

ST. MARY'S UNIVERSITY ATHLETICS RESOCIALIZATION PLAN

(Updated July 2, 2020)

To promote the health and safety of student-athletes, coaches and staff participating in team activities, the St. Mary's University Department of Athletics has developed the following requirements for StMU Athletics to implement for the resumption of athletic activities for University student-athletes.

These guidelines were made in consultation with Dr. Hugo Salazar, St. Mary's University Student Health Center and Athletics team physician, and also take into account best practices and recommendations set forth by national, state and local health officials. The StMU Athletics Department recognizes that the protocols we are putting in place transcend the health and safety of the StMU Athletics community, as we also seek to promote the health and safety of the general StMU student body, the entire StMU community, and the city of San Antonio.

Because of the rapid developments in best practices related to COVID-19, this plan is considered **fluid** but addresses the protocols that are expected to be in place while teams pursue the return to play. The plan has been developed to meet, and in some areas exceed, all federal, state, local, St. Mary's, Lone Star Conference, and NCAA guidance relating to COVID-19. In order to fully resocialize there is a three-phase plan that has to be successfully completed in order. Each phase has to occur seven (7) consecutive days in order to move on to the next phase.

1. Three Phases of Resocialization	Pg. 2-6
2. Prospective Student-Athletes Campus Visits	Pg. 7
3. Student-Athlete Pledge	Pg. 8
4. Staff Pledge	Pg. 9
5. Initial COVID-19 Pre-Screening Questionnaire	Pg. 10
6. Department of Athletics	Pg. 11
7. Fitness Center Usage Guidelines	Pg. 12
8. Sports Medicine Guidelines	Pg. 13
9. Sports Performance Guidelines	Pg. 14
10. Practices and Games	Pg. 15-16
11. Game Management	Pg. 17

Three Phases of Resocialization

Phase One:

The Athletics Department will implement the following protocols for this expected return:

1. To promote the health and safety of our student-athletes, the following protocols must be followed prior to any student-athlete returning to athletically related activities and during the course of any athletically related activities on the St. Mary's campus.
 - a) Prior to student-athletes returning to athletically related activities, the gating criteria has been satisfied for at least seven (7) days. Gating criteria is defined as:
 - i. Downward trajectory of influenza-like illnesses reported in the area within a 7-day period AND downward trajectory of COVID-like syndromic cases reported within a 14-day period
 - ii. Downward trajectory of positive tests as a percent of total tests within a 7-day period (flat or increasing volume of tests)
 - iii. Local hospitals are able to treat all patients without crisis care AND testing would be available for all student athletes, coaches and support staff.
 - b) Pre-Participation Benchmarks
 - i. Screening
 - According to the Centers for Disease Control and Prevention (CDC), people with COVID-19 have a wide range of [symptoms](#). Symptoms may appear 2-14 days after exposure to the virus. Symptoms include: coughing, shortness of breath/difficulty breathing, fever, chills, repeated shaking with chills, muscle pain, headache, sore throat, new loss of taste or smell, nausea, vomiting and/or diarrhea.
 - If a student-athlete becomes symptomatic with any symptoms of illness, the student-athlete should immediately self-quarantine and contact a member of the StMU Sports Medicine staff. The student-athlete should not enter the facility. The staff member will advise the student-athlete on the proper protocol and next steps, including a potential quarantine/isolation, until cleared to resume any level of activity. The student will be expected to fill out the St. Mary's University [online self-report form](#).
 - If a staff member, such as coach, strength staff member or support staff member, is symptomatic with COVID-19 symptoms, the staff member should self-quarantine and contact their primary medical professional and inform their supervisor. The staff member should not enter the facility, and should immediately fill out the St. Mary's University [online self-report form](#).

- ii. All participants will complete a Pre-Screening Questionnaire and submit to the Sports Medicine staff that will:
 - Determine if the participant has been sick or is currently sick;
 - Determine if the participant has been exposed to COVID-19 or has tested NEGATIVE or POSITIVE for COVID-19;
 - Determine if the participant is at high risk for severe illness if they contract the virus and whether additional precautions should be in place for that Participant or if medical clearance should not be provided for that Participant.

