

**Adelphi University**  
**Guide for**  
**Returning to Student Life**

**ADELPHI**  
**UNIVERSITY**

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# Introduction and Guiding Principles

This **Guide for Returning to Student Life** 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 student life 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 student life 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.**

# Welcome to Student Life

The health, safety and well-being of Adelphi students and campus community is the utmost priority. This document provides students with expectations and information to help prepare for a safe return to Adelphi University.

## Student Affairs

The Division of Student Affairs is looking forward to welcoming you back to campus. Ensuring our ability to serve all students, including those who may be vulnerable or unable to come to campus, we anticipate a hybrid of student life offerings this fall, including both in-person and virtual events, activities, and services for students.

In order to enhance health and safety, you can expect the following:

- Gatherings will be limited in size to abide by state regulations and may be reduced further for added protection.
- Enhanced cleaning of residential and other common areas
- Residence halls, special housing considerations for students with medical conditions, public health training and a modified code of conduct.
- Virtual meetings and events will be encouraged this fall.
- The proper social distancing of six feet will be required at all times.
- Protective face masks and coverings will be required of all participants during events and meetings; 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.
- Our Interfaith Center will follow state guidelines for religious organizations and, similarly, our Center for Recreation and Sports will follow state guidelines for gyms.

Returning to campus will be different. Yet, to the greatest extent possible, we expect students to have a positive student life experience. Student clubs and organizations, recreational activities, gatherings, career services, support services, and more will continue to play an essential role in the Adelphi experience—all designed to create a sense of belonging, academic and professional success, and Panther pride.

We recognize that the student experience will be different, but students can expect the following services will be in place:

- Health and Well-being
- Campus life and student engagement
- Support services
- Office of Student Conduct and Community Standards

# Health and Well-Being

## Daily Health Check

Through the AU2GO app, students will be required to complete a short series of questions at <https://www.adelphi.edu/restart/health-monitoring/> daily to monitor your health and any possible symptoms of being unwell. Your responses will be kept confidential, and will only prompt a private follow-up from the Health and Wellness Office if a risk is identified.

## Illness

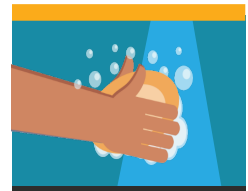
If students become ill and experience symptoms such as fever, cough, shortness of breath, headache, muscle/body aches, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea, please note the following guidelines:

- If a **resident student** becomes ill, the resident should not leave their residence hall room and must contact the Health Services Center for further guidance.
- If a **commuter student** becomes ill, the commuter is advised to remain home and contact the Health Services Center or their personal healthcare provider for further guidance.

## Handwashing

In an effort to reduce the transmission of COVID-19, students must frequently wash their hands with soap and water for at least 20 seconds, especially after being in a public place, coughing, sneezing, blowing their nose, or touching their face.

If soap and water are not readily available, use a [hand sanitizer that contains at least 60 percent alcohol](#).



## Social Distancing Guidelines

Maintaining distance from one another is one of the best ways to minimize exposure to COVID-19 and slow its spread. Because the virus can be spread by someone even when they do not feel sick or demonstrate symptoms, it is essential to keep a safe distance from one another whenever possible. All students should adhere to the following social distancing guidelines to the greatest extent possible:

- Stay at least six feet (about two arms' length) from other people at all times—this is true even when wearing a mask. This does not apply to residents in their individual residence hall rooms.
- Stay out of crowded places and avoid mass gatherings.
- Do not shake hands, hug or otherwise have physical greetings that require touching.





## Face Coverings

Students must wear face masks or face coverings any time they are in a situation where social distancing may be challenging to maintain, including, but not limited to, public settings, both indoors and outdoors (e.g., when walking in the hallways, in residence hall common areas, communal or public restrooms, building lobbies, while riding in elevators, while walking to/from class or dining locations, or at meetings/events).

Disposable masks will be provided by Adelphi, free of charge, if needed. Disposable masks may only be worn for one day and then must be placed in the trash.

You may also wear a cloth face covering, which will help Adelphi reduce the need to purchase additional masks, which are in short supply. 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. The fabric design or pattern for cloth face coverings should be appropriate for the classroom and workplace. Cloth face coverings must only be worn for one day at a time and must be properly laundered before using again. Having a week's supply of cloth face coverings can help reduce the need for daily laundering.

Students may remove face coverings or masks to eat or drink in areas of campus designated explicitly for eating and drinking or while in a large outdoor space or large indoor facility where they are able to maintain a distance of at least six feet from other individuals.

