

**Bethune-Cookman University
Division of Intercollegiate Athletics**



**2020 WILDCATS Re-socialization
Action Plan**

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I. INTRODUCTION

This action plan is designed to provide the BCU Athletics community with information related to the re-socialization of BCU Athletics in the midst of the COVID-19 pandemic. Bethune-Cookman University and BCU Athletics is working to make this transition as safe and efficient as possible.

BCU Athletics, in collaboration with the BCU Reopening Taskforce, campus stakeholders, and community partners has identified specific containment measures for student-athletes, student aides, and athletics employees to follow that are consistent with COVID-19 related guidance from the CDC, NCAA, MEAC, and state/local authorities. A schedule to return to practice and competition will be guided by these recommendations and is subject to change to continue meeting established best practices. Containment measures have been designed to:

- Minimize risk through managing schedules and team practice/training sessions;
- Maintain high-level of facility and equipment cleaning and sanitation procedures;
- Address training safety and risk factors for student-athletes following a period of inactivity;
- Reduce the risk of virus spread through proactive detection actions and response;
- Enforce accountability through continuous surveillance, monitoring, communication, and training.

Everyone's compliance with the BCU Athletics Re-socialization Plan will be critical in maintaining a safe environment that allows us to continue our pursuit of athletic preparation and competition.

II. HEALTHY ATHLETICS

Facilities, Spaces, and Cleaning

BCU Athletics is coordinating with Sodexo and Campus Facilities to design an appropriate cleaning schedule for all of BCU Athletics' on-campus facilities. Additionally, BCU Athletics is coordinating with appropriate entities, including the City of Daytona Beach, to ensure an appropriate cleaning schedule is maintained for all of BCU Athletics' off-campus facilities.

Modifications have been made to employee work spaces as needed to meet established best practices. Additionally, certain spaces, including locker rooms, will have restricted or modified access to mitigate the spread of COVID-19 through BCU Athletics and the greater campus community. Wall mounted hand sanitizer dispensers have been installed and mobile sanitation stations will be deployed to meet evolving needs.

Ingress and egress of athletic facilities will be limited and designed to encourage one direction of movement through each facility when possible. Each facility will have designated entrances and exits. Campus facilities will provide appropriate signage for each facility as necessary to encourage compliance with the facility's ingress and egress plan, and social distancing standards.

Respiratory and Hand Hygiene

Respiratory Hygiene

CDC continues to study the spread and effects of the novel coronavirus across the United States. We now know from recent studies that a significant portion of individuals with coronavirus lack symptoms (“asymptomatic”) and that even those who eventually develop symptoms (“pre-symptomatic”) can transmit the virus to others before showing symptoms. This means that the virus can spread between people interacting in close proximity—for example, speaking, coughing, or sneezing—even if those people are not exhibiting symptoms. In light of this new evidence, CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain **especially** in areas of significant community-based transmission.

BCU is requiring everyone, students, employees, and visitors, on its premises to wear face masks that cover the nose and mouth at all times. It is recommended that masks be worn while off campus. Face masks will be provided at all building entrances. Face masks must be worn inside and outside of all campus buildings and facilities. Cough/sneezing etiquette should be observed at all times (coughing/sneezing in elbow, turning head and covering mouth when coughing/sneezing).

Hand Hygiene

Washing hands can keep you healthy and prevent the spread of respiratory and diarrheal infections from person to person. Germs can spread from other people or surfaces when you:

- Touch your eyes, nose, and mouth with unwashed hands;
- Prepare or eat food and drinks with unwashed hands;
- Touch a contaminated surface or object;
- Blow your nose, cough, or sneeze into hands and then touch other people’s hands or common objects.

Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol. Sanitizers can quickly reduce the number of germs on hands in many situations. However, sanitizers do not get rid of all types of germs and may not be as effective when hands are visibly dirty or greasy.

Athletics has worked with Student Health Services and Campus Facilities to identify athletic specific areas that require the placement of sanitation stations to encourage compliance with CDC recommended hand hygiene. Each sanitation station will dispense alcohol-based hand rub (ABHR) in a touch-free manner. ABHR dispensers will be placed within Athletics office spaces, meeting spaces, and facility entry points as determined by Campus Facilities.

