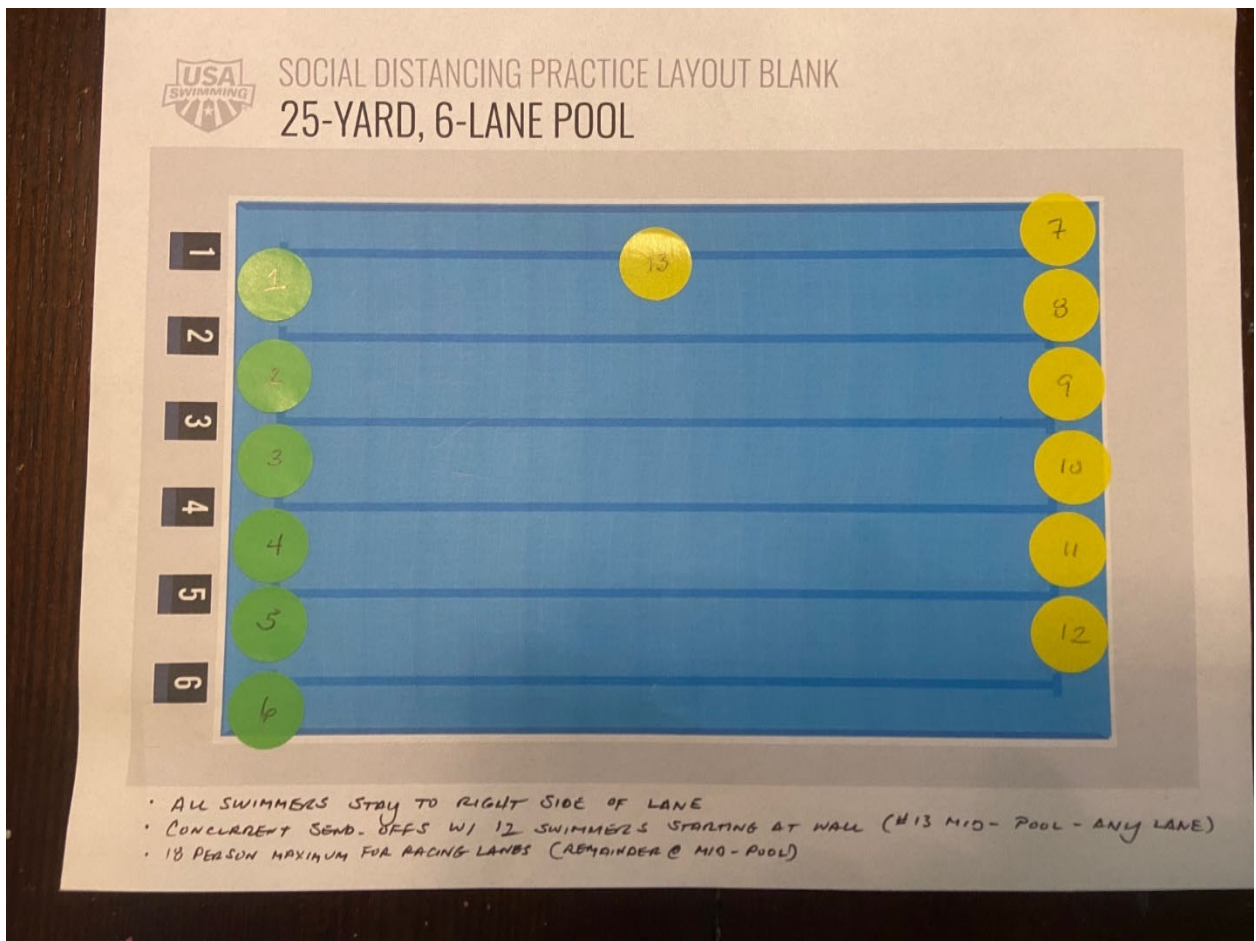
- IF cohorts or pods are necessary, we will retain HT and CLP split for all sessions.