- iii. The decision to discontinue home isolation for persons with confirmed or suspected COVID-19 should be made in the context of local circumstances. Options include a symptom-based (i.e., time-since-illness-onset and time-since-recovery strategy) or a test-based strategy. Of note, there have been reports of prolonged detection of RNA without direct correlation to viral culture.
 - **Symptom-based strategy:** Persons with COVID-19 who have symptoms and were directed to care for themselves at home may discontinue isolation under the following conditions:
 - A) At least 3 days (72 hours) have passed *since recovery* defined as resolution of fever without the use of fever-reducing medications **and** improvement in respiratory symptoms (e.g., cough, shortness of breath); **and,**
 - B) At least 10 days have passed *since symptoms first appeared*.

 - **Test-based strategy:** Previous recommendations for a test-based strategy remain applicable; however, a test-based strategy is contingent on the availability of ample testing supplies and laboratory capacity as well as convenient access to testing. **Persons who have COVID-19 who have symptoms** and were directed to care for themselves at home may discontinue isolation under the following conditions:
 - A) Resolution of fever **without** the use of fever-reducing medications **and,**
 - B) Improvement in respiratory symptoms (e.g., cough, shortness of breath), **and,**
 - C) Negative results of an FDA Emergency Use Authorized COVID-19 molecular assay for detection of SARS-CoV-2 RNA from at least two consecutive respiratory specimens collected ≥ 24 hours apart (total of two negative specimens)*. See [Interim Guidelines for Collecting, Handling, and Testing Clinical Specimens from Persons for Coronavirus Disease 2019 \(COVID-19\)](#). Of note, there have been reports of prolonged detection of RNA without direct correlation to viral culture.

- c) All Participants will be required to sign the Expectations and Commitment Pledge that outlines the expectations to practice personal hygiene, social distancing, non-contact with others if symptomatic and the agreement to self-quarantine and/or self-isolate if necessary. Additionally, there will be a requirement to notify the StMU Sports Medicine

staff if the Participant becomes symptomatic.

- d) Daily Medical Check - All Participants in team activities will have their temperature checked daily by the StMU Sports Medicine staff. Student-athletes will also be expected to complete the University's online [daily health check](#).
- e) Vulnerable student-athletes, athletics health care providers, coaches and athletics personnel should continue to shelter in place. Vulnerable populations include individuals with serious underlying health conditions such as high blood pressure, chronic lung disease, diabetes, obesity and asthma, and those whose immune system is compromised, such as by chemotherapy.

Those living in dorms and other residences where vulnerable individuals reside should be aware that by returning to work or other environments where distancing is not practical, they could carry the virus back home, and appropriate isolating precautions should be taken.

- f) Social distancing should continue. If there is physical activity where it is impossible to socially distance, participants are required to wear face coverings. Student-athletes must follow the direction of the StMU Sports Medicine staff regarding face coverings.

If there is physical activity in a confined space, such as a meeting room, weight room or athletic training room, participants are required to wear face coverings.

If there is physical activity outdoors where social distancing measures are able to take place, the participants may not be required to wear a face covering. Participants should have their face covering with them so they can put it on when entering campus facilities. No sharing of face coverings.

- g) Gatherings of more than 10 people (includes staff and student-athletes) should be avoided unless precautionary measures of social distancing and sanitization are in place.

Maximum of 10 people permitted at any practice (including coaches and staff)

Equipment that is shared, such as bats, will be regularly sanitized.

Do not share equipment throughout practice sessions, where appropriate (i.e., gloves, etc.).

Restrict contact with others outside of practice by avoiding high volume areas and events (malls, movie theaters, concerts, social gathering, etc.).

No spectators will be allowed within the practice facilities during practice

- h) 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.

Locker room usage will be prohibited except for off-campus student-athletes to shower following practice. Student-athletes must do their own laundry.

- i) Virtual meetings should be encouraged whenever possible and feasible. This year's Initial Squad Meetings will be held virtually.
- j) Nonessential travel should be minimized, and Centers for Disease Control and Prevention guidelines regarding isolation after travel should be implemented.

