

Southern Arkansas University Summer 2020 Athletics Facilities Operational Plan for Student-Athletes and Staff.

*All protocols and guidelines are fluid and subject to change. Therefore, it is important to stay current with public healthcare guidelines as well as recommendations from federal, state, and local governing bodies. *

Individual Personal Hygiene Responsibility

The best way to prevent illness is to avoid being exposed to the virus. The virus is thought to spread mainly from person-to-person. Every student-athlete, coach, and staff member has a personal responsibility to protect not only themselves but also anyone else they may come into contact with during summer workouts.

1. Wash your hands often with soap and water for at least 20 seconds especially after you've been in the weight room or any other public place. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry. The use of hand sanitizer stations are encouraged often during workouts and should be utilized in between each exercise if possible.
2. Avoid touching your eyes, nose, and mouth with unwashed hands.
3. A cloth facemask or cover over the mouth and nose is encouraged although not mandatory during summer voluntary workouts.
4. Cover coughs and sneezes. If you are participating in a workout and do not have a cloth face covering, remember to always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Throw the tissues in the trash and immediately wash your hands with soap and water or use hand sanitizer that contains at least 60% alcohol.
5. No sharing of water bottles, towels, or any other personal items during workouts. If you bring personal items, please take with you when workout is done.
6. The use of public water fountains are discouraged at this time.

COVID-19 Symptom Screening

Southern Arkansas University (SAU) student-athletes participating in summer workouts are **required** to complete the attached COVID-19 screening form (See page 4).

Attention Student-athletes: After completing the screening form and waiver, you can fax (870-235-5049) or email all forms to your Athletic Trainer. You will then be notified of clearance. Once cleared, you will be allowed to participate in voluntary workouts.

The student-athlete will complete the COVID-19 screening form and email or fax it to an SAU Athletic Training staff member prior to the student-athletes first scheduled on-campus workout. The SAU Athletic Training staff will review each screening form and determine full clearance, no clearance, or possible clearance after 14 days of isolation/quarantine.

Possible Covid-19 symptoms

- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell

Other less common symptoms have been reported, including gastrointestinal symptoms like nausea, vomiting, and diarrhea.

COVID-19 Symptom Reporting Procedure

A student-athlete must stay home and not attend any summer workouts if not feeling well or if he/she has any COVID-19 symptoms or tested positive for COVID-19. Student-athletes must report any symptoms to SAU Athletic Training staff if symptoms develop during voluntary summer workouts. (SAU Athletic Training staff contact information can be found at the end of this plan).

1. **When to report symptoms:** Symptoms should be reported as soon as possible. It is better to err on the side of caution during this time, and not delay or write off any related symptoms.
2. **Who to report symptoms to:** Southern Arkansas University Athletic Training staff **and** student-athletes primary care physician. It is very important to notify SAU Athletic Training staff as soon as possible in order to notify, trace, and quarantine those who were in contact with the symptomatic student-athlete. The SAU Athletic Training staff will give instructions on what to do once the athlete has made a report.
3. **How to report symptoms:** Notification of symptoms should be made through email or phone correspondence. (Not face-to-face)

- Ken Cole; kdcole@saumag.edu Office: 870-235-4142
- Marae Watkins; MaraeWatkins@saumag.edu Office: 870-235-5051
- Rachel Gillespie; RachelGillespie@saumag.edu Office: 870-235-5229
- Athletic Training Fax Number: FAX: 870-235-5049

Covid-19 testing and follow-up

Any student-athlete that shows signs or symptoms should immediately contact their primary care physician or your local state Health Department in order to obtain additional instructions or possibly get tested for Covid-19.

The SAU Health Services department has the capability to perform the SARS Antigen test for active COVID-19.

