

Athletic Safety and Contingency Plan

2020



Athletic staff, coaches, and student athletes are expected to stay home or return home if they feel sick or exhibit any COVID-19 symptoms. *This document will be modified and adjusted as new guidance from the NAIA, NATA, KCAC is distributed.* Links to the latest NAIA and KCAC guidelines and announcements are shared at the bottom of this document.

1. Equipment and Facility Sanitation

- a. Frequently review the following sanitation protocols.
 - i. Sport Center Sanitation Protocol – MC Guidelines
 - ii. Laundry guidelines- NATA Guidelines
 - iii. Weight Room Sanitation Protocol- MC Guidelines
 - iv. Equipment Sanitation Protocols
- b. Increase the frequency for the cleaning of high touch surfaces and objects with approved disinfectants.
- c. Athletic Training Room Sanitation Protocol
 - i. Disinfect therapy and taping stations between each student athlete.
 - ii. Tubs, spas, whirlpools, and pools must be cleaned regularly.
 - iii. Emphasize proper hand hygiene.
 - iv. Appropriate signage to educate and alert athletes about:
 1. Staying home if ill
 2. Signs and symptoms of COVID-19
 3. Patient instructions for health care access if ill
 4. Personal hygiene
 - v. Daily cleaning and sanitation will conclude at the end of each day by AT staff.

2. Prescreening of Student-Athletes/ Pre-participation Physical Examinations and Medical History

- a. Incorporate medical questions about COVID-19 symptoms with all current athletes.
- b. Monitor and document the temperature of student-athletes prior to every practice or team session. This should be done in a climate-controlled environment to increase accuracy. Each student-athlete will be asked if they have been exposed to any known COVID-19 positive people within the last 14 days.
 - i. If the student-athlete has a fever ($\geq 100.4^{\circ}$) or reports feeling ill, will follow MC Guidelines on suspected cases. (see Campus Health and Safety Plan)
- c. Pre- Participation physicals will include a heart and lung assessment as needed.
- d. Athletics will complete outbreak plan and complete required notifications.

3. Return to Sports: Training Safety Following Periods of Inactivity

- a. Athletics will follow NAIA, KCAC, NATA guidelines on acclimation period. This will be supervised and monitored by institutions athletic training and coaching staff.
- b. Fall sport calendars have been adjusted by the NAIA to allow appropriate acclimation periods.
 - i. September 5
 1. Cross Country

- 2. Men's and Women's Soccer
 - 3. Volleyball
 - ii. September 12
 - 1. Football
- c. Regular communication with appropriate athletics staff about "at-risk" athletes when reentering physical activity following periods of inactivity. Coaches will be involved in these conversations.
 - i. Fall Sports- Practice cannot begin until August 15.
 - 1. Phasing in fall athlete move-in to ensure physical distancing- mask are required.
 - 2. Pre-participation screening and exams must be completed before SA's are released to participate in athletic activities.
 - a. Football acclimation period
 - i. 1) Days 1-2: Helmets are the only piece of protective equipment student-athletes may wear.
 - ii. 2) Days 3-4: Helmets and shoulder pads are the only pieces of protective equipment student-athletes may wear.
 - iii. 3) Day 5 and thereafter: student-athletes may practice in full pads and utilize any protective equipment.
 - 3. Return to campus COVID-19 questionnaire will be included in athletic paperwork for all student athletes.
 - 4. Subsequent testing for symptomatic cases throughout year.
 - ii. Winter/ Spring Sports
 - 1. Pre-participation screening and exams must be completed before SA's are released to participate in athletic activities.
 - 2. Return to campus COVID-19 questionnaire will be included in athletic paperwork for all student athletes.
 - 3. Subsequent testing for symptomatic cases throughout year.

4. COVID-19 Education

- a. Education will be provided to all athletics staff and athletic programs prior to practice and competition. These will be sessions to inform students of McPherson College/ NAIA/ and KCAC guidelines and general hygiene efforts.
 - i. MC / NAIA/ KCAC Guidelines
 - ii. Signs and symptoms
 - iii. General hygiene

5. Practice Protocols

a. Practice Protocols- Outdoors

- i. Daily health evaluations prior to each team practice or event.
 - 1. Monitor and document the temperature of student-athletes prior to every practice session. This should be done in a climate-controlled environment to increase accuracy. Each student-athlete will be asked if

they have been exposed to any known COVID-19 positive people within the last 14 days.

2. If the student-athlete has a fever ($\geq 100.4^{\circ}$) or reports feeling ill, they are to be placed into isolation until further diagnosis and arrangements can be made for appropriate care.
 3. Follow predetermined institutional guidance for isolation and quarantine of suspected COVID-19 positive patients.
- ii. McPherson College students and staff will be required to wear a mask while on campus and in campus buildings until further notice. There will be regular mask wearing and social distancing when athletes are not in drills or competing. Sport specific guidance will be shared with each program.
 1. Mask guidance for practice and competitions is being developed by the KCAC and will be shared with all athletic programs.
 - iii. Any equipment, such as sports balls, should be regularly disinfected during and after workout sessions. This equipment should not be shared between groups. After a group has used such equipment, that equipment must be thoroughly disinfected before being used by a different group.
 - iv. Football Equipment — all helmets and shoulder pads must be sanitized daily after each use.

b. Practice Protocol- Indoors

- i. Daily Health evaluations prior to each team practice or event.
 1. Monitor and document the temperature of student-athletes prior to every practice session. This should be done in a climate-controlled environment to increase accuracy. Each student-athlete will be asked if they have been exposed to any known COVID-19 positive people within the last 14 days.
 2. If the student-athlete has a fever ($\geq 100.4^{\circ}$) or reports feeling ill, they are to be placed into isolation until further diagnosis and arrangements can be made for appropriate care.
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6. Contingency Scheduling and Travel Accommodations

- a. McPherson College will follow NAIA and KCAC recommendations for contingency scheduling. With the recent announcement from the NAIA, the KCAC conference is

working on schedules for our fall sports. There has been no reductions or modifications to winter or spring sports at this time.