Phase Two:

In accordance with the federal guidelines, if Phase One has been implemented successfully, with no evidence of a rebound, and gating criteria have been satisfied for a minimum of seven (7) days since the implementation of Phase One:

1. Vulnerable individuals should continue to shelter in place.
2. Daily Medical Check - All Participants in team activities will continue to have their temperature checked daily by the StMU Sports Medicine staff.

If a student-athlete becomes symptomatic with any symptoms of illness, the student-athlete should immediately self-quarantine and contact a member of the StMU Sports Medicine staff. The student-athlete should not enter the facility. The staff member will advise the student-athlete on the proper protocol and next steps, including a potential quarantine/isolation, until cleared to resume any level of activity. The student will be expected to fill out the St. Mary's University [online self-report form](#).

If a staff member, such as coach, strength staff member or support staff member, is symptomatic with COVID-19 symptoms, the staff member should self-quarantine and contact their primary medical professional and inform their supervisor. The staff member should not enter the facility, and should immediately fill out the St. Mary's University [online self-report form](#).

3. Awareness and proper isolating practices related to vulnerable individuals in residences should continue.
4. Social distancing should continue. If there is physical activity where it is impossible to socially distance, participants are required to wear face coverings. Student-athletes must follow the direction of the StMU Sports Medicine staff regarding face coverings.

If there is physical activity in a confined space, such as a meeting room, weight room or athletic training room, participants are required to wear face coverings.

If there is physical activity outdoors where social distancing measures are able to take place, the participants may not be required to wear a face covering. Participants should have their face covering with them so they can put it on when entering campus facilities.

5. Gatherings of more than 50 people should be avoided unless precautionary measures of social distancing and sanitization are in place.

- Maximum of 50 people permitted at any practice (including coaches and staff) Equipment that is shared, such as bats, will be regularly sanitized.
 - Do not share equipment throughout practice sessions, where appropriate (i.e., gloves, etc.).
 - Restrict contact with others outside of practice by avoiding high volume areas and events (malls, movie theaters, concerts, social gathering, etc.).
 - No spectators will be allowed within the practice facilities during practice
6. 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.

Teams may begin fully using their locker rooms. Face mask is to be worn at all times in the locker room. If planning to shower, the face mask is to be worn into the shower stall, removed while showering and then replaced on the face when leaving the stall. Individuals are expected to spray disinfectant on shower fixtures and floor before leaving shower area.

7. Virtual meetings should continue to be encouraged whenever possible and feasible.
8. Nonessential travel may resume.

Phase Three:

In accordance with the federal guidelines, if Phase Two has been implemented successfully, with no evidence of a rebound, and gating criteria have been satisfied for a minimum of seven (7) days since the implementation of Phase Two:

1. Vulnerable student-athletes, athletics health care providers, coaches and athletics personnel can resume in-person interactions, but should practice social distancing, minimizing exposure to settings where such distancing is not practical.
2. Common areas where student-athletes and staff are likely to congregate and interact can reopen if appropriate sanitation protocols are implemented, but even low-risk populations should consider minimizing time spent in crowded environments.
3. Unrestricted staffing may resume. The transition from the above core principles to a relaxation of these principles can occur when COVID-19 can be managed in a manner like less virulent influenza strains.

Prospective Student-Athletes On-Campus Visits

- All unofficial and official visits must be submitted and approved by the Compliance Office prior to the visit
- Limit 1 family (1 student plus 2 guests = 3 total) per tour
- Masks required of all guests and coaches excluding during meals
- Only coaches can open doors to limit possibility of transmission
- Families need to keep six feet from coach unless walking by them to get through the door
- No handshakes which are sometimes customary
- All meetings must be held in a meeting space allowing for proper social distancing
- After tour, coaches should thoroughly wash their hands
- Please use caution and common sense when out to eat with PSA and their family

COVID-19 Participant Expectations and Commitment Pledge (Student-Athlete)

With excitement and caution, St. Mary's Athletics welcomes student-athletes and staff back to campus. The nature of COVID-19 is such that actions taken by you affect not only your well-being, but also that of every other person with whom you interact or share space. Because StMU Athletics' highest priority is the safety of its community members, StMU Athletics has developed the following expectations for all student-athletes and staff to promote campus health and safety.

