ATHLETICS REOPENING PLAN FALL 2021
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Baruch College Athletics Reopening Plan

Below is the Baruch College Department of Athletics & Recreation Safety Plan. This plan was developed after thorough review of the most up to date guidelines from a variety of organizations. These organizations include:

- **NCAA COVID-19 Advisory Panel**
  - Resocialization of Collegiate Sport: Developing Standards for Practice and Competition, Second Edition (Updated), (March 29, 2021)
  - COVID-19 Updates – Vaccines and Emerging SARS-CoV-2 Variants, (January 8, 2021)
  - COVID-19 Guidance on Multiple Teams in the Same Location, (October 21, 2020)
  - Guidance and Recommendations for Game Day Operations – Basketball
- **Center for Disease Control**
  - Guidance for COVID-19, (March 15, 2021)
- **American Medical Society for Sports Medicine COVID-19 Working Group**
- **Autonomy 5 Medical Advisory Group**
- **New York State Department of Health**
  - NYS Higher Ed Supplemental Guidance, (February 20, 2021)
  - NYS DOH COVID-19 Overview, (March 29, 2021)
  - NYS DOH COVID-19 Travel Advisory

This plan was developed to optimize the return to activity process without increasing the risk of contamination to the campus, staff, and student population. The resocialization of the Baruch College Department of Athletics & Recreation facilitates a return to normalcy for the campus and community as a whole.

**Baruch Campus Entry Requirements**

In order to gain access to campus, all student-athletes, staff, and coaches are required to follow the procedures outlined in the Campus Reopening Plan.

**Staffing Considerations**

All staff working within the Athletics & Recreation Department on campus will be considered tier 1. Tier 1 individuals, including all student-athletes, will be tested in accordance with NCAA guidelines. (Resocialization of Collegiate Sport). Staff will be on staggering schedules when necessary based on capacity limits of each floor of the ARC.

- **Heather MacCulloch – Director of Athletics & Recreation**
  - Oversee compliance of safety plan with weekly check-ins on every area
- **Erin Pomykala – Associate Athletics Director/Finance and Administration**
  - Aid in purchasing and travel guidelines for Baruch College
  - Assist in oversight of compliance of the safety plan with weekly check-ins on every area
  - Assist AD in building schedules for staff remote and in person work
- **Carrie Thomas – Assistant Athletics Director for Academics, Compliance, & Eligibility/SWA**
  - Assist in oversight of compliance of the safety plan with weekly check-ins on every area
• Whitney Vail – Head Athletic Trainer  
  o Oversee Sports Medicine Staff and daily operations
• John Neves – Assistant Athletics Director/Sports Information
• John Alesi – Assistant Athletics Director for Facilities/Head Men’s Basketball Coach  
  o Designated Site Safety Monitor  
    ▪ Responsibilities include continuous compliance with all aspects of the site safety plan and guidance  
  o Oversee game day operations  
  o Assist in sanitization, set-up and breakdown of practices and games
• Jose Torres – Head Baseball Coach  
  o Assist in sanitization, set-up and breakdown of practices and games
• Nicole Bellini – Head Softball Coach  
  o Assist in sanitization, set-up and breakdown of practices and games
• Greg Wyzkowski – Head Men’s & Women’s Tennis Coach  
  o Assist in sanitization, set-up and breakdown of practices and games
• Dima Kamenshchik – Intramurals Coordinator/Head Men’s Soccer Coach  
  o Manage laundry/equipment room  
  o Assist in sanitization, set-up and breakdown of practices and games
• Charles Lampasso – Director of Aquatics/Head Men’s & Women’s Swimming and Diving Coach  
  o Oversee aquatic facility  
  o Assist in sanitization, set-up and breakdown of all activities offered/permitted at the pool
• Kevin Edwards – Head Men’s & Women’s Volleyball Coach  
  o Assist in sanitization, set-up and breakdown of practices and games
• Angeoline Piguave-Cowan – Head Men’s & Women’s Cross Country Coach  
  o Assist in sanitization, set-up and breakdown of practices and games
• Michael Kotrozos – Head Women’s Basketball Coach  
  o Assist in sanitization, set-up and breakdown of practices and games
• Bryler Paige – Building Supervisor  
  o Assist in sanitization, set-up and breakdown of practices and games
• Kareem Carrington – Building Supervisor  
  o Assist in sanitization, set-up and breakdown of practices and games
• Lenore Mami – CUNY Office Assistant
• Dr. Angela Pinto – Faculty Athletics Representative
• Dr. Lauren Borowski – Team Physician
• Dr. Julie Han – Team Physician
• Assistant Drivers
• James Kaznosky – Director of Environmental Health & Safety/Campus Coronavirus Coordinator
• Kathy Cobb – VP for Administration and Finance/Campus Coronavirus Liaison
• Andrea Caviness – Executive Director, Human Resources/Campus Coronavirus Liaison
Education of Staff and Student-Athletes

The department will educate its staff, coaches, venue personnel, and student-athletes with all relevant information from the NYS DOH and updates to the NCAA resocialization documents and other related governmental and institutional policies. Education seminars will be completed through various methods, including Zoom conferences, blackboard, and a limited in-person site walk through to ensure social distancing.

We are confident that we will be able to provide education about the following topics, and indicate professional responsibilities where necessary:

- Institutional/Athletics department COVID-19 testing and procedures
- Prevention of community spread of COVID-19 including proper hand and respiratory hygiene
- Alignment and intersection of institutional/departmental polices and government/agency guidelines and requirements
- Proper self-screening techniques along with actions to take when contamination is suspected
- Cleaning and disinfection protocols
- Proper COVID-19 contact tracing
- Proper donning and doffing of personal protective equipment

Resources used for education: DOH Travel Guidelines, DOH Contact Tracing, DOH COVID-19 Overview, NCAA Resocialization of Collegiate Sport

Preseason Preparation

The college will notify and coordinate with the local health department on the resumption of intercollegiate sports, including but not limited to, the sharing of this return to sport plan, and any other applicable protocols, and procedures.

Completing our preseason checklist is the first step for every season. All student-athletes will complete their physicals with their primary care physicians. A COVID-19 questionnaire screening will also be required. This will screen for the following:

- Potential risk factors for certain populations at higher risk
- Individuals that tested positive
- Suspected, but not diagnosed infection
- Family members that test positive
- Travel – where has the individual traveled within the past few months
- Family members at home that are high risk
- Persistent symptoms after exposure to COVID-19

It is recommended that all student-athletes obtain an EKG and an antibody test. An EKG will be only required for all student-athletes who have tested positive for COVID-19, and/or were hospitalized or had severe symptoms in the past consistent with COVID-19 but never got tested. An efficient and safe way to get the testing is to go through primary care physicians (PCP), however there are alternative routes for those without a PCP. Testing may be prearranged through affiliated or other public health facilities designated by the CUNYAC COVID-19 Medical Advisory Board.
We will conduct as many preseason requirements as possible with our student-athletes remotely. Once on campus we will center our efforts on education and preventative measures. We will continue to reinforce these best practices daily.

- Student-athletes who have had a positive test result for COVID-19 are required to hand in results to the Sports Medicine Staff
  - Results must have the date of exam
  - Must have a clearance note from physician specifically for coronavirus
- Student-athletes and athletic staff are required to complete a COVID-19 exam, and test negative for COVID-19 within 72 hours prior to returning to athletics
- All teams are required to have a COVID-19 educational seminar prior to season
- All student-athletes must attest to being healthy 14 days prior to arriving on campus
- All student-athletes are required to sign a coronavirus pledge prior to participation

**Face Coverings and Physical Distancing**
All staff, coaches, and student – athletes will be required to wear a face covering or mask unless participating in physical activity. The Athletics department has already purchased masks and PPE for staff and student-athletes as needed. All face coverings will fit the mandate deemed by NYS DOH.