5. Diving Schedule

Monday-Friday: 2:00 – 4:30pm (Dry land Diving room & use of the diving well) (12.5 hrs)

Saturday: 8:00—10:30am (2.5hrs)

6. Competition Pool Spacing Template



7. 2020-2021 Competition Schedule

**2020-2021 Schedule**



This schedule is tentative and subject to change

**Dual Meet/Invite Season**

<del>October 16, 2020</del>	<del>5 p.m.</del>	<del>University of Idaho</del>	<del>Fort Collins, CO</del>
<del>October 17, 2020</del>	<del>12 p.m.</del>	<del>Denver University</del>	<del>Fort Collins, CO</del>
<del>October 30, 2020</del>	<del>5 p.m.</del>	<del>University of Wyoming</del>	<del>Laramie, WY</del>
January 9, 2021	10:30 a.m.	Colorado Mines/Colorado Mesa	Golden, CO
January 23, 2021	12 p.m.	Air Force Academy/New Mexico	Colorado Springs, CO
February 5, 2021	5 p.m.	UNC-Greeley	Fort Collins, CO
February 4-6, 2021	All Day	Air Force Academy Diving Invite	Colorado Springs, CO
February 18-20, 2021	All Day	MW Conference Championships	Las Vegas, NV- Swim Colorado Springs, CO – Dive

**Post-Season**

March 8-10, 2021	All Day	NCAA Zone E Diving Championships	Flagstaff, AZ (NAU)
March 11-13, 2021	All Day	National Invitational Championship	Elkhart, IN
March 17-21, 2021	All Day	NCAA Championships	Greensboro, NC

Team 6

Track and Field

## CSU Track and Field/Cross-Country Return to Practice Proposal

This document serves as a proposal for a return to practice at Jack Christiansen Track based on USA Track and Field COVID guidelines and the State of Colorado Department of Public Health and Environment COVID guidance for personal recreation.

While this allows for improved access to training resources, the track also provides a safe space for our athletes. We believe we can train safely and effectively as the space is: 1) outdoors, 2) multiple lanes, and 3) multiple throwing and jumping areas, 4) fenced and gated with one entrance to control entry.

Based on the guidelines listed below and our facility we would suggest the following to ensure a safe and compliant environment. Every protocol is for Fall unless otherwise stated.

- **All student-athletes will go through COVID-19 testing and athletics physical along with compliance paperwork before any practice will occur.**
- All student-athletes will have temperatures checked before each practice session by medical training staff before entering the facility.
- Staff and student-athletes complete symptom checker before arrival:  
<https://wsnet2.colostate.edu/cwis86/WPublicH/healthscreening.aspx>
- If symptoms, stay/go home; check in with CSU Public Health:  
Call 970-491-6121 or <http://ehs.colostate.edu/WPublicH/Home.aspx>
- Use doors and stairwells designated for entry only
- Disinfect hands on arrival
- Disinfect hands when leave/return (assume hands always have virus)  
When ready to leave, disinfect all contact areas & areas within respiratory droplet range (6 feet; within reason)
- **All student-athletes would enter and leave the Jack Christiansen Track through the North entrance. The entrance will be monitored by coaching staff and medical staff.**
  - This gate will be **opened by a coach** at designated times during the day; thus, preventing every athlete from locking and unlocking the gate
  - Coaches will unlock equipment shed during this designated time
  - Cleaning/sanitization products will be used to wipe down any equipment used by one before another can touch it
- **All athletes must follow below lane protocols:**
  - Lane 1 for intervals and multi lap workouts
  - Lane 3 same as Lane 1
  - Lane 5 (west) for 100h
  - Lane 5 (east) for 110h
  - Lane 7 for 400h
  - If there are no hurdles, then lanes 5 and 7 act as typical running lanes
  - Note: As seen in the below photo, all event groups can be on the track while maintaining social distancing protocols. All event areas are easily separated by over 15 meters.
- **All athletes must follow below field protocols:**
  - small group of 8 athletes per long jump, triple jump, high jump, and pole vault pit
    - As more athletes return, we will use up to 4 long/triple jump sand pits
  - Athletes will not share any throwing implements
  - Long/Triple Jump: No more than 8 jumpers per sand pit (max 8 athletes)

