

**FALL 2020
REOPENING PLAN**



ATHLETICS

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Institutional athletics are generally governed by the NCAA and their membership conferences. Restarting athletics will be done in collaboration with guidance provided by these organizations and the state.

Below you will find explicit responses to each of the limitations addressed by the state. This is the return to campus guidelines developed by the athletics department in concert with Monmouth University health services, dining and residential services, facilities management, our medical staff and the county health department. In addition, the University has considered the NCAA document, “Resocialization of Collegiate Sport: Action Plan Considerations” and the respective documents of the four conferences with whom we are affiliated (Metro Atlantic, Big South, America East, and MEAC) who have cancelled their fall sport competitive seasons. All plans for each specific sports return to campus must be approved by the Director of Athletics, Deputy Director of Athletics, Associate Athletics Director for Sports Medicine and The Director of Strength and Conditioning before they can be implemented.

Limitations for All Stages

Institutions should develop a protocol mandating frequent screening and testing for coaching staff, student-athletes, and those in close contact with student-athletes, particularly in advance of any games.

- In the first two weeks of practice, locker rooms will be off-limits. After the first two weeks, varsity locker rooms will be used. All locker rooms will be cleaned 2 times per day and used at half capacity (essentially every second locker will not be used during each session). As such each locker room will be designated by signs as to allowable capacity at any one time. In the instance of football, with a squad of 100 athletes, we will also use vacant visiting locker rooms in order to social distance this group of men. These limitations will be monitored by our Ocean First Bank Center staff and by the varsity coaches. Athletes will be required to maintain social distancing, and other than showering, will have mandated mask use.
- Monmouth will contact all athletes 14 days prior to arriving on campus and advise self-isolation. Students must be symptom-free for 14 days prior to returning and have no known contact with anyone with COVID-19 illnesses for 14 days. A contact list must be kept during this 14 day interval. A COVID-19 symptom survey questionnaire (link below) will also be completed 14 days prior to arrival. It will also be completed daily both before and when the student-athlete returns to campus. Once the athlete returns to campus and begins classes, the use of the campus-wide #CampusClear questionnaire will be used. That questionnaire is identified in the overall health and safety campus return guidelines submitted to the state. CDC travel recommendations will be followed. International students and students travelling from domestic hot spots will be required to quarantine for 14 days prior to starting classes or athletics activities.

<https://www.monmouth.edu/COVID-19/documents/screening-questionnaire.pdf/>



- All student-athletes will be COVID-19 tested upon their arrival. Tests will be administered on campus and sent to an off-campus lab. Testing will be done in coordination with our University health services and our sports medicine department. Results are anticipated within two dates. A positive test will result in a mandate for the athlete to return to his/her home. If there is a delay in the return to the home, 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.
- Testing of all student-athletes will be completed within the first two days of the fall semester. No student-athlete will be allowed to join any campus activities until the results of the tests are known.
- Daily, student-athletes will complete a screening questionnaire including a symptom checklist and have their temperature checked. The symptom checklist is an attached document. Pulse oximetry will also be used daily. Students with 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.
- All coaching staff and other staff associated with the program will be COVID-19 tested and follow the same daily procedure.
- If a referral is required, athletes will be directed to an appointment for testing, followed by isolation. 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. All staff will be referred to their personal physician. Student-athletes and their close contacts will be asked to self-quarantine in their rooms pending the results of COVID-19 testing. Each sport will have a COVID response team who will be notified of symptomatic student-athletes. The response team must assure that the protocols for testing are followed for symptomatic student-athletes. The response team will be made up of:
 - The Director of Athletics
 - The Deputy Director of Athletics
 - The Vice President for Student Life (or designee)
 - The Director of Health Services
 - The Director of Residential Life (or designee)
 - The Associate Director of Sports Medicine (or designee)
 - The Director of Strength and Conditioning (or designee)
 - Head Coach

Institutions should develop written protocols and conduct student-athlete and staff orientation/trainings regarding the transmission of COVID-19 and the handling of high-touch items, such as shared sports equipment, water bottles, etc. Institutions should limit any equipment sharing whenever possible, which includes the elimination of team water coolers.



