



Lake Land College Athletic Department
Return to Play Protocols
Addressing the Impact of COVID-19
2020-2021
Updated February 9, 2021

As a result of COVID-19, the following plan has been developed and will be continuously reviewed and updated in accordance with guidance from the NJCAA, CDC, IDPH, Restore Illinois and the Lake Land College Return to Campus plan. All plan updates will be communicated to student athletes through Laker Email and posted on the Athletics page of the College website.

On July 12, the NJCAA issued guidelines resulting in the move of competition for all five competitive sports provided at Lake Land College to the spring 2021 semester. On December 16 Lake Land College announced the decision to move forward with competitive seasons for all five competitive sports. The NJCAA allowed programs to start practices on January 4 and Laker athletes began returning to campus at that time. All Laker scholarship athletes were provided the opportunity to maintain their scholarship if they opted not to participate in athletics during the spring 2021 semester.

It is critical for all athletes to understand that because the risk of exposure to COVID-19 remains significant throughout the state and nation, opportunities to compete with other colleges may be limited and that the spring season may be suspended or ended at any time based on COVID-19 positive cases, locally, regionally or at other competitor locations. If the season is ended by the college prior to the end of the spring 2021 semester, all scholarships applicants will maintain their tuition/fee scholarship for the remainder of the semester.

Before the Student Athlete Returns to Campus

- Athlete must sign attached acknowledgement of understanding and agreement to abide by all protocols defined in this document (see final page of document). Team disciplinary action will be imposed if student knowingly fails to comply and will include referral to the Vice President for Student Services for consideration for further College disciplinary action including suspension or dismissal from the team.
- Athlete must submit a signed *Student Consent for Participation, Assumption of Risk & Release* (attached). Signed parent approval is required for any athlete younger than 18.
- Athlete must submit a negative COVID-19 test results received no more than 3 days before returning to their apartment/campus. Can be faxed to 217-234-5460 or emailed to: wjackson60312@lakelandcollege.edu
- Athlete must submit documentation of a current physical (no more than 13 months) conducted by the student's medical provider clearing them to play.
- Athlete must submit proof of health insurance (copy of front and back of insurance card).
- Athlete must complete concussion ImPACT testing through the website link provided to establish a baseline assessment.
- Athlete must complete online training recommended by NJCAA on best practices to prevent the spread of COVID-19. The link will be provided by the Athletic Department.
- Athlete will report for team activities according to the date communicated by the head coach.

Required Daily Check-In Protocol

- All athletes will submit the Lake Land College Campus Visit Screening Form on Website or Laker Mobile app and present it at check-in. Only athletes approved through the online screening process will be allowed access to campus grounds, entry to campus buildings, or participation in any in-person athletic

activity. Any student exhibiting symptoms as identified in the screening process will be required to stay home and contact the Athletic Trainer for further direction.

- Facial covers, covering the nose and mouth must be worn at check-in and at all times unless directed otherwise.
- Athletes will enter the Field House only through the fitness center doors with temperature checks completed at the door.
- Any student with a temperature of 100.4 or greater will be required to return home and contact the Athletic Trainer for further direction.
- Athletes will exit the FH through doors in between the locker rooms.
- Film rooms will be set-up to ensure social distancing, requiring small group or virtual meetings as needed.
- Each athlete will be required to bring their own water bottle clearly marked with their name on the outside to practice and workouts. There will be no sharing of water bottles.

COVID-19 Testing

- In order for any student athlete to participate as a member of a Lake Land College athletic team during the spring 2021 semester, the student athlete must agree to participate in ongoing COVID-19 testing throughout the spring 2021 semester as scheduled in accordance with the competition season of each sport.
- Testing will be conducted at no charge to the student athlete.
- Each team will be assigned specific dates and times for testing each week.
- Self-swab nasal test kits will be delivered to campus.
- At designated time, all members of the assigned team will conduct the self-swab nasal test under the supervision of the Head Athletic Trainer and other college staff.
- Test results will be reported to the Director of Athletics and Head Athletic Trainer within 48 hours of test.
- Any student testing positive will be placed on Virtual Access Only restriction by Lake Land College Health Services and may also be quarantined through the Coles County Public Health Department. Campus and athletic restrictions will also apply to team members, and other students and employees who have had contact with a positive individual. Students should refer to the [Guidance for Students Regarding COVID-19 on the College website](#) for additional information.
- Any student athlete failing to participate in COVID testing as assigned will be restricted from any team activities until after the next test date.