- High Jumpers: Men and Women on separate pits (max 8 athletes per pit)
- Pole Vaults: Separate from all other event groups (max 8 athletes)
- When doing running workouts use social distancing when possible
- **Separate training times and groups. For example:**
  - 8pm-10am – Distance
  - 10am-12pm – Jumps / Throws: training groups 30 meters apart
  - 12pm-2pm – Sprints
- **Athletes will remain a minimum of 6 feet apart from all other student-athletes.**
- **Coaching staff will remain 6 feet apart (or more) from both student-athletes and other coaching staff members.**
  - Masks will be present and worn in cases where closer contact might be required.
- **Coaching staff will post guidelines for all training during COVID restrictions at the North entrance to the Jack Christiansen Track so that all team members and staff are informed and in compliance.**
- **All student-athlete temperatures are checked based on Athletic Department's protocol.**
  - This is the only time athletes will be within 6 feet of someone else.
  - Athletes who have a fever or other COVID symptoms will not be allowed in the facility.
- **Masks are always required when on the track, unless by yourself.**
- **Fall (School Start):** Our event groups are already separated by practice time and/or physical location.
  - **Jack Christiansen Track:**
    - Signage with practice protocol will be supplied by CSU athletics
    - Hand sanitizing stations and germicidal cleaning products will be supplied by athletic department.
    - Throws: Separated by two times, maintain 6 or more feet apart, never share an implement. Implements will be cleaned before and after practice. No other event group is within 30 feet of this group.
    - Jumps: Each event group is separated by time.
      - Long/Triple Jump: small groups at sand pit (Max 6 athletes). The long jump area is separate from other event groups by 50 feet.
      - High Jumpers: Men and Women on separate pits (Max 8 total). The high jump apron has no other athletes practicing on it.
      - Pole Vaults: Separate from all other event groups (Max 8 total). The pole vault facility is separate from other event groups by 30 feet or more.
      - Running separated by lane or 5 seconds on the track.
    - Sprints: Can use lanes on track while field events are conducted on the field. Since it is an open-air facility, the athletes will be able to remain distancing protocols with while Jumps, Throws, and Sprints are all on the field.
    - Distance: Same as sprints but have practice before and/or after sprint practice.
- **Indoor Track (Glenn Morris Field House):**
  - Glenn Morris Indoor Track:
    - Signage with practice protocol will be supplied by CSU athletics
    - Hand sanitizing stations and germicidal cleaning products and gloves will be supplied by athletic department.
    - Turn on 1-3 **exhaust fans** to pull air straight up and exhaust out through the roof.
    - Open windows to allow airflow into and out vertically through roof exhaust fans.

- Throws: Separated by two times, maintain 6 or more feet apart, never share an implement. Implements will be cleaned and sanitized before and after practice by student athletes and coaching staff. Cleaning products and gloves will be provided.
- Jumps: Each event group is separated by time.
  - Long/Triple Jump: No more than 8 jumpers per sand pit (Max 8 athletes).
  - High Jumpers: Men and Women on separate pits (Max 8 total).
  - Pole Vaults: Separate from all other event groups (Max 8 total).
  - Running separated by lane or 5 seconds on the track.
- Sprints: Can use lanes on track while field events are conducted on the field. open windows or garage door to promote air-flow in the facility, the athletes will be able to maintain distancing protocols while Jumps, Throws, and Sprints are all on the field.
- Distance: Same as sprints but have practice before and/or after sprint practice.
- Track locker rooms will be closed. No showers / No access

**Jack Christiansen Track:**



Colorado Department of Public Health and Environment

<https://covid19.colorado.gov/safer-at-home/recreation>

USA Track and Field Guidelines

<https://www.usatf.org/programs/elite-athletes/usatf-coronavirus-2019-covid-19-information-page/return-to-training-guidance-for-athletes-coaches-c>

Team 7

Women's Basketball



# COLORADO STATE

## ATHLETICS

### Women's Basketball Return to Activity Plan

Masks to be worn at all times

#### 16 Athletes

All athletes back in Fort Collins

- Katia Stamatelopoulos
- Bengisu Alper
- **Karly Murphy**
- Alexis Eberhardt
- Sydney Mech
- **Ellie Boni**
- Tori Williams
- Lauren Brocke
- Jamie Bonnarens
- Liah Davis
- **McKenna Hofschild**
- Cali Clark
- **Makayla Hemingway**
- Maria Torres (physical scheduled for 8/31)
- Lore Devos
- **Petra Farkas** (physical scheduled for 8/31)

\*Bold-New Student Athletes



# **COLORADO STATE**

## **ATHLETICS**

### **Entering Facilities Plan:**

- Athletes will enter facilities with their backpacks
  - Backpacks will be their way of transporting equipment that they will be in charge of
    - Water Bottle
    - Foam Roller
    - Car Keys
    - Phone (If Needed)
    - Mask
- Student-athletes will submit daily health screen prior to arrival on campus with additional temperature checks and screening done by Athletic Dept.

