

JUNIATA COLLEGE ATHLETICS RETURN TO PLAY

SPRING 2021 SEMESTER





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PRE-PARTICIPATION SCREENINGS & EXAMS



- Staff and student-athletes will be required to comply with any campus pre-screening and/or testing protocols.
- Student-athletes will be required to complete a pre-participation exam under the direction of our sports medicine staff.
 - Student-athletes who present with serious underlying health conditions that place them at greater risk will be assessed on an individual basis. Based on these assessments, the sports medicine staff will develop personalized activity plans as necessary.
- **Increased Risk:**
 - Chronic kidney disease.
 - COPD (chronic obstructive pulmonary disease).
 - Immunocompromised state (weakened immune system) from solid organ transplant.
 - Obesity (body mass index of 30 or greater).
 - Serious heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies.
 - Sickle cell disease.
 - Type 2 diabetes mellitus.
- **Might be at Increased Risk:**
 - Asthma (moderate to severe).
 - Cerebrovascular disease (affects blood vessels and blood supply to the brain).
 - Cystic fibrosis.
 - Hypertension or high blood pressure.
 - Immunocompromised state (weakened immune system) from blood or bone marrow transplant, immune deficiencies, HIV, use of corticosteroids or use of other immune weakening medicines.
 - Neurologic conditions, such as dementia.
 - Liver disease.
 - Pregnancy.
 - Pulmonary fibrosis (having damaged or scarred lung tissues).
 - Smoking.
 - Thalassemia (a type of blood disorder).
 - Type 1 diabetes mellitus.
- Employees will follow campus policies, protocols, and procedures.

PRE-ACTIVITY SCREENINGS



- All students will perform daily self-checks via the campus approved platform Full Measure. ATCs will be notified of any student-athletes who do not pass their screenings.
 - ATCs will follow up with that individual to determine the next steps. 3 or more symptoms generally trigger the need for testing.
- Verification of screening status and temperature checks will be required for all students and staff.
- Any person with 3 or more symptoms and/or a temperature at/or above 100.4° will not be permitted to participate and will be advised as to any next steps.

TESTING

- All staff and student-athletes will be tested before returning to campus.
- Campus protocols will be followed for any staff or student-athletes that test positive.
- NCAA guidelines will be followed with regard to frequency and quantity, as outlined below:
 - **Sport Risk Level:**
 - Low Risk: Cross Country, Golf, Swimming, Tennis, Outdoor Track and Field
 - Intermediate Risk: Baseball, Cheerleading, Field Hockey, Lacrosse, Soccer, Softball, Volleyball with face masks
 - High Risk: Basketball, Football
 - **Low Contact Risk:**
 - Diagnostic testing upon arrival to campus.
 - Out of season: surveillance testing in conjunction with the college plan.
 - In season: 25% testing every week
 - **Intermediate Transmission Risk:**
 - Diagnostic testing upon arrival to campus.
 - Out of season: 25% testing every week.
 - In season: 25% testing every week
 - **High Contact Risk:**
 - Diagnostic testing upon arrival to campus.
 - Out of season: 25% testing every week.
 - In season: 100% testing 3 non-consecutive days per week. PCR test within 72 hours of competition/Antigen test the day of competition.
 - **High Contact Staff Testing:**
 - 100% testing every week.
 - Athletic training staff, strength and conditioning staff, equipment services staff
- All coaches will be tested according to their team schedule while in-season.
- All others, including out of season coaches, will be tested in accordance with campus policy.
- Testing groups and times will be coordinated, assigned, and executed by the athletic training staff.

POSITIVE TEST



- In the event of a positive test the following steps will be followed:
 - Positive individual(s) will be notified.
 - Contract tracing will ensue and all team members, including coaches and staff, will be required to self-isolate based on the recommendation of the COVID Ops team.
 - During this time no team activities will be permitted.
 - Students will refrain from attending classes and remain in their place of residence.
 - Staff and coaches will isolate at home and work remotely.
- Once staff and student-athletes are tested and receive results:
 - Return to activity decisions will be made by the COVID Ops team, in consultation with the Head Athletic Trainer.