- Masking guidelines will meet CDC, NYS DOH, and NCAA Resocialization standards
  - Masks must be worn in accordance with [NCAA Resocialization of Collegiate Sport](https://www.ncaabout.com/about-sports/sport-safety-wellness/ncaas-resocialization-of-collegiate-sport)
  - All individuals who choose to wear a mask from home rather than one provided by the institution must get approval from Sports Medicine Staff
  - No masks with exhalation valves will be permitted
  - Gaiters and bandanas are not acceptable face coverings and should not be worn by any student-athletes or staff
- Social distancing will be encouraged when feasible
- Hand sanitizing stations have been installed at various points within the building
- Signage will be posted to remind individuals of masking and distancing rules
- Staff will oversee and enforce face coverings and physical distancing whenever necessary
- One way travel will be utilized in stairwells, hallways, entrances and exits whenever possible
- Spacing guidelines and predetermined routes will be mapped out to allow for one way travel
- Visiting teams will be asked to comply with all face covering and physical distancing procedures
  - Protocols will be provided to visiting teams before arrival


**Transition Periods and Return to Activity**
All training plans should recognize traditional transition and acclimatization considerations (e.g. cardiovascular conditions, heat, altitude).

Training plans include a seven- to 10-day initial transition period during which student-athletes are afforded the time to properly progress through the physiologic and environmental stresses placed upon...
them as they return to required activities. Baruch College Athletics will be requiring a one week initial transition period before returning to competition.

Training plans are made considering relevant industry resource materials including, among others, those published by the NCAA.

**Daily Precautions and Operations**

As our teams begin to arrive on campus, we complete our preseason preparation and begin our daily operations. Individuals will only be allowed on campus after meeting all preseason requirements. Individuals must complete the Everbridge App prior to every arrival on campus. In conjunction with these apps, Baruch College Athletics will use either SportsWare Online or SWAY to conduct daily symptoms checks. These applications will monitor for the following symptoms:

- Fever (100.4° or higher)
- Chills
- Cough
- New loss of taste or smell
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

**Emergency Warning Signs Include:**

- Trouble breathing
- Pain or pressure in the chest that doesn’t go away
- Experience confusion or trouble waking up
- Bluish lips or face

**Resource: NYS DOH COVID-19 Overview (Symptoms)**

Staff and student-athletes are expected to only arrive on campus at the designated times for class or practice/competition. All individuals entering the facility will undergo a temperature check upon their arrival to the ARC at their allotted time. A self-scanner will be located on the main floor of the NVC within the ARC entrance near the elevator. An identified staff member will be posted at the self-scanner to monitor all temperature checks. During this time, all individuals will also be screened to ensure compliance with campus face mask requirements. Practices will be staggered so no student-athletes will be entering or exiting the building at the same time. All practice areas will be sanitized before and after use. No practice areas will allow for intermingling of teams in locker rooms, bathrooms, medical areas and entrances. Teams will request use of locker rooms in advance of practice times. Social distancing and appropriate masking will be maintained whenever not participating in physical activity. Proper signage will be displayed in the ARC. Our daily protocols are listed below:

- Baruch College Athletics will provide appropriate face masks and gloves for all staff and student-athletes on an as needed basis, based on the activity being performed
- All student-athletes, coaches, and staff are required to complete daily health questionnaires
  - Application used for symptom tracking is Everbridge
Staff and student-athletes must report any failures of questionnaires and/or symptoms to Sports Medicine Staff
- All staff and student-athletes must report any signs or symptoms immediately to Sports Medicine Staff
  - Preferably by phone. If in person, individual will be quarantined immediately
- All student-athletes, coaches, and staff are required to complete daily temperature checks
  - Record of admittance or denial will be kept so documentation falls under daily record keeping and not private medical records
  - All individuals who are denied due to fever must comply with the Positive Symptom Protocol (see below)
- Student-athletes and staff are required to maintain 6 feet per social distancing guidelines wherever feasible
  - Any time individuals come within 6 feet of another person, face coverings must be worn and individuals must be prepared to don a face covering if another person unexpectedly comes within 6 feet.
- One-way staircases, hallways, entrances, and exits will be utilized as feasible
- Pre and post practice treatments will occur an hour before and after practice
- All practices will have a sanitization station along with a water station
  - Single-use cups will be used for water stations
- Sharing of equipment will be limited as feasible
- All individuals will be required to perform hand hygiene before and after contact with any shared equipment, or high-touch surfaces
- Individuals responsible for sanitizing equipment, clothing, or surfaces must wear gloves and masks during sanitization
- Locker rooms will be sanitized before and after use and monitored for entry and exit by the coach according to capacity limits
- Non-essential areas (e.g. dry saunas, steam rooms, oxygen or cryotherapy chambers) will remain closed
- In-person gatherings (team meetings, coaches meetings, etc.) will be limited to the greatest extent possible and teams will be encouraged to use zoom conferencing whenever feasible.

Resources: NCAA Resocialization of Collegiate Sport, NYS Supplemental Guidance for Athletics at Higher Education Institutions

Masking Strategy Chart

<table>
<thead>
<tr>
<th>Sport</th>
<th>Current Transmission Risk</th>
<th>Masking Strategies</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baseball</td>
<td>Intermediate</td>
<td>Masking if tolerated on the field. Masks off the field Preferential use of hand signals</td>
</tr>
<tr>
<td>Basketball</td>
<td>High</td>
<td>Masks as feasible during competition. Mask off court.</td>
</tr>
<tr>
<td>Cross Country</td>
<td>Low</td>
<td>Masks when not competing.</td>
</tr>
<tr>
<td>Soccer</td>
<td>Intermediate</td>
<td>Masks as feasible during competition. Mask off the field.</td>
</tr>
<tr>
<td>Sport</td>
<td>Level</td>
<td>Masking Guidelines</td>
</tr>
<tr>
<td>---------------</td>
<td>-----------</td>
<td>------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Softball</td>
<td>Intermediate</td>
<td>Masking if tolerated on the field. Masks off the field. Preferential use of hand signals.</td>
</tr>
<tr>
<td>Swimming</td>
<td>Low</td>
<td>Masks off the pool (on deck). May need to have multiple masks due to humidity.</td>
</tr>
<tr>
<td>Tennis</td>
<td>Low</td>
<td>Masking if tolerated on the court. Masks off the court.</td>
</tr>
<tr>
<td>Volleyball</td>
<td>Intermediate</td>
<td>Masks at all times. (if face mask is worn)</td>
</tr>
</tbody>
</table>

*All individuals must wear a face mask while on the sideline and/or not actively participating*

**Medical Coverage**

Caring for our student-athletes during this epidemic is our utmost priority. By planning and continuing safe practices we will allow our student-athletes to complete their education while representing Baruch College in competition. During this time, it is imperative to work proactively to address the needs of our student-athletes and staff. The sports medicine staff is one of the only areas that will intermingle between teams. To alleviate possibilities for contamination medical staff will wear appropriate PPE. Appropriate PPE includes face mask, and gloves whenever in direct contact with student-athletes.

- Medical coverage will be available and on campus during practices
- Medical coverage will be present at all games and scrimmages
  - Game day protocols are detailed below for games and scrimmages
- Medical professionals will monitor and oversee daily protocols
- Student-athletes and Coaches are required to report all injuries and illnesses
- Student-athletes are encouraged to report concerns to sports medicine staff
- Sports Medicine Staff will provide COVID-19 testing resources and oversee return-to-play guidelines

**Local Testing Sites**

NYC Health + Hospitals/Bellevue
462 First Avenue
New York, NY 10016
Hours of Operation: Mon-Fri 7:30 am – 2:00 pm, Sat 7:30 am – 3:30 pm, Sun 9:00 am – 1:00 pm

City MD Urgent Care
212 East 23rd Street
New York, NY 10010
Hours of Operation: Mon-Fri 8:00 am – 8:00 pm, Sat-Sun 8:00 am – 5:00 pm

**Athletic Training Room/Injury Rehabilitation**

Maintaining a clean environment is paramount when dealing with patients. All cleaners will meet CDC standards and the athletic training room will be sanitized after use throughout the day. Safe practices are key when dealing with any area of high traffic or common use. Maintaining a schedule throughout the day will allow us to manage this busy environment and implement a proper cleaning schedule.