Staff before entering athletics facilities.

- Sanitizing stations are set up in all facilities
- All doors will remain open to avoid touching handles
- Doors will be clearly labeled or communicated on where they will enter and exit any workout area
- Athletes will bring backpacks into Moby and at assigned lifting rack

**TO EDUCATE, ENGAGE AND EXCEL**

MCGRAW ATHLETIC CENTER • FORT COLLINS, CO 80523-0120  
(970) 491-5300 • CSURAMS.COM





# COLORADO STATE

## ATHLETICS

### Workout Plan:

#### Groups: Phase 1 (What we have been doing)

- Groups are based off of the athletes living situations. Roommates are grouped together to avoid cross contamination
- We will have 14 athletes on campus and will split into two groups one of 6 athletes and the other of 8 athletes
  - We have added the 2 international athletes to a group, they will be arriving later in the summer
- Groups are for both lifting as well as court work

<b>Group #1 (6 Athletes)</b>	<b>Group #2 (7 Athletes)</b>
Liah	Sydney
Tori	Bengi
Jamie	Ellie
McKenna	Makayla
Karly	Katia
Cali	Lexi
<b>Maria- Upon Return</b>	Lauren
<b>Petra-Upon Return</b>	<b>Lore</b>

#### Groups: Next Phase (Starting August 31<sup>st</sup>)

- One group with all 16 athletes
- Will stay below max capacity of 25 including coaches in Moby and Weight Room

**TO EDUCATE, ENGAGE AND EXCEL**

MCGRAW ATHLETIC CENTER • FORT COLLINS, CO 80523-0120  
(970) 491-5300 • CSURAMS.COM



# **COLORADO STATE**

## **ATHLETICS**

### **Phase 1:**

#### **Strength and Conditioning w/ Brandon Mikulecky- July 13-17th**

- Sessions on Monday, Tuesday, Thursday, Friday
- Groups would be the same as individual workout groups
- We will schedule time between sessions for sanitizing procedures in the weight room
- Follow strict weight room sanitation protocol is mandatory
- Each athlete will have their own rack with an empty rack in between athletes
- Athletes are responsible for cleaning their area thoroughly

#### **Plan of Action for Entering and Exiting Weight Room**

- Athletes will enter through the south west door in between training room and weight room
- Sports Medicine Staff will initiate temperature checks and screening as they enter
- Athletes will enter weight room through the hallway
- Athletes will bring their backpacks to designated rack to keep belongings (Water bottle, Foam Roller, Mask, Keys)
- Hand sanitizer will be onsite (mandatory)
- Athletes will exit weight room through the back door by the softball fields



# COLORADO STATE

## ATHLETICS

### Phase 2:

#### **Individuals/ Weightlifting/ Conditioning- July 20<sup>th</sup>**

- Sessions on Monday, Tuesday, Thursday, Friday
  - Coordinate use of Moby and IPF with Volleyball and Men's Basketball
- 2-3 Athletes will be assigned to one coach and one basket the entire time
- 5 on 0 half court
- Athletes backpack will be under their basket and will then be transported to weight room for their weightlifting session or vice versa
- Basketballs will be separated into racks of 12 balls per group
- Staff and players will wear masks throughout the entire workout
- Players will wear masks for shooting drills and low cardio demand drills
- No access to water coolers for student athletes
- Annie Bauman will provide hand sanitizer bottles on the court
- Annie Bauman will be in charge of refilling water bottles if needed
  - Athletes will unscrew their own water bottle and Annie will fill them up, athletes will put lid back on their water bottle

#### **Plan of Action for Entering and Exiting Moby/ Weight Room**

- Athletes will enter through the south west door in between training room and weight room with backpacks
- Sports Medicine Staff will initiate temperature checks and screening as they enter
- Each athlete will be given a towel and make sure water bottles are full
- Group 1 will enter Moby through south west door



# COLORADO STATE

## ATHLETICS

- Sanitation station will be set up at entrance, every athlete must use upon entering
- Each athlete will go to their assigned basket
- Athletes will bring their backpacks to assigned basket to keep belongings (Basketball, Water bottle, Ball, Foam Roller, Mask, Keys, Towel)
- Group 2 will enter weight room through hallway entrance door
- Athletes will sanitize when entering weight room
- Athletes will bring their backpacks to assigned rack to keep belongings (Basketball, Water bottle, Ball, Foam Roller, Mask, Keys, Towel)

