

# Queensborough Community College

## Return to Sport Protocol

### Sports Medicine Staff:

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### What is Covid-19?

On February 11, 2020 the World Health Organization announced an official name for the disease that is causing the 2019 novel coronavirus outbreak, first identified in Wuhan China. The new name of this disease is coronavirus disease 2019, abbreviated as COVID-19. In COVID-19, 'CO' stands for 'corona,' 'VI' for 'virus,' and 'D' for disease. Formerly, this disease was referred to as "2019 novel coronavirus" or "2019-nCoV".

There are many types of human coronaviruses including some that commonly cause mild upper-respiratory tract illnesses. COVID-19 is a new disease, caused by a novel (or new) coronavirus that has not previously been seen in humans.

-Centers for Disease Control and Prevention (July 15, 2020)

### What are symptoms of Covid-19?

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

Fever or chills

Cough

Shortness of breath or difficulty breathing

Fatigue

Muscle or body aches

Headache

New loss of taste or smell

Sore throat

Congestion or runny nose

Nausea or vomiting

Diarrhea

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.

-Centers for Disease Control and Prevention (May 13, 2020)

*Updated: April 15, 2021*

### High-Risk Individuals:

- Certain individuals have been identified as being at higher risk for severe complications and death from COVID-19, and they include those with:
  - Age greater than or equal to 65.
  - Chronic lung disease, including moderate and severe asthma.
  - Serious heart conditions.
  - Immune system compromise.
  - Severe obesity with body mass index greater than or equal to 40.
  - Diabetes mellitus.
  - Chronic kidney disease with dialysis treatment.
  - Liver disease.
  - Sickle cell disease (not sickle cell trait).

-NCAA COVID-19 Advisory Panel

Please refer to your Primary Care Physician to identify if you are categorized as a high-risk individual. Please contact the Athletic Trainer to prepare an individualized plan for resocialization if you are determined to be a high-risk individual. Proper documentation must be provided.

### Athletics Specific Risk Mitigating Strategies:

- All Athletics department staff, coaches, student-athletes and visitors will be required to follow the guidelines put forth by CUNY in the CUNY reopening guidelines document which requires an individual to complete the Everbridge app prior to entry to any CUNY campus. QCC would also be utilizing a department specific daily symptom survey for all athletes prior to attending any athletics activities for the day through an app that will be determined by the Athletic Trainer and Athletic Director (i.e., Sway).
- Temperature checks will be conducted in accordance with the requirements set out in the CUNY Guidelines for Safe Campus Reopening Plan.
  - Temperature checks with a non-contact thermometer will be mandatory. Anyone who displays a temperature above 100.4° F will be denied entry to the campus and all athletics facilities. They will be referred to a physician and asked to go home and self-isolate, depending on their symptoms.
- Personal Protective Equipment (PPE) and Sanitizing:
  - QCC 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 will include EPA approved cleaning and disinfecting products for use on high contact surfaces as well as hand sanitizer, soaps and wipes.
  - QCC has secured and will have an adequate supply of PPE (at least a 90-day supply) for student-athletes, coaches, and Athletics staff. QCC administration has

a plan in place to restock PPE supplies as supplies are exhausted in accordance with the CUNY Guidelines for Safe Campus Reopening Plan.

- The use of gloves and eye protection especially for support staff that regularly interact with athletes in close contact (e.g., athletic trainer, physician, conditioning coaches, ball handlers) will be provided. If gloves are not worn, staff will perform hand hygiene before and after such interactions with athletes according to the NYS Interim Guidance for Professional Sports Competitions with Fans, March 22, 2021.

Theoretically, if a team can successfully implement universal masking and distancing practices during athletically related activities, it could reduce the risk of spread in the event of an infected team member. Individuals who participate in athletics activities while in proximity (less than 6 feet) to an infected individual (and who may otherwise be considered a high-risk contact because of that proximity) could possibly not be considered a high-risk contact for contact tracing purposes if the infected individual was wearing a mask during those athletics activities. These considerations would be made by the Athletic Trainer and the Athletic Director on a case-by-case basis and may change based on the most recent data available. Overall, universal masking practices have the potential to ease the operational burden that would otherwise accompany managing a community or team outbreak.