- Prior to returning to campus, each student-athlete and their parents will be invited to join a virtual call to review the Plan to Return to Campus and all of the protocols deemed necessary. All return to campus will be strictly voluntary. By electing to return to campus, they will agree to uphold all of the policies and protocols established. Each student-athlete will sign a COVID-19 Social Responsibility Statement:
<https://www.monmouth.edu/COVID-19/documents/social-responsibility.pdf/>
- Once the student-athlete returns to campus, there will be a mandatory Infectious Disease Education program administered to each athlete. See:
<https://www.monmouth.edu/COVID-19/documents/athletics-covid19-education.pdf>
- In the first two weeks of practice, locker rooms will be off-limits. Workout clothing will be laundered daily by the institution and each student-athlete will be given two to three sets of clothing. No other equipment besides an individual water bottle will be used by the athlete. All weight room and sports medicine equipment will be sanitized after each attendance. Masks will be mandated in the strength and conditioning (weight room) area and in the sports medicine room. Masks are not mandatory for outside workouts. Masks will be provided to the athletes and will be washed daily.
- Doors will be kept open to minimize touching door handles. Handles will be wiped daily and Purell dispensers and sanitary wipes will be available everywhere. All student-athletes and staff will be required to wash their hands before and after each workout. Each training area will be disinfected via spray bottles after each workout, and an electrostatic mister will be used after each session.

Specific sports medicine protocols:

- Facilities are cleaned thoroughly and sanitized on a daily basis.
- Treatment tables and stations 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 at this time.
- No shared pillows, wedges, supports, hot pack covers, etc.
- No shared ace wraps, estim pads, game-ready sleeves, compression boots, etc.
- Mandatory use of appropriate PPE equipment (masks, gloves, face shields) at all times when working with athletes.

Team meetings should be held virtually whenever possible. If meetings cannot be remote, they must be socially distanced with general safeguarding protocols in place as detailed in Executive Order No. 155. Team huddles, high-fives, handshakes, and spitting should be restricted.

- All team meetings will be held virtually whenever possible. If a meeting is not remote, social distancing (six feet) and masks will be mandated. Team huddles, high-fives, handshakes and spitting will not be allowed.



All staff must wear face coverings. Athletes are encouraged to wear face coverings during downtime or when not in play; however, it is not recommended that face coverings be worn during physical activity.

- All staff will wear face coverings at all times. Sports medicine personnel will use N-95 masks when close contact is required. Student-athletes will be mandated to wear masks in the weight room, the sports medicine area, and in all hallways, dining facilities, and living areas. Masks will not be required for outdoor workouts.

Institutions must have a quarantine/isolation protocol for student-athletes who have tested positive for COVID-19, have come into contact with those who have tested positive, or have developed symptoms.

- If a referral is required, student-athletes will be directed to an appointment for testing, followed by isolation in the on-campus quarantine facility or their home, contact tracing, and finally clearance. This process is will be carried out by the “COVID Response Team” (described above).
- Staff members will be directed toward their own medical personnel (personal physician/ health care provider) and required to isolate at home.

Institutions should limit any nonessential visitors, staff, volunteers, vendors, and media as much as possible.

- Detailed lists of coaches and staff who are associated with the program are available and will be posted. No other personnel will be allowed to interact with the team. For all sports, team members will be divided into groups of 12 and will work out in the same small groups.

Institutions must educate athletes and athletic staff on the policies and protocols in their program preparation plan prior to arrival on campus.

- See details in points above regarding education.

Institutions must follow State guidance and limit mass gatherings of spectators at sports competitions as well as follow State occupancy restrictions regarding indoor/outdoor venues. This includes concession stands, which must meet the requirements for outdoor dining.

- At this time, we are awaiting state guidance on mass gatherings. According to that guidance, we will comply with social distancing and required masks in all of our spectator venues. Until we have that guidance, the University will not permit gatherings of spectators at sports competitions.
- Our dining services personnel will be responsible for the concession stands and will follow all State guidelines.



Institutional plans should address protocols for traveling for games and hosting teams in competition. These protocols should include appropriate pre- and post-travel testing, and the potential for rearranging team schedules in the event of unsafe conditions for travel.

- All team members will follow the daily protocol for training and practice. At this time, all fall competition has been cancelled. The University is awaiting further instructions from the NCAA as to the status of the winter sports of basketball, bowling, and indoor track and field.

Additional Considerations

(These steps may help institutions in considering ways to adhere to the standards above.)

As student-athletes return to campus for the start of the school year, have them self-isolate for two weeks prior to the start of any practices.