RETURN TO PLAY AFTER A POSITIVE TEST

Post-COVID Diagnosis

After completing the isolation period, student athletes must complete the following steps prior to returning to full athletic participation.

- Complete a cardiac evaluation as recommended by the NCAA and supported by the athletics department and the campus physician. This evaluation may be done with any cardiologist that the athlete chooses. JC Health services can provide contact information with local resources for cardiac evaluation.
- Any expenses for the evaluation are the responsibility of the athlete's insurance and the athlete.
- Complete a return to play progression supervised by athletic training staff. This progression will consist of a gradual increase in activity that focuses on maintaining an asymptomatic condition while slowly increasing activity levels. This will be done to safely ensure that athletes are able to return to full participation in intercollegiate athletics.
- Athletes are responsible for continuing to monitor for cardiac symptoms during the return to play progression. Athletes will continue to monitor and report any symptoms after the return to play progression is complete.

In Season Positive Test—Team Impact:

- If any Tier 1 member of a team tests positive, all team activities will be suspended immediately.
- Tier 1 members include coaches, student managers, team members.
- Any previous opponents competed against within 5 days of the positive test will be notified.
- Any future opponents scheduled for competition within the next 14 days will be notified.
- The resumption of team activities will be determined by the appropriate contact tracing and campus protocols. Decisions regarding outside competition within 14 days of a positive test will be made in conjunction with the opponents' administration and are subject to the policies, protocols, and agreement of both institutions.

RETURN TO PLAY AFTER A POSITIVE TEST

Opponents Positive Test—Team Impact

- If notified that a Tier 1 individual from an opponent tests positive within 5 days after competition, decisions regarding team quarantine, testing, and the continuation or resumption of any team activities will be determined by the appropriate contact tracing and campus protocols.
- Any future opponents scheduled for competition within 14 days will be notified. Decisions regarding outside competition will be made in conjunction with the opponents' administration and are subject to the policies, protocols, and agreement of both institutions.

EXERCISE RECOMMENDATIONS



Athletes with new infection and no symptoms:

- Exercise in isolation is permitted if such exercise does not cause cardiopulmonary symptoms.
- Monitor for development of symptoms during isolation.
- Cardiac recommendations as above.

Athletes with new infection and mild illness (common cold-like symptoms without fever):

- No exercise for at least 10 days, or longer if symptoms persist.
- Monitor for symptom development with exercise.
- Cardiac recommendations as above.

Athletes with new infection and moderate illness (fever and flu-like illness):

- No exercise for at least 14 days, or longer if symptoms persist.
- Monitor for symptom development with exercise.
- Cardiac recommendations as above.

Athletes with new infection and severe illness (hospitalized):

- For more severe illness, hospitalization, or ongoing symptoms, a comprehensive medical evaluation and cardiology consult is recommended.

Athletes placed in quarantine for high risk contact but who are not infected with COVID-19:

- Exercise in quarantine is permitted if such exercise does not cause cardiopulmonary symptoms.
- Monitor for development of symptoms during quarantine.
- If symptoms develop, with or without exercise, test for SARS-CoV-2.

CLEANING & SANITATION PROTOCOLS



- Hand sanitizing stations will be placed in all athletic venues.
- All shared equipment indoor/outdoor will be sanitized frequently during use.
- Use of non-essential training, teaching, coaching aids and apparatus should be limited.
- Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.
- **Outdoor spaces:**
 - Any shared space, clocks, equipment, apparatus, must be sanitized at regular intervals and after use, including; clocks, benches, equipment.
- **Indoor spaces:**
 - Coaches are responsible for sanitizing floors after use. Depending on use, duration, etc., additional cleanings may be required.
 - Any shared clocks, equipment, must be sanitized at regular intervals and after use.
 - Coaches for the program using the space are responsible for monitoring, oversight, and compliance.
- Student-athletes are responsible for cleaning their own equipment at regular intervals and after use; including, but limited to; pads, helmets, sticks, bats, etc.

