

RETURN TO ATHLETICS TASK FORCE PLAN



FLORIDA STATE UNIVERSITY

Contents

- Introduction...page 3
- Leadership Plan...page 4
- Testing Plans...page 5-6
- Protocol for positive test...page 7
- Protocol for return to play...page 8
- Wellness Screening...page 9
- Building Operation Protocol...page 10-13
- CDC Guidelines...page 14
- Cleaning/Disinfecting Plans...pages 15-17
- Sports Performance Plans...pages 18-22
- Communication/Education...page 23
- Staging of Team Activations...page 24



Introduction

As outlined in the charge given to the 'Back To Athletics Task Force', this document was assembled using the following guidelines:

1. CDC best practices
2. State and local recommendations
3. University Leadership
4. NCAA Sport Science Institute – Core Principles of Resocialization of Collegiate Sport
5. Direction from the ACC Medical Advisory Group Report (MAG)
6. NATA ICSM – Pre-Return and Return-to-Campus Preparation and Communication Plan
7. Guidance from Team Physicians, University Health Services (UHS) and FSU College of Medicine (COM)



Leadership Plan

- In implementing the following aspects of the Department of Athletics plan to re-activate intercollegiate athletics, the top priority will be on the health and safety of each student-athlete, coach and staff member and to limit the spread of COVID19.
- Dr. Kris Stowers will serve as Athletic Department Chief Medical Officer
- Sports Medicine Staff will continue to work in partnership with University Health Services and Dr. Kris Stowers on an on-going basis
- Sports Medicine Staff and Athletic Facilities Staff continue conversation on adjustments and/or modification to current plan
 - All would need to be approved by the AD, or his designee, before any change can be made



Testing Plan – Student-Athletes

- Testing of all student-athletes to be conducted prior to clearance for any athletics activities
 - COVID testing by COM/UHS staff
 - Antibody testing to be established when reliable tests are available
- Testing frequency of student-athletes will follow the competitive season ACC MAG guidelines for high/medium/low risk sports throughout the preseason beginning with the week of August 10, 2020.
- Testing frequency may increase during the competitive season



Testing Plan - Staff

- Testing of coaches and staff is strongly encouraged
 - Coaches and staff deemed part of the 'Team Member' group as defined by the ACC MAG will be tested on the same schedule as student-athletes
 - This includes but is not limited to: Coaches, sports medicine, strength and conditioning, nutritionists, sports psychologists, physicians, etc.
- Any 'Team Member' who has symptoms or has been exposed to a COVID positive individual will be immediately tested



Protocol for Positive Test

- Any student-athlete or staffer who receives a positive test will be self isolated for 10-days
- Contact tracing will require anyone who has been in close contact (within 6 feet for more than 15 minutes) to be placed in a 14-day quarantine.
 - If any CoVID symptoms develop while in quarantine, they will immediately be tested
 - Student-Athletes CAN NOT test out of a direct contact/exposure
- Isolation/Quarantine Housing has been identified and will be coordinated through Sports Medicine Staff



Protocol for Return to Play

- Based on the MAG's consultation with multiple cardiologists, at a minimum, every student-athlete, symptomatic or otherwise, who tested positive shall undergo a cardiac evaluation that includes:
 - An electrocardiogram (ECG)
 - A troponin test
 - Echocardiogram
 - After isolation and before a phased return to exercise and re-acclimatization
- If abnormalities are found during this battery of tests, the student-athlete will not be permitted to participate unless and until the abnormalities have cleared after additional screening and the student-athlete has received medical clearance from team physicians.



Wellness Screening Plan

- Student-athletes and any staff working directly with student-athletes will be screened prior to each day's entry into facilities
 - Body temperature checks
 - Questionnaire
 - Have you tested positive for COVID in the last 14 days?
 - Have you been in close proximity of someone who has tested positive for COVID in the past 14 days?
 - Have you exhibited any symptoms related to COVID in the last 14 days including: fever, cough, loss of taste, loss of smell, shortness of breath, difficulty breathing, chills, muscle pain, headache or sore throat?
- Every student-athlete and staff entering an athletic facility shall wear a source containment mask.



Facility Operations Protocol

- Separate entrances will be used for student-athlete and staff wellness screening.
- Staff with no direct interaction with student-athletes will utilize separate entry doors.
- Any staff or student-athletes experiencing symptoms must call sports med staff or supervisor and must NOT report to campus
- Athletic Department Facilities will be operated on a schedule to be developed by Sports Performance and Facilities/Events Staff and approved by the AD, or his designee
 - In order to ensure that space remain sanitized, no use of Athletic Department Facilities may take place outside the established schedule
- Athletic Department Facilities will remain locked and closed to the public
- Source containment masks are required to enter the facilities and all common areas and in spaces of 10 or more people



Facility Operations Protocol (cont.)

- Hand sanitizer stations placed throughout all buildings
- Elevator protocol to be limited to no more than 2 persons at a time
 - Masks required to be worn in elevators
- As student-athletes and staff travel in buildings, each should maintain the 6' boundary as recommended by Social Distancing guidelines
- Student-Athletes and Staff are expected to refrain from any unnecessary travel between floors/office suites while in the Athletic Department Buildings
- Signage to educate and enforce expectations placed throughout buildings
- All non-essential staff that can, should continue to work remotely



Facility Operations Protocol (cont.)

- Personal Protection Expectations for Staff
 - Source containment masks are required to enter facilities and must be worn in all common areas of buildings at all times
 - All staff will be offered cloth source containment masks (2) that are washable and meet University developed standards. Employees may choose to use the provided cloth face covering, but may also use alternative face coverings not provided by the University. It is **strongly encouraged** that all face coverings meet the requirements established by the CDC. University funds may not be used to purchase individual face coverings.
 - When outdoors, Staff are expected to wear source containment masks when social distancing is not possible



Facility Operations Protocol (cont.)

