



CITY UNIVERSITY OF NEW
YORK ATHLETIC CONFERENCE
RETURN TO SPORT
GUIDELINES

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as of March 10, 2022

Please Note: The following document and CUNYAC's Return to Sport guidelines are predicated on our Testing Procedures as seen on Page 9 of this document.

Purpose

The purpose of this document is to provide guidelines for all CUNYAC programs during the current COVID-19 pandemic in the following areas:

- 1) Ensuring the safety and well-being of our staff, and student-athletes
- 2) Reporting procedures (in conjunction with the federal, college, state, local guidelines) of any staff or student-athletes tested positive or experiencing symptoms
- 3) Preventing the spread of infectious disease.

It is important that an individual(s) be assigned the role as the CUNYAC **COVID19 Communications Officer (CCO)** for each institution. The role of the CCO is to help coordinate communications between the student athletes, coaches, ATCs and other institutions. These guidelines should be followed daily, and any necessary changes will be made as better scientific and medical information becomes available. The recommendations are based on low COVID19 cases so that they could be implemented with minimal testing. Revisions will be made to include more cost-effective testing as it becomes necessary and available.

Definition of Terms

- **Infected** – Having a positive test for SARS-CoV-2 or having known COVID19 symptoms without being tested
- **Exposed** – Coming into high-risk contact with someone who has tested positive for COVID19 or has known COVID19 symptoms, but may not have been tested
- **Quarantine** – Separation and restriction of movement of people who were exposed to a contagious disease to see if they become sick
- **Isolation** – Separation of infected people with a contagious disease from people who are not
- **Personal Protective Equipment (PPE)** – Equipment used to protect against infection, such as masks, gloves, hand sanitizer
- **Student Athlete:** A student athlete means an individual who engages in, is eligible to engage in, or may be eligible in the future to engage in, any intercollegiate, intramural, or club competition or sport. If an individual is permanently ineligible to participate in a particular intercollegiate sport or athletic activity, the individual is not a student-athlete for purposes of that sport.

General Preparedness Prior to Re-Entry

- A. Personal Protective Equipment (PPE) and Sanitizing
 - a. Each institution (CUNY or CUNYAC) will be responsible for adequately equipping their athletics department with the appropriate amount of PPE and sanitizing supplies prior to re-entry and for the entirety of the athletics seasons. PPE should include face masks, face shields, gloves and gowns. Sanitizing supplies should include EPA approved cleaning and disinfecting products for use on high contact surfaces as well as hand sanitizer, soaps and wipes.
 - b. Campuses need to demonstrate that they have secured an adequate supply of PPE (*at least a 90 day supply*) for student-athletes, coaches, and staff. Colleges also need to have a plan in place to restock PPE supplies as supplies are exhausted.
 - c. The use of gloves and eye protection especially for support staff that regularly interact with athletes in close contact (e.g., athletic trainers, physicians, conditioning coaches, ball handlers, attendants, trainers, medical staff) is encouraged. If gloves are not worn, staff must perform hand hygiene before and after such interactions with athletes” (NYS Interim Guidance for Professional Sports Competitions with Fans (March 22, 2021)).
- B. Cleaning Regimens
 - a. It is required that a dedicated individual from campus facilities and/or Buildings & Grounds department coordinate with the Athletic Department on each campus to ensure that all cleaning requirements are met/addressed.

- b. Responsible Parties must adhere to CDC Cleaning guidelines (<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/clean-disinfect-hygiene.html>), specifically:
 - i. Responsible Parties must ensure regular cleaning and disinfection of restrooms. Restrooms should be cleaned and disinfected more often depending on frequency of use.
 - ii. Responsible Parties must ensure distancing rules are adhered to by using signage, occupied markers, or other methods to reduce restroom capacity where feasible.
 - iii. Responsible Parties must ensure that items requiring laundering be done at the warmest appropriate water setting, per CDC guidelines.
 - iv. Responsible Parties must ensure that equipment and tools are regularly cleaned and disinfected using registered disinfectants, including at least as often as employees, players, and team staff change practice facilities or workstations, or move to a new set of equipment or tools.
 - v. Responsible Parties must provide for the cleaning and disinfection of exposed areas in the event an individual is confirmed to have COVID-19, with such cleaning and disinfection to include, at a minimum, all heavy transit areas and high-touch surfaces (e.g. elevators, lobbies, building entrances, badge scanners, restrooms, handrails, door handles, vending machines, communal coffee stations, club houses). Requirements cited above sourced from NYS Interim Guidance for Professional Sports Training Facilities, June 26, 2020.

C. Signage

- a. Responsible Parties must put in place practices for adequate social distancing in small areas, such as restrooms and locker rooms, and signage and systems (e.g. flagging when occupied) to restrict occupancy when social distancing cannot be maintained in such areas. (NYS Interim Guidance for Professional Sports Training Facilities (June 26, 2020); NYS Interim Guidance for Professional Sports Competitions with Fans (March 22, 2021)).
 - i. Evaluating and declaring the occupancy of these areas will be the responsibility of the campus facilities personnel in collaboration with the Athletics Department representative.

D. Education

- a. Each campus will be responsible for dispersing educational information to patrons of its facilities. This should be done via various outlets such as email, social media and on campus signage. It should include up to date information on the following things:
 - i. How to prevent/stop the spread
 - ii. Guidelines on what to do if you feel sick, have symptoms or test positive
 - iii. Personal hygiene
 - iv. Stay home if you are feeling sick
 - v. Physical distancing
 - vi. Hand hygiene
 - vii. Cough/Sneeze etiquette
 - viii. Facility use - what facilities are available and what is expected
 - ix. Frequently disinfecting contact surfaces

E. Coordination with Local Health Department

- a. Colleges must notify and coordinate with their respective local health department on the resumption of intercollegiate sports, including but not limited to, the sharing of any applicable health and safety plans, protocols, or procedures (NYS Supplemental Guidance for Athletics at Higher Education Institutions (April 1, 2021) <https://www.governor.ny.gov/sites/governor.ny.gov/files/atoms/files/HigherEducationAthleticsSupplementalGuidance.pdf>).