TYPE AND INTENDED USE OF FACE COVERINGS/MASKS				
Type	Cloth Face Covering	Disposable Mask	Medical-Grade Surgical Mask	N95 Respirator
				
<b>Description</b>	Homemade or commercially manufactured face coverings that are washable and help contain wearer's respiratory emissions	Commercially manufactured mask that helps contain wearer's respiratory emissions	FDA-approved mask to protect the wearer from large droplets and splashes; helps contain wearer's respiratory emissions	Provides effective respiratory protection from airborne particles and aerosols; helps contain wearer's respiratory emissions
<b>Intended use</b>	Required for campus community use in non-healthcare settings (office spaces, general research/work settings, shops, community areas where 6' social distancing cannot be consistently maintained); must be replaced daily (while likely necessary for ingress and egress, not required when working alone in an office)		These masks are reserved for healthcare workers and other approved areas with task-specific hazards determined by OESO.	

### Use and Care of Face Coverings

For details regarding cloth face coverings, including how to create, wear and care for homemade face coverings, visit the [CDC website](#).

#### Putting on the face covering/disposable mask

- Wash hands or use hand sanitizer prior to handling the face covering/disposable mask.
- Ensure the face covering/disposable mask fits over the nose and under the chin.

- Situate the face covering/disposable mask properly with nose wire snug against the nose (where applicable), ensuring the nose, mouth and chin are always covered.
- Tie straps behind the head and neck or loop around the ears.
- Throughout the process: Avoid touching the front of the face covering/disposable mask.

#### **Taking off the face covering/disposable mask**

- Do not touch your eyes, nose or mouth when removing the face covering/disposable mask.
- When taking off the face covering/disposable mask, loop your finger into the strap and pull the strap away from the ear, or untie the straps.
- Wash hands immediately after removing.

#### **Care, storage and laundering**

- Keep face covering/disposable mask stored in a paper bag when not in use.
- Cloth face coverings may not be used more than one day at a time and must be washed after use. Cloth face coverings should be properly laundered with regular clothing detergent before first use and at the end of the day. Cloth face coverings should be replaced immediately if soiled, damaged (e.g., ripped, punctured) or visibly contaminated.
- Disposable masks must not be used for more than one day and should be placed in the trash at the end of the day or if it is soiled, damaged (e.g., stretched ear loops, torn or punctured material) or visibly contaminated.

## **Restrooms**

Students must wear masks or face coverings and practice social distancing whenever possible when using communal or public restrooms. Avoid crowding, and, where possible, wait outside if the restroom is occupied. Students must keep these facilities clean after use and cannot store their personal items. Students are responsible for cleaning their individual residence hall restrooms.

## **Testing and Contact Tracing**

Testing is a key measure to help reduce the spread of COVID-19. The University may conduct periodic temperature checks or other screenings, as deemed necessary, at the University's sole discretion in the interest of the safety of the campus community.

Through our Health and Wellness Office and in collaboration with public health officials, the University will conduct contact tracing measures through event registration and check-ins as well as class attendance, allowing for timely notification, self-quarantine and/or isolation of those exposed to the virus.



# Student Engagement

Regardless of the scenario, student engagement, including various activities and events, will continue while adhering to safety measures (including virtual options as discussed below) set forth by New York state, health officials and the University. Services offered by the [Center for Student Involvement](#) that foster student engagement include, but are not limited to, the following:

- Student Leadership Certificate programs
- Greek life and social fellowship
- Multicultural student services
- Commuter student services
- Transfer student services

Small gatherings of students will be limited to spaces that can accommodate appropriate social distancing (as outlined in the section on Social Distancing Guidelines). All participants will be required to wear a mask or face covering at all times.

## Student Clubs and Organizations

Student clubs and organizations will continue while adhering to safety measures set forth by New York state, health officials and the University. Small gatherings of students will be limited to spaces that can accommodate appropriate social distancing (as outlined in the section on Social Distancing Guidelines) and will require wearing masks or face coverings.

When possible, meetings and events are encouraged to be held in a virtual format. For events/meetings that cannot be held virtually, the following guidelines must be implemented and followed whether the event is on campus or off campus:

- Meetings/events must be limited to 10 participants or less.
  - All in-person gatherings of more than 10 participants, other than officially scheduled University classes, are strictly prohibited.
  - Exceptions to increase capacity to 25 participants will be considered and must be approved by the Environmental Health and Safety Office, Department of Public Safety and Transportation and the Center for Student Involvement.
- A virtual alternative must be made available for any member that requests one or is unable to attend in person.
- In-person meetings/events must follow University and state guidance in terms of occupancy for the space that is being used.

