

ATHLETICS COVID-19 ACTION PLANS: Kentucky Wesleyan College



AIKCU Guiding Principle: Athletics. Each institution will work with their athletic association or conference, scheduled opponents, and medical experts to develop a plan for travel, sport, recruitment, and other activities related to collegiate athletics that meets Healthy at Work guidelines and CDC recommendations.

PHASE I: May 11

Campus Closed to Public.

Coaches and staff have been working remotely and are expected to continue in this manner during Phase 1. As with other institutions, the College remains in close contact with the guidance received from the NCAA committees toward possible scenarios for the fall 2020 semester.

PHASE II: June 1

1) Return to Work (Beginning June 1)

- A. Beginning June 1, employees may return to regularly working in an on-campus capacity. Those coming to campus must follow campus-wide protocols for health screening and monitoring of symptoms prior to arrival.
- B. Employees may continue to work remotely if they are able and wish to do so.
- C. Employees working on campus must adhere to the health requirements and healthy at work guidelines. These include:
 - a. Proper hand hygiene
 - b. Maintain physical distancing
 - c. Face coverings to be worn in all common spaces such as hallways and office lobbies
 - d. Meetings of no more than 10 people with physical distancing and face coverings worn
- D. It is recommended and encouraged that meetings continue to be held in video conference format.
- E. If meetings must be held in-person, it is recommended those meetings take place in an outdoor setting as weather allows.
- F. Employees with shared workspaces must maintain physical distancing and work to schedule office times at different times when physical distancing cannot be achieved.

2) Re-opening of Athletic Facilities / Voluntary Activities (Beginning June 15)

Kentucky Wesleyan College Athletic Department facilities will reopen for limited voluntary athletically related activities by student-athletes as follows:

- A. The following requirements are in place for the use of any athletic facility for strength & conditioning or voluntary athletically related activities.
 - a. All current and incoming student-athletes must have the appropriate sports medicine paperwork completed prior to accessing any athletic facility.
 - b. All current and incoming student-athletes must complete a voluntary workout request form and safety pledge prior to participating in any activities.
 - c. Student-athletes must schedule in advance with the appropriate coach in their sport a time that they will be at the facility.

- d. Student-athletes must check in with the appropriate coaching staff member in their sport to undergo a temperature screening and symptom check prior to use of facility.
 - e. Student-athletes exhibiting any symptoms of COVID-19 infection will be prohibited from using the facility.
 - f. Coaching staff members must keep a written or electronic log of all student-athletes that access facilities.
 - g. Proper hand hygiene must be practiced, including washing hands upon arrival to facility if possible, or using hand sanitizer where hand washing facilities are not available.
 - h. Physical distancing must be maintained through use of facility.
 - i. No activities will be permitted during which physical distancing cannot be maintained.
 - j. Sharing of equipment should be avoided to the greatest extent practicable.
 - k. Disinfectant materials will be made available in all facilities and all shared equipment must be sanitized after use.
 - l. Water fountains will be turned off. Student-athletes may bring their own beverage. Beverages should not be shared with others. No food is permitted to be brought into facilities.
 - m. Locker rooms and other common areas will remain closed.
- B. Outdoor Facilities - Effective June 15 (Steele Stadium, Panther Field, Panther Park, Foster Field, and Owensboro Middle School Track & Field Complex)
- a. Hours: Open 10:00 AM – 4:00 PM and by appointment with respective coach outside of those based on availability of the facility
 - b. Occupancy limit – No more than 10 student-athletes in a group and 20 student-athletes total + 1 coach per group of student-athletes. These groups must remain separated and should not interact within the facility.
 - c. Only current student-athletes may use facilities and appropriate permission is required (exception for Owensboro Catholic High School football at Steele Stadium when appropriate scheduling procedures are followed).
 - d. Only current track & field and cross county student-athletes may use Owensboro Middle School Track & Field Complex.
 - e. Prospective student-athletes are not permitted to participate in voluntary activities with a coaching staff member per NCAA regulations.
 - f. Wearing of face coverings is recommended by participants during inactivity.
- C. Indoor Facilities – Effective June 15 (Weight Room, Jones Gym, Panther Hitting Facility)
- a. Weight Room
 - i. Hours: Open 10:00 AM – 4:00 PM, no appointments permitted outside those hours
 - ii. Occupancy limit – 8 student-athletes + 1 coach for monitoring of workouts
 - iii. Only current student-athletes and incoming student-athletes that have signed a National Letter of Intent or paid a tuition deposit may use the facility and appropriate permission is required.
 - iv. A master weight room schedule will be available via Google Docs for coaches to schedule student-athlete appointments and track facility access.
 - v. All appointments are limited to one hour.
 - vi. Activities requiring a spotter are not permitted.

