

Health & Exercise Studies Guidance on Safe Course Participation

These courses require a daily screening process involving a temperature check and completion of the Safer Play survey without symptoms prior to participation

Courses:

Weight Training: There are two main locations where weight lifting classes occur- the 'Field House' and the Feather River Fitness Center. All the weight lifting classes that occur at the fitness center will take place before/after public community hours are over for the day and will follow approved fitness center guidelines in place. The 'field house' weight rooms –Bay 1 and Bay 2, will adhere to the following guidelines:

- Phase I: Pre-2nd Round PCR Testing:
 - No locker room usage. Students will enter area in identified entry way and exit area through alternative location. Personal items, such as a water bottle, shall be stored in identified spaces to reduce risk
 - Maintain 6 ft spacing between individuals and wear face covering whenever possible
 - Limited lifting with addition of a “spotter” from within each student cohort
 - Hand sanitizer stations and equipment sanitizer will be provided and must be used
 - Maximize fresh air flow- weather permitting keep doors open as much as possible, including roll-up doors
 - Weight rack perimeter should be utilized for as much individual lifting as possible
 - Weight racks and equipment should be sanitized before and after individual use; dispose of reusable towels in identified bins, do not re-use dirty towel
 - Optimal weight rack use should be 16 students at a time, 2 students per weight rack
 - Water bottles and individual equipment should follow guidelines for storage and use
 - Stagger group times post-workout no less than 10 minutes to provide ample time for cleaning and/or sanitation and limiting exposure
 - Utilize large-area sanitizing equipment such as sprayers or fog machines
- Phase II: Post 2nd Negative PCR Test Result
 - No maximum cap on participants
 - Maintain 6 ft spacing between individuals and wear face covering whenever possible
 - Follow hygiene, cleaning and sanitation recommendations.
 - Hand sanitizer stations and equipment sanitizer will be provided and must be used
 - Maximize fresh air flow- weather permitting keep doors open as much as possible, including roll-up doors
 - Weight rack perimeter should be utilized for as much individual lifting as possible

- Weight racks and equipment should be sanitized before and after individual use; dispose of reusable towels in identified bins, do not re-use dirty towel
- Water bottles and individual equipment should follow guidelines for storage and use
- Locker room use permitted- must maintain 6 ft spacing between individuals and wear face mask

Conditioning: Each coach has created a sport-specific individualized class plan. Each plan will follow the recommended NSCA Guidance on Safe Return to Training for Athletes

- Pre-2nd PCR Test Result:
 - Maintain 6 ft spacing between individuals and wear face covering whenever possible
 - Conditioning courses will take place as much as possible outside, provided weather and environmental conditions allow safe participation
 - Hand sanitizer stations and equipment sanitizer will be provided and must be used
- Post-2nd PCR Negative Test Result:
 - Maintain 6ft spacing between individuals and wear face covering whenever possible
 - No maximum cap on participants
 - Follow hygiene, cleaning and sanitation recommendations
 - Hand sanitizer stations and equipment sanitizer will be provided and must be used
 - Maximize fresh air flow- weather permitting keep doors open as much as possible, including roll-up doors
 - Weight rack perimeter should be utilized for as much individual lifting as possible
 - Weight racks and equipment should be sanitized before and after individual use; dispose of reusable towels in identified bins, do not re-use dirty towel
 - Water bottles and individual equipment should follow guidelines for storage and use
 - Locker room use permitted- must maintain 6 ft spacing between individuals and wear face covering

Intercollegiate/Advanced Sports: This class is designed for game and practice based activities specific to each sport. These courses take place outside in a field setting and inside the gymnasium. Students will enter class area in identified entry way and exit through an alternative location

Face-to-Face Participation

Spring I: 2/8/21- Men's & Women's Basketball, Volleyball, Cross Country

- ***Indoor teams must maintain established cohort of 10 people or less until second negative PCR test result***

Spring I: 2/10/21- Football

Spring II: To Be Determined – Baseball, Softball, Beach Volleyball, Track, M&W Rodeo, M&W Soccer

- Maintain 6 ft distance and wear face covering whenever possible
- Follow hygiene, cleaning and sanitation recommendations.
 - Hand sanitizer stations and equipment sanitizer will be provided and must be used
 - Maximize fresh air flow- weather permitting keep doors open as much as possible, including roll-up doors
- Locker room use permitted- must maintain 6 ft spacing between individuals and wear face covering

Hydration:

- Athletes are expected to bring their own water container, large enough to last throughout the training session- gallon if possible. Water bottles should never be shared
 - Indoor sports- water fountain in hall to refill individual water bottles
 - Outdoor sports: athletic training will provide a hydration schedule to each program based on approved practice/training/game day plans
- Only pre-approved, authorized personnel will refill water bottles in designated areas in accordance with AT Hydration Plan
- No manual drinking fountain should be used; touchless water station use is encouraged
- Wash and sanitize hands before and after each refill (touchless water station refills)
- 'Borrowed' water bottles from athletic training area must be returned daily for proper cleaning and sanitation

Positive Test Result:

In the event of a positive COVID PCR test result course participants will be instructed to follow Plumas County Health Department recommendations, including isolating/quarantining for 10 days.