

MONMOUTH



Return to Campus 2020

**Simon Rosenblum – Associate AD for Sports Medicine
Ken Marsaglia – Head Athletic Trainer for Football
Tim Rehm – Director Strength and Conditioning
Kevin Callahan – Head Football Coach**

Monmouth Football
Return to Campus – Summer 2020

Preparation

Prior to athletes returning to campus, Coach Callahan (Football), Simon Rosenblum (Sports Medicine), and Tim Rehm (Strength and Conditioning) will meet via Zoom with all athletes and their parents/families to review the Plan to Return to Campus. All will be advised of the policies and protocols that have been established, and the strict importance of abiding by these policies and protocols, as well as the importance of practicing recommended hygiene, proper social distancing, and the uses of recommended PPE. The Plan for Return to Campus will be presented and discussed in detail, and questions and concerns will be addressed. Both athletes and their parents/families will be advised that their return is VOLUNTARY, and there will be no penalty for electing not to return at this time. All will also be advised, that by electing to return to campus, they are agreeing to uphold all of the policies and protocols that have been established.

- **Prior to Returning**
 - Testing
 - Testing of all returning athletes will occur upon their arrival when they report to the Sports Medicine facility.
 - Quest Diagnostic Labs will coordinate with Kathy Maloney from Monmouth University Health Services.
 - Test will be administered on campus and sent to Quest Labs.
 - Results are anticipated to be available within two days.
 - A positive result will result in a mandate for the athlete to return to his home. If there is a delay in the return to home process, quarantine accommodations will be available on campus until the time that the athlete is able to return home.
 - In circumstances where returning home is prohibitive, athletes will be cared for in the quarantine accommodations on campus.
 - Contact athletes 14 days prior to return and advise of the following:
 - Must be symptom free for 14 days prior to return.
 - No known contact with anyone with Covid-19 illness for 14 days.
 - Maintain a list of close contacts over the 14 day period.
 - Covid-19 symptom survey questionnaire to be completed 14 days prior to return
 - CDC travel recommendations should be followed.
 - If returning from a Level 3 location, must self-quarantine at home for 14 days prior to travel.
 - Home quarantine provides timeframe in which an infected person may develop symptoms, and increases the chance to positively ID Covid-19, and reduces the risk of infecting campus community members.

▪ **Returning to Campus**

- All returning athletes will be directed to report to the Sports Medicine facility in Boylan Gym
- Reporting Times/Appointments will be established and strictly adhered to.
 - Athletes may not proceed to any part of campus until medical evaluation has been completed.
- Athletes will be scheduled to return and report to the Sports Medicine facility in the following manner:
 - Day 1 – Group A – 40 Players Maximum
 - Four distinct reporting times:
 - 9:00, 10:00, 11:00, 12:00
 - Day 2 – Group B – 40 Players Maximum
 - Four distinct reporting times:
 - 9:00, 10:00, 11:00, 12:00
 - Day 3 – Group C – 40 Players Maximum
 - Four distinct reporting times:
 - 9:00, 10:00, 11:00, 12:00
 - Groups Assignments for Return to Campus – Attachment B
- Parking instructions – All returning athletes will be instructed to park in the larger commuter lot (Lot #13).
- Instructions to enter building:
 - Athletes will enter Boylan Gym through a designated entrance, follow predetermined and marked flow of foot traffic, and exit the building by way of a designated exit.
- Instructions regarding precautions.
 - Masks, distancing, proper hygiene and sanitation protocols will be in effect.
- Upon Arrival at the Sports Medicine facility
 - Immediate temperature check and oximetry test
 - Individual interviews to assess their medical history and survey questionnaire answers
 - Interactions and contact with individuals presenting Covid -19 symptoms
 - Interactions and contact with a person testing positive for Covid-19
 - First year players will undergo initial pre-participation physical and orthopedic evaluation.
 - Each athlete will be provided with two PPE facemasks upon their arrival.
- Traveling by Automobile or currently in the local area – no self-quarantine in addition to above necessary.
- Traveling by Air – self-quarantine for 7 days prior to coming to athletic facility.
 - Practice strict hygiene (facemask, hand hygiene, sanitize seat and arm rests, etc)