- vii. Any coach in the facility should be wearing a face covering. Face coverings are not recommended for student-athletes during physical activities in an indoor setting. Face coverings are recommended during periods of inactivity and should be worn in all public spaces (hallways, offices, entrances, etc.) otherwise.
- viii. From the main entrance working toward the back wall, only the 1st, 4th, 5th, and 8th power racks are available for use.
- ix. Facility will be cleaned and disinfected no fewer than two times per week.

b. Jones Gym

- i. Hours: Open 10:00 AM – 4:00 PM and by appointment with respective coach outside of those based on availability of the facility
- ii. Occupancy limit – 10 student-athletes + 1 coach per group of student-athletes
- iii. Only current student-athletes may use facilities and appropriate permission is required.
- iv. Prospective student-athletes are not permitted to participate in voluntary activities with a coaching staff member per NCAA regulations.
- v. Prospective student-athletes are not permitted to participate in voluntary activities with a coaching staff member per NCAA regulations.
- vi. Any coach in the facility should be wearing a face covering. Face coverings are not recommended for student-athletes during physical activities in an indoor setting. Face coverings are recommended during periods of inactivity and should be worn in all public spaces (hallways, offices, entrances, etc.) otherwise.
- vii. Facility will be cleaned and disinfected no less than one time per week.

c. Panther Hitting Facility

- i. Hours: Open 10:00 AM – 4:00 PM and by appointment with respective coach outside of those based on availability of the facility
- ii. Occupancy limit – 4 student-athletes + one coach per group of student-athletes
- iii. Only current student-athletes may use facilities and appropriate permission is required.
- iv. Prospective student-athletes are not permitted to participate in voluntary activities with a coaching staff member per NCAA regulations.
- v. Any coach in the facility should be wearing a face covering. Face coverings are not recommended for student-athletes during physical activities in an indoor setting. Face coverings are recommended during periods of inactivity and should be worn in all public spaces (hallways, offices, entrances, etc.) otherwise.
- vi. Facility will be cleaned and disinfected no less than one time per week

d. Athletic Training Room

- i. Facility is available by appointment only. Appointments must be scheduled with the Head Athletic Trainer.
- ii. Occupancy limit – 12 student-athletes
- iii. Only current student-athletes may use facilities and appropriate permission is required.
- iv. Student-athletes must undergo a health screening and symptom check prior to entering the athletic training room.

- v. Student-athletes exhibiting any symptom of COVID-19 infection will not be permitted to enter the athletic training room.
- vi. Everyone must wear a face covering at all times. Student-athletes must provide their own face covering.
- vii. Those without appropriate face coverings will not be permitted to access this facility.
- e. The following facilities remain closed until appropriate cleaning schedules and protocols can be implemented:
 - i. All locker rooms
 - ii. The auxiliary gymnasium

3) Conducting of Camps/Clinics (beginning June 29)

- A. Conduct of camps and clinics may resume beginning June 29 with the following guidelines in place for all activities:
 - a. Physical distancing will be maintained to the greatest extent practicable at all times.
 - b. Registration/drop-off will be staggered by time and/or location to minimize contact between groups.
 - c. Health screenings and symptom checks will be conducted daily for all participants and spectators prior to entering any facility in which a camp or clinic is being conducted and screening information will be maintained in a written or electronic log.
 - d. Participants, coaches, spectators, or visitors exhibiting any symptoms of COVID-19 infection will be prohibited from entering the facility.
 - e. Participants, coaches, spectators, or visitors who have had close contact with a person testing positive for COVID-19 in the period 14 days prior to the day's activity will be prohibited.
 - f. Small groups and individual skill instruction will be emphasized and activities will be modified as needed to maximize physical distancing.
 - g. Unnecessary physical contact such as high fives, handshakes, hugs, and fist bumps will be discouraged.
 - h. Sharing of equipment will be eliminated to the greatest extent practicable.
 - i. Non-essential visitors to the facility in which a camp or clinic is being conducted will be minimized to the greatest extent practicable.
 - j. Congregation of participants, spectators, coaches, or visitors prior to or following the camp or clinic will be prohibited.
 - k. Low touch, outdoor sports (baseball, cross country, golf, softball, track & field, tennis) camps and clinics may conduct competition-like activity and allow up to 50 spectators following the guidelines for groups of 50 people or fewer.
 - l. High touch, outdoor sports (football, soccer) camps and clinics may conduct group activities without competition. Activities are limited to those that are low touch, medium sharing. Groups must be limited to 10 people or fewer and the number of overall participants shall be limited to 50 people or fewer at any given time. Up to 50 spectators are permitted following the guidelines for groups of 50 people or fewer.
 - m. Low touch, indoor sports (bowling) camps and clinics may conduct competition-like activity. Spectators shall be limited to no more than 50 based on the overall capacity of the facility and number of participants/coaches and follow the guidelines for groups of 50 people or fewer.

- n. High touch, indoor sports (basketball, volleyball, wrestling) camps and clinics may conduct group activities without competition. Activities are limited to those that are low touch, medium sharing. Groups must be limited to 10 people or fewer and the number of overall participants shall be limited to 50 people or fewer as capacity allows. Spectators shall be limited to no more than 50 based on the overall capacity of the facility and number of participants/coaches and follow the guidelines for groups of 50 people or fewer.
- o. Every camp or clinic must begin with an educational session outlining how these guidelines will be followed during the conduct of all activities.
- p. Any coach wishing to conduct a camp or clinic must submit a written plan to the Director of Athletics outlining how the camp or clinic will meet all above standards.

Section 1.0 – Introduction, Guidelines, and Assumptions

Section 1.1 – State, Local and Campus Guidelines All athletic activity will be conducted in accordance with state, local, and campus health authorities.

Section 1.2 - NCAA and Conference Guidelines, Recommendations, and Requirements

Section 1.2.1 NCAA Resocialization of Collegiate Sport: Developing Standards for Practice and Competition The NCAA has developed a series of guidelines and recommendations for returning to collegiate sport practice and competition. The entire document can be found here: [Resocialization of Collegiate Sport: Developing Standards for Practice and Competition, Second Edition.](#)

Section 1.2.1.1 Classification of Sport By Risk In this document the NCAA categorized all sports based on transmission risk as either high risk, intermediate risk, or low risk. The requirements to return to competition vary by risk category.