HEALTH & SAFETY GUIDELINES

- **General Hygiene Education:**
 - o Wash your hands with soap and water or use hand sanitizer, especially after touching frequently used items or surfaces.
 - o Avoid touching your face.
 - o Sneeze or cough into a tissue, or the inside of your elbow.
 - o Disinfect frequently used items and surfaces as much as possible.
 - o Use face covering and social distance.
 - People Who Feel Sick Should Stay at Home
 - Do not go to work, class, practice, etc.
 - Contact and follow the advice of trainers and/or medical provider.
- **Athletic Specific Guidance:**
 - o Face coverings required when not participating in practice or game activities, including team members on the bench.
 - o No spitting, no sunflower seeds, no tobacco products.
 - o If you have symptoms call before coming to the training room and/or coaches offices.
 - o No handshakes, high fives, fist or chest bumps.
 - o Use of traditional air powered whistles is prohibited. Electronic whistles may be used as an alternative.
- **Hydration:**
 - o Hydration stations and cups are not permitted
 - o Individual water bottles will be provided and should be used.
 - o Protocols for filling and refilling water bottles at coolers provided must be followed.

LOCKER ROOMS & EQUIPMENT SERVICES



- Maximum capacity will be limited to 50%.
- Face coverings and social distancing required unless showering.
- Student-athletes required to wipe down locker space before and after use.
- Accessibility:
 - o Locker rooms will be restricted in-season student-athletes only.
 - o Individual access is limited to 15 minutes before and 15 minutes after practices or competitions.
 - o Time spent in locker rooms should be kept to a minimum and restricted to essential activities—changing, showering, use of the restroom
 - o One person is permitted per group of showerheads in the gang showers
- Permissible items within o Time spent in locker locker room spaces: team issued gear, required equipment, toiletries.
- No food will be permitted in locker rooms. Drinks are permitted, but may not be stored overnight.
- Locker rooms will be coded green or red based on cleaning and use. Access to “red” spaces will be prohibited.
- No locker room space will be provided for general faculty, staff, or student use.
- Laundry and equipment service will continue as usual.

ATHLETIC TRAINING SERVICES

- ***Pre-Practice/Competition***
 - o Teams and athletes will be assigned training areas:
 - East Mezzanine:
 - Kennedy Training Room:
 - Gibbel Training Room:
 - o Teams will be assigned pre-practice and pre-competition training room times. Access during those team times will be restricted to the scheduled student-athletes.
- ***Rehab and Evaluation:***
 - o Rehab and evaluation sessions will be conducted in the Kennedy training room by appointment only.

GENERAL FACILITIES USE & ACCESS



- All general use of the Fitness Center, Binder Natatorium, Memorial Gym, and the IM gym, will be scheduled. Gold cards will be required.
- Only current students, faculty and staff will be permitted. Access to retirees, family members, and/or guests will be suspended.
- Access to members and outside groups and/or organizations to indoor spaces will be suspended.
 - KSRC members
 - Director of Fitness Center and Director of Aquatics will notify membership. Memberships will be extended based on loss of access.
 - HASD & HCC pool use.
 - Use of outdoor spaces may be considered, but access to locker rooms and indoor meeting space will not be available.

KENNEDY SPORTS & RECREATION CENTER

- Access will be restricted to the Detwiler Plaza entrance.
- Building hours will be:
 - **Monday-Friday 9am-10pm**
 - **Saturday-Sunday 12pm-4pm**
- A staffed control desk will be located by the front entrance.
 - Verification of screening status and temperature checks will be required.
 - If visitors answer “yes” to any of the screening questions they will not be permitted to enter.
 - Scheduled use of the Main and IM gyms will be monitored.
 - Varsity athletic use will be governed based upon permissible activities.
 - Free play for general students and staff:
 - Available times will be posted and scheduled times will be required.
 - Face coverings required for all activities, except when using the pool.
 - Socially distanced groups of no more than 3.
 - No contact activities.