- Sports Medicine Staff must wear appropriate PPE when working with student-athletes
- All equipment must be cleaned and sanitized after every use
• Student-athletes must make an appointment with the Sports Medicine Staff for all treatments
• Injury rehabilitations will be referred to an offsite physical therapy clinic
• Athletic training room will be open one hour prior to practice
• Physical distancing will be maintained whenever possible
• Student-athletes must wear masks in athletic training room unless medically necessary to remove
• All student-athletes will sanitize hands upon arriving and leaving Athletic Training room
• All common areas and equipment will be cleaned after use
  o Whirlpools
  o Rehabilitation tools
  o Coolers
  o Foam rollers

Facility Precautions
Preparing the facilities for use is key to maintaining social distancing. Using the best practices for cleaning and managing traffic in the building will help maintain a safe environment. By following CDC guidelines and NY state guidelines we can prepare the facilities for the reopening process. Proper signage, one-way hallways and predetermined routes for navigating the building will manage traffic flow to avoid intermingling between teams.

Resources: Guidance and Recommendations for Game Day Operations - Basketball

• All sport facilities will be cleaned pre and post activity following NYS DOH guidelines
  o Locker Room
  o Athletic Training Room
  o Practice Areas
• Social distancing will be enforced wherever possible
• Proper signage following NYS DOH guidelines
• One-way hallways and predetermined routes for navigating facilities
• Entrances and exits will be set to ease traffic
• Maximum capacity will be limited to 6 feet physical distancing guidelines, and no greater than 50% of the maximum occupancy for a particular area as set by the certificate of occupancy.
• No spectator areas will be open during games or practice
• Set our spacing aids within our commonly used paths
• Allot areas for all staff and teams to maintain distance at games, practices, and temperature checks
• The designated isolation room within the NVC, 1-153, will be used for individuals who present symptoms on campus
• The facility HVAC system uses MERV-13 filtration (confirmed by the Chief Administrative Superintendent of Building & Grounds)

Resources: NCAA Resocialization of Collegiate Sport
Sport Classification and Testing Strategies

Testing strategies are designed to be directed toward student-athletes and athletics personnel who have regular, close contact with student-athletes. This group of individuals is considered Tier 1, which is the highest exposure tier. Following is a summary explanation of Tier 1, Tier 2 and Tier 3 risk categories.

- **Tier 1** — This is the highest exposure tier and consists of individuals for whom physical distancing and face coverings are not possible or effective during athletic training or competition. Examples of relevant individuals include student-athletes, coaches, athletic trainers, physical therapists, medical staff, equipment staff and officials.

- **Tier 2** — This is a moderate exposure tier and consists of individuals who come into close contact with Tier 1 individuals but can reasonably maintain physical distance and use face coverings. Examples of relevant individuals include certain team staff (for example, administrators) and certain operational staff (for example, security, event staff and league staff).

- **Tier 3** — This is the lowest exposure tier and includes individuals who provide event services but do not come into close contact with Tier 1 individuals (and should this occur, would be reclassified into Tier 2). Examples of relevant individuals include certain operational staff (for example, housekeeping, catering, sanitation and transportation) and media or broadcast workers.

In daily practice, schools should consider how best to eliminate any unnecessary interaction among the different tier groups. Universal physical distancing and masking should be considered for all individuals in Tier 2 and Tier 3 at all times, including during competitions, and for individuals in Tier 1 where they cannot avoid interaction with Tier 2 or Tier 3 individuals. Guidance and Recommendations for Game Day Operations - Basketball provides more detailed considerations for basketball operations, including guidance for interaction among the three tiers and spectators, if applicable. Although this document is basketball-specific, the general guidance includes considerations that may be applicable to other sports.

Testing protocols are clearly defined by the [NCAA Resocialization of Collegiate Sport](https://ncaapcha.universityathleticlesources.com/). Utilizing these guidelines will aid in providing a safe and competitive environment for our student-athletes. These testing procedures are designed to reduce the risk of spread and exposure to the Coronavirus.

**NCAA Guidelines**

Teams have been identified and categorized according to contact risk levels ([NCAA Resocialization of Collegiate Sport](https://ncaapcha.universityathleticlesources.com/)).

- Low contact risk: swimming, tennis, cross country
- Intermediate contact risk: baseball, softball, volleyball (if masked), soccer
- High contact risk: basketball

The Baruch College Athletics & Recreation Department will be testing all student-athletes who are not fully vaccinated a minimum of once per week regardless of contact risk. High contact risk teams will be tested according to NCAA guidelines of three times per week. All teams will also be tested 24 hours prior to competition. Due to scheduling, some sports will be tested multiple times per week to meet these criteria. These testing criteria exceed NCAA guidelines and NYS DOH Guidelines.

Fully vaccinated student-athletes and individuals with no COVID-19 like symptoms are exempted from routine testing. However, if there is evidence of substantial or high transmission in the community, or
there are COVID-19 variants that escape the effect of the vaccine, routine testing may be resumed. Such decisions will be made in conjunction with local public health authorities, and/or federal guidance.

In addition, fully vaccinated student-athletes and individuals with no COVID-19 like symptoms do not need to quarantine or be tested after an exposure to someone with suspected or confirmed COVID-19, as their risk of infection is low. Daily symptom monitoring will still occur for 14 days after an exposure. If at any point they experience symptoms, they will be instructed to isolate immediately, be evaluated for COVID-19, and be instructed on how to obtain a COVID-19 test if deemed necessary.

*An individual will be considered fully vaccinated for COVID-19 two weeks after they have received the second dose in a two-dose series (Pfizer-BioNTech or Moderna) or two weeks after they have received a single-dose vaccine (Johnson & Johnson/Janssen). For those who were vaccinated internationally – the same two week guidance will also be applied to COVID-19 vaccines that have been authorized for emergency use by the World Health Organization (e.g. AstraZeneca/Oxford).

**Testing Procedure**

Surveillance testing is a key aspect in preventing the spread of COVID-19. Enacting proper strategies and procedures will allow Baruch College to mitigate the risk of exposure for our student-athletes. Our Team Physicians, Lauren Borowski and Julie Han, will serve as Testing Oversight for our surveillance testing after being trained. Testing will take place on designated days prior to the start of practice. Individuals will be selected in small groups and socially distanced while their samples are collected. Samples will be collected by the Sports Medicine Staff. Student-athletes will then be directed to a secondary holding area while they wait for their results. Social distancing will be maintained during the entire process. Results will be available within 15 minutes of testing. Once a student-athlete receives a negative test they will be released from the holding area and allowed to practice. If a positive result is found the student-athlete will be immediately quarantined and referred for a confirmatory PCR test. The Campus Coronavirus Coordinator and Campus Coronavirus Liaison will be notified immediately upon a positive test. They will be notified again after the confirmatory PCR test.

**COVID-19 Test To Be Used...**

Baruch Athletics has opted to use the Abbott BinaxNOW AG Card for routine surveillance testing. The Abbott BinaxNOW AG Card is a COVID-19 antigen test that has the advantage of being a ‘self-swab’ limiting the contact that the test administrator has with the individual being tested. The test is used in conjunction with the NAVICA app, which not only stores all testing data, but also has the ability to contact NYS with any positive results.

**Testing Schedule & Cost Breakdown**

It is estimated that approximately 226 student-athletes (around 140 in the Fall & 86 in the Spring) and 38 department staff will be tested on a regular basis throughout the year. These testing estimates are all dependent on a multitude of factors including, but not limited to, facility capacity limits and roster sizes.

Tests for high-contact risk sports (men’s & women’s basketball) will be performed at a minimum of 3 times per week. All other sports will be tested at a minimum rate of once per week. In addition, all student-athletes will be tested within 48 hours of competition. Thus the overall total number of tests that will be conducted throughout the year will be dependent on both game/practice schedules and roster sizes.
The Abbott BinaxNOW AG Card costs $5.00 per test, and is one of the most cost-effective antigen tests on the market. There is also the possibility for a CUNY-wide procurement, which could lower the overall cost per test.

