

Adelphi University
Guide for
Returning to Athletics
and Campus Recreation

ADELPHI
UNIVERSITY

Table of Contents

Introduction and Guiding Principles.....	2
Guiding Principles for Restarting	2
Reopening Timeline.....	2
Athletics Policies and Procedures	4
Sports Medicine	5
Athletic Training Room Protocols	6
Strength and Conditioning.....	7
Game Operations and Facilities	8
Game Day Staff.....	8
Spectators	9
Campus Recreation.....	10
Recreation Facilities	10
Fitness Programs	11
Intramural Sports.....	11
Sports Clubs.....	12

Introduction and Guiding Principles

This **Guide for Returning to Athletics and Campus Recreation** has been developed in accordance with **Adelphi University's Master Restart Plan in Response to COVID-19**, which can be found on the University's [Restart Website](#).

This document serves to guide our community's Fall 2020 safe return to athletics and campus recreation following the disruptions caused by COVID-19.

Guiding Principles for Restarting

As stated in the University's Master Restart Plan, Adelphi's policies and protocols for responding to the COVID-19 pandemic and restarting in-person instruction, research and residence life are rooted in two critical concepts:

- Protecting our community's health, safety and well-being
- Preserving our mission to deliver academic excellence, with modifications required for health and safety

Our restart plans apply to all employees, including our leadership and those identified as essential; all our students, including local, domestic and international; and every member of the community who utilizes services provided by the University. These plans are focused on our community's safety and health and are fully guided by our mission to provide a world-class academic experience that is dedicated to student success. They are also flexible in acknowledgment of:

- An evolving public health situation and related expert guidance
- New state and public health mandates, as they become available
- Individual needs of community members, especially those who are vulnerable or cannot travel

Reopening Timeline

Adelphi University will abide by New York state's reopening plan, [New York Forward](#). Informed by this, the University is returning to athletics and campus recreation according to [Phase Four Guidance](#), which began on Long Island on July 8 and will extend into the Fall 2020 semester, until further notice.

In accordance with the University's Master Plan, students, faculty and staff are expected to follow policies and guidance for:

- Daily health and symptom screening
- Hygiene and handwashing
- Social distancing
- Restrictions on gathering in large groups
- Required masks, face coverings and essential PPE; bandanas, buffs and gaiters are not acceptable face coverings, and masks with valves or vents do not offer adequate protection and should not be used while on campus.
- Staying home when sick
- Respecting the health, well-being and personal experiences of other community members

As the knowledge and understanding of the COVID-19 virus continues to evolve, the University remains prepared to adjust our policies and plans as needed as more information becomes available. In the event that New York state or local health authorities amend statewide or regional orders and guidance, the University will update the guidance and protocols in this plan in accordance with said updated regulations.

Athletics Policies and Procedures

This guide outlines the policies and procedures related to the reopening of athletics and recreation at Adelphi University for the 2020-2021 school year. Adelphi is committed to the health and safety of all students and staff as we return to campus this fall. We are also committed to providing a quality student-athlete experience to the nearly 400 members of our 23 varsity sports.

These policies are based upon recommendations from the [CDC](#), the [NCAA](#), the [WHO](#) and the [National Athletic Trainers Association \(NATA\)](#). In addition, the [Northeast-10 Conference](#) is developing protocols for a return to training and competition, which will establish baseline procedures for its member institutions. These protocols are coupled with new NCAA rules, which reduce the playing season in each sport. Therefore, our intent is to play condensed schedules, when appropriate, with reduced travel, while still remaining eligible for postseason play.

Practices will begin with small-sided sessions (four to eight team members at a time) before opening up to the full team practice after 14 days.

Competition schedules will be determined in collaboration with our fellow NE10 Conference members. Only when it is deemed safe and appropriate to compete against other institutions and travel will Adelphi's athletic programs begin their competitive seasons.

In providing the safest environment for the competitors, attendance will be limited throughout the year with a four-phase spectator policy.

