The following recommendations are per federal, state and local government guidelines for resocialization in response to COVID-19, and additional guidelines as suggested by the NCAA for resocialization at the collegiate level for athletics.

The White House in collaboration with the Center for Disease Control (CDC) released the document “Guidelines for Opening Up America Again” which allow a regional or state approach for resocialization in phases with Gating Criteria and preparedness responsibilities in an effort to phase back to daily life, mass gatherings, and business openings. The purpose of gradual phasing is to minimize the COVID-19 disease spread as best as possible.

The Gating Criteria as proposed in the “Opening Up America Again” are:

1. Within a 14-day period a downward trajectory of influenza-like illnesses reported AND a downward trajectory of COVID-like syndromic cases within a 14-day period.
2. Downward trajectory of documented cases of COVID-19 within a 14-day period OR a downward trajectory of positive tests as a percentage of total tests within a 14-day period.
3. Hospitals can treat all patients without crisis care and there is a robust testing program in place for at-risk health care workers, including emerging antibody testing.

The following document establishes a viral transmission mitigation protocol to be followed by Capital University Athletics Department, and is meant as general guidelines, in accordance with federal, state and local recommendations based on CDC requirements for resocialization. Regional COVID-19 infection rates will direct the utilization of these proposed guidelines. The principal goal is to reach a safe and reasonable resocialization of athletics with regards to practice and competition, keeping in mind the health and safety of our student-athletes and the personnel that care for them. Clearance for return to campus will be set forth by the state of Ohio, Capital University President, and the Ohio Athletic Conference.

SARS-CoV-2, coronavirus which causes COVID-19 infection is spread by direct contact with an infected person, or coming in close contact with the virus containing droplets expired from a person’s respiratory system. Droplets from the respiratory system can be spread by coughing, sneezing or within close proximity to one yelling, speaking loudly or breathing hard. These droplets can land on and contaminate surfaces and infection can be spread by touching a surface and then one’s face, and also by inspiring the infected droplets. Reducing infection includes maintain a safe distance of approximately six feet, frequent handwashing, and not touching one’s face (mouth, nose or eyes) and disinfecting potentially contaminated surfaces.
Infectious Disease Transmission Mitigation Protocol

Population Density Criteria for Phases of Resocialization in Athletics

- **Phase I**
  - avoid socializing in groups of more than 10 people
  - close common areas where people are likely to congregate and interact
  - vulnerable student-athletes, athletic health care providers, coaches and athletics personnel should continue to shelter in place
    - vulnerable population includes individuals with serious underlying conditions such as chronic lung disease, diabetes, obesity, asthma, and immune-compromised conditions
  - No university sponsored travel

- **Phase II**
  - Groups may increase to 50 people
  - Vulnerable individuals should continue to shelter in place
  - Weight room may open with physical distancing and sanitization protocols
  - Locker rooms will remain closed at this time
  - No university sponsored travel

- **Phase III**
  - Re-evaluate protocol based on state government recommendations
    - Resume full practice activities without group size restrictions
  - Vulnerable individuals can resume in-person interactions, but with distancing
  - Weight room and locker rooms will be open, but with proper physical distancing and sanitization
  - University sponsored travel may resume with proper physical distancing

Protocol

The following mitigation strategies will be implemented by the Capital University Athletic Department to decrease the risk of COVID-19 transmission. This policy will be enforced by all athletic department staff and non-compliance will be enforced by the athletic administration.

This protocol will be re-evaluated when Phase III of COVID-19 reopening is allowed in Franklin County.