- b. If games cannot be rescheduled or played due to COVID-19, KCAC will follow the NAIA forfeit rules.
- c. McPherson College will limit all overnight trips and be ready for general hygiene and social distancing efforts.
 - i. McPherson College will be evaluating travel locations for all competitions.
 - 1. McPherson College will be ready with contingency outbreak plans for our student-athlete travel.
 - a. McPherson College will sanitize college owned vans after each team use.
 - b. McPherson College will have staff assigned to away competitions if separate travel accommodations are needed.
 - c. Drivers and passenger(s) must also wear masks while riding in college buses, shuttles, or leased vehicles.

7. Outbreak in Athletic Programs

- a. Symptomatic student athletes — Symptomatic students will be escorted into isolation by athletic department staff in a private room (dorm) and will be asked to wear a face mask until a PCR test can be collected.
 - i. McPherson College will be prepared for disruption with limited practices and competition options for fall 2020.
 - 1. Each program has practice plans to accommodate virtual team meetings, small group activity, and limited contact.
- b. If student-athlete develops or expresses symptoms:
 - i. Notify AT Staff
 - ii. Notify Director of Athletics
 - 1. Director of Athletics will notify Student Life/ Director of Facilities
 - a. Will follow MC protocol listed in Health and Safety plan.
 - iii. Student will be escorted to isolation by Athletic Department Staff.
 - 1. Athletic Department staff will be wearing PPE.
 - iv. AT Staff will set a meeting with coaching staff after isolation.
- c. Positive Test in Athletic Program
 - i. Student will be quarantined in off-campus housing or a location determined by the county health department, at home or into a health care facility.
 - ii. Positive test results will be sent immediately to McPherson County Health Department.
 - iii. McPherson College will follow KCAC Guidelines for communicating positive cases amongst KCAC institutions.
 - iv. Negative test results will be sent to MC Human Resources.
- d. Contact Tracing
 - i. All members of ATC staff will be certified contact tracers.
 - ii. Athletic Staff will be notified of the positive test. (KCAC Policy) Director of Athletics, ATC staff, and Head Coach will meet to identify affected individuals and break chain of transmission.
 - iii. County health department will conduct contact tracing.
- e. Post-Exposure/Positive COVID-19 Action Plan

- i. After quarantine has ended SA will be allowed to start re-integration into sport activities. A gradual return to play individualized plan guided by the Athletic Trainer that involves the entire Sports Medicine team including but not limited to:
 - 1. Athletic Training Staff
 - 2. Team Physician
 - 3. Coach
 - 4. Student-Athlete
- f. All athletic scholarship will stay intact no matter the outbreak disruption.

8. Athletic Training Room

- a. Social distancing will be enforced to help with capacity volume.
- b. Two tables will be temporarily removed to reduce volume.
- c. Staff must wear masks during all sessions. Students will be required to wear a mask while receiving treatment.
- d. Students waiting for an appointment must wait in the hallway.
- e. Appointments will be scheduled with AT for respective sport.
- f. Athletic trainers should use and demonstrate appropriate hand hygiene, by thorough hand washing or the use of approved hand sanitizer, before and after contact with each athlete.
- g. Athletes entering the ATR will be required to use hand sanitizer before entering and after exiting the ATR. Sanitizer stations will be located outside the ATR door.
- h. All exposed surfaces (desks, counter tops, chairs) will be cleaned with CDC approved anti-viral and anti-bacterial cleaners at the start and end of each day.
- i. Treatment surfaces should be cleaned with appropriate anti-viral and anti-bacterial cleaners after an athlete has been treated utilizing that surface.
- j. Daily cleaning and sanitation will conclude at the end of each day by AT staff.

9. Screening

- a. All information will be kept and recorded in our athletic training room software, Vivature. This is both HIPPA and FERPA compliant.
- b. Daily screening requirements prior to any team practice or event.
 - i. Monitoring of the temperature of each participant, specifically monitoring a fever $>100.4^{\circ}$,
 - ii. Observation or self-reported feelings of illness,
 - iii. Medical history questioning related to common COVID-19 indicators and exposure to the COVID-19 virus.
- c. Screening for competitions and contest.
 - i. All student athletes, staff, and officials must be screened within six hours of the beginning of the contest or competition.
 - ii. All screening for competition must be completed by MC athletic training staff.
 - iii. All results will be submitted to the NAIA prior to each competition.

10. Athletic Facilities

- a. Usage at any McPherson College facility will follow the practice and competition protocols listed.
 - i. Equipment and facility sanitation
 - ii. Practice Protocol- Indoors

- iii. Practice Protocol- Outdoors
- iv. Athletic Training Room
- v. Screening

[KCAC Return to Competition Guidelines](#)

[NAIA Fall Championship](#)

[NAIA Fall 2020 Recommendations and Guidelines](#)



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