**Practice Protocol**

Preparing athletes for a different practice experience will help aid our transition during these times. We will work with our coaches and administration to modify our normal routines to maintain social distancing. This includes practicing in smaller pods whenever necessary or modifying drills to allow for appropriate physical distancing. Protocols will be developed for practicing both indoors and outdoors. Key aspects to consider are:

- Maintaining social distancing whenever possible
- Avoid intermingling between teams
- All sport equipment and facilities must be sanitized before and after practice
- Time will be allocated pre and post practice to allow for temperature checks, set-up, and breakdown
- Student-athletes must have temperatures checked and complete a symptom questionnaire prior to practice
- Sanitization and water stations will be available for all practices
  - Single-use cups will be used for water stations
- Teams must use predetermined routes when entering and exiting practice
- Injured players will utilize the Athletic Training room during practice if necessary
- Student-athletes are not permitted to use fields or facilities outside of approved practice times
- Per NYS Guidelines, individual workouts are permitted, but group practices such as scrimmages and pick-up games are prohibited

**Resources:** [NCAA Resocialization of Collegiate Sport](https://ncaa.org)

**Game Day Protocol**

Game day is the combination of all our preparation coming together. This incorporates facilities, travel and daily protocols. On these days communication and preparation are key. We will be hosting visiting teams and having our athletes compete with individuals from other areas. By communicating with visiting schools, our team doctors and game day operations we can create a safe environment for the institutions to compete.

- Must complete and send travel roster prior to competition
- Visiting teams will be contacted within a week of their arrival to review all policies and procedures
- All members of visiting party must comply with home protocols
  - Use of only specified facilities
  - Use of face masks whenever not participating in sport
  - Individuals that become symptomatic while on campus must report to quarantine area immediately until departure
  - All visiting teams must have completed and received COVID-19 test results in accordance with NCAA guidelines and protocols
- Antigen testing will be completed within 48 hours of game time
  - Visiting team athletic trainers will be required to verify negative COVID-19 tests (PCR test within 72 hours or antigen test within 48 hours of game time), or full vaccination status for all travel party members prior to arrival at Baruch
• Officials will be screened for the following symptoms upon arrival to campus
  o Fever (100.4° or higher)
  o Chills
  o Cough
  o New loss of taste or smell
  o Shortness of breath or difficulty breathing
  o Fatigue
  o Muscle or body aches
  o Headache
  o Sore throat
  o Congestion or runny nose
  o Nausea or vomiting
  o Diarrhea

• No spectators will be allowed at practices, games, or scrimmages
• Only vital personnel will be present during games and scrimmages
• Any student-athletes who are injured or ineligible will not be allowed to attend games and scrimmages, home or away
• Visiting home and team facilities must be selected to allow one-way traffic
• Benches and scoring tables will be set-up to ensure that all team staff and student-athletes will maintain a distance of at least 6 feet apart from one another.
• Congregation of team staff and student-athletes on sidelines will be minimized

Resources: NCAA Resocialization of Collegiate Sport

Travelling Teams

• All members of the travel party will be required to wear masks for the duration of the trip
  o All stops during travel must be documented
• Vehicle occupancy must never exceed 50% of the maximum of the vehicle
• All travel meals must be individually boxed and eaten socially distanced if provided
• Vehicles will be sanitized before and after use by coaching staff and teams
• All travel will abide by all NYS requirements

Positive Symptoms

When preparing for COVID-19 you must plan for when a student-athlete will exhibit positive symptoms. It is key we use best practices and follow NYS and CDC guidelines when managing positive symptoms. The CDC believes symptoms begin between 2 to 14 days after exposure. Individuals are believed to be contagious 2 days prior to onset of symptoms. When our screening process identifies individuals that might be at risk, we will immediately initiate the following guidelines:

• Campus Coronavirus Coordinator and Campus Coronavirus Liaison will be contacted immediately
• Contact tracing will begin in case of positive test
• Student-athlete must be quarantined from team and staff
  o If on campus, the student-athlete will be tested for COVID-19 and instructed to report to the isolation room at NVC 1-153.
  o If off campus, the student-athlete will be instructed to remain home and given further information on how to obtain a COVID-19 test
  o Residence life will be notified if student-athlete is in campus housing
• Student-athlete must be referred to physician
• Student-athlete is not to rejoin team until cleared by physician
• Team rechecked for any positive symptoms immediately
• Full cleaning of all facilities used by team
• If a second student-athlete on the same team exhibits symptoms, the entire team will be quarantined
  o Team must complete initial COVID-19 testing and then complete follow up testing 5-7 days after initial negative test
• Team routines will be reevaluated and rechecked for safety

Positive COVID-19 Test
When a student-athlete tests positive for COVID-19, local public health authorities must be notified and required contact tracing protocols must be followed. All positive COVID-19 tests will be reported immediately. Individual names will be reported to Campus Coronavirus Liaison, Andrea Caviness. Locations on campus where the positive individual was will be shut down immediately and reported to Campus Coronavirus Coordinator, James Kaznosky, and campus facilities. These individuals will contact the NYS Department of Health and residence life if the individual resides on campus. NYS Department of Health isolation protocols will be followed immediately. If positive test is found during surveillance testing, student-athlete or staff member will utilize designated quarantine area while follow up PCR test is arranged. With direction from our team physicians, we have developed a safe and comprehensive plan to aid our student-athletes during isolation. Breakdown of our Positive COVID-19 Test protocol is detailed below:

• Campus Coronavirus Coordinator and Liaison will be contacted immediately of positive findings
• Student-athlete or staff will be immediately referred to physician for follow-up
• Residence life will be notified of any positive tests associated with their residents
• Individual will begin NYS DOH Isolation Protocols
• Daily symptom checks for all student-athletes during isolation by assigned staff
  o Reported to team physician for consultation
• Contact tracing will begin immediately
• Team physician will review contact tracing to ensure necessary individuals are highlighted
  o Any individuals identified through contact tracing must complete a COVID-19 test immediately
• Practice or competition will be suspended until team is rescreened for COVID-19

Student-Athlete and Staff Requirements for Outside Testing

• Student-athletes and staff must report if COVID-19 testing was recommended or completed by a physician
• Student-athletes and staff must report any COVID-19 positive test

Individuals are required to follow CUNY's isolation and quarantine requirements when confirmed or suspected of having COVID-19, per the CUNY Guidelines for Safe Campus Reopening.

*Once a staff member or student-athlete has tested positive for COVID-19, retesting will not begin until 90 days after the initial positive test. The CDC recommendations state that there is no need to retest positive individuals who have had a previous positive test within 90 days unless symptoms present. Staff and student-athletes who have tested positive within 90 days will still participate in all other risk mitigation strategies such as temperature checks, masking, social distancing, and daily symptom checks. Individuals who have tested positive for COVID-19 will not be retested unless symptomatic during the 90 day window after testing positive.
Discontinuation of Isolation
If a student-athlete or athletics staff member becomes newly infected with COVID-19, proper isolation protocols must be followed. These isolation protocols were developed by Center for Disease Control and adopted by the NCAA. Available data indicates that persons with mild to moderate COVID-19 remain infectious no longer than 10 days after symptom onset. Persons with more severe to critical illness or severe immunocompromised likely remain infections for no longer than 20 days after symptom on-set. Team physicians will be consulted during daily symptom checks. All discontinuing isolation and returning to Baruch College Campus will need physician approval. The recommendations below are based on the best information available and reflect the realities of an evolving pandemic.

Time-based strategy for discontinuing isolation:

- For individuals who test positive but never develop symptoms, isolation and other precautions can be discontinued 10 days after the first positive PCR test for SARS-CoV-2.
- For most individuals who test positive and are symptomatic, isolation and other precautions can generally be discontinued 10 days after symptom onset and at least 24 hours after resolution of fever (without the use of fever-reducing medications) and with improvement of other symptoms.