- **Practice Considerations:**

- Training, practice and competition should be conducted outdoors whenever feasible.
- For indoor training, air flow should be maximized, and physical distancing maintained as feasible.
- Student-athletes **MUST** wear masks upon entry to campus athletics buildings and continue to wear them for the duration of their time inside. Masks should be worn during practice drills and exertional activities.
- Student-athletes and staff should practice in functional units, comprised of 5-10 individuals, for phases one and two of resocialization of sport.

### Pre-Participation Screening Process

- Prior to any intercollegiate participation, student-athletes are required to complete a pre-participation physical, which incorporates a thorough COVID-19 questionnaire screening (Appendix I from the CUNYAC Return to Sports Plan). 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.
- Additionally, it is strongly recommended that all student-athletes obtain an EKG and an antibody test. The EKG is mandatory for athletes who have tested positive for COVID-19 and/or were hospitalized or had severe symptoms in the past consistent with COVID-19, but never got tested. An efficient and safe way to get the recommended and mandatory testing is to encourage the student-athletes to go through their primary care physician (PCP). Alternative routes for student-athletes testing without a PCP may be pre-arranged through affiliated or other public healthcare facilities designated by the CUNYAC COVID-19 Medical Advisory Board (Appendix II, III of the CUNY Return to Sport Plan). These arrangements must adhere to social distancing and safety guidelines. Once all appropriate medical testing is complete, the guidelines outlined below will be applied.
    - 1. Student-athletes, athletics staff and coaches will be required to get a COVID-19 test prior to returning to campus. This test MUST have been performed within 72 hours (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, coaches and staff will not be allowed into training facilities or competition without showing proof of negative test.
    - 2. Athletic staff and coaches are required to be tested prior to returning to campus.
    - 3. Any student-athlete that tested positive for COVID-19 may be required to have a cardiac evaluation performed by a provider recommended by their college's team physician or Athletic Trainer.

#### Coaching Staff Resocialization Guidelines:

- All staff MUST adhere to all CUNY Guidelines for Safe Campus Reopening prior to returning to campus including but not limited to daily screening, reporting symptoms, communication of possible exposure, tracing and tracking protocol, etc.
- Any staff that has determined to have possible exposure to the virus MUST contact both the Athletic Director and Athletic Trainer immediately along with adhering to the communication plan put in place at QCC.
- All staff MUST complete the Sports Safety International COVIDWise online course and provide the certificate of completion to the Athletic Director or Athletic Trainer. The course can be found at <https://sportsafety.com/covidwise-course/#course>.
- All coaching staff MUST follow the guidelines put forth by CUNY in the CUNY Guidelines for Safe Campus Reopening Plan, which requires an individual to complete the Everbridge app prior to entry to any CUNY campus. Temperature checks will be conducted in accordance with the requirements set out in the CUNY Guidelines for Safe Campus Reopening Plan.

- All coaching staff MUST also complete the department specific daily symptom survey prior to attending team gatherings.
- All coaching staff MUST wear a face covering during all team activities. **Gaiters and face shields are not mask alternatives and cannot be worn without a mask.**
- Staff that are deemed high-risk or have close contact with high-risk family members can contact the Athletic Trainer to create an individualized risk-mitigation plan for the safety of themselves and family members.