Sports Medicine Preparedness

In order to reduce the risk of infectious spread, each CUNY Sports Medicine department should prepare and adjust their athletic training room sufficiently. It is suggested that following adjustments will be made:

1. If a student-athlete requires treatment, they must make an appointment via an online or email system.

2. The number of student-athletes permitted in an athletic training room at any one time will be determined by the Athletic Trainer and athletic department for each school. Social distancing must be maintained and enforced as much as possible.
3. Athletic Trainers, team physicians, clinical students and interns should use the correct donning and doffing techniques for PPE prior and post interactions with student-athletes.
4. Treatment tables should be reconfigured to ensure that they are 6 feet apart. Rehab areas should always also be configured to maintain 6 feet of distance between student-athletes.
5. Student athletes will be required to sign in electronically for their appointments.
6. Athletes must wipe down any rehab equipment that they use immediately e.g. ankle weights & mini bands.
7. The athletic trainer or designated staff will sanitize all tables and surfaces immediately after each athlete usage, with EPA approved cleaning products.

Screening Process

Prior to any intercollegiate participation for the 2021-22 academic year, student-athletes are required to complete a pre-participation physical, which incorporates a thorough COVID-19 questionnaire screening (Appendix I). This questionnaire will screen for the following:

1. Potential risk factors for certain populations at higher risk
2. Individuals that tested positive
3. Suspected, but not diagnosed infection
4. Family members that tested positive
5. Travel - where have the individual traveled within the past few months
6. Family members at home that are high risk
7. Persistent symptoms after exposure to COVID19

All University Student Athletes participating in regular, post season, or tournament intercollegiate, intramural, or club athletic competition will be required to be **vaccinated and for those that are eligible, boosted**, against the Covid-19 virus, with a CDC-authorized COVID-19 vaccine in accordance with CDC guidelines, prior to being permitted to participate in any such University athletic activity. This requirement is effective as of August 2, 2021 notwithstanding the pending Emergency Use Authorization status of the current available vaccines.

In light of the manner in which the COVID-19 virus spreads, this is the most effective way of controlling or mitigating an outbreak of Covid-19 during athletic activities on the University campus. Athletic competition involves a certain degree of “close contact” programs or programs that contain a heightened degree of risk that require Covid-19 vaccination as a precondition to participation. A Student Athlete may be exempted from the vaccine requirement, in accordance with the Policy, if they have received a CUNY-approved exemption for medical or exception for religious reasons. **However**, this exemption and or exception will not excuse the Student Athlete from additional COVID-19 testing or other sports related restrictions/requirements, as set forth by the applicable University athletic department or its campuses in addition to guidelines established by federal, state, and city health officials.

Student-athletes, non-vaccinated athletics staff and coaches will be required to get a COVID-19 test. This test must be PCR and must have been performed within 7 days (depending on test result processing times for the state) of physical return to campus. Results for their test must be provided and reviewed by the athletic training staff prior to return date. Student-athletes and staff will not be allowed into training facilities or competition without showing proof of negative test.

Any student-athletes that tested positive for COVID-19 may be required to have a cardiac evaluation by a provider recommended by their college’s team physician or Athletic Trainer.

As of January 10, 2022, the CDC recommends the removal of some constraints for vaccinated individuals and continues to recommend constraints for unvaccinated individuals. Students who plan to return to campus in the spring will be required to be vaccinated to register for in-person and hybrid courses and get a booster when they become eligible for one. Those 18 and older are eligible for a booster shot at 5 months

after the completion of two dose regimen of Pfizer, 5 months after the completion of two dose regimen of Moderna or 2 months after the Johnson and Johnson (J&J) shot. (Those 12-17 year olds who initially received the Pfizer two dose regimen are eligible for a Pfizer booster 5 months after completing the regimen.) The Pfizer or Moderna booster is preferred in most situations. Student participation in on-campus activities will require proof of vaccination and booster unless a religious or medical exemption has been approved.

Note: Individuals who received a World Health Organization (WHO) approved vaccination other than the three listed above must provide more information. Students can reach out to their Campus Location Vaccination Authority (LVA) and faculty can contact their campus' Human Resources Department.

Daily Entry to Campus Facilities

1. All Staff, coaches, student-athletes and all visitors will be required to follow the guidelines put forth by CUNY in the CUNY reopening guidelines document.
2. It is recommended that Sports Medicine departments explore an additional screening application such as Sway or SWOL prior to practice, competition or general access. This will make tracking and tracing significantly easier as well as traveling.
3. If an individual tests positive for COVID-19, the athletic department liaison will immediately notify the Campus Coronavirus Coordinator. The Coordinator will ensure that the State and local health department are immediately notified about the case (and notify the SVC for Institutional Affairs and the Campus Reopening Committee). They must also notify the Chancellery/COO's Office and the Campus Reopening Committee.

Travel to/from Game/Practice sites

CUNYAC Campuses will abide by all CUNY requirements for travel for practice or play. Interstate travel for practice or play must adhere to the CUNY travel policy.

Practices

In order to resume/start practice, active student-athletes must undergo a PCR test at a CUNY testing site and provide a negative result prior to returning to campus for Spring 2022 semester.

In order to minimize the risk of transmission for intercollegiate athletics, the following practice policies and procedures must occur:

1. Student-athletes must be fully vaccinated. Non-vaccinated student-athletes (approved exemption by CUNY only) must provide proof of a negative test weekly.
2. Based on CDC guidance, CUNY campuses may stop symptom screening for students, staff, faculty, and visitors and rely on individuals to stay home when they are sick. Positives for any of the following symptoms will rule the student-athlete out of practice and they must remain at home, until cleared by team physician:
 - a. Shortness of breath or difficulty breathing.
 - b. Cough or other respiratory symptoms.
 - c. Headache.
 - d. Chills.
 - e. Muscle aches.
 - f. Sore throat.
 - g. Congestion or runny nose.
 - h. New loss of taste or smell.
 - i. Nausea, vomiting or diarrhea.
 - j. Pain, redness, swelling or rash on toes or fingers (COVID toes).
 - k. New rash or other skin symptoms.
 - l. High-risk exposure: a new contact with an infected individual or prolonged contact with a crowd without physical distancing (for example, attended a party in which there was no masking or physical distancing).
 - m. Temperature of 100.4° Fahrenheit or above.