Resumption of Activity After Positive Tests
Return to play will be centered around student-athlete health and safety. Each person will have an individualized plan to optimize the return to play process. Working directly with physicians we will safely return our student-athletes who have recovered from COVID 19. Though each plan will be individualized, each person will be following the structure below. It is important to note there are no set timelines for return to play. Individuals who experience cardiac concerns and/or symptoms may be asked to complete a cardiac screen prior to returning to practice or competition. This cardiac screen will be based upon physician recommendation. Return to play guidelines will meet all NCAA and NYS DOH Guidelines and regulations.

- Student-athlete must complete isolation protocol before beginning return-to-play
- Student-athlete must be asymptomatic before starting return-to-play
- Student-athlete must be cleared by a physician
  - Note from physician must include reason for visit as ‘COVID-19 Symptoms’
  - Must have results from COVID-19 testing
- Student-athlete must complete all required cardiac testing if deemed necessary by physician
- Multi-day return-to-play strategy will be utilized unless clearing physician specifically documents that the student-athlete can return to full participation without the use of a multi-day protocol

Day 1 – Supervised by Sports Medicine Staff

- 30 minutes of sport specific drills
- 30 minutes of aerobic activity such as treadmill, elliptical, or bike
- Athlete will be screened for COVID-19 signs and symptoms after completion

Day 2 – Supervised by Sports Medicine Staff

- 20 minute aerobic warm up
- Full practice
- Athlete will be screened for COVID-19 signs and symptoms after completion
Day 3 – Supervised by Sports Medicine Staff

- Full practice or competition

It is important to note that there is no set timeline for return-to-play. Though many individuals will return-to-play after completion of the 10-day isolation, many may need additional time for symptoms to resolve in order to return to sport. Similar to a concussion, this timeline can be extended indefinitely if deemed necessary by the team physician. Multi-day return-to-play will be utilized unless clearing physician specifically documents athlete may return without the need for a multi-day return-to-play.

Off Campus Activities and Housing

In order to maintain best practice protocols, we must encourage safety guidelines into every aspect of a student’s life. Once a student-athlete breaks safe practice guidelines they increase their risk of exposure. We must stress the importance of continued risk mitigation as much as possible. Our COVID-19 Pledge is designed to educate and inform student-athletes of risky behaviors that may increase their likelihood to contract COVID-19. These suggestions are based on the most recent data and research. All student-athletes who reside in an apartment in the residence halls will need to adhere to all residential hall guidelines at all times.

- Follow all designated guidelines determined by residential hall (see below)
- Daily questionnaires must be completed
- Temperature check will be maintained before entering the ARC
- Student-athletes will learn of increased risk factors when off campus
- Face masks must be worn when congregating in groups at all times
- Avoid unnecessary gatherings during meals, recreation, and classwork
- Adhere to the coronavirus pledge at all times

Baruch Residential Life Opening Plan

Physical Preparation

- Each room will be assigned only one student, regardless the size of room.
- Most common areas will be closed. Essential common areas, such as the kitchen and laundry facility will operation at 50% capacity with half of the stoves/machines offline. Signage reinforcing social distancing will be placed in hallway containing mailboxes. A reservation system will be created by the landlord if students throughout building are unable to comply. Spaces will be cleaned multiple times daily as provided by the landlord.
- Students who test positive and/or need to quarantine will do so in their individual rooms, which have private bathrooms. Students are asked to notify residence staff via email when they travel out of state or to a hotspot. The Residence Life Coordinator will keep a record of those students who travel out of state and add them to the master list of students on quarantine upon their return. This information will be confirmed on the daily health questionnaire.
- An urgent care is located on 97th and Lexington Ave, as well as one on 3rd avenue and 96th street, each one block away from the residence for testing.
- Elevators capacity limited to 4 riders.
- Residential Life will provide PPE to those students who do not have (sufficient) face coverings.
- All public spaces have limited capacity of no more than 50%. Check in has been staggered to ensure limitations within elevators, and in the lobby are observed. Signage promoting social distancing posted in hallways, lobby and entryways. No congregating is permitted.
Operational Preparation

• Signs are posted promoting social distancing and the use of face coverings is mandatory in shared spaces.
• No guests are permitted in the Residence Halls.
• Any programming to occur will be virtual, including floor meetings with RA.
• Check in is staggered with students permitted only one person to assist with moving in.
• Hand sanitizer stations are throughout common areas.
• Touch barrier tissue dispensers are available in the elevators.
• Plexiglas barriers in place at security station as one enter the building.
• Only one student will be assigned to a room. Each room has a private bathroom inside the unit that is not shared with anyone else.
• Students will be informed of the risks involved in living in a residential building. They will be required to sign documentation accepting the risks, agreeing to conform to social distancing, cleaning procedures, and other safety protocols (e.g. wearing face coverings) when they receive their assignment at check in, and when they sign a form each day disclosing possible symptoms.
• Residents are required to inform the residential staff if they are leaving the state or the country via email. Residents must quarantine for fourteen (14) days if they return to the residence hall from a high-risk location. RA’s will randomly check on students in quarantine to ensure compliance.
• To the extent possible students are strongly encouraged to purchase and pack sanitizing and cleaning supplies and bring them at move-in. Residents may also pre-purchase and have these supplies delivered to the residence hall. Residents are encouraged to bring supplies to support themselves during a mandated quarantine (e.g. extra bed sheets, towels, clean clothing), such as nonperishable items, favorite snacks, cleaning supplies, and toilet paper. Bedding and other bulk items can be sent ahead of time, and packages will be delivered directly to the resident’s room.
• Residents must bring a supply of face masks and a thermometer with them for use throughout the semester. If packages are sent ahead of time, students are to send Student Life Services an email prior to arrival requesting delivering those items to the room. That email address is 1760sls@60guilders.com.
• All community members will wear face coverings (masks) when in public spaces including hallways, elevators and communal spaces. Failure to do so can result in disciplinary action.
• Prior to check-in, students from high risk areas were notified they would need to self-quarantine. At check-in those students from these areas are reminded they must quarantine for 14 days.
• Residents will complete a qualtrics survey daily identifying any symptoms they are experiencing. Questions include (in the last 14 days):
  o Have you experienced any new or worsening symptoms of COVID-19 that are not attributable to another condition? These include fever (temperature > 100.4°F, 38°C), chills, cough, shortness of breath, a loss of taste and/or smell, fatigue, muscle/body aches, headache, sore throat, runny nose, nausea or vomiting, diarrhea.
  o Have you gotten a positive result from a COVID-19 test that tested saliva or used a nose or throat swab? (Not a blood test.)
  o Were you notified by your medical provider or the NYC Test and Trace or other local agency team to remain home because of COVID-19?
  o Have you been in close or proximate contact with a person with a suspected or confirmed COVID-19 infection?
Have you traveled to any state or country, for which NYS requires a mandated self-quarantine period? For a complete list of states, please read the NYS COVID-19 Travel Advisory.

Students will be asked to complete this questionnaire daily. RA’s will confirm each day that students have completed this questionnaire; RA’s will follow up with students who have not.

Sanitization Aid From B&G

Facilities has defined the three levels of cleaning in Baruch’s Revised Reopening Plan.

- **Clean** – routine, frequent, pre-covid cleaning
- **Enhanced Clean** – routine, frequent, pre-covid cleaning plus high-touch surfaces
  - A team of custodians in each will be assigned to perform high-touch cleaning continuously throughout the day. Remaining custodial staff will focus on enhanced cleaning of bathrooms, as well as routine cleaning of common areas.
- **Disinfect** – cleaning, as needed, for an area suspected or known to have had a person with a positive case of COVID-19. This will include closure of the area per CDC guidelines.

Many considerations for high traffic areas can easily be addressed with the aid of B&G. Large scale sanitization of common areas such as hallways and gyms will need to be maintained. Having new sanitizing stations in large traffic areas and near doorways with high tough surfaces.