Instructions for Moving into Resident Halls:

- Prior to reporting to campus, all athletes will be provided with an online link to complete their campus housing paperwork.
 - Athletes should submit their paperwork, including signing the “Campus Conduct Responsibility”, electronically a minimum of ten days prior to returning to campus.
- Resident move-in will be by predetermined appointment only, and will coincide with the designated time to report to the Sports Medicine facility
- At the Sports Medicine facility, after completing the entry evaluation and testing, athletes will be issued a key card to Mullaney Hall by a member of the athletic administration staff.
- Upon arriving at the Mullaney Hall, athletes should park in Lot #8
- At Mullaney Hall (190 bed capacity)
 - Athletes will be housed in clusters relative to their workout groups, and the clusters will be separated by unoccupied rooms.
 - Housing assignments made to coincide with training groups of 12 players is ideal.
 - All Rooms will be double occupancy.
- All first year Monmouth Athletes will be required to take a photo for their permanent ID prior to arriving at Mullaney Hall.
- Mullaney Hall will be cleaned and sanitized twice daily in accordance with the State of New Jersey, the State Department of Higher Education, Monmouth County Health Department, and the CDC Congregate Housing policies.
- Cedar Hall will be established a Quarantine Unit.

- **Meals**

During the summer period all meals will be per Gourmet Dining Services.

- All meals will be served out of the Magill Commons Dining Hall.
 - The potential for outdoor dining options will be coordinated between Chris Ryerson (Gourmet Dining), Jim Pillar (Residential Life), and Kara Sullivan (Facilities Management).
- Grab and Go to start, with a potentially gradual move to the Dining Hall.
 - Indoor dining will not be permitted initially
 - Meals will be served in takeout containers with individually wrapped condiments and utensils.
- Three Meals per day, Seven days per week.
- Meal Times/Pick-Up
 - Athletes will pick up meals at the Magill Commons Dining Hall at assigned times, in assigned groups.
 - Maximum number of athletes allowed inside Magill Commons at any time is 40.
 - Special dietary needs will be accommodated.

- Athletes will enter Dining hall through a door specified as “ENTER”.
- Inside the Dining Hall a member of the Gourmet Dining team will:
 - Monitor the flow of traffic
 - Promote social distancing
 - Ensure that athletes are adhering to specified meal times.
 - Track the number of athletes in the facility.
- Traffic Flow
 - Inside the Dining Hall traffic patterns will be clearly marked via arrows and floor decals.
- Athletes will proceed to designated stations where they will be provided with a to-go container.
- All food will be served by a Gourmet Dining team member.
- Athletes will continue to follow arrows and floor decals and exit the Dining Hall through a door clearly marked as “EXIT”.
- Meal Options
 - Breakfast
 - Eggs
 - Bacon/Sausage
 - Fruit
 - Yogurt
 - Bagels
 - Drinks
 - Lunch/Dinner
 - Two Entrée’s
 - Grilled items
 - Vegetables
 - Salad
 - Fruit
 - Drinks
 - Dessert
- Gourmet Dining will follow all mandates established by the State Government of New Jersey, and the State Health Department.
- Gourmet Dining staff, student-athletes, and coaches will be required to wear face masks upon entering Magill Commons Dining Hall.
- Social Distance guidelines will be followed in the Dining Hall at all times.
- Preferred Meal Times:
 - Breakfast – 7:00 AM – 9:00 AM
 - Lunch – 11:00 AM – 1:00 PM
 - Dinner – 4:00 PM – 6:00 PM
 - Times adaptable per Gourmet Dining capacity limits.