### Next Phase:

#### **Entering Moby**

- Athletes will enter through the south west door in between training room and weight room with backpacks
- Student Athletes will be required to have a wristband to verify completion of daily symptom screen and temperature check
- Each athlete will be given a towel and make sure water bottles are full
- Group will enter Moby through south west door
- Sanitation station will be set up at entrance, every athlete must use upon entering
- Each athlete will go to their assigned basket
- Athletes will bring their backpacks to assigned basket to keep belongings (Basketball, Water bottle, Ball, Foam Roller, Mask, Keys, Towel)

**TO EDUCATE, ENGAGE AND EXCEL**

MCGRAW ATHLETIC CENTER • FORT COLLINS, CO 80523-0120  
(970) 491-5300 • CSURAMS.COM



# **COLORADO STATE**

## **ATHLETICS**

### **Individuals/ Weightlifting/ Conditioning- (August 31<sup>st</sup>)**

- Practice Sessions- Monday, Tuesday, Wednesday, Thursday, Friday
  - 10 Days of implanting contact drills ( \* Masked entire time)
    - Live and competitive (1 on 1, 2 on 2, 3 on 3)
    - 5 on 0 shell drill (Dummy defensive, no contact)
  - Point is to educate and implement our system
- After 10 days of implementing 1 on 1 etc. is completed
  - Move onto 4 on 4, 5 on 5 live actions
  - \* More COVID testing once we implement more contact drills
- Water/ Sanitizing breaks
  - More frequent socially distanced water breaks
  - Spread out
  - Also, time to sanitize, hands and any used equipment

### **Completion of Individuals/ Lifting**

- Group will exit Moby to the outside from the South East doors
  - All athletes are instructed to use hand sanitizer before exiting
  -

### **Completion of Each Workout-**

- Basketballs will be transported to the Ozone over at Canvas Stadium to be sanitized

### **Equipment Procedures**

- Laundry services will be provided from equipment room staff
- Athletes will arrive in their practice gear ready to lift/shoot
- Towel and individual bottle will be provided by Athletic Training Staff Member
- Athletes will return towels to equipment for daily cleaning



# COLORADO STATE

## ATHLETICS

- First day of individuals, athletes will receive their own foam roller that they will be in charge of
- Athletes will transport basketball, foam roller, water bottle with their backpacks to and from home and facility

### Fueling

- Athletes will grab and go, recovery snacks and shakes
  - Nutrition Staff will follow public health protocols
  - All athletes wear masks when picking up meal
- When outside, athletes and staff will remain 6 feet apart with masks on at all times

### Training Room

- Based on appointment only
  - Those actively treating an injury
- Ankle Taping and bracing will be discussed with Annie Bauman (Athletic Training Staff Member)

### Restrooms? / Access to showers?

- Athletes will use restroom agreed upon facilities team
  - Whichever is allowed /open
- After using restroom, and entering back into weight room or Moby
  - There will be a sanitizing station at entrance that MUST be used while entering into either facility

### Team Meetings

- Team Meetings will remain virtual on the Zoom Platform





# **COLORADO STATE**

## **ATHLETICS**

### **Other Questions and Needs:**

- Hand sanitizer, disinfecting wipes and disinfecting spray is accessible throughout the facility and will be maintained by the CSU Athletic facility staff
- Use of masks are required consistent with public health recommendations and state executive orders.
- Garbage Bins for contaminated gloves/ masks
- Date we can start 1 on 1, 2 on 2, 3 on 3.
- Date we can start 5 on 5 live play

Team 8

Women's Tennis



Women's Tennis  
Practice Plan  
by Jarod Camerota

Roster

Emma Corwin  
Chunxi Guo  
Emily Luetschwager  
Priscilla Palermo  
Lou Regen  
Jarod Camerota- Head Coach  
Scott Langs- Assistant Coach  
Male Practice Player (T.B.D.)

Team Practice Times

Begin: August 31, 2020  
Monday & Wednesday: 8am-9:30am  
Tuesday & Thursday: 8am-10am

Most Important Rules

- Nobody will be allowed to take part in any team activity until they have passed their COVID test and have been medically cleared following physical exam.
- Maintain physical distancing, hand washing.
- Masks worn consistent with public health recommendations.
- Everyone must have completed their daily symptom check questionnaire and wear a mask, prior to entering the facility.