Social and Physical Distancing

Social distancing, also called “physical distancing,” means keeping space between yourself and other people outside of your home. To practice social or physical distancing:

- Stay at least 6 feet (about 2 arms’ length) from other people
- Do not gather in groups
- Stay out of crowded places and avoid mass gatherings

In addition to everyday steps to prevent COVID-19, keeping space between you and others is one of the best tools we have to avoid being exposed to this virus and slowing its spread locally and across the country and world.

Athletics has worked with Student Health Services and Campus Facilities to determine social distancing standards for each athletic facility. Programming will reflect these social distancing standards. All student-athletes, student aides, and athletics employees are expected to follow all personal requirements as communicated throughout the academic year. Plans include but are not limited to the following:

- Altering workouts and practices to adhere to enhanced distancing standards;
- Removing/rearranging seating to reduce capacity in used office/lounge/reception/conference rooms to promote social and physical distancing;
- Determining room limitation standards that implement six (6) feet distancing;
- Using floor decals and signage to direct traffic and maintain six (6) feet distance;
- Implementing elevator ridership limits: no more than 2 individuals in regular elevators;
- Prohibiting large gatherings as prescribed by state and local authorities. All meetings must be held in a location that will allow for a minimum of 6 feet distance between participants;
- Virtual meeting and conferencing are encouraged.

Vendors and Visitors

The University has enacted visitor restrictions due to COVID-19. Business visitors (vendors, etc.) and academic/work visitors must report to Campus Security for temperature checks and provision of face masks. Visitors are expected to comply with all University containment and mitigation measures as delineated in the University Health Protocol and the University Operational Plan.

III. COVID-19 EDUCATION & TRAINING

Student-athletes, student aides, and athletics employees are required to complete an educational review course in Canvas on CDC guidance on hand hygiene, respiratory hygiene/etiquette, cloth mask use, social distancing, and monitoring for symptoms for COVID-19.

In addition to the BCU Athletics COVID-19 educational review course, all Bethune-Cookman University students and employees may be required to complete trainings as required by Student Health Services and Human Resources.

IV. COVID-19 DETECTION & RESPONSE

Self-Health Evaluations

All student-athletes, student aides, and athletics employees must complete daily symptom checks through a designated system. Each daily symptom check must be completed prior to arriving on campus. Any student-athlete, student aide, or athletics employee that reports a COVID-19

symptom must contact the designated Sports Medicine Office representative prior to arriving on campus. Any individual not feeling well must NOT report to campus AND must contact the designated Sports Medicine Office representative.

- COVID-19 symptoms include
 - Shortness of breath or difficulty breathing;
 - Cough or other respiratory symptoms;
 - Headache;
 - Chills;
 - Muscle aches;
 - Sore throat;
 - New loss of taste or smell;
 - Nausea, vomiting, or diarrhea;
 - Pain, redness, swelling, or rash on toes or fingers;
 - New rash or other skin symptoms;
 - Temperature of 100.4 degrees Fahrenheit or above.

Temperature Screening

All student-athletes, student aides, and athletics employees are encouraged to take their temperature before departing their residence each day. If an individual's temperature is 100.4 degrees Fahrenheit or higher, the individual must not leave their residence until they have contacted the designated Sports Medicine Office representative and received direction for how to proceed. If the individual's self-administered temperature is below 100.4 degrees Fahrenheit, the individual may report to the designated BCU Athletics temperature screening station.

All student-athletes, student aides, and athletics employees that attend, observe, facilitate, or participate in an athletic activity including but not limited to strength & conditioning sessions, individual workouts/practices, group workouts/practices, and full-team workouts/practices must wear the designated daily wristband at all times during the activity. The wristband will be issued daily at a single designated and centralized location. The wristband will change daily and will only be valid for the date issued. Individuals that have a temperature of 100.4 degrees Fahrenheit or above will not be permitted to enter any on-campus or off-campus athletic facility. The individual will not receive the designated athletics wristband. The individual will be asked to follow the applicable university policy pertaining to either BCU students or BCU employees.