- **Mandatory Infectious Disease Education for each athlete upon return to campus.**
- **Mandatory “Social Responsibility Pledge”.**
 - Attachment D
- **Daily Student Athlete Procedures**
 - Complete a daily screening questionnaire including a symptom checklist
 - Attached
 - Screening Checklist must be completed prior to entering the Sports Medicine facility or Strength/Conditioning Facility (Varsity Weight Room).
 - Positive answers to any question on the survey will cause athlete to be instructed not to report to athletics facilities, and will be referred to the appropriate health care provider.
 - University Health Service and Team Physician
 - Athletes who present as symptom free on the survey will undergo a temperature and pulse oximetry check.
 - Temperatures of 100.4 degrees or higher and pulse oximeter reading below 95% will not be permitted to enter the facility and will be referred to the appropriate medical provider
 - University Health Services and Team Physician
 - If a referral is required, athletes will be directed to an appointment for testing, followed by isolation in an on –campus quarantine facility, contact tracing and finally clearance.
 - During normal business hours, student-athletes will be instructed to contact Health Services to set up an appointment for testing
 - Outside normal business hours, student-athletes will be assisted by the sports medicine staff in scheduling an appointment with a local medical provider for testing.
 - Student-athletes and their close contacts will be asked to self-quarantine in their rooms, pending the results of COVID-19 testing
 - Football COVID Response team will be notified of symptomatic student athlete
 - **Response Action Team**
 - Dr. Marilyn McNeil, Vice President and Director of Athletics
 - Jeff Stapleton, Deputy Director of Athletics
 - Mary Anne Nagy, Vice President for Student Life
 - Kathy Maloney, Director of Health Services
 - Jim Pillar, Residential Life
 - Simon Rosenblum, Associate Athletic Director/Sports Medicine
 - Ken Marsaglia, Head Football Athletic Trainer
 - Tim Rehm, Director of Strength and Conditioning
 - Kevin Callahan, Head Football Coach

▪ **Response Plan To a Positive COVID 19 Test**

- The football COVID Response team as detailed above will be notified of a positive test
- The Student-Athlete will isolate for a minimum of 10 days from the date of the positive test
 - It is strongly encouraged that any student who tests positive returns home for the isolation period if feasible
 - An isolation facility will be provided for those who cannot travel home
 - While quarantined in the –on-campus facility, as designated staff member of the will deliver meals to the quarantined athlete.
 - Student-athletes may return from isolation once cleared by the Monmouth University Sports Medicine staff
 - Minimum criteria includes at least 10 days from the positive test and symptom free for a minimum of 3 days before return
- All close contacts will be notified of the need to schedule testing and asked to self-quarantine pending results
- All other contacts will be notified that they did have contact with a COVID positive individual and advised to monitor themselves for symptoms closely.
- Return to activity will be gradual and follow established transition guidelines

▪ **Locker Rooms**

- Locker rooms will be off limits to all athletes until August 7th, the first day of NCAA allowable football practice.
 - Athletes will be provide with two sets of apparel (loops) to wear during workouts.
 - Athletes will arrive to workouts directly from the resident hall dressed for the workout.
 - At the completion of a workout, the athletes will obtain a second set of workout apparel to take back to their resident hall.
 - When the athlete arrives the following day for the workout, he will drop off the previous day's workout apparel which will be washed and sanitized.
 - Before returning to the resident hall at the conclusion of the workout, the athlete will be given the clean apparel loop for the next day.

▪ **Sports Medicine Facility**

- Cleaned thoroughly and sanitized on a daily basis.
- Treatment stations and tables spaced 6 feet apart.
- Maximum of 10 athletes to occupy room at any one time.
- Treatments will be at assigned times and by appointment.
- All evaluations and rehabs will be by appointment only, except for acute injuries.
- No access to whirlpools
- No shared pillows, wedges, supports, hot pack covers, etc.
- No shared ace wraps, estim pads, game ready sleeves, compression boots, etc.

- **Sports Medicine Staff**

- Mandatory daily screening questionnaire completion, temperature checks, pulse oximetry testing prior to entering facility for work.
 - Positive screens and tests will instruct to return home and consult with their primary care physician immediately.
- Mandatory use of appropriate PPE equipment (masks, gloves, face shields (close contact procedures) at all times when working with athletes.

