

Adelphi University
Guide for
Returning to Athletics

ADELPHI
UNIVERSITY

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Introduction and Guiding Principles

This **Guide for Returning to Athletics** 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 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 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

Adelphi is committed to the health and safety of our student-athletes as part of our larger community, and to providing a quality student-athlete experience to the nearly 400 members of our 23 varsity sports.

Adelphi Athletics 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.

The Council of Presidents of the Northeast-10 Conference voted unanimously on Thursday, July 16, to suspend all NE10-sponsored competition and championships through December 31 in response to the COVID-19 pandemic.

<https://aupanthers.com/news/2020/7/16/ne10-suspends-ncaa-competition-for-fall-2020.aspx>

Practices for Adelphi teams will continue, beginning with small-sided sessions (four to eight team members at a time) before gradually adding more team members to each session over the following several weeks until the full team eventually practices together.

Future 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