Testing

Employees

University personnel are required to be tested for COVID-19 prior to their return to campus. COVID-19 testing is available through Florida Health Care Plans and alternative providers. Each employee's test MUST be a diagnostic test. Antibody tests are not an acceptable form of testing for the purpose of this requirement. Employees may contact Human Resources for further information. **Please note:** Faculty/Staff with a positive result will not be able to return to campus until they have been cleared to do so by Human Resources.

Student-Athletes

All students, new and returning, are required to be tested for COVID-19 either prior to their return to campus or upon their return to campus. Tests **MUST** be diagnostic, antibody tests are not an acceptable form of testing for the purpose of this requirement. Testing results must be provided at the time of check-in. Check-in for all student-athletes and student aides is as scheduled for the general student body:

- Freshmen – August 5;
- Sophomores – August 10;
- Juniors & Seniors – August 13;
- Graduate Students – August 14.

Students unable to obtain testing and results prior to their designated report date to campus may be tested upon arrival to campus at a designated location. A fee may apply to this test and results must be processed before the student can continue the check-in process. **Please note:** Students with a positive result may not be able to continue the check-in process and may not be allowed to return to campus until they can provide evidence of a negative test or other medical clearance after resolution of the infection. Alternative accommodations will not be provided by Bethune-Cookman University or BCU Athletics. Temporary accommodations and travel arrangements are the responsibility of the student. All students may be subject to either serial testing or an alternate surveillance testing procedure.

Diagnostic Testing

A diagnostic test can show if you have an active coronavirus infection and should take steps to quarantine or isolate yourself from others. Currently there are two types of diagnostic tests – molecular (RT-PCR) tests that detect the virus’s genetic material, and antigen tests that detect specific proteins on the surface of the virus.

Antibody Testing

An antibody test looks for antibodies that are made by the immune system in response to a threat, such as a specific virus. Antibodies can help fight infections. Antibodies can take several days or weeks to develop after you have an infection and may stay in your blood for several weeks after recovery. Because of this, antibody tests should not be used to diagnose an active coronavirus infection. At this time researchers do not know if the presence of antibodies means that you are immune to the coronavirus in the future.

Surveillance Testing

All student-athletes, student aides, and athletics employees not participating in a championship season will be randomly selected on a regular interval for COVID-19 diagnostic testing. Sampling size will be determined by the Athletic Department’s Medical Director in consultation with the Athletics Health Care Administrator and university health partners. All student positive results will be reported to Student Health Services and the student-athlete will follow university protocols regarding quarantine/isolation and academic accommodations. All employee positive results will be reported to Human Resources and the employee will be expected to follow applicable university policies.

Competition Testing

All student-athletes, student aides, and athletics employees participating in a championship season must undergo COVID-19 diagnostic testing on weekly intervals. The specific testing day will be determined by the Athletic Department's Medical Director in consultation with the Athletics Health Care Administrator. The competition testing parameters will be guided by the NCAA and MEAC offices.

Quarantine / Isolation

The Scholarship Houses and LeFevre Hall have been designated as the sites for residential student self-isolation/quarantine. A residential student experiencing symptoms of COVID-19 must contact Student Health Services for instruction, evaluation, and testing. If the residential student receives a positive result from a diagnostic test, the individual will be moved to one of the designated isolation residence Halls for a mandatory self-isolation period. The student's health status will be periodically assessed and documented. The student is expected to remain in self-isolation for a period of fourteen (14) days (CDC Guidelines) for their protection and the protection of the University community. Failure to remain in isolation will result in disciplinary actions, up to and including expulsion from the University.

A negative COVID-19 diagnostic test is required at the end of the 14-day period to permit the residential student to leave self-isolation and return to their regularly assigned residential space. If there is a change in health status for students in self-isolation, transportation will be provided to a health care facility (ambulance). Health care personnel will be alerted before arriving that the person has tested positive for COVID-19.