- **Sanitation will be coordinated between Athletics and B&G**
  - Athletics staff will be designated for sanitization
  - B&G will be asked to sanitize areas such as bathroom and hallways
  - Athletics staff will sanitize facilities and equipment pre and post practice and/or use
- **Requests for Buildings and Grounds**
  - Wall mounted hand sanitizer stations in common areas
  - Mobile hand sanitizer stations to be used at games and practices
  - Floors and bathrooms sanitized daily
  - Will maintain a 90-day supply of face masks, as per NYS guidelines
  - High use rooms
    - Gyms
    - Fitness Center
    - Athletic Training Room
    - Pool
    - Locker Rooms
    - Study Area

The CDC’s most up-to-date guidance states that routine daily cleaning with soap (or detergent) and water is sufficient to substantially reduce virus levels on surfaces. Cleaning high-touch surfaces with soap or detergent should be enough to further reduce the relative low transmission risk in situations where there has not been a suspected or confirmed case of COVID-19. In situations where there has been a suspected or confirmed case of COVID-19 indoors within the last 24 hours, the presence of infectious virus on surfaces is more likely and therefore high-touch surfaces should be disinfected.

*As of now, NYS has not updated their guidelines in accordance with CDC, so we still be following all state sanitization protocols until the new CDC guidelines are adopted.*
Academic Modifications
In the event that a student-athlete has a prolonged quarantine or isolation that interferes with their academic schedule, steps will be taken to allow for some accommodations. If any short-term modifications are necessary, the Head Athletic Trainer and/or Team Physician will notify the Assistant Athletic Director for Academics, Compliance, & Eligibility, the Faculty Athletics Representative, and the Office of Student Affairs. A letter from the Associate Director for Community Standards will then be sent to all of the student-athlete’s professors highlighting the recommended accommodations as well as the duration.

Given the circumstances surrounding the FA21 semester in terms of online and hybrid class schedules, either the B3 lounge will need to be converted into a study space with desks and chairs properly spaced out and sanitized. Additionally, the Wi-Fi will need to be tested for strength to ensure connectivity as student-athletes will potentially need to take classes.

Other Considerations
• Fitness Center Access
  o The fitness center will only be open for student-athletes and staff. Times will be scheduled for each team, and cleaning of all equipment and high-touch points will be done by the student-athletes and coaching staffs after completion of workouts. Physical distancing must be maintained as appropriate.
• Locker Room Access for bathrooms, showers etc.
  o Will space locker room access
  o Showers will be made available for student-athletes, staff, officials, and visiting teams in an organized pod format
• Vans/transportation
  o Recommending use of a hybrid of transportation based on limited capacities in the vans. We will use 3 vans, charter busses, mini busses and allow athletes to arrive to and from practices and games on their own
• Equipment and Laundry Room
  o Equipment distribution and laundry services will remain in its current operational state inclusive of scheduled distribution and collection times that promote social distancing while wearing masks
  o All personnel who handle used or dirty towels, practice gear, uniforms, etc. must adhere to CDC precautions. This includes: wearing of disposable gloves, not shaking dirty laundry, using the warmest appropriate water setting, cleaning and disinfecting hampers after each use, and practicing proper hand hygiene after removing and disposing of gloves.
• Outdoor venues for practice and games we don’t own
  o Health, safety, and sanitization plans/guidelines have been obtained from potential outdoor venues utilized for practice and competition
• Tryouts
  o Tryouts will be limited to one day of practice
  o All prospective student-athletes will still have to complete all required medical and COVID-19 paperwork, including results of a negative test within 72 hours of the first tryout
  o The number of prospective student-athletes trying out will be limited to ensure that facility capacity guidelines are still being met
  o Compliance paperwork must also be completed at the same time
• Specific sport practice and game plans will be developed
• Public Safety considerations in campus access and capacity limitations

Discontinuation of Athletics
In the event of any of the following scenarios, Baruch will move to discontinue all athletic participation until it is deemed safe to resume:

• Lack of ability to isolate new positive cases or to quarantine high contact risk cases on campus
• Unavailability or inability to perform symptomatic, surveillance, or pre-competition testing when warranted
• Campus-wide or local community test rates that are considered unsafe by local public health officials
  o Activity would be suspended if “the greater of 100 individuals or 5% of the total on-campus population test positive using a 14-day rolling average” (Supplemental Guidance for COVID-19 Containment at Higher Education Institutions)
• Inability to perform adequate contact tracing consistent with governmental requirements or recommendations
• Local public health officials stating that there is an inability for the hospital infrastructure to accommodate a surge in COVID-19 related hospitalization
<table>
<thead>
<tr>
<th>Sport</th>
<th>Season</th>
<th>ON/OFF Campus</th>
<th>Facilities</th>
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<tr>
<td><strong>M/W Cross Country</strong></td>
<td>Fall</td>
<td>OFF Campus</td>
<td>Central Park Van Cortlandt Park*</td>
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<tr>
<td><strong>Soccer</strong></td>
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<tr>
<td><strong>Women’s Tennis</strong></td>
<td>Fall</td>
<td>Competition: OFF Campus Practice: ON/OFF Campus</td>
<td>Competition/Practice: USTA Ally Pond Binghamton Racquet Club ARC B2*</td>
</tr>
<tr>
<td>(August 15– November)</td>
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<td></td>
</tr>
<tr>
<td><strong>Women’s Volleyball</strong></td>
<td>Fall</td>
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<td>B2 Gyms</td>
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<tr>
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<tr>
<td><strong>M/W Swimming</strong></td>
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<tr>
<td><strong>M/W Basketball</strong></td>
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<tr>
<td><strong>Men’s Volleyball</strong></td>
<td>Winter</td>
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<td>B2 Gyms</td>
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<tr>
<td>(January 3 – May)</td>
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<tr>
<td><strong>Softball</strong></td>
<td>Spring</td>
<td>Competition: OFF Campus Practice: ON/OFF Campus</td>
<td>Randall’s Island Flower’s Park*</td>
</tr>
<tr>
<td>(February 1 – May)</td>
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<td>OFF Campus</td>
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<tr>
<td><strong>Men’s Tennis</strong></td>
<td>Spring</td>
<td>Competition: OFF Campus Practice: ON/OFF Campus</td>
<td>Competition/Practice: USTA Ally Pond Binghamton Racquet Club ARC B2*</td>
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<tr>
<td>(February 1 – May)</td>
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<td>OFF Campus</td>
<td></td>
</tr>
<tr>
<td><strong>Baseball</strong></td>
<td>Spring</td>
<td>Competition: OFF Campus Practice: ON/OFF Campus</td>
<td>Randall’s Island Flower’s Park MCU Park*</td>
</tr>
</tbody>
</table>

*Location is determined based on availability and funding.
Unaffiliated Healthcare Resources

Manhattan
The Institute for Family Health at 17th Street
230 West 17th Street
(between 7th & 8th Avenues)
New York, NY 10011
(212) 206-5200
Fax: (212) 206-5279
Behavioral Health Fax: (212) 206-5277

Family Health Center of Harlem
1824 Madison Avenue
New York, NY 10035
(212) 423-4500
For Appointments Only: (844) 434-2778
Fax: (646) 770-8405
Dental Care: (212) 423-4400
Center for Counseling: (212) 423-4200, Fax: (845) 633-5975

Amsterdam Family Health Center
609 Amsterdam Avenue
New York, NY 10025
Tel: (212) 865-4104
Fax: (212) 864-5375

The Institute for Family Health Center for Counseling at the Alliance
64 West 35th Street, 3rd Floor
New York, NY 10001
(646) 741-9100

Bronx
Walton Family Health Center and Center for Counseling
1894 Walton Avenue
Bronx, NY 10453
(718) 583-3060
Fax: (718) 583-3360
Center for Counseling (718) 583-2508
Fax: (845) 633-5965
Dental Care: (718) 583-2700

Mt. Hope Family Practice
130 West Tremont Avenue
Bronx, NY 10453
(718) 583-9000
Fax: (718) 583-2835

Urban Horizons Family Health Center
50-98 East 168th Street
Bronx, NY 10452
(718) 293-3900
Fax: (718) 293-3980