In order to participate in Athletics activities, including meetings, strength and conditioning sessions, practices, or competitions, you must be an active participant in maintaining your own wellbeing and safety and in helping to maintain the safety of others by following all the guidelines and recommendations from the StMU Athletics Department and the Sports Medicine Staff. Athletics may modify these expectations at any time but will provide notice in the event such modifications are made. Every effort to keep yourself apprised of changes to these expectations is required. Any student-athlete or staff member, who tests positive for COVID-19, will not be able to return to athletic participation until fully cleared by a member of the Sports Medicine Staff and or their primary care physician.

I, _____, agree:

- To timely report any exposures to COVID-19 to the Sports Medicine Staff or the Director of Athletics;
- If I develop symptoms of any illness, to contact my athletic trainer and follow his or her instruction, including being tested for COVID-19 and self-quarantining while the test results are pending, and/or being evaluated by Sports Medicine Staff;
- If I am determined to be positive for COVID-19, to self-isolate in a designated location until my symptoms have improved, and it has been at least ten days since the start of my symptoms, and I have a negative test result;
- To participate fully and honestly with Sports Medicine Staff for contact tracing to determine whom I might have potentially exposed to COVID-19;
- To wear a mask, to practice social distancing as much as possible, to frequently wash and/or sanitize my hands, and to take all other safety precautions required by the university and public health authorities
- To agree to testing for COVID-19 and potential subsequent self-quarantining if I am identified as a contact of anyone who has been determined to be positive for COVID-19.

By signing below, I acknowledge that I have read, understand, and agree to follow the expectations detailed in this document. I understand and agree with these expectations and pledge; that they are a condition of my participation in StMU Athletics; and that any violation may lead to immediate removal of athletics participation and/or dismissal from my team. I hereby affirm that I have fully disclosed in writing any prior medical conditions, symptoms, or exposures to the Sports Medicine Staff and will also report the same in the future.

Name: _____ Sport/Unit: _____

Signature: _____ Date: _____

COVID-19 Participant Expectations and Commitment Pledge (Staff)

With excitement and caution, St. Mary's Athletics welcomes student-athletes and staff back to campus. The nature of COVID-19 is such that actions taken by you affect not only your well-being, but also that of every other person with whom you interact or share space. Because StMU Athletics' highest priority is the safety of its community members, StMU Athletics has developed the following expectations for all student-athletes and staff to promote campus health and safety.

In order to participate in Athletics activities, including meetings, strength and conditioning sessions, practices, or competitions, you must be an active participant in maintaining your own wellbeing and safety and in helping to maintain the safety of others by following all the guidelines and recommendations from the StMU Athletics Department and the Sports Medicine Staff. Athletics may modify these expectations at any time but will provide notice in the event such modifications are made. Every effort to keep yourself apprised of changes to these expectations is required. Any student-athlete or staff member, who tests positive for COVID-19, will not be able to return to athletic participation until fully cleared by a member of the Sports Medicine Staff and or their primary care physician.

I, _____, agree:

- To timely report any exposures to COVID-19 to the Sports Medicine Staff or the Director of Athletics;
- If I develop symptoms of any illness, to contact my athletic trainer and follow his or her instruction, including being tested for COVID-19 and self-quarantining while the test results are pending, and/or being evaluated by Sports Medicine Staff; Athletics staff members need to follow his or her primary care physician's instruction.
- If I am determined to be positive for COVID-19, to self-isolate in a designated location until my symptoms have improved, and it has been at least ten days since the start of my symptoms, and I have a negative test result;
- To participate fully and honestly with Sports Medicine Staff for contact tracing to determine whom I might have potentially exposed to COVID-19;
- To wear a mask, to practice social distancing as much as possible, to frequently wash and/or sanitize my hands, and to take all other safety precautions required by the university and public health authorities
- To agree to testing for COVID-19 and potential subsequent self-quarantining if I am identified as a contact of anyone who has been determined to be positive for COVID-19.

By signing below, I acknowledge that I have read, understand, and agree to follow the expectations detailed in this document. I understand and agree with these expectations and pledge; that they are a condition of my participation in StMU Athletics.

