Health & Exercise Studies Guidance on Safe Course Participation

These courses require a daily screening process involving a temperature check and completion of the Safer Play survey without symptoms prior to participation.

Courses:

Weight Training: There are two main locations where weight lifting classes occur - the ‘Field House’ and the Feather River Fitness Center. All the weight lifting classes that occur at the fitness center will take place before/after public community hours are over for the day and will follow approved fitness center guidelines in place. The ‘field house’ weight rooms –Bay 1 and Bay 2, will adhere to the following guidelines:

- **Phase I: Pre-2\textsuperscript{nd} Round PCR Testing:**
  - No locker room usage. Students will enter area in identified entry way and exit area through alternative location. Personal items, such as a water bottle, shall be stored in identified spaces to reduce risk
  - Maintain 6 ft spacing between individuals and wear face covering whenever possible
  - Limited lifting with addition of a “spotter” from within each student cohort
  - Hand sanitizer stations and equipment sanitizer will be provided and must be used
  - Maximize fresh air flow - weather permitting keep doors open as much as possible, including roll-up doors
  - Weight rack perimeter should be utilized for as much individual lifting as possible
    - Weight racks and equipment should be sanitized before and after individual use; dispose of reusable towels in identified bins, do not re-use dirty towel
    - Optimal weight rack use should be 16 students at a time, 2 students per weight rack
    - Water bottles and individual equipment should follow guidelines for storage and use
    - Stagger group times post-workout no less than 10 minutes to provide ample time for cleaning and/or sanitation and limiting exposure
    - Utilize large-area sanitizing equipment such as sprayers or fog machines
  - **Phase II: Post 2\textsuperscript{nd} Negative PCR Test Result**
    - No maximum cap on participants
    - Maintain 6 ft spacing between individuals and wear face covering whenever possible
    - Follow hygiene, cleaning and sanitation recommendations.
      - Hand sanitizer stations and equipment sanitizer will be provided and must be used
      - Maximize fresh air flow - weather permitting keep doors open as much as possible, including roll-up doors
      - Weight rack perimeter should be utilized for as much individual lifting as possible
• Weight racks and equipment should be sanitized before and after individual use; dispose of reusable towels in identified bins, do not re-use dirty towel
• Water bottles and individual equipment should follow guidelines for storage and use
  o Locker room use permitted- must maintain 6 ft spacing between individuals and wear face mask

**Conditioning:** Each coach has created a sport-specific individualized class plan. Each plan will follow the recommended NSCA Guidance on Safe Return to Training for Athletes

• Pre-2nd PCR Test Result:
  o Maintain 6 ft spacing between individuals and wear face covering whenever possible
  o Conditioning courses will take place as much as possible outside, provided weather and environmental conditions allow safe participation
  o Hand sanitizer stations and equipment sanitizer will be provided and must be used

• Post-2nd PCR Negative Test Result:
  o Maintain 6 ft spacing between individuals and wear face covering whenever possible
  o No maximum cap on participants
  o Follow hygiene, cleaning and sanitation recommendations
    ▪ Hand sanitizer stations and equipment sanitizer will be provided and must be used
    ▪ Maximize fresh air flow- weather permitting keep doors open as much as possible, including roll-up doors
    ▪ Weight rack perimeter should be utilized for as much individual lifting as possible
      • Weight racks and equipment should be sanitized before and after individual use; dispose of reusable towels in identified bins, do not re-use dirty towel
      • Water bottles and individual equipment should follow guidelines for storage and use
  o Locker room use permitted- must maintain 6 ft spacing between individuals and wear face mask

**Intercollegiate/Advanced Sports:** This class is designed for game and practice based activities specific to each sport. These courses take place outside in a field setting and inside the gymnasium. Students will enter class area in identified entry way and exit through an alternative location

**Face-to-Face Participation**

**Spring I: 2/8/21 - Men’s & Women’s Basketball, Volleyball, Cross Country**

> **Indoor teams must maintain established cohort of 10 people or less until second negative PCR test result**

**Spring I: 2/10/21 - Football**

2/4/2021
Spring II: To Be Determined – Baseball, Softball, Beach Volleyball, Track, M&W Rodeo, M&W Soccer

  o Maintain 6 ft distance and wear face covering whenever possible
  o Follow hygiene, cleaning and sanitation recommendations.
    ▪ Hand sanitizer stations and equipment sanitizer will be provided and must be used
    ▪ Maximize fresh air flow - weather permitting keep doors open as much as possible, including roll-up doors
  o Locker room use permitted - must maintain 6 ft spacing between individuals and wear face covering

Hydration:

  • Athletes are expected to bring their own water container, large enough to last throughout the training session - gallon if possible. Water bottles should never be shared
    o Indoor sports - water fountain in hall to refill individual water bottles
    o Outdoor sports: athletic training will provide a hydration schedule to each program based on approved practice/training/game day plans
  • Only pre-approved, authorized personnel will refill water bottles in designated areas in accordance with AT Hydration Plan
  • No manual drinking fountain should be used; touchless water station use is encouraged
  • Wash and sanitize hands before and after each refill (touchless water station refills)
  • ‘Borrowed’ water bottles from athletic training area must be returned daily for proper cleaning and sanitation

Positive Test Result:

In the event of a positive COVID PCR test result course participants will be instructed to follow Plumas County Health Department recommendations, including isolating/quarantining for 10 days.