- Personal Protection Expectations for Student-Athletes
 - All student-athletes will be offered cloth masks (2) that are washable and meet University developed standards and one neck gaiter.
 - Source containment masks are required to enter facilities and must be worn in all public areas of buildings at all times
 - Student-Athletes may remove source containment masks when performing max effort or high heart rate exercises.
 - All other staff or student-athletes or staff present must continue to wear masks.
 - It is optional for student-athletes to wear source containment masks when outdoors and participating in practice or in competitions.
 - During practice and competitions, when a student-athletes is not participating (standing on sidelines/in the bench area), student-athletes are to wear source containment masks.



CDC General Guidelines

- Wash hands often with soap and water for at least 20 seconds after you have been in a public place, or after blowing your nose, coughing or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol
- Avoid touching eyes, nose and mouth
- Avoid close contact
- Maintain at least 6' of physical distance
- Cover coughs and sneezes with a tissue or use the inside of your elbow
- Clean and disinfect frequently touched surfaces daily



Cleaning Plans

- Cleaning MUST be viewed as a 'team' approach between all staff
 - There is no one entity that will be able to keep spaces cleaned and sanitized
- ProKlean solution will be used in all spaces occupied by student/athletes and staff
 - ProKlean will be the primary agent used nightly when the facilities are sanitized.
- Daily cleaning will continue in common areas and frequent touch points by Facilities Staff throughout the day



Cleaning Plans (cont.)

- Cleaning after treatment in the Athletic Training Room will be done by Sports Medicine Staff
- Weight rooms will be cleaned after student-athlete use by Strength and Conditioning Staff
- Locker rooms will be cleaned after student-athlete use by Equipment Staff
- Team meeting rooms will be cleaned after student-athlete use by team staff members



Cleaning Plans (cont.)

- Overnight cleaning and disinfecting will be done in all common areas, offices, frequent touch points, locker rooms, meeting rooms, showers, restrooms by Athletics contracted custodial provider
- ProKlean solution distributed through hydrostatic back pack units, spray bottles and other equipment to be used nightly.
- By working together, we can promote the safety and wellbeing of everyone



Sports Performance Plans

- Nutrition
 - PPE/Source Containment masks to be required
 - Pre-packaged snacks will be distributed safely by staff from the Grab-and-Go window
 - Satellite Nutrition stations and smoothie making will be on hold
 - DEXA and Skin Fold testing will be conducted by appointment only
 - List of available items posted on the counter, TV display, TeamWorks and via Social Media platform
- Snacks
 - Emphasis on immune boosting
 - Emphasis on prepackaged goods
- One-on-one Counseling
 - Zoom or use of larger unused spaces in facilities (scheduled as needed)



Sports Performance Plans (cont)

- Mental Health Support
 - Is available to every student-athlete upon request
 - Contact Dr. Kaklamanos or the University Counseling Center
 - Zoom video calls or use of larger unused spaces in facilities may be scheduled as needed



Sports Performance Plans (cont)

- Strength and Conditioning

- All individuals must be cleared by the Athletic Training Staff prior to entering the facility at designated entrances
- All individuals will use hand sanitizer prior to entering and exiting Weight Rooms
- Current water fountain and sink will not be used. Each student athlete will have their own water bottle to use as necessary
- Doors will be propped open and then closed by a S&C staff member for groups to eliminate touch points



Sports Performance Plans (cont)

- Strength and Conditioning (cont.)
 - Schedule will ensure that there are no more than the appropriate number of individuals in the weight room at one time.
 - All equipment will be sanitized after each use by the strength and conditioning staff. The next scheduled training sessions will not begin until this has happened.
 - Unless performing max effort or high heart rate activity, all student athletes, coaches & staff will wear facemasks at all times.
 - Stations will be set up to promote maximum allowable distancing from each student athlete while still providing safe lifting technique.



Sports Performance Plans (cont)

- Strength and Conditioning (cont.)
 - No more than 3 student athletes per rack/platform to maintain appropriate distancing.
 - Spotting done by 2 people at the ends of the barbell. No single spots from the back of student athlete allowed.
 - Only scheduled student athletes and associated staff members assigned to work with student athletes will be permitted into the facility.
 - Facility is closed to everyone else at all times.



Communication/Education Plans

- Continual education will be essential to the success of this plan
- Dr. Kris Stowers to meet with teams prior to arrival to educate on their responsibilities
- Before reactivation, Sports Medicine and Facilities/Event Staff will review this return plan with all sport teams and coaches
- An Athletics Department COVID Resources website will be created for staff, student-athletes and Parents to easily access NCAA/ACC/FSU COVID information
- Logistics & Coordination
 - Video features and periodic emails sent to student-athletes and staff with COVID educational materials
 - #Seminolesafe will be the common branding message



Staging of Team Activities by Sport

- Each sport will be staged for return to athletics activities using staggered calendar dates that ensure several priorities are met related to safe participation and successful implementation of this plan
- Staging of sports is necessary to ensure the Sports Medicine and Facilities Staff's safety protocols as well as the infrastructure implemented can be sustained and adequate resources remain readily available
- The timeline for reactivation of winter and spring sports will be provided at a later date



Questions

Should any part of this plan need clarification or to speak with Athletic Department Staff about the Back to Athletics Task Force Plan, please reach out to the following:

- Student-athletes and Parents/guardians contact:
 - Head Coach
 - Sport Oversight
 - Athletic Trainer
- Staff members contact:
 - Department Head
 - Executive Staff



Updates

This plan will continue to be reviewed and may be updated and/or revised as more information becomes available