- Non-Adelphi guests are not permitted at in-person events/meetings until further notice, both on and off campus.
  - This includes events off campus in shared spaces with non-Adelphi individuals.
  - The only exceptions to this are contracted vendors and approved off-campus advisers, which can be requested through the Center for Student Involvement.
- Guests external to the University are not permitted in the residence halls.
  - Individual room guests must live in the same residence hall and are limited to a maximum of one individual guest per resident.
  - All room residents must agree to permit a guest before the guest enters the room.
  - The only exception is for friends and family members who are assisting residents with checking in or moving out.
- When social distancing from others cannot be maintained, masks must be worn at meetings/events.
  - Students and residents must wear face masks or face coverings outside of individual residence hall rooms any time they are in a situation where social distancing may be difficult to maintain, including, but not limited to, in public settings, both indoors and outdoors (e.g., when walking in the hallways, in residence hall common areas, communal or public restrooms, building lobbies, while riding in elevators, while walking to/from class or dining locations).
  - Students may remove face coverings or masks to eat or drink in areas of campus designated explicitly for eating and drinking or while in a large outdoor space or large indoor facility where they are able to maintain a distance of at least six feet from others.
- For meetings/events that are off campus, the organization must provide masks and hand sanitizer that contains at least 60 percent alcohol in an appropriate quantity for the size of the group.

## Campus Recreation Services

[www.adelphi.edu/campus-recreation](http://www.adelphi.edu/campus-recreation)

Although bringing people together this fall will look different, Campus Recreation will continue to provide services that foster a positive and active lifestyle.

- Student fitness and recreation services will be available in a limited and modified capacity in the interest of health and safety.
- Intense club sports will be virtual until the state and local health officials deem them safe to resume.
- Individual use of the fitness facilities will be scheduled by appointment.
- Daily cleaning and appropriate sanitation, as well as other health and safety protocols, will be implemented.

## Athletics

[www.aupanthers.com](http://www.aupanthers.com)

Adelphi University is a member of the Northeast-10 Conference that offers our student-athletes an opportunity to compete on an array of intercollegiate teams. Adelphi University competes at the NCAA Division II level. Please refer to Adelphi's *Guide for Returning to Athletics and Campus Recreation*.

# Support Services

## Center for Student Involvement (CSI)

[www.adelphi.edu/csi](http://www.adelphi.edu/csi)

Students can continue to expect a robust student life inclusive of events, leadership opportunities and opportunities to connect with their peers as well as to receive all of the support services they are used to receiving while in a predominately virtual environment.

- All students will be encouraged to utilize virtual appointments whenever possible.
- Each CSI staff member will host open office hours virtually on a weekly basis. Utilizing the Zoom waiting room function, students will be able to drop in to see a CSI staff member during these designated times.
- Students may also schedule virtual meetings by emailing [csi@adelphi.edu](mailto:csi@adelphi.edu) or the individual staff member.
- Appointments or tasks which must be completed in person (e.g., mail or supply pickup) will be booked by appointment only via [csi@adelphi.edu](mailto:csi@adelphi.edu).

## Center for Career and Professional Development

[www.adelphi.edu/career-center](http://www.adelphi.edu/career-center)

Career-readiness services will continue to be offered virtually, including limited and modified in-person services, with interactive features for an enhanced experience for all students and alumni. Assistance seeking internships, employer recruitment, career exploration, and résumé and interview preparation and more will be readily available.

- Students are encouraged to Zoom into their career counseling appointments by emailing us at [careercounselor@adelphi.edu](mailto:careercounselor@adelphi.edu) to schedule an appointment. Students also have the ability to schedule appointments via Handshake.
- Résumé, LinkedIn profile, cover letter reviews and interviewing and general career-related questions should be directed to [careercounselor@adelphi.edu](mailto:careercounselor@adelphi.edu).
- Leadership Certificate Program inquiries should be directed to [leadership@adelphi.edu](mailto:leadership@adelphi.edu).
- The department will host virtual "walk-in" hours regularly.

### **A COVID-19 Career Resources page was recently launched:**

[www.adelphi.edu/career-center/covid-19-career-resources](http://www.adelphi.edu/career-center/covid-19-career-resources)

- All of this, including more career services/programming information, will be posted on the departmental website.

## Interfaith Center

[www.adelphi.edu/interfaith](http://www.adelphi.edu/interfaith)

The Interfaith Center will continue to provide students a welcoming space for those seeking spiritual worship and guidance. These services may be modified and delivered in diverse formats to adhere to state and public health and safety guidelines. The Center houses the offices of the Catholic, Jewish, Muslim and Protestant chaplains. Religious programs, lectures, discussion groups, prayer and services are offered to the Adelphi community on a scheduled basis. Please see the chapel schedule for more information.

## Student Access Office (SAO)

[www.adelphi.edu/access-office](http://www.adelphi.edu/access-office)

The Student Access Office (SAO) will continue to assist students with documented needs in accessing the variety of resources available at Adelphi University. The office ensures that all students have equal access to all aspects of University life. SAO provides cost-free assistance to Adelphi students with documented disabilities, including, but not limited to, neurodevelopmental, sensory, mental health and physical.