- All athletes will self-isolate for 14 days before they return to campus. Students traveling from countries outside of the U.S. or domestic hot spots will self-isolate for 14 days before returning to the classroom or athletics activities.

Given that different sports have different viral contact levels of risk, institutions should monitor guidance issued by the NCAA (or other appropriate conference) for each sport. New Jersey has developed a categorization of sports by risk level. For example, golf and cross-country would be identified as low-risk, while sports such as football and rugby would be high-risk.

- The University has followed all of the guidelines by the NCAA and our four affiliated conferences, as well as researched information from several conferences across the nation. We have adopted all of the best practices.

Adopt a culture that encourages athletes and staff who exhibit symptoms to stay home and refrain from any athletic participation.

- The culture of social responsibility will be taught, encouraged, and reinforced throughout the season.

Stagger use of shared facilities between different sports teams to reduce capacity and allow for sanitization of facilities in between use. Whenever possible, institutions should encourage outdoor practices.

- At the present time, only the weight room and the sports medicine room will be used by student-athletes. All other practices and workouts will be held out of doors. Explicit schedules have been established to monitor number of student-athletes in an area at any time. Until the weather dramatically changes, this will be the course of action for the next 2 to 3 months. Use of the pool and bowling alley will be considered following social distancing



guidelines. Use of an indoor facility for training of small groups will be considered at a future date.

Assign equipment to student-athletes to reduce sharing or engagement in person-to-person exchange of sports equipment in order to limit potential exposure.

- The equipment needs have been addressed and outlined above. Monmouth will continue to monitor equipment use and the sanitization of any necessary shared and single-use equipment.

Divide larger teams into smaller groups for practices. These groups should be kept consistent, and whenever possible, stagger the practice schedules and practice days.

- Student-athletes returning shall be placed into groups of 12. These pods of students will be in effect as much as possible for all workouts. Specific guidelines for the resocialization of student-athletes (as recommended by the NCAA) will be in effect. The first two weeks of all practices for all sports will be focused on returning student-athletes to a level of strength and conditioning that is necessary for further training. Once that has been successfully attained, small group training will be conducted by coaches, mandating social distancing requirements. As the small group training improves, and state, conference and local guidelines allow, larger group and more competitive training environments will be examined for possible implementation.

Statement with Regards to Intramurals and Club Sports at Monmouth University

All club and intramural sports at Monmouth University will follow the state guidelines as well as the National Collegiate Association for Intramurals and Recreation.

Accordingly, all club sports throughout the state have been cancelled at this time. Monmouth University will not resume club activities until club sports are reinstated in the state.

As for intramurals and recreation, the following have been instituted according to the guidelines below:

- All of the scheduled intramural and recreation sports are classified as low-risk. All activities will be individual, small group, or virtual.
- All students participating in intramurals or recreation will be required to sign into the activity, thereby ensuring contact numbers for support of contact tracing.
- As much as possible, activities will be scheduled outdoors. Any indoor activity, will be non-contact and subject to social distancing and mask wearing.
- All participating students must complete the #CampusClear app before participating.
- There are no contact practices or competitions scheduled at this time. There is no travel anticipated for intramurals or recreation.



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- All staff will use face masks, maintain social distancing, and be educated about the University policies for identifying symptomatic students or staff.
 - All staff will follow the University policies for quarantining.
 - All facilities and equipment will be cleaned after each day's use.

Guidance for Sports Activities August 17, 2020

Updated information highlighted in Executive Order No. 149, issued on May 29, 2020, permitted sporting activities, including organized sports, to resume on June 22, 2020. Permissible sporting activities were required to take place in outdoor settings only in a manner that does not involve person-to-person contact or routinely entail individuals interacting within six feet of one another.

Executive Order No. 168, issued on July 20, 2020, states that practices and competitions for low-risk sports and no-contact practices for medium and high-risk sports are permitted in outdoor and indoor settings. Contact practices and competitions for medium and high-risk sports are permitted in outdoor settings only. Contact practices and competitions for medium and high-risk sports remain prohibited in indoor settings. This “Guidance for Sports Activities” published by the New Jersey Department of Health (NJDOH) is intended to guide organizations that oversee sports activities as they resume operations to ensure the health and safety of staff, participants, and their families. The Guidance address skill-building drills and team-based practices as described in the Centers for Disease Control and Prevention (CDC) Guidance on Youth Sports.

This guidance document does not apply to professional sports activities or U.S. national team activities.