1.2.1.1 (a) Low Contact Risk Sports sponsored at Kentucky Wesleyan categorized as low risk are bowling, cross country golf, outdoor track & field, and tennis.

1.2.1.1 (b) Intermediate Contact Risk Sports sponsored at Kentucky Wesleyan categorized as intermediate risk are baseball, indoor track & field, soccer, softball, and volleyball (if masks are worn).

1.2.2.1 (c) High Contact Risk Sports sponsored at Kentucky Wesleyan categorized as high risk are basketball, football, volleyball, and wrestling.

Section 1.2.2 Great Midwest Athletic Conference Protocols The Great Midwest Athletic Conference, with guidance from numerous medical professionals, has developed conference-wide protocols in areas such as:

- COVID-19 Testing
- Contract Tracing
- Home Team and Host Institution Expectations
- Visiting Team Expectations
- Game Officials Expectations

These protocols have been reviewed and approved by the Great Midwest Presidents Council and will be adhered to for athletic competition until further notice.

Section 1.3 – Education, Communication, and Accountability

Section 1.3.1 Education All student-athletes, coaches, and staff will undergo education sessions prior to beginning official team activities to ensure a working knowledge of the plans, guidelines, and policies in place.

Section 1.3.2 Communication All plans, guidelines, and policies will be communicated with appropriate governing bodies including health authorities, sport governance, and institutional governance.

Section 1.3.3 Accountability It is the expectation of the athletic department that all student-athletes, coaches, and staff adhere to guidelines contained here within in order to participate and/or represent Kentucky Wesleyan College. Failure to do so may result in disciplinary measures, including suspension from activity or removal from the program.

Section 2.0 – Fall Calendar / Important Dates

Section 2.1 - Report Dates

With the delay to the start of athletic activities for the 2020-21 academic year, student-athletes will report to campus along with the rest of the student population on a schedule determined by the Office of Residence Life.

Section 2.2 - First Date of Countable Athletically Related Activity

Out-of-Season Activities – Monday, August 24

Championship Segment Practice

- Cross Country: Friday, August 28
- Winter Sports: As permitted by current NCAA legislation
- Spring Sports: To be determined

Non-Championship Segment Practice (all dates subject to change)

- Low-Contact Risk Sports: Monday, August 24
- Medium-Contact Risk Sports: Monday, September 7
- High-Contact Risk Sports: Monday, September 21

Section 2.3 - First Permissible Date of Competition

Championship Segment Competition

- Cross Country: Friday, September 11
- Winter Sports: As permitted by current NCAA legislation
- Spring Sports: To be determined

Non-Championship Segment Competition

- Low-Contact Risk Sports: Monday, September 7
- Medium-Contact Risk Sports: Not Permitted
- High-Contact Risk Sports: Not Permitted

Section 3.0 – Medical Screening, Testing & Quarantine Procedures

Section 3.1 – Screening

Symptom screening will be the an important tool used to determine any possible risk to the student athlete population on campus. It is the responsibility of each coach and student athlete to ensure these are executed properly. The coaches must educate the student athletes on what symptoms to report and the urgency of this matter. At any point a student athlete can self-report symptoms directly to coaches or sports medicine staff.

3.1.1 Daily Symptom Screening All student athletes must complete daily symptom screenings via the campus wide health screening form accessed by students at each door by scanning the QR code of any building. (This includes all lifting and conditioning activities.) Screening questions include checking for symptoms, possible risk factors for exposure and activity to be performed.

3.1.2 Pre-Activity Temperature Checks All student athletes must have temperatures checked prior to any activity. This includes all lifting and conditioning activities. Any temperature reading higher than 100.4 will require further evaluation by the sports medicine staff and the student athlete will not be able to participate that day. Temperatures will be logged onto an excel spread sheet shared to all teams. If an individual team is having technical issues, they may maintain a physical log and present it to the sports medicine staff on Fridays.

3.1.3 Noncompliance Failure to complete the screening form or temperature check will result in the student athlete being unable to participate for that day.

3.1.4 Presence of Symptoms If a student athlete answers yes to any screening question, they will be referred to the member of the sports medicine staff assigned to their sport for further evaluation prior to being allowed to participate that day.

Section 3.2- Testing

Testing will focus primarily on symptomatic individuals and other medically necessary situations. In-season diagnostic or surveillance testing for competition will be performed to the greatest extent allowed by availability of testing supplies, lab capacity, result turnaround times, and sufficient access to testing. When in-season testing requirements (as required by the Great Midwest Athletic Conference) cannot be met, competition will not take place.

3.2.1 Pre-Arrival Testing All student athletes must be tested no more than 7 days and no fewer than 3 days prior to arriving to campus. All information will be uploaded to that student athlete's Sportsware account for review by the sports medicine staff.

3.2.2 Symptomatic Referral If a student-athlete presents with respiratory symptoms, flu like symptoms or symptoms of pink eye they will be referred to Alex Vogel and Tonya Marksbury for further evaluation. Testing will be performed by the Green River Health Department and Owensboro Health (when available).

3.2.3 Medically Necessary Testing If testing is deemed necessary based on symptoms and/or contact, notification will be made to Student Life, Director of Athletics, Campus Nurse, Sports Medicine Staff and team physicians. Coaching staffs will be notified of potential testing, but not

of results. Information of testing must be kept confidential and only those who have had direct contact will be notified.

3.2.3.1 During the period between testing and results the student must self-isolate and follow campus quarantine procedure.

3.2.4 Surveillance Testing In order to detect the potential presence of COVID-19 infection within an athletic team list, surveillance testing will be conducted per Great Midwest protocols. Testing should be coordinated through the Director of Sports Medicine.