The Institute for Family Health Center for Counseling at Frisby Avenue
2590 Frisby Avenue – 1st Floor
Bronx, NY 10461
(718) 239-1610
Fax: (845) 633-5964

Stevenson Family Health Center
731 White Plains Road
Bronx, NY 10473
(718) 598-8775
Fax: (845) 633-5766
Center for Counseling: (718) 822-9140
Center for Counseling Fax: (845) 633-5966
Dental Care: (718) 395-8350
Dental Care Fax: (718) 589-2809

The Institute for Family Health at Westchester Square
1420 Ferris Place
Bronx, NY 10461
(718) 730-1004
Dental: (917) 795-0390
Fax: (718) 892-6469

Brooklyn
Cadman Family Health Center
300 Cadman Plaza West, 17th Floor
(Inside One Pierrepont Plaza)
Brooklyn, NY 11201
(844) 434-2778 or (718) 822-1818
Fax: (845) 633-5577
COVID-19 Health Attestation

I certify that I am in good health and have showed no signs of illness 14 days prior to participating in Baruch College Athletics. All others that reside in my household and those that I have been in contact with 14 days prior to being on campus are in good health and show no signs of illness. I understand the importance of monitoring for symptoms and can attest no one in my household shows any of the following symptoms:

- Fever
- Cough
- Shortness of breath or any difficulty breathing
- Chills or repeated shaking with chills
- Headache
- Sore throat
- Loss of taste or smell
- Gastrointestinal upset or diarrhea

I certify that I have had no contact with anyone who has tested positive for COVID-19 or anyone who has had contact with someone who tested positive for COVID-19 in the past 14 days. I understand that if I exhibit any of these symptoms leading up to participating or while participating in Baruch College Athletics, I will notify the Sports Medicine Staff immediately and seek the advice of a physician.

Athlete Name (Please Print):_____________________________________________________

Athlete Signature:_____________________________________________________________

Parent or Guardian Signature if under 18:________________________________________

Date:____________________
Coronavirus Safety Pledge

Baruch College student-athletes, faculty, and staff have a critical role in reducing the spread of COVID-19. Returning to practice and competition is strictly voluntary. Student-athletes voluntarily returning to campus for intercollegiate sports receive pre-participation training on all protocols required by the Coronavirus Safety Plan and are required to complete all NYS DOH travel guidelines before participation in voluntary activities. Once this is completed, you will be required to adhere to a variety of guidelines to promote your health and safety and the health and safety of others.

Baruch College’s highest priority is the safety of its students, faculty, and staff. I know that by engaging in campus activities, including attending classes, pursuing my education, living on campus, participating in sports and recreation, I may be exposed to COVID-19 and other infections. I also understand that despite all reasonable efforts by the College, I can still contract COVID-19 and other infections. In order to reduce my own risk, I agree to be an active participant in maintaining my own health, well-being, and safety, as well as the safety of others, by following all guidelines and expectations detailed in the Coronavirus Safety Plan and Baruch College campus guidelines.

As more information is gathered and known, I understand that Baruch College may modify these guidelines and expectations.

As a Baruch College Bearcat, I pledge to protect myself, my peers, and the Baruch College community by doing the following:

- Follow all COVID-19 protocols mandated by Baruch College, including the Everbridge App
- Follow all NYS Department of Health and NCAA guidelines and recommendations
- I agree to monitor daily for the following symptoms:
  - Fever of 100.4 or higher
  - Cough or shortness of breath
  - Sore throat
  - Headache
  - Body Aches
  - Chills or repeated shaking with chills
  - Loss of taste or smell
  - Gastrointestinal pain or diarrhea
- If I develop any of the above symptoms, I agree to contact the Sports Medicine Staff and follow their instructions
- I agree to testing for COVID-19 and self-quarantining or if identified to do so by a contract tracer due to exposure
- If I test positive for COVID-19, I agree to isolate in a designated location until:
  - My symptoms resolve
  - It has been at least 10 days since the start of my symptoms, and
  - I have a clearance note from a physician
- Participate fully and honestly with the contract tracers to determine whom I may have potentially exposed
- Practice social distancing, wear a mask, and appropriate PPE in all public places
• Avoid high exposure behavior while off campus, such as public dining, large social gatherings, and unnecessary travel
• Stay at home if I am feeling sick or may have been exposed to COVID-19
• Frequently wash and/or sanitize hands and other personal surfaces such as desk, keyboard, and chairs

I have read, understand, and agree to comply with the Coronavirus Pledge above. I also acknowledge that these expectations and pledge are a condition of my participation in Baruch College Athletics and that any failure to comply with my Coronavirus Pledge above may lead to immediate removal of athletic participation privileges and/or the ability to use Baruch College facilities.

I take my Coronavirus Pledge seriously and will do my part to protect the Baruch Community.

Athlete Name (Please Print): ______________________________________________________

Athlete Signature: ______________________________________________________________

Parent or Guardian Signature if under 18: ___________________________________________

Date: ______________________
CUNYAC Return To Sport Survey Letter

Dear Prospective Student-Athlete,

We hope that you and your family are doing well and have adapted to life during this pandemic. The coronavirus has affected millions of lives around the world in addition to New York City. After being initially overwhelmed, hospitals have witnessed the damage and learned valuable lessons from each patient. CUNYAC has since developed a Medical Advisory team (comprising of each member institution’s athletic trainers and team physicians) to work to create recommendations on precautions, protocols, and procedures to be implemented moving forward.

We know that the virus commonly attacks the lungs, heard, and other organs and that the effects can persist past the initial illness. The lingering symptoms can affect how people live and exercise which is why the CUNYAC Medical Advisory Team has been actively working to accommodate your eventual return to sport. We are asking that you please complete the following questionnaire, designed to assess the number and severity of cases within each institution’s athletics department. Your responses will help us better prepare safeguards for your eventual return.

Thank you in advance,

CUNYAC Medical Advisory Team
CUNYAC Medical Advisory Team COVID-19 Exposure Questionnaire

Last Name: ____________________________  First Name: ____________________________

Date of Birth: __________________________  Gender: ________________________________

Cell Phone #: __________________________  School Email: ____________________________

School: _______________________________  EMPLID: ________________________________

Medical Insurance Type (Circle One):  Private  Medicare  Medicaid  None

List Medical Conditions Prior to COVID-19 (ex: Hypertension, Diabetes, Anemia, etc.):
_____________________________________________________________________________________
_____________________________________________________________________________________

1. Did you have symptoms of COVID-19 but were unable to get tested?
   Yes_____  No_____
   a. Were you in close contact with anybody who did test positive for COVID-19?
      Yes_____  No_____

2. Did you get any of the below COVID-19 tests?
   a. PCR (nasal swab, checks if you are currently infected, results take 2-3 days)
      Yes_____  No_____  
      i. If yes, results?  Positive_____  Negative_____
   b. Antigen test (nasal swab or saliva sample, checks if you are currently infected, results take a few hours)
      Yes_____  No_____  
      i. If yes, results?  Positive_____  Negative_____
   c. Antibody test (blood test that checks if you were previously exposed)?
      Yes_____  No_____  
      i. If yes, results?  Positive_____  Negative_____

3. If you were suspected or confirmed to have COVID-19 and were symptomatic, how long did your symptoms last?
   _______________________

4. Did you see a healthcare provider for diagnosis or treatment of COVID-19?
   a. Private physician office  Yes_____  No_____  
   b. Emergency Room or Hospital  Yes_____  No_____  
   c. Urgent Care Facility (Ex: CityMD)  Yes_____  No_____  
   d. Other: ______________
5. Were you admitted to the hospital due to COVID-19 symptoms?  
   Yes_____  No_____  
   a. How long were you admitted for?  
      _____________________  
   b. Did you spend time in the ICU (intensive care unit)?  
      Yes_____  No_____  
      i. For how long?  
      _____________________  
   c. Did you require use of a respirator?  
      Yes_____  No_____  
      i. For how long?  
      _____________________  

