

**Howard College Athletics**  
**COVID-19 Preparedness, Education, and Response Plan**

**Overview**

In conjunction with applicable College leadership and local/state health officials, the Department of Athletics is closely monitoring reports from the Centers for Disease Control and Prevention (CDC) regarding Coronavirus Disease 2019 (COVID-19). I have been provided with, and reviewed, the Open Howard College and the COVID-19 Preparedness, Education and Response Plan.

The guidelines below are designed to be fluid in nature and may be adjusted based on recommendations or mandates from the College's administration and the COVID-19 Response Team. Howard College Athletics will continue to follow guidance from public health officials, the College, the WJCAC Conference, NJCAA Region 5 NIRA and the NJCAA to ensure we are acting with the health, welfare, and safety of our student-athletes, coaches and staff in mind. Howard College may impose other restrictions or measures as situations dictate in addition to or in place of measures outlined in this document.

**Educate/Communicate**

1. Distribute/reinforce notifications from College officials through departmental and team-specific communications.
2. Utilize standard communications in alignment with the College's standard procedures to provide coaches and staff with the intent of answering questions from student athletes and/or their parents or legal guardians with a degree of continuity.
3. Post signs and flyers in locker rooms and public restrooms with important healthy habits and hygiene reminders.
4. Utilize athletics and Dorothy Garrett Coliseum events as an opportunity to further educate the general public about proper hygiene and preventive measures. (e.g., PA announcements/reminders).
5. Provide education to the student-athletes, coaches, and staff to know and understand the College policy regarding the triage and clinical management of individuals presenting upper respiratory/flu-like symptoms.
6. Student-athletes demonstrating signs and symptoms of upper respiratory/flu-like symptoms will be withheld from athletics participation until he/she has been evaluated by a healthcare professional.

### **Individual / Team Travel**

Howard College Athletics will follow approved College protocol related to travel. However, the following guidelines and considerations shall apply:

1. The Athletic Department will monitor travel advisories issued by the College or CDC and will remain abreast of those areas/regions that are considered higher than average risk.
2. The Athletic Department will ensure that all team and individual travel pre-approvals are submitted and administratively reviewed in a timely manner to allow for proper assessment of potential travel into higher-risk areas.
3. Howard College's Certified athletic trainers will be provided with resources and guidelines regarding Student Athlete safety during road trips.
4. Overnight travel will be considered and approved in advance by the Administration.

### **Athletics and Dorothy Garrett Coliseum Events**

In the interest of public health and Student Athlete safety, the following considerations will be given with regards to athletics and Dorothy Garrett Coliseum events:

1. The Athletic Department will work closely with the WJCAC, NIRA Region 5 and the NJCAA and coordinate scheduling changes as needed.
2. Post signs and flyers in locker rooms and public restrooms with important healthy habits and hygiene reminders.
3. Based on availability, Thermal/Sanitization stations and hand Sanitizer stations will be made available throughout all athletic venues.
4. All athletic venues will be equipped with cleaning supplies such as tissues, waste baskets, and cleaners/disinfectants.
5. Continue to follow Howard College's policies for cleaning and disinfecting facilities such as team locker rooms, training rooms, restrooms, etc.

### **Athlete's/Institutional Responsibilities**

1. Mandatory Infectious Disease Education for each athlete upon initial arrival/return to campus.
2. Sign a mandatory "Social Responsibility Pledge" (Attachment B)

3. Daily Student Athlete Procedures-Complete a daily self-screening including a symptom checklist.
4. A standard Screening Checklist (Attachment A) must be completed or communicated to the Howard College staff in charge of the facility prior to entering the Athletic Training facility or any Strength/Conditioning Facility.
5. Positive answers to any question on the daily screening will cause athlete to be instructed not to report to any Howard College athletic or other campus facilities, and will be referred to an appropriate health care provider.
6. Athletes who present as symptom free on the survey will undergo a non-contact temperature check.
7. Athletes who present with temperatures of 100.0 degrees or higher will not be permitted to enter the facility and will be referred to an appropriate medical provider.
8. If a referral is required, athletes will be directed to an appointment for testing, followed by isolation in a College specified quarantine facility, contact tracing and finally clearance.
9. Student-athletes will be assisted by the sports medicine staff in scheduling an appointment with a local medical provider for testing.
10. Student-athletes and their close contacts will be asked to self-quarantine in their rooms, pending the results of COVID-19 testing.