3. If any student-athlete reports symptoms after arrival on campus, the CCO must be contacted, and the individual will be referred to a healthcare facility if necessary or home to self-isolate.
4. If a student-athlete requires treatment, they must make an appointment via the online/email system. A limited number of student-athletes, determined by each college's athletic training staff, will be permitted inside the athletic training room and social distancing must always be maintained.
 - a. The total occupancy of the athletic training room is limited to the maximum occupancy as set by the certificate of occupancy; No social distancing will be needed for vaccinated individuals however 6 feet of social distancing space will be needed in the case of individuals that are non-vaccinated or not showing proof of vaccination.
 - b. ATC must ensure that a distance of at least six feet is maintained among individuals at all times, unless safety or execution of the core activity requires a shorter distance (e.g. medical treatments for players).
5. Student-athletes must bring their own water bottles and should not with others. Single use individual bottles of water, Gatorade or other acceptable hydrating fluid will be allowed, but must be clearly labeled with the owner's name.
6. Towels will not be provided. Student athletes and coaches must bring their own individually labeled towels. Sharing is discouraged.
7. Non-essential common areas (e.g. dry saunas, steam rooms, cold tubs, oxygen or cryotherapy chambers) will be opened at the discretion of the campus.
8. Coaches should exercise the option of electronic whistles.
9. Any equipment used will be sanitized accordingly, post practice.
10. Student-athletes and coaching staff must wash their hands frequently, especially pre and post practice. Hand sanitizer will be readily available on site.
 - a. Student-Athletes must perform hand hygiene before and after inserting or removing mouth guards." (NYS Interim Guidance for Professional Sports Competitions with Fans (March 22, 2021)

Competition

CUNYAC Member institutions are permitted to schedule non-conference games so long as they are in coordination with the Governors travel guidelines and restrictions at the date and time of that game. <https://coronavirus.health.ny.gov/covid-19-travel-advisory>. Non-conference opponents (student-athletes, coaches and staff) must submit proof of vaccination or proof of negative test result (test must be within one week of competition date) upon arrival to CUNYAC member site of competition.

In order to minimize the risk of transmission for intercollegiate athletes, coaches, staff and officials, the athletic department designee will coordinate with campus public safety to ensure that the following competition policies and procedures must occur:

1. Establish visiting and home team entrance and exit site
2. Determine any restrictions on fan attendance
 - a. All fans must adhere to the CUNY visitor policies.
3. Establish visiting and home team locker room and /or meeting space
4. Campus facilities will ensure sufficient signs are posted throughout the venue, consistent with DOH COVID-19 signage to remind team staff, athletes, and venue personnel to: Cover their nose and mouth with a face covering, except for athletes when engaged in training, warming up, or competition, and broadcast media personnel when it interferes with the core activity; Properly store and, when necessary, discard PPE; Adhere to physical distancing instructions; etc. (NYS Interim Guidance for Professional Sports Competitions with Fans (March 22, 2021)).
5. Positives for any of the following symptoms will rule the student-athlete, coach, official or game day staff member out of the competition and they must remain at home, unless cleared by team physician:
 - a) Shortness of breath or difficulty breathing.
 - b) Cough or other respiratory symptoms.
 - c) Headache.
 - d) Chills.
 - e) Muscle aches.

- f) Sore throat.
 - g) Congestion or runny nose.
 - h) New loss of taste or smell.
 - i) Nausea, vomiting or diarrhea.
 - j) Pain, redness, swelling or rash on toes or fingers (COVID toes).
 - k) New rash or other skin symptoms.
 - l) High-risk exposure: a new contact with an infected individual or prolonged contact with a crowd without physical distancing (for example, attended a party in which there was no masking or physical distancing).
 - m) Temperature of 100.4° Fahrenheit or above
6. Any student-athlete, coach or official that reports symptoms after arrival on campus, will be sent home or the campus emergency action plan will be triggered if necessary. The individual must follow requirements laid out in the campus emergency action plan while awaiting safe transportation to their home and/or healthcare facility.
 7. If a student-athlete requires treatment prior to competition, they must make an appointment via the online/email system.
 8. During competition, student-athletes, coaches and officials should limit their contact time with each other as best as possible. Celebrations, high fives, handshakes and huddles are not permitted with non-conference opponents.
 11. Student-athletes must bring their own water bottles and should not share with others. Single use individual bottles of water, Gatorade or other hydrating fluid will be allowed, but must be clearly labeled with the owner's name.
 12. Towels will not be provided. Student athletes and coaches must bring their own individually labeled towels. Sharing is discouraged
 13. Campus Buildings & Grounds department must provide and maintain hand hygiene stations on site (NYS Interim Guidance for Professional Sports Competitions with Fans (March 22, 2021)).
 14. Sports that require switching of benches during competition will forgo this and remain on one side for the duration of the event for non-conference competition only.
 15. Sports that require equipment sharing including balls, bats and helmets, will need regular sanitization during the competition, by either game day workers or coaching staff members.
 16. Officials should exercise the option of electronic whistles.
 17. Post competition sanitization of benches, equipment and high contact surfaces will be undertaken by college custodial staff with EPA approved products.

Spectator Policy

1. Each campus has the ability to determine the allowance and number of fans at their own venues.
2. All fans must adhere to the CUNY visitor guidelines.

Vaccination, Booster & Testing Policies

Student-athletes participating in regular, post season, or tournament intercollegiate, intramural, or club athletic competition will be required to be **vaccinated and boosted when eligible** against the Covid-19 virus, with a CDC-authorized COVID-19 vaccine in accordance with CDC guidelines, prior to being permitted to participate in any such University athletic activity. Non-vaccinated student-athletes (CUNY-approved exemption only), will submit to weekly PCR testing (testing must occur within 7 days of event) to participate (compete and practice) in intercollegiate athletics.