Protocol if Coach or Student Athlete has suspicion of having COVID-19

- Regardless of current test results, if Campus Visit Screening form is red-flagged or an athlete/coach is experiencing COVID-19 symptoms, s/he must stay home and contact the Athletic Trainer for further direction.
- The Athletic Trainer will consult with the Health Services and Director of Athletics to determine next steps including potential requirement for medical consultation or COVID-19 testing.

In Practice Protocols

- Athletes are encouraged to use their own equipment (balls, bats, gloves) when possible.
- All athletes will be required to use hand sanitizer before practice or workouts and additionally as needed throughout.
- Athletes will minimize physical contact as much as possible.
- At a minimum, student athletes will wear a face covering at all times while not actively participating. In accordance with current CDC and IDPH recommendations, face coverings may be required at all times, including during participation.
- Each student athlete will be assigned to the same partner for drill work every day. Preferably their roommate.
- Sunflower seeds or other food items and spitting will be prohibited in all practices or scrimmages.

Post Practice Protocols

- All balls, equipment, and high touch areas will be disinfected by athletes and coaches after each practice.
- Athletes will be required to leave the fieldhouse at the conclusion of practice. Those needing treatment from the Athletic Trainer will be required to shower first.

Team Meetings and Functions

- Social distancing requirements will be enforced for all team meetings and functions and in the course of play whenever possible.
- Masks covering nose and mouth will be required at all times during these functions.
- If social distancing cannot be maintained, teams will meet in smaller groups or virtual.

Study Halls

- May be offered in accordance with requirements for face coverings and social distancing.
- Chrome books will be available for loan to student athletes who need for course access from home. Athletes should not share technology with other students.

Athletic Training Room

- Athlete will need to have showered before entering the training room.
- Only one athlete will be permitted in the training room at a time.
- There will be no congregating in the hall while waiting to enter the training room. Students will social distance while waiting.
- Appointments will be scheduled for treatment and rehab.
- Masks will be required at all times in the Athletic Training Room.
- Ice will be bagged by the Athletic Trainer only.

Common Areas of the Fieldhouse

- Masks and social distancing will be required at all times.
- There will be no congregating in common areas.

Game/Scrimmage Days at Home

- On game days, athletes will enter through the fitness center doors and complete standard screening protocols previously described including wearing of masks at all times not actively participating.
- Coaches, game day staff and officials must obtain clearance to enter campus through the Campus Visit Screening Form.
- Officials will enter through the doors between locker rooms. Temperatures will be checked at that point and any official with a temperature of 100.4 or higher will be prohibited from entry.
- Game day staff will be required to wear masks covering nose and mouth at all times.
- Team benches will be set up for social distancing and each player will be assigned a seat for the duration of the competition
- Game benches and all high touch areas will be disinfected prior to, and following, competition.
- At the conclusion of a contest student athletes will not have any interaction, no handshakes, with the opposing players or fans.
- Spectators will be allowed at outdoor facilities (baseball and softball). To ensure social distancing, stands near the field will be closed and spectators will need to bring their own chairs and sit in the designated viewing areas. Spectators from both the home and visiting teams will be allowed.
- Spectators will be limited at indoor facilities (basketball and volleyball) according to the maximum occupancy number recommended by current IDPH guidelines and to ensure social distancing. Spectators will be by invitation only based on two fans per team member/team personnel. At this time, spectators will be limited to the home team.

- All spectators must be cleared to enter the College campus by completing the Lake Land College Campus Visit Screening form linked on the Lake Land College website. Masks must be worn at all times while in campus buildings and outdoors when social distancing between non-household members cannot be maintained.
- The College will honor requests from visiting teams for no spectators.

Cheer Team as Home Games

- The Cheer Team will be re-introduced to home games as a later date. All will be required to wear masks at all times, including during game participation. The date for return will be announced when it has been established.