Name: _____ Sport/Unit: _____

Signature: _____ Date: _____

Initial COVID-19 Pre-Screening Questionnaire
(Student-Athletes and Staff)

Name: _____ **Sport/Department:** _____

1. Have you traveled outside of the United States in the last 14 days? Yes _____ No _____
 - a) If yes: Where? _____ Mode of Transportation?

2. Have you been tested for COVID-19? Yes _____ No _____
 - a) If yes, were you asked to self-quarantine? _____
 - i. If yes, did you complete your self-quarantine? Yes _____ No _____

3. Have you had contact with anyone with confirmed COVID-19 or symptoms associated with COVID-19 in the last 14 days? Yes _____ No _____

4. Have you had any of COVID-19 symptoms in the last 14 days (cough, sore throat, fever, chills, and shortness of breath, loss of taste or smell)? Yes _____ No _____

5. Current temperature? _____
 - k) If over 100.0, contact the Student Health Center at 210-436-3506 (Student-Athletes) or Primary Care Physician (Staff).
 - l) If below 100.0, permitted to participate in Athletics and/or work

I affirm that the above information is correct to the best of my knowledge.

I understand that if any of the above information changes I am responsible to report changes to the St. Mary's University Sports Medicine staff ASAP. I understand that if changes occur I may be required to do additional screenings and/or testing.

I have read and understand the St. Mary's University Department of Athletics COVID-19 guidelines set forth by the St. Mary's University Department of Athletics and understand that it is my responsibility to follow said guideline to the best of my ability.

Signature: _____ **Date:** _____

Department of Athletics Staff Guidelines

- Always stay home if you believe you are experiencing any COVID-19-like symptoms.
- Staff must comply with all St. Mary's University policy regarding daily self-checks and self-reporting of symptoms or possible exposure, as outlined on the St. Mary's University website:
 - [The St. Mary's University online self-report form](#)
 - [The St. Mary's University daily health check](#)
- Although the Initial COVID-19 Pre-Screening Questionnaire is not required for Athletics staff members to complete before returning to work, it is encouraged on the initial return day to safeguard the student-athletes, staff and everyone associated with Rattler Nation.
- Athletics staff and visitors must maintain 6 ft. social distancing standards inside and outside buildings whenever possible.
- As outlined in the St. Mary's University policy, staff are required to wear a face mask or covering on campus. This is required for all instances when walking through common areas on campus or within the office, and whenever one is within six (6) feet of another individual without any form of barrier (such as cubicle divider or office wall).
- Whenever student-athletes, prospective student-athletes or guests are within the office area, face coverings are required at all times.
- Staff are expected to limit the sharing and exchange of electronic devices, pens, books, etc.
- All staff are responsible for disinfecting their desk before and after use.
- Number of people in personal office space must be limited to three (3).
- Meetings in the AA&CC Conference Room will be limited to six (6).
- CDC guidelines must be followed at all times, including:
 - Maintain social distance
 - Face mask or covering must be worn unless alone in your private office
 - Practice personal hygiene by washing hands frequently
 - Disinfect surfaces frequently before and after use, including desks, phones, chairs, etc.)

Fitness Center Usage Guidelines

As COVID-19 continues to evolve, the AA&CC has implemented the following guidelines in order to comply with public health and University guidance. We appreciate your help and support in adhering to these guidelines.

Beginning Tuesday, June 9, the AA&CC Fitness Center will be open Monday through Thursday from 9 a.m. to 5 p.m. for faculty and staff. The Fitness Center will be available by appointment only.

- The capacity will be limited to 15 people.
- Faculty and staff will be required to sign in online prior to their appointment ([register here](#)). Faculty and staff will also be required to sign in upon entering the AA&CC for contact tracing purposes.

- In order to comply with the social distancing order, the fitness equipment will be broken into zones with no sharing of machines at any one time.
 - Appointment times will be for 45 minutes.
 - The Fitness Center will close daily from 1 to 2 p.m. to complete thorough cleaning and sanitizing of all equipment and surfaces.

 - Entrance to the building will be on the second floor at the Member Services desk.
 - Exiting the Fitness Center will take place at the side door exit of the weight room.
 - The use of locker rooms, showers and daily use lockers will be prohibited.
 - Water fountains will **NOT** be available. Every person will be responsible to provide their own water bottle.