The Office of Academic Affairs will be notified of students in self-isolation. Success coaches and faculty of the courses in which students are enrolled will also be notified, with course work provided. Confidentiality of the person identified with COVID-19 will be maintained in accordance with the American with Disabilities Act (ADA), FERPA, and other applicable laws and regulations. If a residential student is moved to isolation, their residential space will be kept off limits until cleaning and disinfection takes place. The area will be cleaned and disinfected after a twenty-four (24) hour period is observed. Students who live off-campus and University personnel will be expected to self-isolate in their residence.

Contact Tracing

Contact tracing will be utilized to track those who may have had exposure or close contact with someone who has been diagnosed with COVID-19 on campus. Persons identified as contacts will be asked to self-isolate for fourteen (14) days. These individuals will be asked to stay home if they are faculty, staff, or students who DO NOT live on campus and self-monitor for symptoms. If the exposed contact is a student living on campus, they will be placed in contact with Student Health Services to receive instruction, evaluation, and testing. Residential students testing positive will complete the self-isolation period described above. Both groups of potential exposed contacts, those that live off-campus and those that live on-campus are expected to follow CDC guidance (<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>) if symptoms develop.

Threshold Trigger

BCU Athletics is working with campus stakeholders and community partners to monitor COVID-19 in the Daytona Beach area. All parties are working together to determine the best model to guide the implementation of additional protective measures, up to and including the pausing and shutdown of athletic activities.

V. RESOCIALIZATION OF STUDENT-ATHLETES & EMPLOYEES

Pre-Return to Campus Considerations

High-Risk COVID-19 Exposure Avoidance

All student-athletes, student aides, and athletics employees must avoid high-risk exposure to COVID-19 for at least two weeks leading up to their return to campus. High-risk COVID-19 exposure awareness will be communicated to all student-athletes, coaches, and staff through the Athletics COVID-19 Education Program.

- High-risk COVID-19 exposure includes:
 - New contact with an individual confirmed to have COVID-19;
 - New contact with an individual suspected of having COVID-19;
 - Prolonged contact with a crowd without physical distancing.

Pre-Arrival Screening

All student-athletes, student aides, and athletics employees must be COVID-19 symptom free for at least two weeks before returning to campus. All student-athletes, student aides, and athletics employees must complete daily symptom checks through a designated system for the fourteen days prior to their designated report day. All student-athletes, student aides, and athletics employees must complete a daily symptom check through a designated system prior to physically reporting to campus on their designated report day. Any student-athlete, student aide, or athletics employee that reports COVID-19 symptoms on their designated report day or the fourteen (14) days prior to their designated report day may not be permitted to return to campus as scheduled. COVID-19 symptoms will be communicated to all student-athletes, student aides, and athletics employees through the BCU Athletics Medical Information Review.

- COVID-19 symptoms include
 - Shortness of breath or difficulty breathing;
 - Cough or other respiratory symptoms;
 - Headache;
 - Chills;
 - Muscle aches;
 - Sore throat;
 - New loss of taste or smell;
 - Nausea, vomiting, or diarrhea;
 - Pain, redness, swelling, or rash on toes or fingers;
 - New rash or other skin symptoms;
 - Temperature of 100.4 degrees Fahrenheit or above.

Pre-Participation Physical Screening & Clearance

Adjustments to the pre-participation physical screening and clearance (PPE Screening) process have been made in consultation with the Athletic Department's Medical Director and the Athletics Health Care Administrator. In partnership with the department's new electronic medical records vendor, Presagia Sports, the PPE Screening will require registration and documentation by each student-athlete prior to their arrival on campus.

Substantive changes to the PPE Screening include, but are not limited to COVID-19 specific symptom screening, pulmonary/respiratory screening, comprehensive mental health screening, concussion baseline testing and screening, and the requirement of electrocardiogram (EKG) by all new and returning student-athletes. All incoming student-athletes are required to submit sickle cell screen results prior to arriving on campus or upon their arrival on campus for a nominal fee.