3.2.5 Pre-Competition Testing Pre-competition testing will be conducted as required by Great Midwest protocols. Testing should be coordinated through the Director of Sports Medicine.

Section 3.3- Quarantine and Isolation

3.3.1 Procedures Quarantine and isolation procedures will follow campus wide guidelines established by the Office of Student Service and/or Office of Residence Life.

Section 3.4 – Return to Activity after COVID-19 Positive

Student-athletes that test positive for COVID-19 will be required to meet the following requirements prior to being cleared for athletic activities. *(See Figure 6-1 for more details)*

3.4.1 Asymptomatic Student-athletes who test positive for COVID-19 but remain asymptomatic are disqualified from athletic activity for a minimum of 10 days after their positive test date.

3.4.1.1 Return to Sport Requirements After the minimum disqualification period, the student-athlete must undergo a physical examine by the team Physician and complete a graded return to play protocol with the Sports Medicine Staff.

3.4.2 Mild-to-Moderate Symptoms Student-athletes who test positive and develop mild-to-moderate symptoms that can be managed without hospitalization are disqualified from athletic activity for a minimum of 10 days from symptom onset or positive test date AND are symptom-free for at least 3 days without the use of fever-reducing medications.

3.4.2.1 Return to Sport Requirements After the minimum disqualification period, the student-athlete may need to undergo a cardiac screening following evaluation by the team Physician and working with the Sports Medicine Staff.

3.4.3 Severe or Prolonged Symptoms Student-athlete who test positive a develop severe symptoms that result in hospitalization or abnormal cardiac testing are disqualified from athletic activity for a minimum of 6 months.

3.4.3.1 Cardiac Requirements After the minimum disqualification period, the student-athlete must undergo a cardiac consultation with a complete cardiology workup and a cardiology reevaluation.

3.4.4 Return to Activity Protocol After a student-athlete has completed the minimum disqualification period and cardiac screening requirements, they must complete the Return to Activity Protocol *(See Figure 6-1 for Full Protocol)* before being cleared for a full return to activity.

Section 4.0 – Facility Considerations & Procedures

The following requirements are in place for the use of any athletic facility for strength & conditioning or other athletically related activities.

Section 4.1 GENERAL

- 4.1.1** Coaches must follow scheduling protocol by reserving practice times through Jenifer Heady. Reservations will be added to the master outlook calendar and ARMS.
- 4.1.2** All student-athletes must have the appropriate sports medicine paperwork completed prior to accessing any athletic facility.
- 4.1.3** All student-athletes must complete Health Screen Form and pass temperature check prior to entering facility.
- 4.1.4** Student-athletes considered to be mildly symptomatic will be sent home for rest and isolation until symptoms are no longer present. Student-athletes considered to be symptomatic are to be sent home and referred to Director of Sports Medicine for further screening and potential testing.
- 4.1.5** Administrators, coaches and student-athletes should all wear face coverings while indoors. Face coverings should also be worn outdoors where social distancing cannot take place. Face coverings are not recommended for student-athletes during physical activities. Administrators and coaches are not required to wear face coverings if working alone in their private office.
- 4.1.6** Proper hand hygiene must be practiced, including stopping at hand sanitizer stations upon entering and exiting a facility.
- 4.1.7** Physical distancing must be maintained throughout all facilities to the greatest extent practicable.
- 4.1.8** Sharing of equipment should be avoided to the greatest extent practicable.
- 4.1.9** Disinfectant materials will be made available in all facilities and all shared equipment must be sanitized after use.
- 4.1.10** Water fountains will be turned off. Student-athletes may bring their own beverages. Beverages should not be shared with others. Contactless bottle filling stations will remain open.

Section 4.2 – Outdoor Facilities (Steele Stadium, Panther Field, Panther Park and Foster Field, Owensboro Middle School Track & Field Complex)

4.2.1 Steele Stadium

4.2.1.1 Occupancy limit - Functional Groups Required (Stages 2 & 3)

Facility is limited to six separate groups of eight student-athletes and one coach/administrator. No more than four of the groups may be taking part in activity at a time. The groups should not have any contact with each other.

4.2.1.2 Occupancy Limit – Functional Groups Not Required (Stage 4)

Occupancy limit is lifted.

4.2.2 Panther Field

4.2.2.1 Occupancy limit - Functional Groups Required (Stages 2 & 3)

Facility is limited to six separate groups of eight student- athletes and one coach/administrator. No more than four of those groups may be taking part in activity at a time. The groups should not have any contact with each other.

4.2.2.2 Occupancy Limit – Functional Groups Not Required (Stage 4)

Occupancy limit is lifted.

4.2.3 Panther Park

4.2.3.1 Occupancy limit - Functional Groups Required (Stages 2 & 3)

The facility is limited to four separate groups of eight student- athletes and one coach/administrator. No more than three of those groups may be taking part in activity at a time. The groups should not have any contact with each other.

4.2.3.2 Occupancy Limit – Functional Groups Not Required (Stage 4)

Occupancy limit is lifted.

4.2.4 Foster Field

4.2.4.1 Occupancy limit - Functional Groups Required (Stages 2 & 3)

The facility is limited to two separate groups of eight student- athletes and one coach/administrator. The groups should not have any contact with each other.

4.2.4.2 Occupancy Limit – Functional Groups Not Required (Stage 4)

Occupancy limit is lifted.

4.2.5 Owensboro Middle School Track & Field Complex

4.2.5.1 Owensboro Middle School Track & Field Complex is restricted to Kentucky Wesleyan track & field and cross country student-athletes.