#### Student-Athletes Resocialization Guidelines:

- All student-athletes MUST complete the Screening Process deemed by the CUNYAC Return to Sport Plan prior to participation.
- All student-athletes MUST adhere to all CUNY Guidelines for Safe Campus Reopening prior to returning to campus including but not limited to daily screening, reporting symptoms, communication of possible exposure, tracing and tracking protocol, etc.
- Any student-athlete that has determined to have possible exposure to the virus MUST contact both the Athletic Director and Athletic Trainer immediately along with adhering to the communication and tracing plan in place at QCC.
- All student-athletes MUST follow the guidelines put forth by CUNY in the CUNY Guidelines for Safe Campus Reopening Plan, which requires an individual to complete the Everbridge app prior to entry to any CUNY campus. Temperature checks will be conducted in accordance with the requirements set out in the CUNY Guidelines for Safe Campus Reopening Plan.
- All student-athletes MUST also complete the department specific daily symptom survey prior to attending team gatherings.
- All student-athletes MUST wear face masks during team activities. **Gaiters and face shields are not mask alternatives and cannot be worn without a mask.**
- Student-Athletes that are deemed high-risk or have close contact with high-risk family members can contact the Athletic Trainer to create an individualized risk-mitigation plan for the safety of themselves and family members.
- The Athletic Trainer and Athletic Director will have the final say of who can participate at each team gathering, practice or game.
- Student-Athletes that do not adhere to the guidelines and/or policies that are provided to maintain a safe environment for QCC Athletics will be subject to, but not limited to participation suspension, removal from the roster and/or campus-wide disciplinary action.

#### When student-athlete or staff is symptomatic

- The student-athlete or staff member will be removed from any facilities and placed in a specified quarantine area until they can return home or to the proper medical facility.
- All guidelines and documentation from the QCC guidelines for a symptomatic individual will be followed to safely transport the student-athlete or staff member home or to the proper medical facility.

- The contact tracing protocols put in place by CUNY and adhered to by QCC will be followed.
- Student-Athletes and staff who were deemed symptomatic may not return to team gatherings prior to being cleared by both the Athletic Trainer and the Athletic Director under any circumstances including but not limited to feeling better, symptoms are gone, doctor's clearance note, etc.
- Proper documentation MUST be provided and a return to play/work plan will be created for the symptomatic individual by the Athletics Administrators along with the Coronavirus Campus Liaison of QCC.

### Resocialization Phases

- **Phase 1: Returning to pre-activity gatherings**
  1. All guidelines from the CUNY Guidelines for Safe Campus Reopening Plan, the QCC Campus Reopening Plan, and the CUNYAC Guidelines for Return to Sport Plan MUST be followed prior to returning to campus.
  2. Both the Everbridge protocol and the department specific daily symptom survey MUST be completed prior to attending any in-person gathering. Coaches will confirm with the Athletic Trainer prior to a gathering, that participants have completed all steps prior to attending any team activity.
  3. Physical distancing of 6 feet or more continues.
  4. Gatherings can only include 5-10 individuals unless sanctioned by the Athletic Trainer and the Athletic Director with precautionary measures of physical distancing and sanitization are in place.
  5. Gyms and common areas where student-athletes and staff are likely to congregate and interact, should remain closed unless strict distancing and sanitation protocols can be implemented.
  6. Virtual meetings should be encouraged whenever possible and feasible.
  7. Non-essential travel should be minimized, and CDC, state, local guidelines regarding isolation after travel should be implemented. Please follow QCC tracing guidelines when returning from out of state travel. Also, MUST notify Athletic Trainer if returning from travel to another state.
  8. Masks are mandatory upon entry to campus athletics buildings and will continue to be worn for the duration of their time inside.
  9. Repetitive handling of a shared objects such as pens, notebooks, computers, game balls, and other shared equipment should be avoided.
  10. If equipment is shared, this should be done in a controlled manner with strict attention to sanitizing hands, the ball and avoidance of face touching.
- **Phase 2: Returning to practice**
  1. All guidelines from the CUNY Guidelines for Safe Campus Reopening Plan, the QCC Campus Reopening Plan, and the CUNYAC Guidelines for Return to Sport Plan MUST be followed prior to returning to campus.