The CDC recommends the removal of some constraints for vaccinated individuals and continues to recommend constraints for unvaccinated individuals. Students who plan to return to campus in the spring will be required to be vaccinated to register for in-person and hybrid courses and get a booster when they become eligible for one. Those 18 and older are eligible for a booster shot at 5 months after the completion of two dose regimen of Pfizer, 5 months after the completion of two dose regimen of Moderna or 2 months after the Johnson and Johnson (J&J) shot. (Those 12-17 year olds who initially received the Pfizer two dose regimen are eligible for a Pfizer booster 5 months after completing the regimen.) The Pfizer or Moderna booster is preferred in most situations. Student participation in on-campus activities will require proof of vaccination and booster unless a religious or medical exemption has been approved.

CUNY is expanding testing for the safety and convenience of the CUNY community, creating a robust testing program using various testing models, some new and some expansions of existing efforts.

- Student athletes and students in residence halls will be required to submit a negative test before returning to campus.
- **(NEW)** Weekly testing will continue for those who are unvaccinated and expand to cover students in residence halls, regardless of vaccination status.
- Overall random testing will increase to 20% of the vaccinated and unvaccinated on-campus population. Participation in the random surveillance testing is mandatory and failure to participate will result in the removal of the individual's Cleared4 access pass to CUNY spaces.

Medical clearances required to return to campus will continue to be accepted from non-CUNY testing providers. CUNY safeCircle test sites will also be available for clearance because of the shortage of available testing in New York City.

Rapid tests will be available for approved screening circumstances when unanticipated entry to campus is required. The rapid tests will be distributed to CUNY testing sites and to selected locations on campus and will be tracked through the testing system for inventory and usage management.

(NEW) What is the CUNY protocol if someone tests positive for COVID-19?

Individuals are required to follow CUNY's isolation and quarantine requirements when confirmed or suspected of having COVID-19, per the CUNY Guidelines for Safe Campus Reopening (<https://www.cuny.edu/coronavirus/reopening-guidelines/guideline-safe-campus-reopening/>).

Any person who tests positive to COVID-19 needs to notify the Campus Coronavirus Liaison. CUNY will continue to aid in the identification of exposures, and notify close contacts, as appropriate, of exposure as soon as possible after being notified that someone in a campus or office has tested positive to COVID-19. Working with the NYC Test & Trace Corps, outreach to all close contacts will be made. Confidentiality will be maintained as required by federal and state law and regulations.

(NEW) Strategies for Resuming Activities After Positive Test Results (Asymptomatic, Symptomatic and Pre-Existing Individuals)

CUNY employees and students who come into close contact with someone with COVID-19 should base their approach to quarantine — if it is needed, when to end it, and when to test — on whether they are up to date on their vaccinations (fully vaccinated and boosted when eligible), or not up to date/unvaccinated. CUNY's guidance on quarantine is spelled out [here](#) and summarized below.

- If you had close contact with someone with COVID-19 and you are up to date with your COVID-19 vaccines and booster (if already eligible) or you had confirmed COVID-19 (tested positive) within the last 90 days, you do not need to quarantine and can return to work or class. You should wear a well-fitting mask around others for 10 days from the date of your last close contact and get tested at least 5 days after the close contact. (If you tested positive for COVID-19 within the previous 90 days and don't have symptoms you do not need to get tested.) If you develop symptoms or test positive, follow the guidelines above.
- If you had close contact with someone with COVID-19 and you are unvaccinated or are not up to date on your COVID-19 vaccines (already eligible for the booster but have not gotten it), you must quarantine, meaning stay home and away from other people for at least 5 days after your last contact with a person who has COVID-19. After the five days of quarantine, you must take a PCR test. If you test negative, share your test with your campus and you can return to campus, but continue to wear a well-fitting mask when around others at home and in public for 5 additional days. For 10 days watch for fever, cough, shortness of breath, or other symptoms. If you develop symptoms at any point, isolate and get tested immediately.

For more information, please refer to <https://www.cuny.edu/coronavirus/get-back-faqs/>

Cardiac Recommendations for Resumption of Exercise After COVID-19 Infection

- *Student-athletes with a confirmed past infection (antibody or prior diagnostic test), and mild to moderate illness or asymptomatic, (i.e., managed at home):*
 - A medical evaluation or routine pre-participation exam can be performed, including a symptom screen.
 - Electrocardiogram and echocardiogram can be considered.
 - Further workup as indicated in conjunction with a cardiologist.
- *Student-athletes with a confirmed past infection and severe illness (hospitalization) or ongoing cardiovascular symptoms (>14 days from onset of symptoms):*
 - Medical evaluation with symptoms screen.
 - Additional testing, which may include:
 - Cardiology consultation, electrocardiogram; blood troponin 48 hours after exercise and echocardiogram.
 - Consider additional cardiac tests such as cardiac MRI, Holter, stress test, chest X-ray, spirometry, pulmonary function tests, d-dimer and chest CT.

All final decisions on return to play will reside with the team physician.

Exercise Recommendations for Resumption of Exercise after COVID-19 Infection

Student-athletes with new infection and no symptoms:

- Exercise in isolation is permitted if such exercise does not cause cardiopulmonary symptoms.
- Monitor for development of symptoms during isolation.
- Cardiac recommendations as above, including consideration of echocardiogram for asymptomatic and mild illness.
- Further work-up as indicated in conjunction with a cardiologist.

Student-athletes with new infection and mild illness (common cold-like symptoms without fever):

- No exercise for at least 10 days, or longer if symptoms persist.
- Monitor for symptom development with exercise.
- Cardiac recommendations as above, including consideration of echocardiogram for asymptomatic and mild illness.
- Further work-up as indicated in conjunction with a cardiologist.

Student-athletes with new infection and moderate illness (fever and flu-like illness):

- No exercise for at least 14 days, or longer if symptoms persist.
- Monitor for symptom development with exercise.
- Cardiac recommendations as above.
- Further work-up as indicated in conjunction with a cardiologist.