4.2.5.2 Occupancy limit - Functional Groups Required (Stages 2 & 3)

Facility is limited to four separate groups of eight student- athletes and one coach/administrator. No more than three of those groups may be taking part in activity at a time. The groups should not have any contact with each other.

4.2.5.3 Occupancy Limit – Functional Groups Not Required (Stage 4)

Occupancy limit is lifted.

4.2.6 Spectators Spectators will be allowed to the extent permitted by state, local, and campus health guidance.

Section 4.2 - Indoor Facilities (Weight Room, Jones Gym, Panther Hitting Facility and Auxiliary Gym)

4.2.1 Weight Room

4.2.1.1 Occupancy limit - Functional Groups Required (Stages 2 & 3)

Facility is limited to single group of eight student-athletes per room. The two groups should not have any contact with each other within the facility.

4.2.1.2 Occupancy Limit – Functional Groups Not Required (Stage 4)

Facility is limited to eight student-athletes and one coach/administrator per room for a total of sixteen student-athletes.

4.2.1.3 Activities requiring a spotter will be permitted. Spotter must be wearing a face covering.

4.2.1.4 Facility will be cleaned and disinfected no less than two times per week.

4.2.2 Jones Gym

4.2.2.1 Occupancy limit - Functional Groups Required (Stages 2 & 3)

Facility is limited to four separate groups of eight student- athletes and one coach/administrator. No more than two of those four groups may participate in activity at a time.

4.2.2.2 Occupancy Limit – Functional Groups Not Required (Stage 4)

Facility is limited to 32 student-athletes. There is no limit to the number of coaches/administrators.

4.2.2.3 Facility will be cleaned and disinfected no less than one time per week.

4.2.3 Panther Hitting Facility

4.2.3.1 Occupancy limit - Functional Groups Required (Stages 2 & 3)

Facility is limited to a single functional group of eight student-athletes and one coach/administrator.

4.2.3.2 Occupancy Limit – Functional Groups Not Required (Stage 4)

Facility is limited to 16 student-athletes. There is no limit to the number of coaches/administrators.

4.2.3. Facility will be cleaned and disinfected no less than one time per week.

4.2.4 Auxiliary Gym

4.2.4.1 Occupancy limit - Functional Groups Required (Stages 2 & 3)

Facility is limited to two separate groups of eight student- athletes and one coach/administrator. The two groups should not have any contact with each other.

4.2.4.2 Occupancy Limit – Functional Groups Not Required (Stage 4)

Facility is limited to 16 student-athletes. There is no limit to the number of coaches/administrators.

4.2.4.3 Facility will be cleaned and disinfected no less than one time per week.

4.2.5 Fieldhouse at Steele Stadium

4.2.5.1 Occupancy limit - Functional Groups Required (Stages 2 & 3)

Limited to two separate groups of eight student- athletes and one coach/administrator. The two groups should not have any contact with each other.

4.2.5.2 Occupancy Limit – Functional Groups Not Required (Stage 4)

Facility is limited to sixteen student-athletes

4.2.5 Spectators Spectators will be allowed to the extent permitted by state, local, and campus health guidance.

Section 4.3 - Locker Rooms

4.3.1 Locker Rooms will be made available on an as-needed basis.

4.3.2 Capacity to locker rooms will be limited to number listed below. Posted capacity includes all persons (student-athletes, coaches, administrators, etc.).

WBB	13
MBB	12
MSC	6
VB	11
FB (HRC)	24

4.3.3 Face coverings are required inside of all locker rooms.

Section 4.4 Athletic Training Room

4.4.1 Facility is available by appointment only. Appointments must be scheduled with the Head Athletic Trainer. Once teams are assigned an Athletic Trainer, they will then make appointments through their assigned Athletic Trainer.

4.4.2 Occupancy will be limited to 5 student athletes and 5 athletic trainers for rehabilitation activities, 6 student athletes and 3 athletic trainers for taping and pre-practice preparations.

4.4.3 Everyone inside the Athletic Training Room is expected to wear a face covering unless impacting ability to perform treatment. Athletic Trainer will determine when face coverings are not required.

Section 4.5 Concessions and Ticketing

4.5.1 Clear shields will be installed at all concession stand and ticket booths.

4.5.2 Contactless payment options will be implemented on game day for admission and concession stands

4.5.3 Event Staff members working either gates or concession stands will wear proper PPE including masks and gloves.

4.5.4 Social distancing will be required while in line for concessions and tickets. Floor/ground markings and signage will be used to enforce social distancing.

4.5.5 Additional entrances/exits will be used to ease congestion

Section 5.0 – Practice, Competition, and Travel Considerations

Section 5.1 Meetings

5.1.1 Meetings are encouraged to be held outdoors when possible. All meetings must be conducted in compliance with all campus policies for meetings and gatherings.

5.1.2 No meeting or gathering may exceed the posted maximum capacity of any meeting space.

5.1.3 Physical distancing (minimum 6 ft.) should be maintained throughout the conduct of all meetings.

5.1.4 Face coverings are encouraged but not required for outdoor meetings where distancing is maintained. Face coverings are required at all times during indoor meetings.

5.1.5 Virtual meetings should be conducted when the above requirements cannot be met.

Section 5.2 Skill Instruction, Practice, and Workouts

The following guidelines apply to all physical activities, including but not limited to practice, skill instruction, strength & conditioning workouts, and voluntary activities.