- **Strength and Conditioning Voluntary Workouts**

- **Strength & Conditioning Return to Activity Plan**
 - *Can be implemented when the State of NJ, and Monmouth University give the order to open up and announce return to operations.*
- Training groups divided by offense/defense across a range of positions
 - Not all of one position in the same group (QB's, etc.)

Phase 1

1. Groups of no more than 12 student-athletes at a time in VWR
2. 45 Min Sessions with 15 min clean-up for next group
3. Entrance door propped to increase airflow; double doors to be propped if poor HVAC production
4. Student-athletes temperature taken, pulse oximeter read, hands sanitized prior to entering weight room
5. Athlete receives personal water bottle upon entering
6. Coach only may enter office area
7. Efficient training flow to enforce social distancing—ONE student-athlete per rack.
8. Anything touched is wiped down after immediate use
9. Spray Bottle at each station
10. Avoid programming loads/exercises that will require 1 spotter
11. Coaches/Student-athletes to wear masks
12. Bikes in VWR moved to ensure 6' between
13. Fog after every session.

Phase 2

1. Groups of no more than 24 student-athletes at a time in VWR
2. 45 Min Sessions with 15 min clean-up for next group
3. Entrance door propped to increase airflow; double doors to be propped if poor HVAC production
4. Student-athletes temperature taken, pulse oximeter read, hands sanitized prior to entering weight room
5. Athlete receives personal water bottle upon entering
6. Coach only may enter office area
7. TWO student-athlete per rack, but still practicing social distancing
8. Anything touched is wiped down after immediate use
9. Spray Bottle at each station
10. Avoid programming loads/exercises that will require 1 spotter
11. Coaches/Student-athletes to wear masks
12. Bikes in VWR moved to ensure 6' between
13. Fog after every session

Phase 3

1. Groups of no more than 36 student-athletes at a time in VWR—THREE PER RACK,
2. Post Session Cleaning of weight room
3. Entrance door propped to increase airflow; double doors to be propped if poor HVAC production
4. Student-athletes temperature taken, pulse oximeter read, hands sanitized prior to entering weight room
5. Return to traditional programming with spotters, partners
6. Return to traditional facility layout
7. Fog at the end of the day

- **Cleaning Supplies Needed – Currently Under Consideration**

- Fogger/Disinfectant Machine
- (12) Spray Bottles with Disinfectant Spray
- (100) Rags to use for wiping down equipment

- **Sanitation Guidelines for Student Athletes and Staff (Strength and Conditioning and Football Coaching Staff)**
 - Monmouth University Strength & Conditioning/Football Staff Sanitation Guidelines
 - The following are a list of policies that the Strength and Conditioning/Football Staff will do on a daily basis. We expect the same from everybody that enters the varsity weight room from student-athletes to staff and administration. We take pride in creating a positive, safe and disciplined environment where we are relentlessly working towards greatness. For us to be great, we must start with great facilities. We are taking extra steps to be more in line with the current times.
 - All Staff Members to be tested prior to interaction with athletes (July 6th)
 - Staff Members
 - **Football:**
 - Kevin Callahan
 - Kevin Callahan, Jr.
 - Andy Bobik
 - TJ Dimuzio
 - Sam Dorsett
 - Brian Gabriel
 - Jeff Gallo
 - Andrew Kirkland
 - David Kunyz
 - Lewis Walker
 - Kyle Suta – volunteer
 - Kyle Rosenbaum – volunteer
 - Liam Nelson – volunteer
 - **Strength/Conditioning**
 - Tim Rehm
 - Hardu Virkes-Lee
 - Intern #1
 - Intern #2
 - **Sports Medicine**
 - Simon Rosenblum
 - Ken Marsaglia
 - Nick Aguilera
 - Intern #1
 - Intern #2
 - **Sports Information**
 - Greg Viscomi
 - Assistant #1
 - Assistant #2
 - Assistant #3
 - **Compliance**
 - AJ Schlauffer
 - Kelsey Ellis