- Athletes returning to campus for the first time this summer are required to report to the Athletic Training Staff before checking in to your coach/locker room/field house or Resident Hall.
 - Athletes will come to the parking lot behind the gym and come in the back door to the Aux gym.
 - Social distancing and face covering is required.
 - They will proceed to the Aux Gym for screening, paperwork return and if necessary, testing.
 - Each athlete will be screened as they enter the gym.
 - The AT staff will review with the athlete their SAU Athletic Training Student-Athlete COVID-19 Screening form and waver.
 - If necessary the athlete will be tested using the SARS Antigen test for active COVID-19
 - For each athlete that is tested, the results will be documented and the athlete will be instructed on what to do from there.
 - Any athlete that tests positive will be immediately quarantined with a mask and required to complete a tracking form.
 - The positive results will be reported to the University Health Services who will report it to the State Health Department.
 - The athlete will then be quarantine accordingly. This will be determined by the University Health Services.
 - Student-Athlete will be asked to return home or, if unable to return home, will be quarantined on campus.
 - Athletes will be allowed to return to campus only with a documented clearance to return to activity.

SAU Athletic Training Student-Athlete COVID-19 Screening

Name: _____

SAU Student ID#: _____ Date of Birth: _____ Age: _____

Cell Phone: _____ Gender: Male Female

Sport(s): _____

Please complete this form to assess your potential exposure / possession of COVID-19 and other illnesses.

Are you currently free from illness? Yes No

During your time away from INSTITUTION, did you experience, or are you currently experiencing any of the following:

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

QUESTION	YES	NO
2-14 days prior to experiencing these symptoms, did you experience a suspected exposure to COVID-19?		
Have you had any direct contact with anyone who lives in or has visited a place where COVID-19 is spreading and/or is an area reporting an increased number of COVID-19 cases (i.e. "hot spots")?		
During your time away from SAU, have you been living in, or have visited an area reporting an increased number of COVID-19 cases (i.e. "hot spots")?		
Have you had any direct contact with someone that has a suspected or lab confirmed case of COVID-19? During your time away from SAU, did you self-quarantine due to suspected symptoms or exposure of COVID-19?		

Have you previously been or are you currently diagnosed with COVID-19?

YES NO

DATE OF DIAGNOSIS: ____/____/____

Do you have medical documentation to support your diagnosis and treatment of COVID-19?

YES NO

PHYSICIAN NAME: _____

PHYSICIAN LOCATION: _____

Please list any countries/states/cities you have traveled to since March 15th, 2020 and the dates you were there:

1. _____ Dates: _____
2. _____ Dates: _____
3. _____ Dates: _____
4. _____ Dates: _____
5. _____ Dates: _____

Student-Athlete Signature: _____ Date: _____

SAU Athletics Facilities Operational Plans

Facilitation of summer workouts

In order to maintain record and allow for proper sanitation of facilities, any and all use of the athletics facilities must be scheduled in advance. For scheduling of WT Watson facilities, contact Chris Vann, and for football facilities, contact Chris Vann or Coach Bill Keopple. For scheduling of Ribble Strength Training Center contact Ken Lucky.

All student-athletes who return to campus for voluntary summer workouts are required to complete the "Student-Athlete Voluntary Workout Request Form". This form is available on JumpForward and must be submitted prior to coming on campus on or after July 6th.

Ribble Weight Room and Mulerider Track Complex

Opening/Closing Procedures

- The weight room and track access must be locked/closed off at all times unless used for authorized workouts.
- Any student-athletes using the weight room or track for summer workouts must be supervised by a coach.
- The supervising coach must unlock the weight room and lock it back before and after every session.
 - Supervising coach will screen the athletes as they enter the facility and document the screenings.
- The supervising coach must also deny access to anyone not pre-approved to be in the facility at that time (i.e. non-athlete students, other employees).