5.2.1 Participants should maintain appropriate physical distancing as required by each stage of activities.

5.2.2 When contact with others is permissible, it is allowed only within the rules of the game while participating in competitive practice. Student-athletes, coaches, officials are not to physically contact each other before or after competitive practice. (For example greetings, high-5s, fist bumps, chest bumps, huddles)

5.2.3 Practices should be conducted in small groups to the greatest extent practicable and those groups should be maintained throughout practice.

5.2.4 Time spent in practice conducting drills or activities where players are in close contact with each other during the same drill (e.g. corner kicks, rebounding drills) should be limited to the greatest extent practicable.

5.2.5 Student-athletes, coaches, or staff should not congregate in groups before or after practice.

5.2.6 All practices and team activities are closed to all those not essential to the conduct of such activities.

Section 5.3 – Activity Stages

All athletically-related activities (countable and voluntary) will be structured in five stages of varying permissible activities, with Stage One being the most restrictive and Stage Five carrying no restrictions. These stages will be evaluated bi-weekly as assigned to sports based on the NCAA-defined contact risk level. (See Figure 6-2 for Summary Chart)

5.3.1 Stages Defined

5.3.1.1 Stage One This stage is most restrictive and does not permit any physical activity.

- (a)** No physical activities (countable or voluntary) are permitted.
- (b)** Team meetings are allowed following all campus and department meeting protocols.

5.3.1.2 Stage Two This stage allows physical activity in small groups and with distancing required throughout.

- (a)** Physical activities are permitted (countable and voluntary).
- (b)** All activities must be conducted in functional groups of no more than eight (8) student-athletes.
- (c)** Student-athletes from different functional groups may not interact or intermingle during activities.
- (d)** Physical distancing must be maintained throughout activities, with the exception of brief, passing interactions.
- (e)** Physical distancing and masks are required when not actively participating.
- (f)** Facility capacity is limited as outlined in Section 4.0.
- (g)** All screening procedures must be conducted as outlined in Section 3.1.

5.3.1.3 Stage Three This stage allows physical activity in small groups but removes the distancing requirement during activities.

- (a)** Physical activities are permitted (countable and voluntary).
- (b)** All activities must be conducted in functional groups of no more than eight (8) student-athletes.
- (c)** Student-athletes from different functional groups may not interact or intermingle during activities.
- (d)** Physical distancing and masks required when not actively participating.

(e) Facility capacity is limited as outlined in Section 4.0.

(f) All screening procedures must be conducted as outlined in Section 3.1.

5.3.1.4 Stage Four This stage allows physical activity and removes the small group requirement and expanding facility capacities during activity.

(a) Physical activities are permitted (countable and voluntary).

(b) Full team practices are permitted.

(c) Physical distancing and masks required when not actively participating.

(d) Facility capacity is limited to maximum number for which physical distancing can be maintained as outlined in Section 4.0.

(e) All screening procedures must be conducted as outlined in Section 3.1.

5.3.1.5 Stage Five This stage allows for all activities to be conducted without restriction.

5.3.2 Determination of Activity Stages

5.3.2.1 Data Utilized The determination of the appropriate stage of activity per sport will be determined by the following data points:

(a) Risk of community spread as determined by the Green River District Health Department and reported via the Kentucky Department of Public Health COVID-19 Dashboard.

(b) The availability of quarantine and isolation space on campus.

(c) The contact risk classification of each sport per the NCAA as outlined in Section 1.2.2.

5.3.2.2 Period of Review The appropriate stage of activity per sport will be reviewed and determined on a biweekly basis or more frequently as conditions allow.

5.3.2.3 Transition Period Between Stages There shall be no predetermined transition period between stages, either to more or less restricted activity. Transitions are at the discretion of the Director of Athletics, as advised by local and state health authorities, the Kentucky Wesleyan College Sports Medicine staff, and campus leadership.

Section 5.4 – Travel

5.4.1 – COVID-19 Expectations for All Travel

5.4.1.1 Daily self-health checks must be completed for members of the travel party prior to departure from campus and each day while traveling.

5.4.1.2 Temperature checks of the entire travel party must be performed by an athletic trainer or designated administrator prior to departure from campus. Additional temperature checks of the travel party must be performed each day while traveling per

the G-MAC COVID-19 Policy for Visiting Teams. Temperatures should be recorded on the approved conference form.

5.4.1.3 Any member of the travel party that develops any potential COVID-19 symptoms while traveling must notify a KWC athletic trainer and follow all instructions.

5.4.1.4 All members of the travel party must comply with the entirety of the G-MAC COVID-19 Policy for Visiting Teams, regardless of whether or not the competition is sponsored by the conference.

5.4.1.5 Student-athletes identified as part of the official travel party must remain with the travel party throughout travel. Student-athletes may not travel with parents or other family members except in the case of an emergency.

5.4.2 – Charter Bus Travel (*See Figure 6.4 for Miller Transportation COVID-19 Plan*)

5.4.2.1 Teams that travel via charter bus will be use Miller Transportation motor coaches.

5.4.2.2 Miller Transportation will follow CDC Guidelines for cleaning all motor coaches. Motor coaches will be cleaned with a GenEon cleaning system before leaving their facility and upon return. After a motor coach has returned to the base facility, the HVAC system will be cleaned thoroughly before the motor coach is back on the road. The drivers will have cleaning supplies and disinfectant wipes to clean all handrails and armrests while the motor coach is out on the road. Hand sanitizer will be available on all motor coaches, which will be provided by Miller Transportation.

5.4.2.3 All Kentucky Wesleyan student-athletes, coaches, and staff will be required to wear a face covering while traveling on the motor coach.