2. Both the Everbridge protocol and the department specific daily symptom survey MUST be completed prior to attending any in person gathering. Coaches will confirm with Athletic Trainer prior to the gathering, that participants have completed all steps prior to attending any team activity.
  3. ONLY team personnel allowed to be in the location of the practice. Team personnel includes coaching staff, Athletics Administrators, and current rostered players. Any other person that is attending the session MUST be cleared by the Athletic Director and Athletic Trainer prior to the start of the session.
  4. Physical distancing should continue.
  5. Gatherings can only include 5-10 individuals unless sanctioned by the Athletic Trainer and the Athletic Director with precautionary measures of physical distancing and sanitization are in place.
  6. Gym and common areas where student-athletes and staff are likely to congregate and interact should remain closed, or appropriate distancing and sanitation protocols should be implemented.
  7. Virtual meetings should continue to be encouraged whenever possible and feasible.
  8. Non-essential travel may resume but must still adhere to CDC, state and local guidelines regarding isolation after travel. Team travel MUST be cleared with Athletic Director and Athletic Trainer prior to scheduling.
  9. Masks are mandatory upon entry to campus athletics buildings and will continue to be worn for the duration of their time inside.
  10. This phase allows for more organized group activities:
    - The sharing of common objects such as game balls should be done in a controlled manner with attention to sanitizing balls and hands, and avoidance of face touching.
    - If equipment is shared, it should be done with attention to sound sanitizing practices.
- **Phase 3: Return to In-Season Play**
    1. All guidelines from the CUNY Guidelines for Safe Campus Reopening Plan, the QCC Campus Reopening Plan, and the CUNYAC Guidelines for Return to Sport Plan MUST be followed prior to returning to campus.
    2. Both the Everbridge protocol and the department specific daily symptom survey MUST be completed prior to attending any in person gathering. Coaches will confirm with Athletic Trainer prior to the gathering, that participants have completed all steps prior to attending any team activity.
    3. All visiting team personnel including but not limited to coaching staff, administrators, security, student athletes, etc. will need to adhere to the CUNY Guidelines for Safe Campus Reopening Plan which requires an individual to complete the Everbridge app prior to entry to any CUNY campus.
    4. Student-Athletes and coaching staff MUST have attended a practice or team gathering while following all guidelines at least 48 hours prior to competition and have no positive symptoms in order to compete.

5. ONLY team personnel are allowed to be in the location of practice and on the bench for a game. Team personnel includes coaching staff, Athletics Administrators, and current rostered players. Any other person that is attending the session MUST be cleared by the Athletic Director and Athletic Trainer prior to the start of the session.
6. Gym and common areas where student-athletes and staff are likely to congregate and interact can re-open if appropriate sanitation protocols are implemented, but even low-risk populations should consider minimizing time spent in crowded environments.
7. No spectators ~~for both home and away teams~~ will be ~~allowed~~ permitted from either the host institution (Queensborough) or the visiting team. If spectators are permitted to attend any home event. Spectators for away events MUST not hosted by Queensborough, all fans will be required to follow the guidelines of set forth by the away team host institution/venue.
8. Masks are mandatory upon entry to campus athletics buildings and will continue to be worn for the duration of their time inside.
9. Repetitive handling of common objects such as game balls and other shared equipment may become more commonplace, but still will need to adhere to proper sanitizing practices.

\*Because of the increase in contact among individuals, it remains important to be aware of the possibility of new infections and the important role that contact tracing will play in those scenarios. \*

### Equipment Hygiene

1. All student-athletes and coaching staff MUST wash hands with antibacterial soap prior to attending team gathering whether a meeting, practice, or game.
2. QCC will conduct regular cleaning and disinfection of the site and more frequent cleaning and disinfection for high-risk areas used by many individuals, for frequently touched surfaces, and potentially absorbent items (e.g., cloth workout bands, ropes). Cleaning and disinfection MUST be rigorous and ongoing and should occur at least after each practice or workout, daily at a minimum, or more frequently as needed.
3. All equipment and tools are regularly cleaned and disinfected using EPA approved 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.
4. 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.
5. All shared equipment that has been touched by any student-athlete and coaching staff MUST be disinfected and sanitized with EPA approved disinfectant at the conclusion of every team gathering. Each team will be supplied with adequate supplies to sanitize equipment.