Student-athletes with new infection and severe illness (hospitalized):

- For more severe illness, hospitalization, or ongoing cardiovascular symptoms, a comprehensive medical evaluation and cardiology consultation is recommended.
- Consider cardiac MRI.

Student-athletes placed in quarantine for high risk contact but who are not infected with COVID-19:

- Exercise in quarantine is permitted if such exercise does not cause cardiopulmonary symptoms.
- Monitor for development of symptoms during quarantine.
- If symptoms develop, with or without exercise, test for SARS-CoV-2.

All final decisions on return to play will reside with the team physician.

Discontinuation of Athletics

As of January 5, 2022, all decisions to discontinue athletics based on COVID-19 will be at the discretion of the campus Based on guidance from CUNY Central and local government entities.

¹ Low-cost measurement of face mask efficacy for filtering expelled droplets during speech
Emma P. Fischer¹, Martin C. Fischer^{2,3*}, David Grass², *Sci. Adv.* 2020; 6 : eabd3083 2 September 2020

¹ Coronavirus Disease 2019 and the Athletic Heart JH Kim, BD Levine, D Phelan; *JAMA Cardiology* October 26, 20

¹ Cardiac Considerations for College Student-Athletes during the COVID-19 Pandemic; Expert panel from the American Medical Society for Sports Medicine and the American College of Cardiology

Appendix I: CUNYAC Return to Sports Survey

Dear Prospective Student-Athlete,

We hope that you and your family are doing well and have adapted to life during this pandemic. The coronavirus has affected millions of lives around the world in addition to New York City. After being initially overwhelmed, hospitals have witnessed the damage and learned valuable lessons from each patient. CUNYAC has since developed a Medical Advisory team (comprising of each member institution's athletic trainers and team physicians) to work to create recommendations on precautions, protocols, and procedures to be implemented moving forward.

We know that the virus commonly attacks the lungs, heart, and other organs and that the effects can persist past the initial illness. The lingering symptoms can affect how people live and exercise which is why the CUNYAC Medical Advisory Team has been actively working to accommodate your eventual return to sport. While at this point, we do not have a specific date for this return, we are asking that you please complete the following questionnaire, designed to assess the number and severity of cases within each institution's athletics department. Your responses will help us better prepare safeguards for your eventual return.

Thank you in advance,

CUNYAC Medical Advisory Team

CUNYAC Medical Advisory Team COVID-19 Exposure Questionnaire

Last Name: _____ First Name: _____
Date of Birth: _____ Gender: _____
Cell Phone #: _____ School Email: _____
School: _____ EMPLID: _____
Medical Insurance Type (Circle One): Private Medicare Medicaid None
List Medical Conditions Prior to COVID-19 (ex: Hypertension, Diabetes, Anemia, etc.):

1. Did you have symptoms of COVID-19 but were unable to get tested?
Yes _____ No _____
 - a. Were you in close contact with anybody who did test positive for COVID-19?
Yes _____ No _____

2. Did you get any of the below COVID-19 tests?
 - a. PCR (nasal swab, checks if you are currently infected, results take 2-3 days)
Yes _____ No _____
 - i. If yes, results? Positive _____ Negative _____
 - b. Antigen test (nasal swab or saliva sample, checks if you are currently infected, results take a few hours)
Yes _____ No _____
 - i. If yes, results? Positive _____ Negative _____
 - c. Antibody test (blood test that checks if you were previously exposed)?
Yes _____ No _____
 - i. If yes, results? Positive _____ Negative _____

3. If you were suspected or confirmed to have COVID-19 and were symptomatic, how long did your symptoms last?
Yes _____ No _____

4. Did you see a healthcare provider for diagnosis or treatment of COVID-19?
 - a. Private physician office Yes _____ No _____
 - b. Emergency Room or Hospital Yes _____ No _____
 - c. Urgent Care Facility (Ex: CityMD) Yes _____ No _____
 - d. Other: _____

5. Were you admitted to the hospital due to COVID-19 symptoms?
Yes _____ No _____
 - a. How long were you admitted for? _____ Days
 - b. Did you spend time in the ICU (intensive care unit)? Yes _____ No _____
For how long? _____ Days
 - c. Did you require use of a respirator? Yes _____ No _____
For how long? _____ Days

6. Please check off all symptoms that you **previously experienced during your diagnosed or suspected case** of COVID-19:

- Headache
 - Abnormal changes in body temperature
 - Unexplained sweats or flushing
 - Problems seeing (double or blurry vision)
 - Difficulty hearing
 - Tinnitus (ringing in the ears)
 - Loss of smell
 - Loss of taste
 - Difficulty swallowing
 - Cough
 - Sore throat
 - Shortness of breath
 - Breathing faster than normal
 - Fatigue or tiredness
 - Chest pain or discomfort
 - Heart palpitations, pulse skips, heart block
 - Dizziness or lightheadedness
 - Fainting or blackouts
 - Diarrhea
 - Nausea
 - Vomiting
 - Indigestion or esophageal/"acid" reflux
 - Loss of appetite or unexplained weight loss
 - Bloating
 - Abdominal pain
 - Difficulty with concentration or reading or "brain fog"
 - Confusion, difficulty thinking
 - Disorientation: getting lost; going to wrong places
 - Memory problems or forgetfulness
 - General/muscle weakness
 - Muscle pain or cramps
 - Joint pain or swelling
 - Tingling and numbness in the mouth and/or face
 - Tingling, numbness, burning, stabbing or "pins and needles"
 - Swelling
 - Urinary incontinence or difficulty urinating
 - Unexplained menstrual irregularity
 - Sexual dysfunction or loss of libido
 - Unexplained hair loss
 - Skin lesions (rash or lumpy lesions)
 - Difficulty sleeping (too much, too little, early awakening)
 - Mood swings, irritability, depression
 - Exaggerated symptoms or worse hangover from alcohol
 - Other
 - I had no symptoms in the initial phase of the disease
 - Other COVID-19 symptom
-
-

7. Please check off all **symptoms that you are currently experiencing** since your diagnosed or suspected case of COVID-19:

- | | |
|---|--|
| <input type="checkbox"/> Headache | <input type="checkbox"/> Difficulty with concentration or reading or "brain fog" |
| <input type="checkbox"/> Abnormal changes in body temperature | <input type="checkbox"/> Confusion, difficulty thinking |
| <input type="checkbox"/> Unexplained sweats or flushing | <input type="checkbox"/> Disorientation: getting lost; going to wrong places |
| <input type="checkbox"/> Problems seeing (double or blurry vision) | <input type="checkbox"/> Memory problems or forgetfulness |
| <input type="checkbox"/> Difficulty hearing | <input type="checkbox"/> General/muscle weakness |
| <input type="checkbox"/> Tinnitus (ringing in the ears) | <input type="checkbox"/> Muscle pain or cramps |
| <input type="checkbox"/> Loss of smell | <input type="checkbox"/> Joint pain or swelling |
| <input type="checkbox"/> Loss of taste | <input type="checkbox"/> Tingling and numbness in the mouth and/or face |
| <input type="checkbox"/> Difficulty swallowing | <input type="checkbox"/> Tingling, numbness, burning, stabbing or "pins and needles" |
| <input type="checkbox"/> Cough | <input type="checkbox"/> Swelling |
| <input type="checkbox"/> Sore throat | <input type="checkbox"/> Urinary incontinence or difficulty urinating |
| <input type="checkbox"/> Shortness of breath | <input type="checkbox"/> Unexplained menstrual irregularity |
| <input type="checkbox"/> Breathing faster than normal | <input type="checkbox"/> Sexual dysfunction or loss of libido |
| <input type="checkbox"/> Fatigue or tiredness | <input type="checkbox"/> Unexplained hair loss |
| <input type="checkbox"/> Chest pain or discomfort | <input type="checkbox"/> Skin lesions (rash or lumpy lesions) |
| <input type="checkbox"/> Heart palpitations, pulse skips, heart block | <input type="checkbox"/> Difficulty sleeping (too much, too little, early awakening) |
| <input type="checkbox"/> Dizziness or lightheadedness | <input type="checkbox"/> Mood swings, irritability, depression |
| <input type="checkbox"/> Fainting or blackouts | <input type="checkbox"/> Exaggerated symptoms or worse hangover from alcohol |
| <input type="checkbox"/> Diarrhea | <input type="checkbox"/> Other |
| <input type="checkbox"/> Nausea | <input type="checkbox"/> I had no symptoms in the initial phase of the disease |
| <input type="checkbox"/> Vomiting | Other COVID-19 symptoms |
| <input type="checkbox"/> Indigestion or esophageal/"acid" reflux | _____ |
| <input type="checkbox"/> Loss of appetite or unexplained weight loss | _____ |
| <input type="checkbox"/> Bloating | |
| <input type="checkbox"/> Abdominal pain | |

8. Are you still symptomatic? Yes _____ No _____
 a. If not, how long did it take your symptoms to resolve?
 _____ days

9. Whether you were tested and had symptoms or not, are you interested in being tested for heart or lung problems
 Yes _____ No _____

Appendix 2. Affiliated College Resources

CUNYAC ATC and Team Physician Information	Associates and ATC Information	Team Physician Information	Affiliated Health Center
Baruch	Whitney Vail whitney.vail@baruch.cuny.edu	Dr. Lauren Borowski lauren.borowski@nyulangone.org Dr. Julie Han julie.han@nyulangone.org	NYU
Brooklyn	Jason Fish jfish@brooklyn.cuny.edu Mark Rodman mark.rodman@downstate.edu	Dr. William Urban William.Urban@downstate.edu Phone: 718-270-2045	Brooklyn Downstate
CCNY	No ATC but email Karina Jorge karina@gtest.ccnyc.cuny.edu	Dr. Asad Siddiqi ars2283@cumc.columbia.edu	Cornell
Hunter	Philena Latcha PL721@hunter.cuny.edu Mae Tiu MTiu@hunter.cuny.edu	Dr. Richard Lopez ropez@northwellhealth	Northwell / Lenox Hill
John Jay	Roxanna Laraia rlaraia@jjay.cuny.edu	Dr. Roth neilrothmd@gmail.com	Mt. Sinai
Lehman	Durval Morgan durval.morgan@lehman.cuny.edu Mark Rodman mark.rodman@downstate.edu	David Gonzalez M.D, Director of Sports Medicine Montefiore Medical Center dgonzale@montefiore.org	Montefiore
Medgar Evers	John Nostro jnostro@mec.cuny.edu	Dr. Richard Chang 917-273-2922 richard.chang@mountsinai.org Dr. Mariam Zakhary 201-988-8553 mariam.Zakhary@gmail.com Dr. Dayna McCarthy 646-721-1051 dayna.mccarthy@mountsinai.org	Mt Sinai Downtown
Queensborough College	Ivan Mak imak@qcc.cuny.edu	Dr.Osric King	NYPQ
Queens College	Daniel Hernandez daniel.hernandez@qc.cuny.edu	Dr. Ackerman	NYPQ
York	Amy O'Connor aoconnor2@york.cuny.edu	Dr. Ariel Nassim ariel@nassim.us Phone: 516-445-5714	NYHQ / St Francis

Appendix 3: Unaffiliated Healthcare Resource

Manhattan

The Institute for Family Health at 17th Street
230 West 17th Street
(between 7th & 8th Avenues)
New York, NY 10011
(212) 206-5200
Fax: (212) 206-5279
Behavioral Health Fax: (212) 206-5277

Family Health Center of Harlem
1824 Madison Avenue
New York, NY 10035
(212) 423-4500
For Appointments Only: (844) 434-2778
Fax: (646) 770-8405
Dental care: (212) 423-4400
Center for Counseling: (212) 423-4200, Fax:
(845) 633-5975

Amsterdam Family Health Center
690 Amsterdam Avenue
New York, NY 10025
Tel: (212) 865-4104
Fax: (212) 864-5375

The Institute for Family Health Center for
Counseling at the Alliance
64 West 35th Street
3rd Floor
New York, NY 10001
646-741-9100