1. Social Distancing
2. Group Size
3. Facial Covering Requirements
4. Personal Protective Equipment
5. Hand Washing and Personal Hygiene
6. Facilities Cleaning, Disinfections
7. Facilities Set up & Operations
8. Daily Wellness Check
9. Possible or Confirmed Exposure Management
10. Acute Illness Management
11. Staff and Student-athlete Education
1. **SOCIAL DISTANCING**
   a. Normal daily activities
      i. When necessary, MUST maintain at least six feet apart from others. This includes work stations, bathrooms, elevators, common meeting spaces, offices, locker rooms, and communal areas.
      ii. Avoid physical contact (e.g. handshakes and hugging)
         1. Avoid physical contact with common surfaces (e.g. elevator buttons, stairwell railing, counters, desks and door handles)
      iii. Avoid areas and spaces where there are large groups
      iv. Wash hands with water and soap for at least 20 seconds
         1. Upon entering a building/changing locations
            a. Hand sanitizer if handwashing station is not readily available
         2. After using an elevator
            a. Limit 1 person at a time, and wear a mask
         3. After touching a common surface area
            a. Hand sanitizer if handwashing station is not readily available
      v. Use stairs instead of elevator when possible
         a. Be mindful of physical distancing and common surface areas
      vi. Leave doors ajar to prevent touching handles. Close doors at end of day and disinfect
      vii. Allow those who can work effectively from home to be last to return to campus
      viii. Provide hand sanitizer at all entrances and high traffic areas
      ix. Stagger individual athlete appointments
   b. Exercise
      i. No sharing of equipment
         1. If needed, sanitize each time with appropriate disinfectant before next person
      ii. Minimize the amount of different equipment used
      iii. Must be physically distanced (at least six feet apart)
         1. Individual water bottles or cups
      iv. Use universal precautions when interacting with a potentially infected area
      v. Abide by appropriate group sizes as specified by the CDC
   c. Person to person interaction activities
      i. Medical services
         1. Student-athletes/patients must be physically distance at least six feet apart within medical facilities when possible
         2. Appropriate personal protective equipment (PPE) must be worn (e.g. cloth face masks, N95 masks)
         3. Disinfect medical treatment supplies and tables before and after each use
         4. Single point entry and exit
         5. MUST wash hands with warm water and soap for at least 20 seconds before and after using medical facilities (this includes ALL student-athletes and staff)
      ii. Conditioning
         1. Physically distanced
         2. No physical contact
         3. No use of shared equipment
         4. Staff must have on approved face masks
      iii. Strength Training
         1. Physically distanced
         2. No sharing of racks or equipment
3. Limit to appropriate group size as per CDC recommendations in each phase
4. Disinfect equipment before and after each use
5. Staff and athlete must wear appropriate face mask
6. Limit amount of equipment used

iv. Sport Practice
   1. Physically distanced
   2. Staff must wear appropriate face mask
   3. Limit use of equipment
   4. Limit to appropriate group size as per CDC recommendations in each phase
   5. Disinfect any equipment used before and after use

v. Sport Competition
   1. No guest or public interaction with staff or student-athletes
   2. Physically distance
   3. Staff and officials wear appropriate PPE
   4. Limit sideline access to essential personnel only

2. GROUP SIZE
   a. Phase I
      i. 10 people max
      ii. Size of area must be at least 36 sq ft per person
      iii. Avoid socializing in a group of more than 10 people regardless of space size
      iv. Close off common areas where there is a likelihood of congregation and interaction
      v. No use of indoor weight room, gym arena or locker rooms
      vi. Conduct virtual team meetings when possible
      vii. Avoid office gatherings, break rooms, and unnecessary visitors in the workplace
          1. Removed chairs and desks to ensure proper physical distancing
          2. Post maximum occupancy
          3. No shared office supplies/kitchen equipment (e.g. coffee mugs, silverware)
   b. Phase II
      i. 50 people max
      ii. No use of indoor weight room, gym arena or locker rooms
      iii. Fieldhouse may be utilized with approved scheduling and monitoring
      iv. Larger common areas can open, physical distancing rules still apply
      v. Conduct virtual team meetings when possible
   c. Phase III
      i. Resume full practice activities with no group size restrictions
      ii. Resume use of weight room, gym arena and locker rooms

3. FACIAL COVERING REQUIREMENT
   a. Wash hands before applying, before removing, and after removal of face mask
   b. Clean mask with cleaning solution of 70% or more alcohol if possible, to extend use of mask
   c. Masks must cover bridge of nose and under chin
   d. Do not let mask hand around neck or below when not in use
   e. When storing cloth masks, fold so inside surfaces are touching
   f. Store masks in small, open paper bag or wrap in paper product for re-use
      i. Student-athletes
         1. Facial covering is REQUIRED for accessing Capital Center
      ii. Staff
         1. Facial covering is REQUIRED for:
Capital University Athletic Department  
Infectious Disease Transmission Mitigation Protocol

a. In university public places  
b. In workplace/setting, including shared offices  
c. Prevent contamination of objects that custodial or other staff can be exposed to

iii. Healthcare providers  
   1. Utilize universal precautions  
   2. Facial covering is REQUIRED during student-athlete/patient interaction  
      a. N95 mask if the patient is suspected of COVID-19