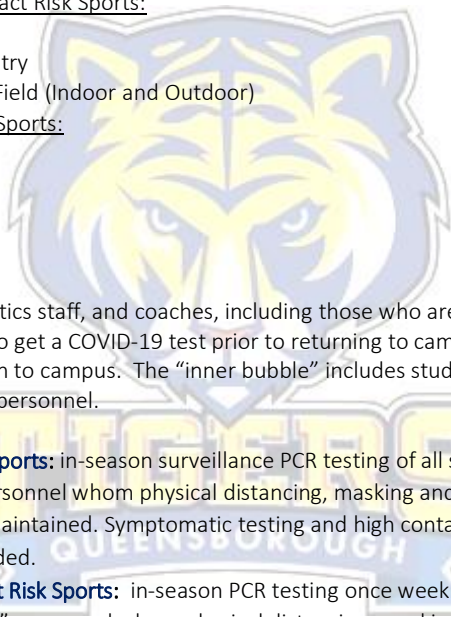


6. When possible, please refrain from sharing personal equipment including but not limited to shoes/cleats, towels, gloves, socks, face coverings/masks, goggles, helmets, shin guards, batons, water bottles, etc.
7. EPA approved and sanitizers will be made available at all facilities used for frequent use during practice and games.

### Covid-19 Contact Risk Levels ~~(Sports offered at Queensborough)~~

\*\*The section below lists sports that are offered by QCC, and how each of those teams will be categorized for level of contact risk:

- Low Contact Risk Sports:
  - Swimming
- Intermediate Contact Risk Sports:
  - Baseball
  - Cross Country
  - Track and Field (Indoor and Outdoor)
- High Contact Risk Sports:
  - Basketball
  - Soccer
  - Volleyball



### Testing Strategies

All student-athletes, athletics staff, and coaches, including those who are included in the “inner bubble” will be required to get a COVID-19 test prior to returning to campus performed within 72 hours of physical return to campus. The “inner bubble” includes student-athletes, coaches, ATC’s and essential team personnel.

- **Low Contact Risk Sports:** in-season surveillance PCR testing of all student-athletes, plus “inner bubble” personnel whom physical distancing, masking and other protective features are not maintained. Symptomatic testing and high contact risk testing to be performed as needed.
- **Immediate Contact Risk Sports:** in-season PCR testing once weekly of all student-athletes, plus “inner bubble” personnel whom physical distancing, masking and other protective features are not maintained. Symptomatic testing and high contact risk testing to be performed as needed.
- **High Contact Risk Sports:** in-season PCR testing three times weekly (non-consecutive days) for all indoor sports, or once weekly for all outdoor sports of all student-athletes, plus “inner bubble” personnel whom physical distancing, masking and other protective features are not maintained. During out-of-season athletic activities, surveillance PCR testing should be performed as with Intermediate Contact Risk Sports. Symptomatic testing and high contact risk testing to be performed as needed.

### Positive Results

Updated: April 15, 2021

- If a student-athlete tests positive for COVID-19, they MUST immediately notify the Athletic Trainer. The Athletic Trainer will then notify the Team Physician, and the Athletic Director, who will then notify the QCC Coronavirus Campus Liaison.
- The Athletic Trainer will also notify, under HIPPA guidelines, any outside institution that the infected student-athlete has come into contact with during competition.
- Contact tracing within the Athletics Department and all external programs that are deemed exposed will provide an expedited response. QCC's Contact Tracing Protocol will be adhered to as well through the QCC Coronavirus Campus Liaison.

#### Return to Participation After Infection

- Student-athletes who have tested positive may return to activity only after both QCC guidelines as well as CUNYAC guidelines have been followed for return to participation after testing positive.
- Once cleared by the Athletic Trainer and the Athletic Director, the student-athlete may then proceed through a re-acclimatization and condition program overseen by the Athletic Trainer. Each re-acclimatization program will be on a per-case basis, created by the Athletic Trainer according to how the infection affected each individual.