The office is instrumental in identifying access issues and barrier removal in both our physical and academic environments. SAO will continue to foster a greater awareness and appreciation of issues of concern to students with disabilities.

- SAO will continue with scheduling in-person or virtual appointments through our office main phone line and/or email correspondence.
- Accommodations for online learning: If you are a student experiencing a barrier to online courses, please follow the Student Access Office petition process by submitting a *Petition for Reasonable Accommodations* through the department website. If you have any questions, please contact them at [sao@adelphi.edu](mailto:sao@adelphi.edu).
- Further information and resources are available on their website.

## Student Counseling Center

[www.adelphi.edu/scc](http://www.adelphi.edu/scc)

The Student Counseling Center will continue to offer high-quality individual and group counseling services to students who may be experiencing psychological, behavioral or learning difficulties. Services will be available through diverse delivery models including the use of teleservices (therapy, education, prevention). Services include:

- Individual and group counseling
- Crisis intervention
- Outreach and consultation
- Drug and alcohol education
- Referrals to both on-campus and off-campus resources

## Process for an In-Person or Virtual Appointment

- Students will reach out to the SCC/AOD telephone lines or email to request an in-person or virtual appointment.
- Students will have the ability to “walk in” to the office during normal business hours to schedule an appointment effective September 1, 2020.
- Counselors will provide “telehealth” appointments for the fall semester.
- Students who are on campus have the ability to access “telehealth” services on-site using the Student Counseling Center session rooms.
- Walk-in crisis services are available 8:30 a.m.–4:30 p.m. Telephone crisis services are available through Zoom 8:30 a.m.–7:00 p.m.
- Workshops, seminars and groups will continue through virtual delivery for the Fall 2020 semester.
- In-person content delivery will be determined in coordination with University guidelines.

## Process for Completing Registration Forms

- The office manager emails registration forms to students for electronic completion and return.
- Students are informed of the intake process during their first contact with SCC/AOD, as well as on the SCC FAQ webpages.

## Health Services Center

[www.adelphi.edu/health](http://www.adelphi.edu/health)

An array of comprehensive and preventive health services will be available that include in-person and telehealth health services via appointment and will follow all New York State Department of Health and CDC guidelines. Students can expect pre-appointment screenings for COVID-19 and temperature checks prior to receiving in-person services. Please note the following:

- All students’ in-person visits are required to complete a COVID-19 screening prior to service.
- Health Services has established Zoom as a HIPAA-compliant telehealth platform.
- All in-person visits will have minimal contact during check-in.
- In-person visits require face coverings and social distancing in waiting room.
- All health forms are online and can be uploaded and mailed to the Health Services Center.

## Panther Pantry

[www.adelphi.edu/life-at-adelphi/health-wellness-safety/panther-pantry](http://www.adelphi.edu/life-at-adelphi/health-wellness-safety/panther-pantry)

The Panther Pantry has worked toward reducing students’ hunger and any stigma associated with food insecurity. The Panther Pantry services, which consist of nutritious food, toiletry items, hats, gloves, scarves and socks, will continue to be offered consistent with state and health official’s guidelines.

- All Panther Pantry orders will continue to be accessed through electronic order placement for pickup at designated area.

## Adelphi Bookstore

[www.bkstr.com/adelphistore/home](http://www.bkstr.com/adelphistore/home)

Online ordering will be encouraged and information about how to do so will be shared through a number of scheduled emails. Book pickup will be either at the Center for Recreation and Sports or by home delivery.

## Dining Services

[www.adelphi.edu/dining](http://www.adelphi.edu/dining)

Dining services will be modified in accordance with New York state guidelines. Menus will be adjusted to accommodate enhanced grab-and-go dining options and socially distant seating. Students can expect the following modifications:

- Redesigned seating layouts and capacity restrictions
- Increased grab-and-go options and elimination of self-serve food stations in favor of served stations
- Availability of pre-packaged condiments, utensils, napkins and cups for diners, removing common stations
- Cleaning and sanitizing of tables after each use
- The introduction of mobile ordering for select locations

# Community Standards

As a member of the Panther campus community, we all must take pride in protecting the health, safety and well-being of our community. Everyone is expected to be accountable and responsible to do all we can to the greatest extent possible to protect our own health and the health and safety of others. It's the right thing to do.

The approach to enforcing community standards and safety protocols will be educational with a restorative justice approach. However, students' failure to adhere to health and safety expectations may lead to disciplinary procedures set forth in the *Code of Conduct*, including removal from the residence halls and Adelphi University until compliance is achieved.