4. PERSONAL PROTECTIVE EQUIPMENT  
a. Healthcare Provider  
   i. Appropriate facial covering  
   ii. Gloves as appropriate  
   iii. Scrubs/gown as appropriate  
b. Student-athlete/Staff  
   i. Daily wellness check including symptoms check list, questionnaire and temperature acquisition (non-touch)  
   ii. Appropriate facial covering and adherence to CDC guidelines

5. HAND WASHING AND PERSONAL HYGEINE  
a. Employees all must wash their hands for at least 20 seconds upon entering their respective building and whenever they leave their respective workspace  
b. All employees are encouraged to wash their hands often before and after contact with another individual and common surface area  
c. Additional key times to wash hands include:  
   i. After blowing one’s nose, coughing, or sneezing  
   ii. After using the restroom  
   iii. Before eating or preparing food  
   iv. Before and after providing routine care for another person  
d. Alcohol based hand sanitizers need to contain at least 60% alcohol  
e. All employees are encouraged to take advantage of hand sanitizer stations in the facility  
f. All employees must practice good personal hygiene and wash hands frequently  
g. Avoid touching eyes, nose and mouth

6. FACILITIES CLEANING, DISINFECTION  
Cleaning Guidelines and Recommendations are based off CDC guidelines  
a. When cleaning  
   i. Regular cleaning staff can clean and disinfect community spaces  
   ii. Wear disposable gloves for all tasks in the cleaning process  
   iii. Gloves should be disposed to avoid contamination of the wearer and surrounding areas  
   iv. Wash your hands immediately with soap and water for 20 seconds. Always wash immediately after removing gloves and after contact with person who is sick  
b. General Clean and Disinfect Guidelines  
   i. Wear disposable gloves to clean and disinfect  
   ii. Common surfaces and objects approved cleaners (Whizzer…)  
   iii. High touch surfaces include tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.  
   iv. Public surfaces and all touch points are to be disinfected before and after daily use  
   v. Wipe down commonly used machines, equipment, and appliances before and after each use
vi. Bleach solutions may also be used as an effective disinfectant for up to 24 hours. Follow manufacturer’s instructions for proper dilution, application, and ventilation.
vii. Alcohol solutions containing up to 70% alcohol may also be used to disinfect when appropriate
c. Laundry – once approved for use
   i. Launder items as appropriate
   ii. Wear disposable gloves when handling dirty laundry
   iii. Do not shake dirty laundry
   iv. Clean and disinfect clothes hampers/bins according to guidance above depending on surface
   v. Remove and dispose gloves appropriately, then wash hands right away after each load
d. Athletic Training Rooms
   i. All individuals will wash their hands with soap and water for at least 20 seconds upon entering or use hand sanitizer dispenser
   ii. All rehab equipment will be sprayed with Whizzer, and wiped with Santi-wipes
   iii. All tables will be sprayed with Whizzer

e. Weight Room
   i. All individuals will use hand sanitizer prior to entering and leaving weight room
   ii. All equipment will be sprayed and wiped appropriate disinfectant before and after each use
f. Meeting/Conference Rooms
   i. All individuals will use hand sanitizer prior to entering and leaving the meeting room
   ii. All tables, chairs, doorknobs/handles, and other high contact surface areas are to be sanitized after each use
g. Cleaning and Disinfecting a Building if Someone is Sick/Positive with COVID-19
   i. Close off areas used by the person who is sick
   ii. Open outside doors to increase air circulation in area
   iii. Clean and disinfect all areas used by the person who is sick, such as offices, common area, shared equipment
   iv. Vacuum the space if needed
   v. Consider temporarily turning off central HVAC system that services the room or space
   vi. Once area has been appropriately disinfected, it can be opened for use after 30 minutes
h. Individual Responsibility
   i. All employees are expected to adhere to these guidelines and share a responsibility to clean their workspace and facilities every day