Brooklyn

Cadman Family Health Center
300 Cadman Plaza West, 17th Floor
(inside One Pierrepont Plaza)
Brooklyn, NY 11201
(844) 434-2778 or (718) 822-1818
Fax: (845) 633-5777

Bronx

Walton Family Health Center and Center for
Counseling
1894 Walton Avenue
Bronx, NY 10453
(718) 583-3060
Fax: (718) 583-3360
Center for Counseling (718) 583-2508
Fax: (845) 633-5965
Dental care (718) 583-2700

Mt. Hope Family Practice
130 West Tremont Avenue
Bronx, NY 10453
(718) 583-9000
Fax: (718) 583-2835

Urban Horizons Family Health Center
50-98 East 168th Street
Bronx, NY 10452
(718) 293-3900
Fax: (718) 293-3980

The Institute for Family Health Center for
Counseling at Frisby Avenue
2590 Frisby Avenue – 1st Floor
Bronx, NY 10461
(718) 239-1610
Fax: (845) 633-5964

Stevenson Family Health Center
731 White Plains Road
Bronx, NY 10473
(718) 589-8775
Fax: (845) 633-5766
Center for Counseling: (718) 822-9140
Center for Counseling Fax: (845) 633-5966
Dental Care: (718) 395-8350
Dental Care Fax: (718) 589-2809

The Institute for Family Health at Westchester
Square
1420 Ferris Place
Bronx, New York 10461
Main: (718) 730-1004
Dental: (917) 795-0390
Fax: (718) 892-6469

Appendix 4: Types of Coronavirus Tests

Different Types of Coronavirus Tests

	Molecular Test	Antigen Test	Antibody Test
Also known as...	Diagnostic test, viral test, molecular test, nucleic acid amplification test (NAAT), RT-PCR test, LAMP test	Diagnostic test	Serological test, serology, blood test, serology test
How the sample is taken...	Nasopharyngeal (the part of the throat behind the nose), nasal or throat swab (most tests) Saliva (a few tests)	Nasal or nasal pharyngeal swab (most tests)	Finger stick or blood draw
How long it takes to get results...	Same day (some locations) or up to a week (longer in some locations with many tests)	Some may be very fast (15 - 30 minutes), depending on the test	Same day (many locations) or 1-3 days
Is another test needed...	This test is typically highly accurate and usually does not need to be repeated.	Positive results are usually highly accurate, but false positives can happen, especially in areas where very few people have the virus. Negative results may need to be confirmed with a molecular test.	Sometimes a second antibody test is needed for accurate results.
What it shows...	Diagnoses active coronavirus infection	Diagnoses active coronavirus infection Antigen tests are more likely to miss an active COVID-19 infection compared to molecular tests. Your health care provider may order a molecular test if your antigen test shows a negative result, but you have symptoms of COVID-19.	Shows if you've been infected by coronavirus in the past
What it can't do...	Show if you ever had COVID-19 or were infected with the virus that causes COVID-19 in the past		Diagnose COVID-19 at the time of the test or show that you do not have COVID-19

Appendix 5: CUNY Supplemental Guidelines for Safe Campus Reopening

The CUNY Supplemental Guidelines for Safe Campus Reopening can be found at <https://www.cuny.edu/coronavirus/reopening-guidelines/guideline-safe-campus-reopening/>

Guidance and Recommendations for Game Day Operations

The focus of this document is to outline guidance and recommendations for institutions as they host athletic competition in their facility. All information contained in this document should be considered recommendations and/or considerations for your campus leadership to consider. This document reflects the relevant scientific and medical information available at the time of print. These materials should not be used as a substitute for medical or legal advice. Rather, they are intended as a resource for member schools to use in coordination with applicable government and related institutional policies and guidelines, and they remain subject to further revision as available data and information in this space continue to emerge and evolve.

This document covers the period from when student-athletes and other team personnel arrive at the competition site through the competition. This document does not address travel, testing and officiating. For specific recommendations on COVID-19 testing and other health and safety guidance, please refer to **CUNY ATHLETICS Return to Sport Plan**.

1. Recommend institutions provide visiting teams and officials with information pertaining to their facility at least 72 hours prior to the scheduled game. This document should include:
 1. Which entrance to use to enter/exit the facility.
 2. Any screening requirements needed prior to entry.
 3. Availability of locker room and/or meeting space.
 4. Protocol for use of the athletic training facility, if needed.
 5. Any restrictions on fan attendance.
 6. Provide contact information for said game
 - i. Onsite Admin
 - ii. Athletic Trainer
 - iii. Campus Public Safety Office Contact

Personnel

1. Each host institution's athletics healthcare administrator should maintain contact with local and state health officials regarding operations within the competition venue, including oversight of the daily screening log and any health developments of attendees. Colleges will coordinate with local health departments on the resumption of intercollegiate sports, as required by the State.

Physical distancing/PPE-

1. Cough/sneeze etiquette and hand sanitization are recommended at all times.
2. No outside individuals shall be allowed in the team areas (e.g., athletic training room, locker rooms, locker room hallway) when student-athletes are present.
3. Medical staff should follow strict hand sanitization, especially during sessions with student-athletes.

Cleaning and disinfecting

1. Competition venue cleaning staff shall ensure all team and game officials areas are cleaned prior to each practice and competition. This includes, but is not limited to, team and officials locker rooms, coaches' rooms, restrooms, team bench areas, the playing court, goal unit padding, nets and the scorers' table surfaces.
2. Time between practices and games should be adjusted to allow orderly ingress and egress and necessary cleaning protocols to be fully executed. Teams may be restricted to specific entry and exit times to allow cleaning.

3. Regular cleaning by competition venue staff of all high-touch areas, including, but not limited to, restrooms, handles, call buttons, chairs and workstations.
4. Athletic training areas, including treatment tables, stools, high-contact areas and equipment, shall be disinfected after each use.
5. Remind teams and officials to follow personal health guidelines (e.g., wash hands frequently; do not touch your eyes, nose, or mouth; use hand sanitizer; maintain physical).
6. Minimize physical interactions, such as high-fives, fist bumps and hugs, with members of other teams.
7. Provide hand sanitizer stations and disinfectant spray bottles and/or disinfecting wipes in each team locker room, bench and scorer's table.
8. Recommend the elimination of ball persons who are not Tier 1 individuals. Designate a member of the host institution to clean game court and game balls as outlined.