- Stay Home Policy
 - Any staff member who is sick, has been sick or has an immediate family member who has been sick will be required to stay home until there are no signs of fever for 72 hours.
 - Staff as well as student-athletes will be tested for illness prior to testing with thermometer and pulse oximeters.
- Clean Entry Policy
 - Doors will be kept open to minimize having to touch door handles. Handles will be wiped at the beginning and end of the day.
 - Purell dispensers will be available for those upon entry
- Hand Washing Policy
 - Anyone entering the facility must wash their hands prior to entering the facility.
 - Staff members will practice good hygiene at all times and wash their hands before and after sessions
- Cleaning Policy
 - Each training area and station will have spray bottles that will be used after using equipment
 - After each session, we will spray and disinfect all areas that were used during training with an electrostatic mister. This cleaning charges the disinfectant spray as it leaves the bottle to ensure it sticks to all surfaces and helps improve the coverage of equipment.
- Safe Physical Distancing Policy
 - We will limit group sizes initially to ensure we are distancing ourselves and student-athletes from each other. We will spread out equipment, and create flow through efficient programming. No more than ONE student-athlete per rack station initially.
 - Coaches and student-athletes will wear masks during sessions.
- Personal Items Policy
 - Each student-athlete will be responsible for their own water bottle and should only touch theirs.
 - Nothing else, other than an item absolutely necessary to the student-athlete (ex. Inhaler) should be brought into the room.
- Proper Sanitation Education
 - S & C and Football Staff will educate athletes on use of cleaning materials, as well as social distancing during training and use of masks while training.
- No in-person, inside or outside or inside activities such as voluntary walk-thru's during Phase I of Return to Play.
- In-person, outside activities, such as voluntary walk-thru's, must follow all social distancing, PPE, and sanitation protocols.
- No in-person, indoor meetings during Phase I of Return to Play.
 - Virtual Meetings Only
- In-person, outside activities, such as voluntary walk-thru's, must follow all social distancing, PPE, and sanitation protocols.

- **Daily Schedules**

- See Attachments C and D
- Team divided in two groups – Group A and Group B
 - A and B Groups sub-divided into 4 or 5 sub groups per day. Group make-up mirrors housing assignments.
 - Group A
 - Mon., Wed., Fri., - Weights
 - Tue., Thurs. – Field
 - Sat. and Sun. – Off
 - Group A1 – 8:00
 - Group A2 – 9:00
 - Group A3 – 10:00
 - Group A4 – 11:00
 - Group C1 – 12:00
 - Group B
 - Tue., Thur., Sat – Weights
 - Mon., Wed. – Field
 - Fri. and Sun. – Off
 - Group B1 – 8:00
 - Group B2 – 9:00
 - Group B3 – 10:00
 - Group B4 – 11:00
 - Group C2 – 12:00
 - Group C3 – Distributed among other groups not to exceed 12.
- Team, Unit, and Position Meetings held virtually, a maximum of three times per week
 - Not to held on “Off” days.

- **Team Information Meeting – Day of Return**

- Mandatory Covid-19 Education
- Campus/Athletics Policies Review
 - Res. Halls, Meals, Workouts,
 - Social Responsibility
- Student Athlete Social Responsibility Pledge – Attachment D
 - What it means?
 - Consequences?
- Daily Workout Schedules
 - Days, times, durations
 - Safety protocols

- **Choice to Return**
 - Athletes, Parents/Families
 - Voluntary
 - Accepting of Policies and Protocols in Place
 - Failure to Abide by policies may result in removal from campus.
- **Choice NOT to Return**
 - What it means?
 - Personal Decision
 - We will support any decision made with no penalty.