BRUNBAUGH FITNESS CENTER & BINDER NATATORIUM



- ***Brumbaugh Fitness Center***

- o Maximum occupancy will be 50, unless directed otherwise by campus, local, or state agencies.
- o Use will be scheduled in 45 minute blocks, on the hour, to accommodate sign-ins and additional cleaning.
- o Access will be limited to the general student body along with faculty and staff.
- o The fitness center will be open from:
 - 10am-4pm, 8pm-10pm Monday-Friday; 12pm-4pm Saturday-Sunday.
 - Varsity team times will be available as follows:
 - Monday-Friday 6-8am, 5-8pm
 - Saturday-Sunday before noon or after 4pm. Sport coach coverage.
 - Locker room access will not be provided.
- o Face coverings will be required in all spaces.
- o Equipment will be spaced out or taken off line to meet social distancing guidelines.
- o There will be no access to the racquetball courts or the fitness center annex.
- o All patrons will be provided a spray bottle and cleaning cloth.
 - All equipment must be wiped down before and after use.
- o Water fountains will not be available for use.
- o Staff will clean high touch points between groups.

- ***Binder Natatorium***

- o Maximum capacity 18.
- o Limit of three swimmers per lane.
- o Open swim time:
 - General students:
 - Monday-Friday 8pm-9pm
- o Locker rooms will not be provided.

CAMPUS RECREATION & INTRAMURALS



- A series of personal fitness options will be developed, including;
 - o Virtual fitness offerings
 - o Available links and fitness apps
 - o Pinned running routes
 - o Maps and links to local trails, including biking and hiking opportunities.

Based on student feedback, and under the direction of the JA for intramurals, a series of low risk outdoor intramural sports that meet the NCAA gating criteria will be offered

- Posted list of permissible activities in all facilities governing free play for non-varsity athletes, or varsity athletes outside of permissible team activities.
 - o Face coverings.
 - o Social distancing.
 - o No contact or live play of sports:
 - Including, but not limited to; Basketball, Field Hockey, Football, Lacrosse, Soccer, Volleyball.

PERMISSIBLE ACTIVITIES & THE SUSPENSION OF ATHLETICS

- Infection rates, as classified by team, will be monitored and shared with the COVID Operations Team, the campus physician, the sports medicine staff, and the Athletic Director.
- Decisions regarding the continuation, suspension, and/or any permissible athletic related activities will be made in consultation with the appropriate campus leadership and will align with the available conference, NCAA, state, municipal, and campus guidelines and resources.

PRACTICES & FACILITIES



- **Varsity Practices**

- o Scheduling priorities will remain the same, except that:
 - Teams with access to the NCAA championships will be given priority if multiple teams using the same venue are in-season.
- o Practice times may be staggered by venue to allow for team training room access.
- o At this time, outdoor teams will not be permitted to conduct full practices indoors.
 - All indoor activities by outdoor teams will be restricted to the following:
 - Low risk activities that do not require training coverage (see list below)
 - 12 person groups, unless otherwise specified.
 - Socially distanced.
 - Masked.
 - No contact.
- o All teams may be restricted to specified practice slots by venue.
- o Fall teams not aligned with an NCAA championship may have practice times assigned based on venue.
- o Fall teams not aligned with an NCAA championship will be limited to 5 practice &/or competition days per week.
 - Days off will be staggered by venue and may be assigned.
 - Teams may conduct practices/team activities that do not require training coverage (see list below) on the 6th day, as space is available.