Social Distancing Guidelines

- Face coverings must be worn at all times coming to and from facilities. In the weight room face covering is mandatory except when lifting or doing an exercise.
- There shall be NO MORE THAN 15 (fifteen) student-athletes in the weight room at one time.
- Student-athletes must maintain 12 (twelve) feet of distance between each other at all times.
- When using a cardio or circuit machine, the adjacent machines must be empty if within 12 feet.
- Track use must be done with social distancing in place. (At least 6 feet apart at all times)

Sanitation Procedures

- All student-athletes and coaches must use hand sanitizer when entering and exiting the weight room.
- All equipment (cardio and circuit machines, barbells, dumbbells, plates, bands, benches, mats, etc.) must be wiped or sprayed down with disinfectant after each use.
- All equipment (cardio and circuit machines, barbells, dumbbells, plates, bands, benches, mats, etc.) must be cleaned/disinfected after each group leaves the weight room.
- There must be a 20-30 minute break between each group which will allow for disinfecting and drying to accrue.

WT Watson Gym Courts

Opening/Closing Procedures

- The gym courts must be locked/closed off at all times unless used for authorized workouts.
- Any student-athletes using the gym courts for summer workouts must be supervised by a coach. (Supervised means that the coach must be in the facility while the activity is being performed)
- The supervising coach must unlock the gym court and lock it back before and after every session.
 - Supervising coach will screen the athletes as they enter the facility and document the screenings.
- The supervising coach must also deny access to anyone not pre-approved to be in the facility at that time (i.e. non-athlete students, other employees).

Social Distancing Guidelines

- There shall be NO MORE THAN 24 (twenty-four) student-athletes on the court floor at one time.
 - At max capacity, this gives each athlete ~84 square feet of court space.
- Student-athletes must maintain 6 (six) feet of distance between each other at all times unless athletic activity requires less spacing.
- Face coverings must be worn at all times coming to and from facilities.

Sanitation Procedures

- All student-athletes and coaches must use hand sanitizer when entering and exiting the gym court.
- All equipment (basketballs, cones, etc.) must be used by 1 person at a time and must be wiped or sprayed down with disinfectant after each use.

Outdoor Athletic Facilities

Opening/Closing Procedures

- All outdoor facilities must be locked/closed off at all times unless used for authorized workouts.
- Any student-athletes using an outdoor facility for summer workouts must be supervised by a coach. (Supervised means that the coach must be in the facility while the activity is being performed)
- The supervising coach must unlock the facility and lock it back before and after every session.
 - Supervising coach will screen the athletes as they enter the facility and document the screenings.
- The supervising coach must also deny access to anyone not pre-approved to be in the facility at that time (i.e. non-athlete students, other employees).

Social Distancing Guidelines

- Baseball/Softball batting cages are limited to 2 athletes in each cage at a time.
- Student-athletes must maintain 6 (six) feet of distance between each other at all times.
- Face coverings must be worn at all times coming to and from facilities.

Sanitation Procedures

- All student-athletes and coaches must use hand sanitizer when entering and exiting the outdoor facilities.
- All equipment (balls, cones, etc.) must be wiped or sprayed down with disinfectant after each session.

WT Watson Gym Athletic Training Room

Guidelines for use

- The WT Watson Gym Athletic Training Room (ATR) will be open Monday – Thursday during the summer by appointment only. Coaches should not send athletes to the main athletic training room for any purpose without first calling a staff athletic trainer.
 - Student-athletes will be required to wear face covering when entering the athletic training room.
 - Student-athletes will be screened before they are allowed to enter the ATR
 - Athletic training staff will wear PPEs at all times when dealing with athletes, students and staff.
- Any student-athlete with athletic training needs must contact their athletic trainer as soon as those needs are realized. Contact information is below:
 - Ken Cole; kdcole@saumag.edu Office: 870-235-4142
 - Marae Watkins; MaraeWatkins@saumag.edu Office: 870-235-5051
 - Rachel Gillespie; RachelGillespie@saumag.edu Office: 870-235-5229

**WAIVER/RELEASE AND COVENANT NOT TO SUE
FOR COMMUNICABLE DISEASES INCLUDING COVID-19**

ASSUMPTION OF RISK / WAIVER OF LIABILITY / INDEMNIFICATION AGREEMENT

In consideration of being allowed to participate on behalf of Southern Arkansas University athletics and related events and activities, the undersigned acknowledges, appreciates, and agrees that:

1. Participation includes possible exposure to and illness from infectious diseases including but not limited to MRSA, influenza, and COVID-19. While particular rules and personal discipline may reduce this risk, the risk of serious illness and death does exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation as regards protection against infectious diseases. If, however, I observe and any unusual or significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, HOLD HARMLESS, AND AGREE NOT TO SUE OR MAKE A CLAIM AGAINST Southern Arkansas University, their officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event, WITH RESPECT TO ANY AND ALL ILLNESS, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Name of participant: _____ Participant signature: _____

Date signed: _____

FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT THE TIME OF REGISTRATION)

This is to certify that I, as parent/guardian, with legal responsibility for this participant, have read and explained the provisions in this waiver/release to my child/ward including the risks of presence and participation and his/her personal responsibilities for adhering to the rules and regulations for protection against communicable diseases. Furthermore, my child/ward understands and accepts these risks and responsibilities. I for myself, my spouse, and child/ward do consent and agree to his/her release provided above for all the Releases' and myself, my spouse, and child/ward do release and agree to indemnify and hold harmless the Releases' for any and all liabilities incident to my minor child's/ward's presence or participation in these activities as provided above, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent provided by law.

Name of parent/guardian: _____ Parent guardian/signature: _____

Date signed: _____

Note: This signed waiver will remain valid unless written revocation is received from the above participant.

COVID-19 is a highly contagious infectious disease. The goal of the Southern Arkansas University Athletics Department is to protect all individuals by establishing recommendations to minimize the risk of exposure and mitigate the effects of the virus with the athletics and campus community.

I pledge to:

1. **Self-Monitor:** I will self-monitor for symptoms and will not enter SAU athletics facility with symptoms of illness. I will stay at home and report any illness by contacting my athletic trainer (by email, text, phone) as soon as possible.
 - **Symptoms** include cough, fever greater than 100.4 degrees, headache, chills, shortness of breath or difficulty breathing, unexplained muscle soreness, sore throat, new loss of sense of taste or smell, diarrhea/vomiting

2. **Practice good hygiene** at all times
 - **Wash hands** with soap and water for at least 20 seconds and/or use hand sanitizer after entering the facility, every hour throughout activity, after restroom use, before and after workouts, treatments/rehabilitation sessions, meeting, meals, and upon exiting the building.

3. **Participate in daily COVID-19 risk assessment and temperature screening.**

4. **Practice proper physical distancing:** Minimum of six (6) feet distance between individuals; limit gathering size; abide by posted facility parameters.

5. If physical distancing is not possible, **wear a mask/facial covering** during in-person meetings and interactions, strength and conditioning activities when required, taping, treatment and rehabilitation sessions, study halls, other campus appointments, etc.

Masks **are not a substitute from proper physical distancing. Even if wearing a mask, limit interactions of less than six (6) feet to a minimum.

6. **Participate in enhanced sanitation/disinfection at home/in dorm room and with athletics facilities:** Includes frequent disinfection of “high touch” surfaces and common areas. (i.e. Athletic Training facilities, Strength and Conditioning facilities, Dining facilities, High use locker rooms, Doorknobs, Counters, Eating Utensils, Towels, Phones, Keyboards).

7. **Inform** the SAU Athletic Training staff of any potential issues that may affect the physical wellness of teammates. (i.e. traveling to high risk areas, engaging in high risk behavior).

I recognize that participating in SAU athletics is a privilege, and that student-athletes are held to a higher standard. Words and actions matter and can influence what others do. **As a SAU student-athlete, I pledge to accept the responsibility to abide by these guidelines in order to keep myself, my teammates, and the SAU Athletics Staff as safe as possible.**

Student-Athlete Name (PRINT) _____

Sport: _____

Student-Athlete Signature: _____

Date: _____