### **Response Plan to a Positive COVID 19 Test**

1. Howard College officials, Athletic Training staff and the Athletic Department will be notified of a positive test.
2. Student-Athletes receiving a lab confirmed positive test result for COVID-19 or were exposed to someone with COVID-19/lab confirmed within the last 14 days, will be required to isolate/quarantine according to Campus Health Protocols.
3. Any student who tests positive may return home for the isolation period.
4. An isolation facility will be provided for those who cannot travel home.
5. While isolated in the College specified quarantine facility, a staff member will deliver meals to the isolated athlete.

6. Student-athletes may return from isolation once cleared by a medical provider and/or the Howard College Athletic Training staff.
7. Minimum criteria to return includes 10 days from the positive test and symptom free for 3 days. Without symptoms, return will be 10 days after the test.
8. All close contacts will be notified of the need to schedule testing and required to self-quarantine for 14 days according to campus policy. If the test returns positive, the status will revert to positive case status and associated procedures will be followed.
9. All other contacts will be notified that they did have contact with a COVID-19 positive individual and advised to closely monitor themselves for symptoms.
10. Return to activity will be gradual and follow Howard College's established transition guidelines.

### **Locker Rooms/Practice/Other**

1. Locker rooms will be off limits to all athletes until notified otherwise by the appropriate College officials.
2. Athletes will be provided with two sets of practice apparel to wear during workouts.
3. Athletes will wear freshly washed and sanitized practice apparel every day.
4. Athletes will wear face coverings/masks when possible and when social distancing is not possible or practical including in locker rooms, at practice or when on the bench or in dugouts. Group meetings at or above 50% of room capacity will require face coverings/masks.
5. Air purifiers will be utilized in each of the locker rooms.
6. Stretching loops and foam rollers will be placed in the locker room, athletes will not be allowed to do this in the athletic training room.

### **Athletic Training Facility**

1. The Athletic Training facility will be cleaned thoroughly and sanitized daily and between treatments.
2. Treatment stations and tables spaced 6 feet apart.

3. Maximum of 5 student-athletes to occupy room at any one time.
4. Treatments will be at assigned times and by appointment.
5. All evaluations and rehabs will be by appointment only, except for acute injuries.
6. Use of the whirlpool tub will not be authorized unless permitted by the athletic trainer. If used, the tub will for single use and then drained, cleaned and sanitized after use. The cold tubs/ice baths will not be permitted as social distance and sanitation protocols are not possible.
7. No shared pillows, wedges, supports, hot pack covers, etc.
8. No shared ace wraps, e-stem pads, game ready sleeves, compression boots, etc.

Attachment A

# Standard COVID-19 Screening Checklist

(yes or no)

1. \_\_\_\_\_ Have you been lab diagnosed with COVID-19 or have you exhibited any of the symptoms that are consistent with COVID-19:
  - Cough
  - Shortness of breath or difficulty breathing
  - Chills
  - Repeated shaking with chills
  - Muscle/body aches or pain
  - Headache
  - Sore throat
  - Loss of taste or smell
  - Diarrhea
  - Nausea or vomiting
  - Congestion or runny nose
  - Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit.
  
2. \_\_\_\_\_ Have you been around anyone that is a lab confirmed case of COVID-19?
  
3. \_\_\_\_\_ Have you been around anyone that has exhibited symptoms of COVID-19?

# Howard College

## COVID-19 Social Responsibility Statement

I, \_\_\_\_\_ acknowledge that we are currently co-existing with the COVID-19 virus and I am responsible for my own health as well as the health and safety of others within the Howard College community. I have been provided with, and reviewed Howard College's COVID-19 Preparedness, Education and Response Plan. I understand the guidelines that have been provided to me from Howard College and the Athletics Department. I understand it is my responsibility to strictly adhere to these policies for my health and safety and those around me. I agree that it is my responsibility to (initial each statement):

- \_\_\_\_\_ Immediately report any symptoms that are consistent with COVID-19: Cough; Shortness of breath or difficulty breathing; Chills; Repeated shaking with chills; Muscle/body aches or pain; Headache; Sore throat; Loss of taste or smell; Diarrhea; Nausea or vomiting; Congestion or runny nose; Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit. Also report any exposure to a lab confirmed COVID-19 individual or if you have been lab confirmed COVID-19 positive.
- \_\_\_\_\_ Maintain social distance (6 feet apart) from others.
- \_\_\_\_\_ Wash my hands often for 20 seconds or more. When soap and water is not available, I will use hand sanitizer.
- \_\_\_\_\_ Properly wear a face covering when on campus and in the community.
- \_\_\_\_\_ Stay at home if I am feeling sick.
- \_\_\_\_\_ Keep my personal space, shared common space, and my belongings clean.

I, \_\_\_\_\_ commit to not put others or myself in harm's way. I understand that I play an important role in keeping our Howard College community safe and helping stop the spread of COVID-19.

Signature \_\_\_\_\_ Date \_\_\_\_\_