7. FACILITY SET UP AND MANAGEMENT
   a. Facility Management
      i. Maintain at least 6 feet between workstations/employees
      ii. Face masks/coverings are mandatory for entry to the Capital Center
      iii. Place appropriate signage at entrances indicating how to proceed using single entry doors to check-in table for Wellness Check
      Capital Center Considerations
         1. Hand sanitizer on each floor, placed near elevator and stairwell
         2. Hand sanitizer at Wellness Check station prior to entering building
      iv. Remove chairs and desks to ensure proper physical distancing in meeting spaces
      v. Make face coverings available throughout campus
      vi. Post maximum occupancy in common areas and configure to accommodate appropriate physical distancing
      vii. Provide sanitizing supplies for individuals to clean their areas before and after use
viii. Eliminate reusable kitchen items (flatware, dishes and cups) and cleaning tools (sponges, brushes, towels) and replace with single use options when possible
ix. Replace shared appliances with single use or no-touch options (coffee makers, ice/water dispensers)

x. Identify frequently touched areas (doors, cabinets, etc.) and investigate options to implement no/reduced touch options such as door removal, card access, foot-operated door pulls/pedals

xi. Monitor and secure inventories of PPE, hand sanitizer, wipes, cleaning products, and hand soap

b. Building Access Information
   i. Phase I only necessary employees and those who cannot work from home will be allowed onsite
   ii. Single point entry/exit will be utilized
   iii. Hours of operation will be from 6:00 am-10:00 pm
   iv. Mandatory time windows for entry to facility to ensure Wellness Check compliance

   1. Staff
   2. Student-athlete
   v. No guest or public admittance
   vi. No locker room access

c. Facility Cleaning and Disinfecting
   i. Wear disposable gloves to clean and disinfect
   ii. Clean common touch surfaces and objects with approved cleaners

   1. Tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, faucets, sinks, etc.
   iii. Public surfaces and all touch points are to be disinfected before and after daily use
   iv. Wipe down commonly used machines, equipment and appliances before and after each use
   v. Alcohol solutions containing up to 70% alcohol, and bleach solutions may also be used to disinfect when appropriate
   vi. Common doors left open when possible

d. Hydration
   i. Each student-athlete will be responsible for their own water bottle when they arrive at the Wellness Check station
   ii. Water bottle should come already filled

   1. Refilling bottle:

   a. Indoor: Touchless fountains located on each floor of Capital Center
   b. Outdoor: Refill stations will be available with minimal touch
   iii. Single use cups will be available when unable to use personal water bottle

e. Elevator/Stair Protocol
   i. Limit 1 person when possible
   ii. Encourage use of elbow or covered body part to press buttons
   iii. Sanitize hands before and after elevator use
   iv. Each floor will have a sanitizing station outside the elevator
   v. Please allow those needing the use of an elevator to be accommodated first
   vi. Capital Center stairwell at lobby will be used for 1-way traffic only

   1. South stairwell will be used for ascent only – follow signs
   2. North stairwell will be used for descent only – follow signs

8. WELLNESS CHECK STATION
   a. Single entrance point at Capital Center lobby
   b. Temperature check by Head Coaches/Athletic Trainer/Staff
c. Staff Wellness – verify temperature and wellness questionnaire, followed by hand sanitization

d. Student Wellness – acquire temperature and wellness questionnaire, followed immediately by hand sanitization

e. Attestation will be done for each individual checked by the Wellness administrator at that time

f. Report to office across from ground floor elevator access, if student-athlete/staff member meets criterion to be removed from activity/facility based off wellness check.

   i. Athletic Director, Team Physician, Head Coach, and appropriate University officials will be notified of suspected individual

g. An at-home self-evaluation for symptoms will be completed every morning before arriving on campus

9. COVID-19 POSITIVE MANAGEMENT – per CDC guidelines

   a. Symptomatic with suspected or confirmed COVID-19 (Either strategy is acceptable depending on local circumstances):

      i. Symptom-based strategy. Exclude from activity/work until:

         1. At least 3 days (72 hours) have passed since recovery defined as resolution of fever without the use of fever-reducing medications and improvement in respiratory symptoms (e.g., cough, shortness of breath); and,

         2. At least 10 days have passed since symptoms first appeared

      ii. Test-based strategy. Exclude from activity/work until:

         1. Resolution of fever without the use of fever-reducing medications and improvement in respiratory symptoms (e.g., cough, shortness of breath), and

         2. Negative results of an FDA Emergency Use Authorized COVID-19 molecular assay for detection of SARS-CoV-2 RNA from at least two consecutive respiratory specimens collected 5 days apart (total of two negative specimens). Of note, there have been reports of prolonged detection of RNA without direct correlation to viral culture.

   iii. With laboratory-confirmed COVID-19 who have not had any symptoms (Either strategy is acceptable depending on local circumstances):

      1. Time-based strategy. Exclude from work until:

         a. 10 days have passed since the date of their first positive COVID-19 diagnostic test assuming they have not subsequently developed symptoms since their positive test. If they develop symptoms, then the symptom-based or test-based strategy should be used. Note, because symptoms cannot be used to gauge where these individuals are in the course of their illness, it is possible that the duration of viral shedding could be longer or shorter than 10 days after their first positive test.

      2. Test-based strategy. Excluded from activity/work until:

         a. Negative results of a FDA Emergency Use Authorized COVID-19 molecular assay for detection of SARS-CoV-2 RNA from at least two consecutive respiratory specimens collected ≥24 hours apart (total of two negative specimens.) Note: because of the absence of symptoms, it is not possible to gauge where these individuals are in the course of their illness. There have been reports of prolonged detection of RNA without direct correlation to viral culture.

      3. Note that detecting viral RNA via PCR does not necessarily mean that infectious virus is present.

   b. Individual will be placed in self-isolation until physician clearance.

      i. Meals will be individually packaged

      ii. Academic accommodations will be addressed
10. ACUTE ILLNESS MANAGEMENT

a. Student-athletes – it is the policy of Capital University Sports Medicine that all acute illness that coincide with symptoms related to COVID-19 be treated with the same severity and precautions. Upon discovery of fever or any symptom associated with COVID-19, the individual is taken to an isolated location (i.e. office space on bottom level across from elevators) Medical persons must wear full PPE (personal protective equipment) in presence of these patients. This includes gloves, mask and eye protection. A full history will be collected and reported to a physician. Then, a telehealth appointment will be arranged immediately with a physician who may then assign testing. The patient will remain in isolation until physician appointment. If testing is required, until the results come back they are placed in isolation.
   i. If an individual’s test results are negative, individual can resume activity after they are asymptomatic pending a physician clearance.
   ii. If an individual’s test results are positive, they are required to self-isolate at least 10 days past since the symptoms appeared AND at least 3 days symptom free. Physician clearance is required after follow up testing by team physician. Individual will need two negative test results to return to activity progression.

b. Staff – acute illness that mimics COVID-19 symptoms should be treated as such. Staff members must stay home if they feel ill or have any symptoms synonymous with COVID-19. The individual will then need to contact their physician, who may assign testing. If the physician does not test, the staff member can return once they are asymptomatic with a physician clearance note. If the physician orders a test, the staff member should self-isolate until results are known.
   i. If results are negative, the staff member can resume work when they are asymptomatic and cleared by a physician.
   ii. If results are positive, the staff member will remain in isolation for duration of symptoms AND the 10 days following. This is a minimum time frame and may also require follow up testing. For concerns regarding illness and sick leave, please contact the human resources department.

c. Definitions
   i. **Quarantine** is defined as stay at home orders not leaving for any reason other than physician appointments as needed. Other persons can be in house/room if physical distance rules are followed. Those who should consider quarantine are those who come in close contact with a person who has COVID-19 but feel otherwise healthy.
   ii. **Isolation** is defined as completed removal from all other persons, confining oneself to a specific “sick room,” and their own bathroom is available. They may not leave for any reason and someone else will bring them food and essentials via a non-contact method. This includes persons who have been diagnosed with COVID-19 or are awaiting test results or display any symptoms of COVID-19.

11. EDUCATION FOR STAFF AND STUDENTS

a. Staff
   i. PowerPoint presentation
   ii. Signed acknowledgement form regarding COVID-19 Transmission Mitigation Protocol
   iii. Continued education as needed, as new information is presented

b. Student-athletes
   i. PowerPoint presentation
   ii. Acknowledgement of Risk Form
   iii. Education of Wellness Check station
   iv. Continued education as needed, as new information is presented