#### Facilities and Equipment Guidelines and Policies:

- All facilities will be sanitized according to the hygiene and disinfecting guidelines in place at Queensborough Community College.
- Maximum Occupancy is based on the square footage of each area and the CUNY recommendation of 100-200 square feet per individual.

#### Signage:

1. QCC will put in place practices for adequate social distancing in small areas with flagging systems to restrict occupancy when social distancing cannot be maintained. Below are the only locations that teams will have access to:

#### Athletic Training Room (Maximum Occupancy-4):

- If a student-athlete requires treatment, they MUST make an appointment via an online or email system.
- According to the CUNYAC Guidelines for Return to Sport Plan, the number of student-athletes permitted in an athletic training room at any one time will be 50% of the maximum occupancy as set by the certificate of occupancy. Social distancing MUST be maintained and enforced as much as possible.
- Student-athletes, coaches, athletics staff and any other visitors MUST wear masks upon entry to all campuses and continue to wear them for the duration of their time inside, which includes athletic training rooms.
- 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.
- 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.
- Student athletes will be required to sign-in electronically for their appointments.

- o Athletes MUST wipe down any rehab equipment that they use immediately e.g., ankle weights & mini bands.
- o The athletic trainer or designated staff will sanitize all tables and surfaces immediately after each athlete usage, with EPA approved cleaning products.

**Locker Rooms (Maximum Occupancy-14):**

1. No locker rooms access will be available for practices or events. A specified and properly disinfected changing room may be set up on a case-by-case basis. The decision will be made by the Athletic Trainer and Athletic Director as deemed necessary.

**Gymnasium (Maximum Occupancy-124):**

1. Teams can only be in the gym during their allocated time slot.
2. The doors must remain closed during practice to mitigate any outsiders from entering during practice.
3. Teams are to enter and exit together as a team to limit the doors being left open.

**Outdoor Track and Soccer Field Facility: (Maximum Occupancy-N/A, social distancing in place):**

1. Social distance protocols MUST always be adhered to.
2. Usage of the track must be staggered, utilizing every 3<sup>rd</sup> lane.
3. Any equipment which is shared (i.e., batons, javelins, shot puts, discs, hammers, etc.) must be disinfected before and after each use/throw.
4. No spitting on the track or any vicinity of the track will be allowed.

**Team Equipment:**

1. Equipment deemed to be school issued team equipment can only be used during formal team gatherings arranged by the coaching staff.
2. Athletes may not borrow or practice on their own using QCC facilities and equipment during non-practice hours.
3. All team equipment must be stored in a clean and sanitary method in which it will not be contaminated prior to the next use.

**Intercollegiate Competition Guidelines**

- All gameday staff, student-athletes, coaching staff, and other QCC employees in attendance at the event MUST complete Everbridge protocol in accordance with CUNY Guidelines for Safe Campus Reopening Plan. Temperatures will be checked in accordance with the requirements set out in the CUNY Guidelines for Safe Campus Reopening Plan.
- QCC will ensure sufficient signs will be 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 mask, except for athletes when engaged in training, warming up or actively participating in competition, as well as 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)

- Positives for any of the following symptoms will rule the student-athlete, coach, official or gameday staff member out of the competition and they MUST remain at home, unless cleared by the host 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
- 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.
- Student-athletes, coaches, officials, and game day staff MUST wear masks upon entry to the building and continue to wear them for the duration of their time inside the building. On-site administrator MUST ensure that all individuals always wear appropriate face coverings when in the venue, except for athletes when engaged in training, warming up, or actively participating in competition, as well as broadcast media personnel when it interferes with the core activity. Players MUST wear a face covering while on the sidelines and not actively engaged in play. (NYS Interim Guidance for Professional Sports Competitions with Fans, March 22, 2021).
- 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. During time outs, all efforts should be made to maintain social distancing, but it is understood that this may be difficult.
- 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.
- QCC will provide single use cups, a water fountain and treatment ice.