 - Every person **MUST** wipe down machines both before and after use with available wipes.
 - Every person **MUST** wear a face mask whenever possible, including during workouts.
 - The Natatorium, Walking Track, Auxiliary Gym, Bill Greehey Arena, Racquetball Courts and Movement Studio will be **CLOSED**.

If you have an immediate need, please contact Susie Chavarria, Associate Director of the AA&CC, at 210-431-5089 or schavarria@stmarytx.edu.

Sports Medicine Guidelines

- Student-athletes will be required to complete the Initial COVID-19 Pre-Screening Questionnaire (upon first visit only) and the daily symptom check (daily) before using any athletics facilities.
- Before arriving to each treatment or rehab, student-athletes must complete a symptom checklist.
 - If any student-athletes have red flags on pre-screening or upper respiratory symptoms (fever, chills, coughing, runny nose, difficulty breathing) they will NOT be allowed into the Athletic Training Room and must report to the Student Health Center for further testing. The Student Health Center can be reached by phone at 210-436-3506.
 - If a student-athlete becomes symptomatic with any symptoms of illness, the student-athlete should immediately self-quarantine and will be expected to fill out the St. Mary's University [online self-report form](#).
 - Student-athletes are also expected to complete the University's online [daily health check](#).
 - Student-athletes will be given a temperature check prior to each visit, pending supplies. Anyone with a temperature of 100.0 or higher will be sent to the Student Health Center.
- All student-athletes must wash hands before entering the Athletic Training Room for any treatment or rehabilitation.
- A maximum of 10 people will be permitted in the Athletic Training Room at one time, including Sports Medicine and Department of Athletics staff.
- For sports clinic or doctors' visits, student-athletes will need to be set up in 15-minute increments to allow for cleaning between patients.
- Athletic Training staff must wear mask while providing treatment where social distancing is not feasible, and will continue to practice sanitary measures by washing hands after each treatment/patient.
- Student-athletes are required to wear a mask at all times in the Athletic Training Room, and must remain six (6) feet away from other student-athletes.
 - This applies to manual therapy, stretching and orthopedic evaluations.
- All Athletic Training Room surfaces will be thoroughly disinfected at the start and end of every day.
 - Any other equipment used for treatment (tables, chairs, rehab equipment, etc.) will be disinfected after each individual use.
- Disinfecting/fogging of AA&CC Athletic Training Room will occur on a weekly or bi-weekly basis due to heavy traffic flow.

Sports Performance Guidelines

- No one is allowed in the facilities without Department of Athletics staff supervision.
- Users must be cleared by the Sports Medicine department on a daily basis for temperature and symptom checks before using the facilities.
 - If a student-athlete becomes symptomatic with any symptoms of illness, the student-athlete should immediately self-quarantine and will be expected to fill out the St. Mary's University [online self-report form](#).
 - Student-athletes are also expected to complete the University's online [daily health check](#).
- Smaller groups of 8-12 student-athletes will be enforced to allow for proper social distancing and to accommodate for reduced occupancy limits.
- Workout times will be reduced (30-45 minutes in facility) to reduce exposure opportunities. Gym and/or outdoors will be used for other portions of workout, as necessary.
- Weight rooms at Softball and Baseball stadiums will be utilized as necessary to reduce burden on main facility.
 - Softball and Baseball stadiums will have a reduced capacity of 2-3 at a time.
- Workout groups will be formed around student-athlete schedules as opposed to whole-team workouts.
- Amount of equipment used in a workout will be minimized by simpler, less sport-specific training plans.
- Outdoor workouts will be conducted where possible (example: on-field work with soccer; on-court work with tennis; hill sprints; and medicine balls).
- Baseline fitness testing will be performed when student-athletes return in the fall.
- Training load will be gradually built-up with 2-3 workouts per week to start instead of 4-5.
- Student-athletes will be required to provide their own water bottle for training session and not share with other student-athletes.
- Workout towels and cleaning towels will be provided during each training session. These towels are not to be shared and will be washed on a daily basis.
- Individuals waiting to use the Fitness Center will be required to wait by the lockers outside the Fitness Center.