Game/Scrimmage Day Travel and Overnight Stays

- Each venue and area of travel must be deemed to be in compliance with safety protocols and safe for travel.
- Prior to travel, each team will ensure that the opposing/host team agrees to screening their players for COVID symptoms, temperature checking and wearing masks when not in active play.
- Travel rosters may be limited to ensure social distancing.
- Prior to travel, students must complete check-in process including clearance through the Lake Land College Campus Visit Screening Form on website or mobile app. and temperature checks. If student is displaying any symptoms or has a temperature of 100.4 or higher, student will not be allowed to travel.
- Masks covering nose and mouth are required at all times until the student athletes have arrived at the venue and are participating in game activity. According to CDC or IDPH recommendations, face coverings may be required at all times, including during participation.
- To reduce locker-room time at the other school, all athletes will be dressed for competition prior to boarding the van.
- Teams will travel in vans or bus with individual seats and they will sit in every other seat. Masks will be required at all times while in the vans.
- Individually packaged meals will be ordered in advance for pickup or delivery and consumed where social distancing may be maintained.
- At the conclusion of a contest student athletes will not have any interaction, no handshakes, with the opposing players or fans. The team will leave the venue and load van.
- The College will not object to host colleges allowing spectators as long as the host college is in compliance with current IDPH recommendations regarding maximum occupancy, masking and social distancing.
- Travel including overnight stays will be limited and each stay must be approved by the Vice President for Student Services based on criteria including amount of travel time required and current COVID-19 positivity rate both locally and at the destination site(s). Each team will be limited to two trips that include overnight stays, with each trip including no more than two locations. The trips including overnight stays are intended for travel outside of Illinois prior to beginning play within Region 24/GRAC.
- Shared room assignments during overnight stays will be limited to members of the same household, ensuring each team member has an individual bed.
- Any student athlete who is not comfortable participating in overnight travel will not be required to do so.

Housing

- Athletes residing in Lake Land Living apartments will be assigned to live only with members of their own team.
- Assignments for housing will be consistent with assignments for lifting, group work partners, and travel partners as much as possible.
- Athletes must not enter any student apartment other than their own.

Recruiting

- Coaches may travel to tournaments and showcases that are deemed safe, following all College-required and venue-required safety protocols.
- On-Campus visits for recruiting led by the team Coach (rather than student team members) will be allowed with all visitors completing the Campus Visit Screening Form, wearing face coverings, maintaining social distancing and adhering to all college safety protocols.

Camps on Campus

- No camps or showcases will be allowed on campus during the spring.

Laundry of uniforms and practice gear

- Athletes will place uniforms in assigned tub after game, scrimmages, or practice.
- Coach, with gloves on, will immediately take to laundry room and place in washer.
- Coach will disinfect the tub after starting the laundry.
- Clean uniforms will be distributed at the next practice or workout.

Locker Rooms

- Lockers will be assigned to ensure social distancing.
- If social distancing cannot be maintained with all team members in the locker room at one time, athletes will be assigned to enter and exit in shifts.
- No items may be left in the locker room outside of the personal locker at any time.
- No sharing of personal items will be allowed.

Student Athletes Choosing to Not Participate in Athletics Spring 2021

- As was allowed for the fall 2020 semester, any athlete choosing to not participate in spring 2021 athletics at Lake Land College will not be included, or required to participate, in any activities with other athletes or staff.
- A scholarship athlete who chooses not to participate in spring athletics at Lake Land College will maintain their tuition and fees scholarship for the spring semester.

For questions, or additional information regarding the Return to Play Protocols, please contact Bill Jackson, Director of Athletics, at 217-234-5296 or wjackson60312@lakelandcollege.edu.

Attachments

- *Acknowledgement of Receipt and Agreement to Abide by Return to Play Protocols Addressing the Impact of COVID-19 2020-2021*
- *Student Consent for Participation, Assumption of Risk & Release*
- *Parent Consent for Participation, Assumption of Risk & Release (for students under age 18)*

Signed:

Lake Land College Senior Administrator

Date

Lake Land College Director of Athletics

Date

Lake Land College Coaches

Date

Opposing Team Senior Administrator

Date

Opposing Team Athletic Director

Date

Opposing Team Coaches

Date