5.4.2.4 Students-athletes that room together in the hotel should be seated together on the bus.

5.4.2.5 Teams that normally travel together will be asked to take separate buses to allow for appropriate distancing. Additional buses will be utilized when needed.

5.4.2.6 Large (55 passenger) motor coaches should be used whenever possible.

5.4.3 – Fleet Vehicles

5.4.3.1 Teams traveling in fleet vehicles will be required to schedule those through the business office (Lucy Kaelin) per institutional procedures.

5.4.3.2 Fleet vehicles will be cleaned by the institutional housekeeping and facilities department.

5.4.3.3 All Kentucky Wesleyan student-athletes, coaches, and staff will be required to wear a face covering while traveling in the fleet vehicle.

5.4.3.4 15 passenger vans shall be limited to no more than 6 student-athletes and one coach or staff member to drive.

5.4.4 – Travel Rosters

5.4.4.1 Travel rosters should be minimized to the greatest extent possible. Only those deemed essential to the competition for which a team is traveling should be included.

5.4.5 – Lodging

Schedules should be developed to minimize or avoid the need for overnight stays. When overnight lodging cannot be avoided, the following guidelines should be followed.

5.4.5.1 Teams must follow all state and local guidelines and restrictions regarding overnight hotel stays while traveling.

5.4.5.2 Face coverings must be worn in all hotel public areas and hallways.

5.4.5.3 In the event the hotel is not providing breakfast, coaches will be responsible for making alternate arrangements.

5.4.5.4 Teams should consider adjusting travel roster to allow only two member of the travel party per sleeping room and those two people should continue to stay in the same room throughout the season to the greatest extent practicable.

5.4.5.4.1 Consideration may be given to 3 or more student-athletes in the same room if they all live together either on or off campus.

5.4.6 - Restaurants

5.4.6.1 Teams must follow all state and local guidelines and restrictions with regard to dining at restaurants while traveling. If restaurant service is not available to a team, coaches must make alternate arrangements such as carry out or delivery to the hotel.

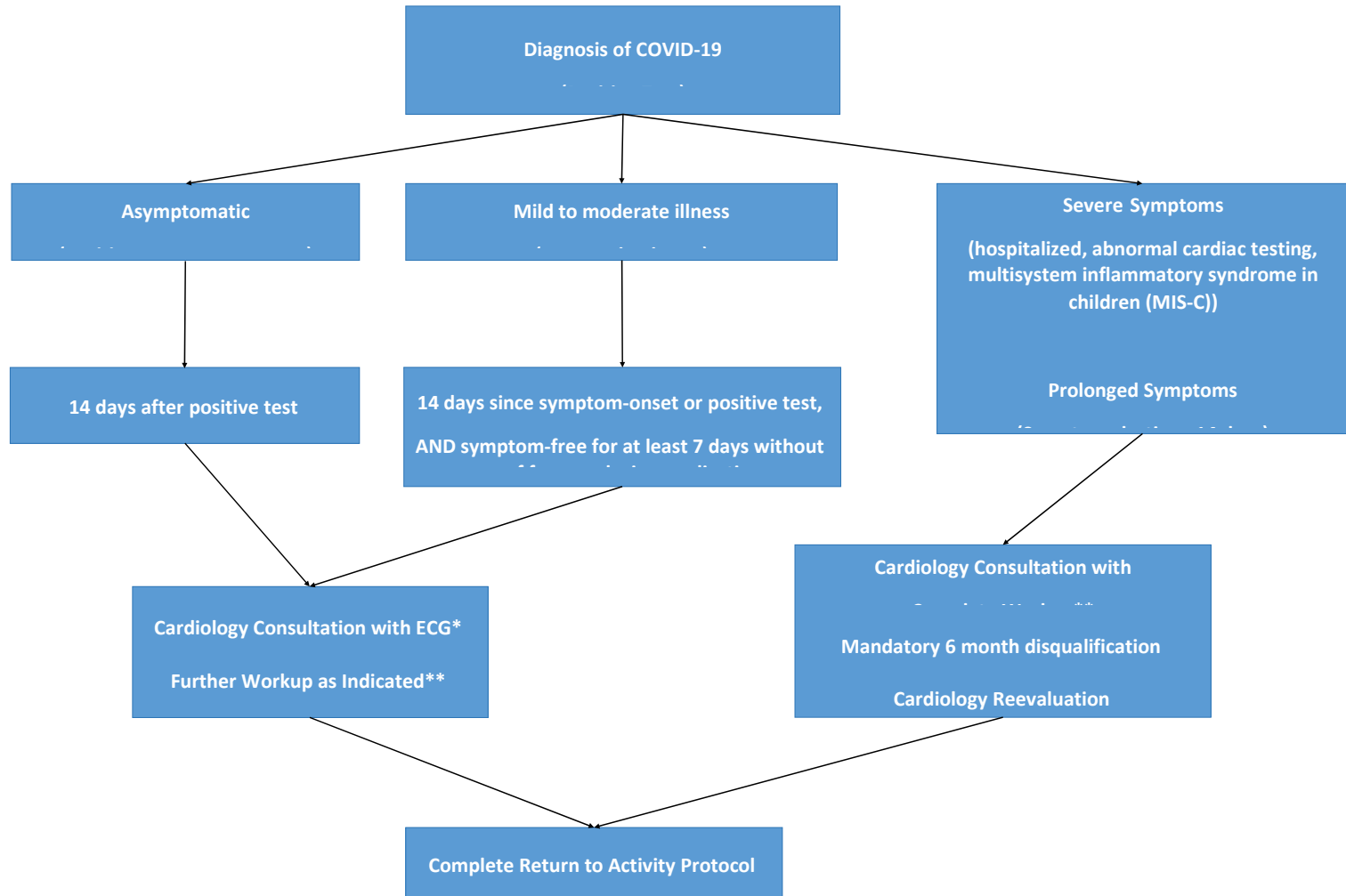
5.4.6.2 All team meals should be eaten together. Student-athletes may not be released from the travel party to dine with parents, family members, or friends.