Practices and Games

Student-Athlete

- Must complete the Initial COVID-19 Pre-Screening Questionnaire and daily screenings by StMU Sports Medicine staff or designee approved by Sports Medicine staff such as coaches or other Department of Athletics staff.
- Stay home and contact Sports Medicine staff if have COVID-19 like symptoms.
 - If a student-athlete becomes symptomatic with any symptoms of illness, the student-athlete should immediately self-quarantine and will be expected to fill out the St. Mary's University [online self-report form](#).
 - If a staff member, such as coach, strength staff member or support staff member, is symptomatic with COVID-19 symptoms, the staff member should self-quarantine and contact their primary medical professional and inform their supervisor. The staff member should not enter the facility, and should immediately fill out the St. Mary's University [online self-report form](#).
 - Staff and student-athletes are also expected to complete the University's online [daily health check](#).
- Follow CDC guidelines:
 - Remain 10 feet apart as often as possible, especially during conditioning
 - Face masks or coverings must be worn at all times (to and from all practices) except when participating in physical activities
 - Masks are never to be shared between student-athletes
 - Practice personal hygiene by washing hands before and after practice
 - Avoid continuous contact drills, including corner kicks or goal kicks
 - Limit contact drills
 - Clean all gear and equipment before and after practice
- Student-athletes who are on the bench during games must wear mask at all times in the bench area.
- Do not share equipment throughout practice sessions, where appropriate (i.e., gloves, etc.).
- Maximum of 10 people permitted at any practice (including coaches and staff) during Phase One; maximum of 50 people permitted at any practice (including coaches and staff) during Phase Two. Equipment that is shared, such as bats, will be regularly sanitized.
- Restrict contact with others outside of practice by avoiding high volume areas and events (malls, movie theaters, concerts, social gathering, etc.).
- Handshakes, high-fives and celebrations involving physical contact are highly discouraged.
- Student-athletes who do not follow protocol, who are seen ignoring face-mask requirements on or off campus, and/or who do not follow social distancing requirements on or off campus will be subject to a five-day isolation period from team activities. The student-athlete's symptoms will be monitored during these five days and will be eligible to return upon the conclusion of the period if he/she remains symptom-free throughout.
- No spectators will be allowed within the practice facilities during practice, tryouts or games. This is subject to change and will be reevaluated if conditions in San Antonio and/or around the country change.
- Bus protocol (to be determined).

Staff

- Coaches must remain six (6) feet apart from each other during practice sessions.

- Coaches must remain at least 10 feet away from student-athletes when considered part of the group number. If coaches do not want to be counted as part of the group number they must remain at least 25 feet outside of the designated training space.
- Coaches must wear a mask or face shield at all times during practices and games.
- There must be at least 50 feet between designated training spaces if multiple groups are training in same facility at once.
- Training spaces must be determined and marked prior to the start of training.
- Team meetings and film sessions must be conducted virtually.
- Handshakes, high-fives and celebrations involving physical contact are discouraged.
- Bus protocol (to be determined).

Game Management Guidelines

- Game-day staff must wear a face mask or covering at all times, and will be required to take Pre-Screening Questionnaire and daily screenings (per event worked) by StMU Sports Medicine staff or designee approved by Sports Medicine staff such as coaches or other Department of Athletics staff.
- Social distancing of six (6) feet must be maintained, where possible.
- Equipment such as cameras, computers and microphones will be sanitized before and after use.
- Staff will be expected to limit the sharing of equipment.
- Communal food and drinks will not be available. Game-day staff will be expected to bring their own water bottle to stay hydrated.
- The Production Studio will be limited to a maximum capacity of three (3) individuals to allow for appropriate social distancing.
- The tower at Sigma Beta Chi Field will be limited to a maximum capacity of three (3) individuals, with one standing on each end, to allow for appropriate social distancing.
- No spectators will be allowed within the practice facilities during practice, tryouts or games. This is subject to change and will be reevaluated if conditions in San Antonio and/or around the country change.
- Create and display COVID-19 information signage throughout the venues. Signage should include encouraging good hygiene and hand sanitizing and signage for one-way in and one-way out of facilities if possible.
- Disinfect/wipe down balls between sets for volleyball, during timeouts or quarters for basketball, and between halves for soccer.
- During tennis matches, leave gates open or roped off to limit physical contact.