- **Scheduling of Team and Individual Activities**

- o All other varsity activities, including; individual work, strength and conditioning work, use of the batting cages, open gyms, pickup games, both indoor and outdoor will be scheduled by a member of the coaching staff.
 - Indoor Scheduler—Cutright
 - Memorial Gym, IM Gym.
 - Outdoor Scheduler—Cutright
 - Knox, Gibbel, Raffensberger
 - Kennedy Fitness Center, Mezzanine spaces—McKenzie & Weyant
 - Binder Natatorium--McFadden
 - Weaver Field
 - Schedules and access records will be kept by the coaching staff.
 - Goodale Field
 - Schedules and access records will be kept by the coaching staff.
 - Cook Golf Room
 - Schedules and access records will be kept by the coaching staff.
 - Access will be restricted to two athletes, plus a coach.
- o Spaces used will be cleaned and sanitized before and after use.
 - Instructions and cleaning supplies will be placed on site.
 - Coaching staffs are responsible for scheduling, oversight and management.
 - Failure to comply will result in suspension/loss of access.

PRACTICES & FACILITIES



Space Restrictions:

Fitness Center (Scheduled with Scott McKenzie & Kaleb Weyant):

In Season Teams:

- o 50 person capacity
- o One team at a time.
- o Scheduled with S&C staff.
- o Out of season teams have priority during posted varsity hours.
- o Weekend access before noon or after 4pm:
- o Scheduled with McKenzie & Weyant.
- o Sport coach supervised.

• Out of Season Teams—Prior to First Official Practice:

- o One team at a time
- o Scheduled with S&C staff.
- o No more than three 12 person groups at a time.
- o Multiple groups remains socially distanced.
- o Weekend access before noon or after 4pm:
- o Scheduled with McKenzie & Weyant.
- o Sport coach supervised.

• Main Gym (Scheduling: Main Floor=Jon Cutright; Mezzanines= McKenzie and Weyant)

- o 75 person capacity.
- o One team per space at a time.
- o East Mezzanine only available when East training space not in use.
- o No more than two teams may use any of the available spaces, with the exception of the training space, at one time.

• Group sizes and capacities (Prior to First Official Practice):

- Main and IM Gym Floors:
 - o 12 people
- Batting Cages:
 - o 6 people per cage (out of season)
 - o 12 people per cage (if necessary, in season)
- West Mezzanine Varsity Performance Space:
 - o One team at a time
 - o 24 people
 - o No more than two 12 person groups.
- Golf Room
 - o 2 athletes, plus a coach.

SEASONS OF PLAY & NON-CONFERENCE SCHEDULING



Seasons of Play and Non-Conference Scheduling:

Seasons of Play:

- NCAA spring sports will begin official practice on March 1, with the exception of men's volleyball who will return to campus on 1/19.
- Winter sports will return 1/13 or 1/19 with Landmark Conference play beginning 2/5 and ending with the NCAA championships.
- Fall sports schedules including practice and competition dates are listed tentatively below, but are subject to change.
- Men's Lacrosse will have a five-week practice segment as outlined below.

Scheduling:

- In General:
 - o Non-conference scheduling will be restricted to schools within a 4 hour radius.
 - o Non-conference competitions are to be scheduled on Wednesdays, Fridays, Saturdays, and Sundays.
 - o Scheduling of non-conference multi-team events require permission from the Athletic Director or his designee, and will be restricted by sport.
 - o All non-conference competition must verify the following:
 - Meet or surpass the NCAA COVID testing guidelines.
 - Comply with all NCAA COVID safety policies and protocols.
 - Comply with all Landmark policies and protocols including masking for competition and spectators.
 - Exceptions to the above guidelines require permission from the Athletic Director and Head Athletic Trainer, or their designees.
- **Fall and Winter Sports:**
 - Winter Sports:
 - Return 1/13 or 1/19
 - Competition 2/5-3/7 or 3/14; Conference and NCAA Championships
 - Fall Sports (Tentative):
 - First practice 2/15; Cross Country 2/8
 - Competition 3/6-3/28; Cross Country 2/27
 - Football:
 - First practice 3/29
 - 2 Games— Friday 4/16; Friday 4/30
 - Men's Lacrosse & Cheerleading:
 - Practice 3/29-5/1; competition TBD
- Additional non-conference competition may be considered for winter and spring sports. Should additional competition be permitted, it will be confined to a specified season of competition and limited to a total number of contests. Parameters for scheduling home contests, including a total number per week, as well as, specific days and times, will be provided.