- Student-Athletes MUST perform hand hygiene before and after inserting or removing mouthguards.” (NYS Interim Guidance for Professional Sports Competitions with Fans, March 22, 2021)
- Towels will not be provided. Student athletes and coaches MUST bring their own individually labeled towels. Sharing is discouraged.
- 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).
- During gameday set up, benches will be placed an acceptable distance apart in order to maintain social distancing regulations. Individual seating of gameday staff and officials will also be staggered to accommodate these regulations. Sports that require switching of benches during competition will forgo this and remain on one side for the duration of the event.
- Officials should exercise the option of electronic whistles.
- Post competition sanitization of benches, equipment and high contact surfaces will be undertaken by college custodial staff with EPA approved products.
- There will be no locker room, shower, meeting room use available for both home and visiting teams, as well as officials.

**Gameday Staff:**

- **Tier 1: (Closest to competition athletes)**
  - Student-Athletes
  - Coaching staff
  - Officials
  - Athletic Trainer
  - Athletic Director
  - Ball Handlers
  - CUNY Public Safety Officers
  - Building and Grounds staff
- **Tier 2:**
  - Scorer’s Table staff
  - Media and Broadcast personnel
  - Athletics Department employees
- Tier 1 staff will be the only personnel allowed to encounter any home or visiting team personnel, equipment used in competition, any shared equipment including but not limited to chairs, benches, single use cups, balls, nets, bats, etc.
- Tier 2 staff will be the only other staff allowed in the venue during competition.

**Visiting Teams:**

- CUNY requires all campus visitors to complete the Everbridge protocol. Visiting teams will be required to provide travel party information 3 days prior to the game to be added and provided access to the Everbridge app.
- The visiting teams MUST provide the Athletic Director with a list of all visiting team personnel and players that will be arriving for the competition at least 48 hours prior to the scheduled game time.
- Upon arrival to campus the visiting team will be directed by QCC Public Safety on where to enter campus. For events at the RFK Gymnasium or the Soccer/Track facility, the visiting team will enter via the Public Safety Checkpoint at Parking Field 4.
- Once Public Safety has checked in all visitors according to the CUNY Guidelines for Safe Campus Reopening Plan, they will direct the visitors to the entrance deemed cleared by the Athletic Director.
- Visiting team will be provided with a socially distanced bench area to prepare for their competition. There will not be locker room, shower, or athletic training room access for the visiting team. Restrooms with proper social distancing premeasures and proper flagging when occupied will be provided.
- All visiting teams are recommended to be prepared for games by their ATC prior to travel. The host ATC will not provide pre-game taping to a visiting team.
- The visiting team will be responsible for providing personal water bottles and towels for their team. Host school will only provide hand sanitizer, single use cups, a water source, and treatment ice.

#### **Fans and Spectators:**

QCC does not intend to permit spectators at events hosted by the institution until further notice. The decision to permit spectators will be made by the campus administration, and will be re-evaluated for its feasibility on an on-going basis. Once the decision is made to permit spectators, the following will be adhered to:

- According to the NYS Supplemental Guidance for Athletics at Higher Education Institutions During the COVID-19 Public Health Emergency (April 1, 2021):
  - Effective April 2, 2021, the spectator capacity of higher education sports venues hosting intramural and/or club sports may increase above the social gathering limit to the lesser of 50% of the maximum occupancy of any indoor area/sufficient outdoor space to allow for six feet of separation between individuals (except from members of their household or family) OR 150 spectators indoors or 500 spectators outdoors; provided, however, that all spectators MUST present a recent negative diagnostic test result or proof of immunization before entering the venue.
  - Additionally, spectators are only authorized to attend an intercollegiate sport competition or training program under one of the following conditions:

- Within the spectator capacity permitted above for intramural and/or club sports at higher education sports venue (i.e., the lesser of 50% maximum capacity indoor/sufficient outdoor space for social distancing OR 100 spectators indoors/200 spectators outdoors, which can increase to 150 spectators indoors/500 spectators outdoors on April 2, 2021 provided that all spectators over the age of two present a recent negative diagnostic test result or proof of completed immunization); OR
  - Within the spectator capacity permitted for professional sports arenas and stadiums, which allows higher education venues with an indoor capacity of 1,500 or more spectators or an outdoor capacity of 2,500 or more to accommodate no more than 10% of the maximum seated capacity for a fixed seating venue or 10% of the maximum occupancy for a flexible seating venue as set by the certificate of occupancy. Effective April 2, 2021, the total number of spectators at intercollegiate sports competitions occurring in outdoor venues MUST be limited to no more than 20% of the maximum capacity or occupancy, as applicable.
- Although the NYS guidance has allowed the inclusion of fans and spectators at sporting events, due to the need for staffing to regulate and adhere to the CUNY Guidelines for Safe Reopening Plan, the Athletic Director, in conjunction with guidance provided by the QCC Administration, will have the final say if fans will be permitted to enter the venue of competition.
  - All fans and spectators will need to adhere to the visitor guidelines of the CUNY Guidelines for Safe Reopening Plan regarding completing the Everbridge symptom checker, provide a negative COVID-19 test within 72 hours prior to arrival at campus.

#### Discontinuation of Athletics

In the event of any of the following scenarios, QCC Athletics will move to discontinue all athletic participation until it is deemed safe to resume. The Athletic Director along with the school administration will have the final say on the decision.

- Lack of ability to isolate new positive cases or to quarantine high contact risk case on campus.
- Unavailability or inability to perform symptomatic, surveillance or pre-competition testing when warranted.
- Campus-wide or local community test rates that are considered unsafe by local public health officials.
- Inability to perform adequate contact tracing consistent with governmental requirements or recommendations.
- Local public health officials stating that there is an inability for the hospital infrastructure to accommodate a surge in COVID-19 related hospitalizations.

## Sports Specific Protocols

- **Baseball**
  - Batting practice will take place without catcher in cage.
  - Licking of fingers or blowing on hands prior to touching any shared equipment is prohibited.
  - Pitchers will have their own personal set of baseballs to use during bullpen sessions.
  - Every ball that is put into play and touched by multiple players will be removed for disinfection and replaced with a disinfected ball.
  - Players **MUST** maintain social distancing and **MUST** wear masks when not in play.
- **Basketball**
  - Single player drills and conditioning must adhere to proper social distancing protocols.
  - Refrain from dunking, slapping backboard while laying ball up, during practice.
  - Players **MUST** maintain social distancing and **MUST** wear masks when not in play.
  -
- **Cross Country**
  - Do not share shoes/cleats, water bottles, towels and other personal equipment.
  - Maintain social distancing protocols when possible, especially during indoor training.
- **Track and Field**
  - Do not share shoes/cleats, water bottles, towels and other personal equipment.
  - Maintain social distancing protocols when possible, especially during indoor training.
  - Refrain from using batons or sharing equipment such as discus, javelin, and hammer without disinfecting surface prior to each use.
- **Soccer**
  - Single player drills and conditioning must maintain proper social distance protocols.
  - Limit drills such as corner kicks, free kicks and header drills to decrease likelihood of contact of shared equipment with head and face when possible.
  - Players **MUST** maintain social distancing and **MUST** wear masks when not in play.
- **Swimming**
  - Do not share goggles, swim caps, towels, and other personal equipment.
  - Shower with soap **MUST** be taken prior to entering pool.
- **Volleyball**
  - Single player and conditioning drills **MUST** follow proper social distance protocol.
  - Top of net **MUST** be sanitized before and after practice/game.



- Proper socially distanced point celebrations may be allowed.
- Do not share hair ties, knee pads, socks, shoes, towels, water bottles and other personal equipment.
- Players MUST maintain social distancing and MUST wear masks during play and when not in play.

These protocols will be continually updated as the CDC, NYS, CUNY, CUNYAC, and QCC protocols for safe return to athletics are updated. For questions that have not been addressed in this protocol, please refer to the Queensborough Community College Reopening Plan, the CUNY Guidelines for Safe Campus Reopening Plan, and the CUNYAC Return to Sport Plan. For all other inquiries, please reach out to the Queensborough Athletic Trainer or Director of Athletics.