Sports Medicine

- Athletic trainers will screen athletes and coaching staff daily—including temperature checks and a symptom checklist.
 - Screening area TBD depending on space. Possible areas include: Auxiliary Athletic Training Room, area in the lobby, outside building under a tent.
- Periodic testing of athletes will be scheduled in accordance with University protocol.
- If an athlete meets the criteria for possible COVID-19 exposure, they will be escorted to a designated private area that will be determined by the Assistant Director of Athletics for Facilities and Game Operations and will follow protocols set forth by Health Services.
- The athletics department will follow a practice policy, which establishes small-sided "pods" of student-athletes (four to eight) with gradual expansion of the pod to encompass the whole team over a period of time.

Athletic Training Room Protocols

- Only eight athletes will be allowed in the main Athletic Training Room (ATR) with a maximum capacity of 10 people, including staff.
 - Four treatment tables will be removed and put in a temporary space allowing for six feet between athletes receiving treatment.
- Everyone entering the ATR will be required to wear face masks and use hand sanitizer stationed at the door before entering.
- Everyone will enter the ATR through the main entrance, Room 123.
 - The main entrance will remain closed. Each athlete will either knock or call the main phone number (516.833.8172) to be let in.
 - A designated waiting area will be decided upon where a specific number of athletes can be separated by six feet.
 - The double glass doors to the outside will be used for exiting the training room only.
- Each sport will have a designated window of time to make appointments for necessary treatment based around their practice schedule.
- The main ATR will be utilized only for treatments that involve modalities and necessary manual therapy, as dictated by the athletic trainer, including ultrasound, stim, game ready, normatec and instrument-assisted soft tissue mobilization tools. All treatments will be by appointment time during their designated window for their sport.
- Post-practice icing/tape removal/quick treatments will be done on the field/court before the athlete goes back into the building.
- The Athletic Training staff will clean the tables, counters and equipment following use by each athlete. The floor will be disinfected daily by custodial staff.
 - The Athletic Training department will use an approved disinfectant which appears on the EPA's List N as a disinfectant that meets EPA's criteria for use against SARS-CoV-2, the virus that causes COVID-19. It will be used on all tables and surfaces after an athlete receives treatment.
- Whirlpools will be utilized by appointment only.
 - Only one person will be allowed to use a whirlpool at a time.
 - Whirlpools will only be used for injury purposes—no whirlpool use for recovery purposes.
 - After each treatment, the whirlpool will be drained and sanitized.
- Teams will no longer share water bottles.
 - Either cups will be provided, or each athlete will have their own water bottle.
- Bench towels will no longer be shared or given out.
- Watercoolers will be cleaned after each use by a member of the athletic training staff.

Strength and Conditioning

- Strength and Conditioning staff will be provided with gloves and a mask.
- The West End weight room will be relocated to West Court in the Center for Recreation and Sports (CRS) to facilitate social distancing and ensure appropriate ventilation.
- Social distancing of six feet will be practiced during team workouts.
- Team workouts will follow the same timelines as practices, utilizing small-sided "pods" of student-athletes and gradual expansion of the pod.
- Equipment will be wiped down by the strength and conditioning staff after each group.
 - The Athletic Training department will use an approved disinfectant which appears on the EPA's List N as a disinfectant that meets EPA's criteria for use against SARS-CoV-2, the virus that causes COVID-19.
- The group/team that is designated to come in next at their appointed time shall wait at the south end of the gym.

Game Operations and Facilities

- Some furniture from the CRS lobby will be removed to properly socially distance.
- The use of varsity locker rooms will be reduced to limit capacity to eight people.
- Usage of the CRS track will be limited.
- The West End weight room will be relocated to the West Court in the CRS to facilitate social distancing and ensure appropriate ventilation.
- Buffer times between practices/contests will be scheduled so as to limit exposure between teams.
- When competition begins, the athletic department and its varsity teams will follow an agreed-upon game day protocol established by the [NE10 Conference](#). These protocols will include, but are not limited to:
 - Procedures for visiting teams
 - Procedures for home teams
 - Procedures for officials
 - Sideline procedures
 - Procedures for team travel
 - Pre- and post-game procedures
- Hand sanitizers will be located at gym entrances.
- Doors will remain open to avoid touch points when possible.