Upon Arrival

1. Everyone will wear a mask and wash their hands immediately.
2. Racquets and water bottles will be wiped down with a cleaning spray and paper towel.
3. Each of the 5 student-athletes will have a permanently assigned seat in our giant bleachers that is more than 6 feet away from anyone else.
4. They will be required to keep their mask on until they arrive to their court and near their net post.
5. Student-athletes can fill up their personal water bottle, and only their bottle, at the water fountain near court 5. This water fountain uses a foot pedal to turn on the water, so no sanitizing is needed before or after.

### During Practice

1. There will be a maximum of 2 student-athletes per court, and they will be on opposite sides of the net. Every drill will have players and coaches spaced more than 6 feet apart.
2. They will place their water and extra racquet at opposite net posts. Each net post is 35 feet across from each other and more than 10 feet from the adjacent court's net post on courts 2 and 3 or courts 5 and 6.
3. Coaches will coach, with a mask, from a minimum of 6 feet away, but will generally be 39 feet away. This is the distance from the net to the baseline.
4. Student-athletes will be told to avoid touching their face.
5. Hand shakes, high fives or hugs will not be allowed.

### Once Practice Ends

1. Student-athletes will place their mask on before leaving their court.
2. Student-athletes will return to their assigned seats in the bleachers for our post-practice wrap-up.
3. One at a time, student-athletes will wash their hands and continue to maintain distance.
4. Racquets and water bottles will be wiped down with a cleaning spray and paper towel.

### Meetings

1. Every meeting will be outside with all participants wearing a mask, washing their hands prior and being more than 6 feet apart.
2. The coaches will wash their hands and then set-up the folding chairs prior to any meeting. Each chair will have the person's name on it and be more than 6 feet apart from any other chair.
3. Most meetings will be 7 people. However, we will never have more than 10 at a meeting.

### Strength & Conditioning Workouts

1. All will take place outside with participants always remaining more than 6 feet from each other.
2. Student-athletes will wear a mask, sanitize their equipment and hands prior to the workout.
3. Student-athletes will sanitize their equipment and hands after the workout.
4. Where possible, every student-athlete will have their own equipment (i.e. bands, foam roller, medicine ball, etc).
5. Coaches will always wear a mask. Student-athletes will keep their mask

on unless the activity is at a high intensity.

6. Times/Dates T.B.D.

### Tennis Balls

1. Tennis balls are unlikely COVID transmitters as referenced in this scientific article, by the USTA flyer and in correspondence with John Reif.

a.

<https://www.sciencedirect.com/science/article/pii/S2666535220300288>

b.

[https://www.usta.com/content/dam/usta/2020-pdfs/USTA\\_COVID19\\_PlayingTennisSafely-Flyer.pdf](https://www.usta.com/content/dam/usta/2020-pdfs/USTA_COVID19_PlayingTennisSafely-Flyer.pdf)

c. John Reif is a Professor of Epidemiology at CSU and a former volunteer assistant tennis coach. [john.reif@colostate.edu](mailto:john.reif@colostate.edu)

2. Each student-athlete will be permanently assigned a specific ball hopper, so that they minimize touching the balls when picking up.

3. We will frequently open new cans of balls and store the used balls outside rather than in an indoor storage room.

### Laundry, Locker Rooms & Meals

1. Laundry will not be provided for the student-athletes. They all have a washer and dryer at their homes and have never wanted to use the equipment room, historically.

2. Access to the Tennis Locker Room will not be allowed.

3. There will not be any team meals provided.

### Athletic Training Room

1. Training Room use will be by appointment only.

2. Student-athletes will not enter the training room unless they have scheduled an appointment prior\_.

### Governing Body Recommendations (to be posted at the courts)

1.

[https://www.usta.com/content/dam/usta/2020-pdfs/USTA\\_COVID19\\_PlayingTennisSafely-Flyer.pdf](https://www.usta.com/content/dam/usta/2020-pdfs/USTA_COVID19_PlayingTennisSafely-Flyer.pdf)

2.

[https://www.usta.com/content/dam/usta/2020-pdfs/20200421\\_USTA\\_COVID19\\_PlayingTennisSafely-Players.pdf](https://www.usta.com/content/dam/usta/2020-pdfs/20200421_USTA_COVID19_PlayingTennisSafely-Players.pdf)