- **Permissible forms of travel will include charter bus &/or a campus van or mini-bus.**
 - o Symptom screenings must be completed prior to travel.
 - o The total number of riders may not exceed 50% of vehicle capacity, and as much social distancing as feasible must be maintained.
 - o Masks are required at all times.
 - o Groups are required to follow any or all policies issued by the transportation provider.
 - o At risk staff should consider traveling in a separate vehicle.
 - o When feasible, teams should travel with a separate trail vehicle.
 - PPE travel kits will be provided.
- **Juniata vehicle use guidelines:**
 - o Procedure for vehicle use:
 - Driver will enter vehicle, start engine and turn on air fan(s) to medium or high levels, with fresh air rather than recirculating air.
 - Driver will open all windows.
 - Load vehicles by filling seats from back to front.
 - Keep all windows open as much as possible and fans on throughout trip.
 - Exit vehicles from front to back.
- **The following are additional considerations for travel as provided by the NCAA:**
 - o Use of and adherence to assigned seating charts, as applicable, for all modes of travel.
 - o Strategic placement of individuals for all travel, e.g., cohort previously uninfected individuals with those who have been previously infected/recovered within the prior 150 days; maintain pods and tiers that are used during practice.
 - o To avoid un-masked time, limiting unnecessary meals and/or food.
 - o Before eating, washing hands with soap and water for at least 20 seconds or using hand sanitizer that contains at least 60% alcohol.
 - o Limiting group meals or using outdoor locations for group meals.
 - o Using “grab and go” meals where possible.
 - o If group meals must occur:
 - Using “grab and go” options.
 - Limiting mealtime.
 - Staggering flow and controlling spacing in food service lines.
 - Seating charts with strategic placement of individuals.
 - Physical distancing whenever feasible.
 - Prohibiting lingering in meal spaces.
 - Requiring masks except while eating.
 - o When drinking indoors or during travel, using a straw under the mask.
 - o Limiting time in locker rooms:
 - Using outdoor spaces or spacious indoor spaces to tape, prepare, and/or dress before entering locker room.
 - o Adhering to social activity safety measures at all times.

TRAVEL



- Should a member of the travel party become ill, the following steps will be taken:
 - o If an ATC is not traveling with the group, the Head ATC or their designee will be contacted.
 - The Head ATC will notify the Athletic Director or their designee.
 - The Athletic Director or their designee will notify the appropriate campus personnel.
 - o With permission from the student-athlete, a parent, guardian, or previously identified support person will be contacted to provide transportation from the site of competition.
 - o If a parent, guardian, or support person is not able to provide transportation, a member of the travel party will use the trail car if one is available.
 - o If no trail car is available, a volunteer driver will be sent to pick up the student or staff member.
 - Drivers should wear all PPE provided, travel with open windows when possible, and circulate fresh air.
 - Sick passengers will travel in the back seat.
 - Considerations for trail/volunteer drivers will be approved by the Athletic Director.
 - o Upon returning to campus:
 - The sick individual will follow established protocols for isolation, quarantine, and testing.
 - The individual providing transportation will be asked to self-isolate until any testing results are confirmed, or as advised by the appropriate medical personnel. Hotel accommodations will be provided per request.

GAME MANAGEMENT



Game Management:

- Follow all approved Landmark Conference policies and protocols.