Section 6.0 – Appendices

Figure 6.1 – KWC Sports Medicine Post-positive Return to Activity Protocol

COVID-19 Return-to-Activity Guidance for High School and College Student-Athletes

* ECG changes suggestive of myocarditis include: diffuse ST elevation, ST depression, T wave inversion, pathologic Q waves, and PR depression
 **Testing considerations: ECG, hs-Tn, Echo, Cardiac MRI, Holter, Stress test, Chest X-ray, Spirometry, PFTs, D-dimer, and Chest CT



Reference:
 Drezner J.A., et al. (2020). Cardiopulmonary Considerations for High School Student-Athletes During the COVID-19 Pandemic: NFHS-AMSSM Guidance Statement." *Sports Health*

Return to Activity (RTA) Protocol After COVID-19 Infection

Athletes must complete the progression below without development of cardiopulmonary symptoms (chest pain, chest tightness, palpitations, shortness of breath, excessive fatigue, lightheadedness, pre-syncope or syncope). If these symptoms develop, the athlete should be referred back to the evaluating physician.

- **Step 1: (2 Days Minimum)** Light activity (walking, jogging, stationary bike) for 15 minutes or less at intensity no greater than 70% of maximum heart rate. NO resistance training
- **Step 2: (1 day minimum)** Add simple movement activities (EG, running drills) for 30 minutes or less at intensity no greater than 80% of maximum heart rate
- **Step 3: (1 day minimum)** Progress to more complex training for 45 minutes or less at intensity no greater than 80% maximum heart rate. May add light resistance training.
- **Step 4: (2 days minimum)** Normal training activity for 60 minutes or less at intensity no greater than 80% maximum heart rate
- **Step 5: Return to full activity**

**RTA Protocol adapted from Elliott N, et al. Infographic. British Journal of Sports Medicine, 2020.*

Note: This document was created to assist medical providers, coaches, and administrators with the evaluation and disposition of student - athletes diagnosed with COVID-19 infection. It is based on a review of current evidence and the recommendations of national and international sports medicine organizations. We emphasize that the evidence base surrounding COVID-19 is rapidly evolving and we acknowledge that this should be considered a living document that will require ongoing updates and revision.

Figure 6.2 – KWC Athletics Return to Play Chart

Kentucky Wesleyan College - Department of Athletics - Return to Play Stages

(as of September 3, 2020)



	Stage Description and Conditions	Physical Activity	Meetings Permissible	Functional Groups of 8 or fewer	Distancing Required Throughout Activity	Contact Permissible	Distancing Required When Not Actively Participating	Masking Required When Not Actively Participating
Stage 1	Most restrictive stage during which physical activity is not permitted. (See Section 5.3.1.1)	No	Yes	N/A	N/A	N/A	N/A	N/A
Stage 2	Allows for physical activity in small groups with distancing required during activity and masks required during idle time. (See Section 5.3.1.2)	Yes	Yes	Yes	Yes	No	Yes	Yes
Stage 3	Physical activities still require small groups as well as masking and distancing during idle time, but no longer require distancing during activities within groups. (See Section 5.3.1.3)	Yes	Yes	Yes	No	Limited	Yes	Yes
Stage 4	Full team practices are permitted. Distancing and masking during idle time still required. (See Section 5.3.1.4)	Yes	Yes	No	No	Yes	Yes	Yes
Stage 5	No restrictions on activity (i.e. “pre-COVID”) (See Section 5.3.1.5)	Yes	Yes	No	No	Yes	No	No

Figure 6.4 – Miller Transportation COVID-19 Plan



COVID – 19 ACTION PLAN

As always, the safety of our passengers remains our #1 priority at Miller Transportation! We are in the process of taking several new steps to ensure the health and safety of our passengers during these challenging times we are all facing. As the times around us change, we will continue to step up and make the necessary adjustments so that our passengers feel comfortable while traveling with us. Below are some of the actions we are taking at Miller Transportation.

- GenEon cleaning systems: These are like a misting or fogging device that will be used on every bus prior to departing our shop. This device is currently used in hospitals, schools, office buildings, trains, buses etc., and eliminates any bacteria on the buses.
- HVAC: Miller maintenance team to inspect/disinfect the vehicles HVAC system prior to charter departure.
- Hand sanitizer available for passenger use.
- Sanitizing while away: Drivers will be provided with disinfectant wipes/sprays and will be required to sanitize the frequently touched areas (handrails, armrests, seatbacks etc.,)
- Driver masks: We are providing masks for our drivers and expect them to wear them when interacting with our customers and not driving. We do however realize that wearing a mask while driving can be a distraction, obstruction and discomfort to the driver whose primary concern is the safe operation of the bus. We are not requiring our drivers to wear the mask when operating the controls of the vehicle.
- Passenger capacity: Currently we have no restrictions on our coaches when it comes to passenger capacity. Of course we will follow anything mandated by state, local or federal authorities if that comes into play. Other than that it is up to the customer to decide how many passengers they want to load up to the max capacity of the buses.

Thank you for traveling with us!

The Miller Transportation Team