PPE Screening will be conducted in a new format that accounts for physical distancing standards and enhanced sanitation recommendations. It is anticipated that the medical clearance process will require at least a week after the student-athlete reports to campus. Medical clearance will be reported to the Office of Athletic Compliance through normal processes.

Mental Health Consideration

An NCAA survey of student-athletes revealed that a majority of student-athletes surveyed reported experiencing high rates of mental distress since the outset of the COVID-19 pandemic. Over a third reported experiencing sleep difficulties, more than a quarter reported feeling sadness and a sense of loss, and 1 in 12 reported feeling so depressed it has been difficult to function, "constantly" or "most every day." Mental health concerns were highest among respondents of color, those whose families are facing economic hardship and those living alone. Additionally, college seniors reported a sense of loss at 1.5 times the rate of underclassmen. In most instances, the rates of mental health concerns experienced within the last month were 150% to 250% higher than historically reported by NCAA student-athletes in the American College Health Association's National College Health Assessment.

BCU Athletics has designed a mental health screening in consultation with Counseling Services that has been incorporated into the PPE Screening process, as stated above. All mental health screenings will be evaluated by a licensed mental health counselor. BCU Athletics maintains a direct referral process to the Counseling Center in an effort to connect student-athletes with licensed mental health counselors.

Additionally, BCU Athletics has made TalkSpace available to all student-athletes at no charge. TalkSpace provides unlimited asynchronous therapy via text, audio messaging, and video messaging between the student-athlete and a licensed mental health counselor. TalkSpace administers an anxiety relief program designed to reduce and manage fear related to COVID-19.

Strength & Conditioning

The BCU Strength and Conditioning department will play a central role in the re-socialization of student-athletes and staff. For this reason the Strength and Conditioning staff has actively

engaged industry peers and associations to determine the most appropriate guidelines for BCU Athletics. Guidelines have been developed to address the following key areas of concern:

- Minimizing risk through managing schedules and team training sessions;
- Facility and equipment cleaning and sanitation procedures;
- Addressing training safety and risk factors for student-athletes following a period of inactivity.

Industry standards set by the NSCA and CSCCa have guided our process which ensures full compliance with CDC, state, and local health directives. All guidelines have been reviewed and approved by the Athletic Department's Medical Director and the Athletics Health Care Administrator. Full compliance to the Strength and Conditioning plan by all student-athletes and coaches will be expected in order to best ensure the health, wellness, and safety of the entire BCU Athletics community.

Practice & Competition Restrictions

At a minimum, BCU Athletics will adhere to all practice and competition restrictions and containment measures enacted by the NCAA and MEAC. The university reserves the right to further restrict practice and competition activities as required by state and local authorities or as necessitated by circumstances specific to Bethune-Cookman University and BCU Athletics. The Athletics Health Care Administrator will work with individual sport programs to design sport-specific protocols. All protocols are subject to review by the Athletic Department's Medical Director prior to enactment. The risk level of the sport program, specific facility concerns, whether the program is in their championship season, and the current COVID-19 status of Volusia County and Bethune-Cookman University will be among the considerations in designing each sport-specific protocol.

VI. ENFORCEMENT & ACCOUNTABILITY

Compliance with the Bethune-Cookman University Wildcat Reopening Roadmap and the BCU Athletics Re-socialization Action Plan is expected by all members of the BCU Athletics community, including student-athletes, student aides, athletics employees and athletics vendors. Non-compliance of either plan by student-athletes and student aides may be treated as a violation of the Student Code of Conduct and the student will be subject to disciplinary action. Non-compliance of either plan by athletics employees will be referred to the Office of Human Resources for corrective action.

VII. CONCLUSION

BCU Athletics will continue to work with university stakeholders, state and local partners, the MEAC, and the NCAA to ensure this living document evolves as needed to meet the demands of the COVID-19 pandemic. Our response is intended to support the endeavors of our students and employees in a safe and responsible manner. To this end, all options will continue being brought to the table as BCU Athletics and the greater Bethune-Cookman University community charts its course to the other side of these challenging times.