[Landmark Gameday Policies](#)

[Landmark Masking Enforcement](#)

PERMISSIBLE TEAM ACTIVITIES

Early Return Groups (Men's and Women's Basketball, Swimming, Men's Volleyball):

- Men's and Women's Basketball return 1/13.
- Swimming and Men's Volleyball return 1/19.
 - **Permissible Activities:**
 - o **Before 1st Test Result:**
 - o 12 person groups.
 - o 3 person functional units.
 - o No Contact, low risk activities.
 - Masks.
 - Maintain 6 ft. social distance between 3 person groups.
 - No locker room access.
 - No devoted ATC support.
 - Swimming:
 - o Maximum capacity 18.
 - o Limit of three swimmers per lane.
 - o No locker rooms.
- **After 1st Test Result within the 1st 5 days:**
 - Full team activities.
 - o No contact, low risk activities.
 - Masks.
- **After Day 5** (1/18 men's & women's basketball; 1/24 men's volleyball and swimming):
 - Full team activities.
 - No restrictions.
 - Masks.
 - Locker room access.

Regular Return Groups:

- **Arrival thru January 31:**
 - No formal team activities.
 - General student access to the fitness center.
- **Permissible Activities February 1 until First Official Practice:**
 - 12 person functional groups.
 - Masks.
 - No contact, low risk activities.
 - Maintain 6 ft. social distance between 12 person groups.
 - Shared equipment is permitted.
- All spaces scheduled by the coach.

PERMISSIBLE TEAM ACTIVITIES

Strength and Conditioning Guidelines:

In-Season Teams:

- Workouts designed and provided by S&C staff, no S&C instruction.
- Sport coach supervision required outside of KSRC hours of operation.
- Scheduled Team Times
 - West Mezzanine Varsity performance space
 - Fitness Center as available (out of season teams have priority)
 - Teams with large squad sizes will receive accommodations for use of the fitness center.
- Weather permitting:
 - Oller Track
 - Knox Bleachers
 - Gibbel Field Stations

Out of Season Teams (Prior to First Practice/After the Completion of Competitive Season):

- Assigned two supervised workout times per week with the S&C staff.
- Two additional team times will be provided in the fitness center during the varsity hours.
- Sport coach supervision required outside of KSRC hours of operation.
- If prior to first practice, 12 person groups with social distancing between groups maintained.

Use of extra practice days after competitive season:

- Unsupervised team activities:
 - Open gyms, free play, skill work permitted.
 - All times and spaces coach scheduled.
- Supervised/Coach Directed activities:
 - No contact, low risk activities.
 - Activities/practices requiring ATC coverage require permission from the Head ATC and the Athletic Director.
 - No dedicated training coverage, including; pre and post practice coverage—supervised or unsupervised.

PERMISSIBLE TEAM ACTIVITIES



Low risk activities by sport:

- The following activities do not require training coverage:
 - Football – Non-contact skill work and run/walk throughs.
 - Basketball – Non-contact skill work and run/walk throughs.
 - Baseball and Softball – Infield/Outfield work. Bullpens and batting practice. No live pitching or play.
 - Cheerleading – Choreography with feet on the ground.
 - Soccer – Non-contact skill work and run/walk throughs.
 - Field Hockey – Non-contact skill work and run/walk throughs.
 - Volleyball – Passing, serving, ball handling away from the net.
 - Swimming – No restrictions with lifeguard present.
 - Track/Cross Country – No restrictions with radio or phone communication abilities available. No pole vault.
 - Lacrosse—Non-contact skill work and run/walk throughs.
 - Tennis – No restrictions.
 - Golf—No restrictions.

MULTI-SPORT ATHLETES



Participation in more than one sport per season will not be permitted as there would be overlap involving the two teams that may lead to increased exposure and consequences for each team that are not intended or desired. As we do not allow teams to share training room space, locker space, strength and conditioning space, gym space, or field space; having someone participate on more than one team would violate this condition. The contact tracing implications would also be severe as it would double the amount of teams that could potentially be impacted and/or shut down.