Game Day Staff

- Proper social distancing measures will be in place for essential game day staff, including but not limited to:
 - Stats
 - Social media
 - Camera operators
 - Producer
 - Broadcaster
- Game day staff will be coordinated to ensure appropriate setup protocol at each venue and decide who is “essential” in each area of a facility.
- Broadcasters will be assigned equipment (headset) that will be disinfected after each use.

Spectators

- Utilize phased approach for allowing spectators at athletic events. We will move from one phase to another, based upon recommendations from local officials, medical personnel and the University.
 - **Phase 1:** No spectators
 - **Phase 2:** Spectators only from campus community (utilizing social distancing)
 - **Phase 3:** Add limited family/friends—pass lists
 - **Phase 4:** Open to public

Campus Recreation

Campus Recreation, housed in the Center for Recreation and Sports and Woodruff Hall, encompasses individual exercise, club and intramural sports, group fitness classes and recreational use of the facilities. We are committed to safely providing a space to meet the need for physical activity for the campus community as this leads to enhanced mental and physical health.

Campus recreation will follow a gradual approach to reopening and an extensive operations plan that will adhere to state and local guidelines. Each program area will restart with cautious and limited in-person activity and gradually increase opportunities for group participation and competition when it is deemed safe to proceed based on the guidelines and best practices that become known within the industry.

Participation in all recreational activities will be conditional on compliance with University policies, as well as adherence to policies for each individual activity regarding wearing of protective masks, distancing and other participant responsibilities.

Recreation Facilities

The recreation facilities will not all open at the same time. Rather, each space will open when it is deemed safe to do so according to the guidelines and industry standards for that area and the proper preparation, procedures and staff training have been put into place. When the recreation facilities open, here are a few changes to expect:

- No recreation locker rentals.
 - Participants in recreational and instructional programs are to arrive in attire appropriate for activity.
- Fitness Center—at reduced capacity to be determined when the New York state guidelines for fitness centers become available.
 - Manage reduced capacity by having users reserve time.
 - Fitness Center use by reserving a time slot via IMLeagues which is accessed through eCampus or the downloadable app.
 - Blocks of time provided to meet specific needs of the various contingents of the Adelphi community (i.e., resident students, commuters, faculty/staff)
 - Spatial distance created between equipment.
 - Utilize floor markings to create distance zones in certain areas.
 - Install protective barriers where possible.
 - Reduce touch points.
 - Block off times throughout day for periodic cleaning.

- Functional Training Fitness room capacity reduced and accessed by a reserved time slot.
- Gymnasium—Restart with individual activities (one person per basket and badminton).
 - Gradually reintroduce gym activities to small groups of two to four for pick up basketball and doubles badminton.
 - Eventually, allow groups of 10 or more when it is determined safe to do so.
- Reduced capacity on indoor track
- Outdoor open recreation such as basketball and tennis
- Pool closed to recreational swimming for the fall semester
- Racquetball court repurposed for fitness activities.
- Restart the CRS Membership Program when it is determined that it is safe for all members of the community to reconvene on campus.
- Rotational work schedules, protective barriers and distanced work stations for public-facing recreation staff members.

Fitness Programs

Fitness programs such as group fitness classes and personal training will be a hybrid approach of virtual and in-person participation.

- Virtual group classes (live and recorded)
- Limited class sizes for in-person classes and use of outdoor classes when possible
- Personal Training Program (collaboration with Exercise Science Practicum) restarts with a hybrid model (half in-person and half virtual training sessions).
- Adult Learn to Swim program suspended for the fall semester

Intramural Sports

Intramural sports will restart with a combination of virtual tournaments and outdoor activities for individuals.

- Gradually move from individual and dual sports to small sided sports (three to four person teams) to full team sports.
- Gradually move from outdoor activities to indoor sports and activities when it is deemed safe to do so.

Sport Clubs

Each sport club will restart with virtual and small group activities and move to increased levels of participation. When each club has an approved plan to begin, here are a few changes that can be expected:

- Virtual instruction, meetings and small group activity gradually increasing group sizes
- Attendance taken and pre-activity screenings including temperature checks
- Compliance with social distancing guidelines and other measures to protect against the spread of COVID-19 will be required
- Practices and intersquad activity only at first, gradually reintroducing participation with other colleges as it becomes safe to do so