Attachment A

Symptom Survey Questionnaire

SYMPTOM	YES	NO	LENGTH OF SYMPTOM	EXPLANATION
Fever				
Body Chills				
Extreme Level of Fatigue				
Cough				
Pain / Difficulty Breathing				
Shortness of Breath				
Sore Throat				
Body / Muscle Aches				
Loss of Taste				
Loss of Smell				
Changes to Vision / Eye Discharge				

People who I had close contact with in the Last 24 Hours _____

Attachment C and D

Attachment C - 8 Week Plan

Return Date: July 7, 2020

- Week 1: Strength & Conditioning Mon, Wed, Fri (3 days x 90min LIFT/RUN)
Practice Volume/Conditioning Test: 50% Reduction
- Week 2: Strength & Conditioning Sun, Tue, Thur, Sat (4 days x 90min LIFT/RUN)
Practice Volume/Conditioning Test: 30% Reduction
- Week 3: Football Sun, Tue, Thur (3 days x 45 min, no equipment)
Strength & Conditioning Mon, Wed, Fri (3 days x 60min LIFT or RUN)
Practice Volume/Conditioning Test 20% Reduction
- Week 4: Football Sun, Tue, Thur, Sat (4 days x 60 min, helmets only)
Strength & Conditioning Mon, Wed, Fri (3 days x 60min LIFT or RUN)
Practice Volume/Conditioning Test: 10% Reduction
- Week 5: Football Sun, Tue, Thur, Sat (4 days x 90 min, helmets/shoulder pads)
Strength & Conditioning Mon, Wed, Fri (3 days x 60min LIFT or RUN Football)
Practice Volume/Conditioning Test: FULL
- Week 6: Normal training camp week
- Week 7: Normal training camp week
- Week 8: Normal training camp week

Attachment D - 7 Week Plan

Return Date: July 13, 2020

- Week 1: Strength & Conditioning Mon, Wed, Fri (3 days x 90min LIFT/RUN)
Practice Volume/Conditioning Test: 50% Reduction
- Week 2: Strength & Conditioning Sun, Tue, Thur, Sat (4 days x 90min LIFT/RUN)
Practice Volume/Conditioning Test: 30% Reduction
- Week 3: Football Sun, Tue, Thur (3 days x 45 min, no equipment)
Strength & Conditioning Mon, Wed, Fri (3 days x 60min LIFT or RUN)
Practice Volume/Conditioning Test 20% Reduction
- Week 4: Football Sun, Tue, Thur, Sat (4 days x 60 min, helmets only)
Strength & Conditioning Mon, Wed, Fri (3 days x 60min LIFT or RUN)
Practice Volume/Conditioning Test: 10% Reduction
- Week 5: Football Sun, Tue, Thur, Sat (4 days x 90 min, helmets/shoulder pads)
Strength & Conditioning Mon, Wed, Fri (3 days x 60min LIFT or RUN Football)
Practice Volume/Conditioning Test: FULL
- Week 6: Normal training camp week
- Week 7: Normal training camp week

Attachment E



COVID-19 Social Responsibility Statement

I, (_____) acknowledge that we are currently co-existing with the virus COVID-19 and I am responsible for my own health as well as the health of those within the Monmouth University community.

I have been provided with, and reviewed the COVID-19 education presentation. I understand the guidelines that have been provided to me from Monmouth University and the Athletics Department. I understand it is my responsibility to strictly adhere to these policies for my health and safety and those around me.

I agree that it is my responsibility to (initial each statement):

___ Immediately report any symptoms that are consistent with COVID-19:

- | | | |
|-----------------------|-----------------------------|---------------------|
| -fever or chills | -headache | -nausea or vomiting |
| -cough | -new loss of taste or smell | -diarrhea |
| -fatigue | -sore throat | |
| -muscle or body aches | -congestion or runny nose | |

___ Maintain social distance (6 feet apart) from others

___ Wash my hands often for 20 seconds or more

When soap and water is not available I will use hand sanitizer

___ Properly wear a face covering when on campus and in the community

___ Stay at home if I am feeling sick

___ Keep my personal space, shared common space, and my belongings clean

I, (_____) commit to not put others or myself in harms way. I understand that I play an important role in keeping our Monmouth University community safe and helping stop the spread of COVID-19.

Signature

Date