Hydration and towels

1. Hydration:
 1. Team members should drink only out of their own cup/personal water bottle.
 2. Single-use cups with proper disposal are preferred.
 3. Water bottles should be labeled for individual use.
 4. Contactless water dispensers may be used.
 5. Each team should have its own set of hydration coolers (two — one for water, one for sports drink), water bottles and bottle carriers. Cooler carts may remain behind the benches, but coolers shall be replaced once competition concludes.
2. Towels:
 1. An allotment of clean towels should be placed on the team bench prior to the arrival of the visiting team.
 2. Towels should be used by only one individual for one practice or one half of competition, then laundered.
 3. Multiple towel bins will be needed to discard used towels (locker rooms, athletic training room, bench area, game officials).
 4. The State has established requirements with regard to laundry/washing of items (Interim Guidance for Professional Sports Competitions with Fans During the COVID-19 Public Health Emergency" (March 22, 2021)). Colleges must ensure that team staff or venue personnel who handle used or dirty towels, linens, and other items that go in the laundry adhere to the following CDC precautions:
 - i. Do not shake dirty laundry, wear disposable gloves when handling laundry and hampers,
 - ii. Use the warmest appropriate water setting in accordance with the manufacturer's instructions for the items,
 - iii. Clean and disinfect hampers after each use, and
 - iv. Wash hands with soap and water or use a hand sanitizer with at least 60% alcohol after handling laundry and removing and disposing of gloves.

Team bench protocol

1. Individual water bottle and towel. Each player and coach will have their own water bottle and towel by their seat. Players and coaches will be responsible for getting their own water and towels, including during timeouts.
2. Timeout (where applicable). Recommend movable chairs be used during timeouts and period breaks. At the conclusion of each timeout or period break, the timeout chairs will be removed to a location to be cleaned by team staff.

Facility planning — movement in/around areas

1. Entry/exit
 1. All entrants shall be subject to CUNY and local health official restrictions and guidance, including health screening, before entering the competition venue.
 2. Entrants should be advised not to enter the venue if they are experiencing any signs or symptoms of COVID-19, feeling unwell or have been in contact with someone who has tested positive.
 3. Head count controls must be in place at each entry point if local guidelines restrict competition venue capacity as needed.
 4. Entry and exit procedures for the competition venue, back-of-house areas and courtside areas will be clearly marked.
 5. No loitering in back-of-house hallways or common spaces.
 6. Entry tunnels/doors to and from the court must be kept clear; no standing in tunnels/doorways.
2. Fan seating
 1. All fans must adhere to the CUNY visitor policies.
3. Isolation and quarantine rooms.
 1. Diagnostic testing should be readily available for symptomatic or suspected cases of COVID-19.
 2. Recommend that isolation and quarantine rooms be identified and ready for use. Isolation rooms are for newly positive cases or evaluation of individuals with COVID-19 symptoms. Quarantine rooms are for high-risk exposure individuals of newly infected or symptomatic individuals. Local health official reporting protocols should be followed.
4. HVAC considerations (Indoor Sports)
 1. The State provides additional requirements regarding air filtration and building systems for venues with indoor areas (Interim Guidance for Professional Sports Competitions with Fans During the COVID-19 Public Health Emergency” (March 22, 2021)). As applicable, campuses must:
 - i. Ensure that the building HVAC system filtration meets the highest rated filtration compatible with the currently installed filter rack and air handling systems, at a minimum MERV-13, or industry equivalent or greater (e.g., HEPA), as applicable.
 - ii. For venues with central air handling systems that cannot handle MERV-13 or greater), Athletics Plan must indicate that a certified HVAC technician, professional, or company, ASHRAE-certified professional, certified retro-commissioning professional, or New York licensed professional building engineer will certify and document that the currently installed filter rack is incompatible MERV-13 or greater and/or the air handling system would be unable to perform to the minimum level of heating and cooling that it was otherwise able to provide prior to the COVID-19 public health emergency if MERV-13 or greater filters were installed.
 - iii. In such cases documentation must be retained for review by state or local health department officials to operate at a lesser filtration rating with additional ventilation and air filtration mitigation protocols.
 - iv. Venues that have a central air handling system who are unable to meet a filtration rating of MERV-13 or greater must adopt additional ventilation and/or air filtration

mitigation protocols per CDC and ASHRAE recommendations (see list of items in NYS guidance).

- v. For venues that do not have central air handling systems, the plan must adopt additional ventilation and air filtration mitigation protocols per CDC and ASHRAE recommendations (see list of items in NYS guidance).
- vi. Before occupants return to a venue that has been entirely closed, Responsible Parties must complete pre-return checks, tasks, and assessments to ensure a healthy and safe environment. These systems include, but are not limited to, mechanical systems, water systems, elevators, and HVAC systems.

Locker rooms

Locker room usage will be permitted.

Handling equipment

1. Each team is encouraged to have its own practice equipment including but not limited to balls. The all game balls should be cleaned by a designated member of the host institution's game operations staff according to manufacturer's recommendations with dish soap and water, and not with a disinfectant.
2. Recommend balls be set aside for **game use only**. Recommend replacing the game ball each time a ball goes out of play. Game balls should be cleaned during media timeouts, halftime and each game break with dish soap and water.
3. Officials' will be provided and/or asked to bring their own water and towel.

On-court/Field operations

1. Eliminate any coach/official/scorers' table physical contact (e.g., handshakes, fist bumps) at all times for non-conference games.
2. Recommend eliminating the postgame handshake line involving.—Consider some act of sportsmanship, ie: such as the teams lining up at their respective service lines (volleyball) and giving congratulatory waves to each other.
3. Consider eliminating or reducing the time allotted for any halftime and/or timeout promotions to allow the court to be cleaned.
4. Recommend assigned work areas for the media to minimize the need for cleaning workstations until after media representatives have exited the venue.