



Lake Land College Athletic Department
Return to Play Protocols
Addressing the Impact of COVID-19
2020-2021
July 30, 2020

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.

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. NJCAA is allowing each of the sports to establish a 60 consecutive calendar day practice and limited scrimmage schedule during the Fall 2020 semester. Lake Land College seeks to provide a Fall 2020 practice and scrimmage schedule for each sport as allowed by NJCAA. All scrimmages will be completed between September 1 and November 22. Athletes will be expected to also participate in individual work-outs and small group strength and conditioning throughout the entire semester. This plan seeks to define safety protocols that will be required for all Fall 2020 athletic-related events to reduce the likelihood of student athletes being exposed to, contracting, or spreading COVID-19.

It is critical for all athletes to understand that because the risk of exposure to COVID-19 is currently on the rise in the College's region and the state of Illinois, the College is unable to determine if scrimmages will be held with other colleges or limited to on-campus intra-team scrimmages. A determination will be made prior to each scheduled scrimmage based on decisions made by the GRAC Conference or NJCAA Region 24 leaders, the COVID-19 status in the College's region and that of the opposing college's region/location, and general safety protocols in place at the opposing college and host venue.

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).
- 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 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 app will be allowed entry. Any student exhibiting symptoms as identified in the app 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.

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. According to changing CDC 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.

Scrimmage Day Travel and Overnight stays

- No travel requiring overnight stays will be allowed for fall semester.
- Each venue and area of travel must be deemed to be in compliance with safety protocols and safe for travel.
- 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 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. No meals will be eaten inside restaurants or in the vans.
- 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.

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.

Scrimmage Days

- Only game day staff, athletic trainer, coaches, and student athletes will be allowed in the Field House (no cheerleaders) while 50 person maximum requirement is in place. If occupancy guidelines change, the number will be re-evaluated and revised as appropriate.
- 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.
- Outdoor facilities are not required to follow the 50 person maximum; however, stands will be blocked off and spectators will need to bring their own chairs and maintain social distancing with people outside of their household.
- 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.

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

- If the 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 College nurse and Director of Athletics to determine next steps including potential requirement for medical consultation or COVID-19 testing.
- The College expects to follow procedures outlined on the *Return to School/Work Flowchart* for any athlete who has tested positive, has had close contact with someone who has tested positive or is exhibiting symptoms of COVID-19 in consultation with the Coles County Health Department.
- If a member of a team tests positive or is suspected of having COVID-19, all members of the team who have had close contact with the individual will be quarantined for 14 days or, if appropriate, until confirmed negative through testing at the discretion of the Coles County Health Department. This may result in suspension of team activities for all members during the quarantine.

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 fall.

Laundry of uniforms and practice gear

- Athletes will place uniforms in assigned tub after 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 Fall 2020

- Participation in athletics for fall 2020 is strictly voluntary. Any athlete who continues enrollment at Lake Land College and chooses to not participate will not be required to do so and will maintain their status as a member of the team for spring 2021.
- Any athlete choosing not to participate in fall 2020 will not be included, or required to participate, in any on-campus interactions with other athletes or staff.
- A scholarship athlete who chooses not to participate in Fall athletics will maintain the tuition, books, and fee scholarship; however, any grants-in-aid for room and board will be discontinued for Fall 2020. Athletes must meet all credit-hour completion and GPA requirements to continue their scholarship to the Spring 2021 semester.

Student Athletes Choosing to Transfer to another College

- Any athlete who decides to not enroll in college for the fall 2020 semester or to transfer to another college will be granted a release.

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)*
- *Return to School/Work Flowchart*

7/30/20