6. Please check off all symptoms that you experienced during your diagnosed or suspected case of COVID-19:  
   □ Headache  
   □ Abdominal pain  
   □ Abnormal changes in body temperature  
   □ Difficulty with concentration or reading or "brain fog"  
   □ Unexplained sweats or flushing  
   □ Confusion, difficulty thinking  
   □ Problems seeing (double or blurry vision)  
   □ Disorientation: getting lost; going to wrong places  
   □ Difficulty hearing  
   □ Memory problems or forgetfulness  
   □ Tinnitus (ringing in the ears)  
   □ General/muscle weakness  
   □ Problems seeing (double or blurry vision)  
   □ Muscle pain or cramps  
   □ Difficulty swallowing  
   □ Joint pain or swelling  
   □ Cough  
   □ Tingling and numbness in the mouth and/or face  
   □ Sore throat  
   □ Tingling, numbness, burning, stabbing or "pins and needles"  
   □ Shortness of breath  
   □ Swelling  
   □ Breathing faster than normal  
   □ Urinary incontinence or difficulty urinating  
   □ Fatigue or tiredness  
   □ Unexplained menstrual irregularity  
   □ Chest pain or discomfort  
   □ Sexual dysfunction or loss of libido  
   □ Heart palpitations, pulse skips, heart block  
   □ Unexplained hair loss  
   □ Indigestion or esophageal/"acid" reflux  
   □ Skin lesions (rash or lumpy lesions)  
   □ Loss of appetite or unexplained weight loss  
   □ Difficulty sleeping (too much, too little, early awakening)  
   □ Bloating  
   □ Exaggerated symptoms or worse hangover from alcohol  
   □ I had no symptoms in the initial phase of the disease  
   □ Other COVID-19 symptom
7. Please check off all symptoms that you are currently experiencing during your diagnosed or suspected case of COVID-19:

☐ Headache
☐ Abdominal pain
☐ Abnormal changes in body temperature
☐ Difficulty with concentration or reading or "brain fog"
☐ Unexplained sweats or flushing
☐ Confusion, difficulty thinking
☐ Problems seeing (double or blurry vision)
☐ Disorientation: getting lost; going to wrong places
☐ Difficulty hearing
☐ Tinnitus (ringing in the ears)
☐ Memory problems or forgetfulness
☐ Loss of smell
☐ General/muscle weakness
☐ Problems seeing (double or blurry vision)
☐ Muscle pain or cramps
☐ Difficulty swallowing
☐ Tinnitus (ringing in the ears)
☐ Joint pain or swelling
☐ Loss of taste
☐ Tingling and numbness in the mouth and/or face
☐ Difficulty swallowing
☐ Tingling, numbness, burning, stabbing or "pins and needles"
☐ Cough
☐ Swelling
☐ Sore throat
☐ Urinary incontinence or difficulty urinating
☐ Shortness of breath
☐ Unexplained menstrual irregularity
☐ Breathing faster than normal
☐ Sexual dysfunction or loss of libido
☐ Heart palpitations, pulse skips, heart block
☐ Unexplained hair loss
☐ Dizziness or lightheadedness
☐ Skin lesions (rash or lumpy lesions)
☐ Fainting or blackouts
☐ Mood swings, irritability, depression
☐ Diarrhea
☐ Exaggerated symptoms or worse hangover from alcohol
☐ Nausea
☐ Unexplained hair loss
☐ Vomiting
☐ Skin lesions (rash or lumpy lesions)
☐ Indigestion or esophageal/"acid" reflux
☐ Difficulty sleeping (too much, too little, early awakening)
☐ Loss of appetite or unexplained weight loss
☐ Vomiting
☐ Tingling and numbness in the mouth and/or face
☐ Bloating
☐ Tingling, numbness, burning, stabbing or "pins and needles"
☐ Urinary incontinence or difficulty urinating
☐ Abdominal pain

______________________________
Other COVID-19 symptom

8. Are you still symptomatic?

   Yes_____ No_____

   a. If not, how long did it take for your symptoms to fully resolve?

   __________________________

9. Whether or not you have had symptoms or exposure, are you interested in further heart or lung tests before starting training or competition?

   Yes_____ No_____
CUNY ATHLETICS

Guidance and Recommendations for Game Day Operations

The focus of this document is to outline guidance and recommendations for institutions as they host athletic competition in their facility. All information contained in this document should be considered recommendations and/or considerations for your campus leadership to consider. This document reflects the relevant scientific and medical information available at the time of print. These materials should not be used as a substitute for medical or legal advice. Rather, they are intended as a resource for member schools to use in coordination with applicable government and related institutional policies and guidelines, and they remain subject to further revision as available data and information in this space continue to emerge and evolve.

This document covers the period from when student-athletes and other team personnel arrive at the competition site through the competition. This document does not address travel, testing and officiating. For specific recommendations on COVID-19 testing and other health and safety guidance, please refer to CUNY ATHLETICS Return to Sport Plan.

1. Recommend institutions provide visiting teams and officials with information pertaining to their facility at least 72 hours prior to the scheduled game. This document should include:
   1. Which entrance to use to enter/exit the facility.
   2. Any screening requirements needed prior to entry.
   3. Availability of locker room and/or meeting space.
   4. Protocol for use of the athletic training facility, if needed.
   5. Any restrictions on fan attendance.
   6. Provide contact information for said game
      i. Onsite Admin (Who?)
      ii. Athletic Trainer
      iii. Campus Public Safety Office Contact

Personnel

1. All individuals necessary to host a home game should be divided into three tiers, as described below. Tiers are based on the ability to wear masks/face coverings, the ability to practice physical distancing (6 feet or greater) and the role played in connection with the competition. All individuals should wear masks/face coverings and physically distance whenever possible. Only individuals assigned to Tiers 1 and 2 will be permitted access to the inner bubble (e.g., locker rooms, athletic training room, court area). The inner bubble must always be secured.
   1. Tier 1 — This tier consists of individuals for whom physical distancing and face coverings are not possible or effective during athletic training or competition. Examples of relevant individuals include student-athletes, coaches, athletic trainers and physical therapists, medical staff, equipment staff and officials. Tier 1 individuals should be limited (e.g., 25-30). All Tier 1 individuals should wear masks/face coverings, except for student-athletes and officials on the playing surface. Physical distancing should be adhered to whenever possible.
   2. Tier 2 — This tier consists of individuals who come into close contact with Tier 1 individuals but can reasonably maintain physical distance and use face coverings during their interaction. Examples of relevant individuals include certain team staff (e.g., athletic department staff) and certain operational staff (e.g., security, event staff and league staff). Tier 2 individuals will maintain physical distance and universal masking while performing their jobs, and any interaction with Tier 1 individuals must be approved by the
designated event organizer or athletics healthcare administrator (or designee), and both parties must maintain physical distance and wear face coverings.

3. Tier 3 — This tier includes individuals who provide event services but are not in the same vicinity with Tier 1 individuals (and should closer contact become necessary, would be reclassified into Tier 2). Tier 3 individuals should minimize contact with Tier 2 individuals and observe masking and physical distancing at all times. Examples of relevant individuals include certain operational staff (e.g., housekeeping, catering, sanitation and transportation) and media/broadcast.

4. Spectators are NOT PERMITTED until further notice.

2. Each host institution’s athletics healthcare administrator should maintain contact with local and state health officials regarding operations within the competition venue, including oversight of the daily screening log and any health developments of attendees. Colleges will coordinate with local health departments on the resumption of intercollegiate sports, as required by the State.

3. Recommend that ALL Cheer/Dance teams not be in attendance of any games until further notice.

Physical distancing/PPE/masks-face coverings
Recommend all individuals, regardless of role or function, always wear a mask/face covering prior to entry and within the competition venue. The type of mask/face covering and the proper way to wear it should be consistent with CDC recommendations.

1. Cough/sneeze etiquette and hand sanitization are recommended at all times.
2. Face shields may be worn but do not replace masks/face coverings, meaning that a face shield alone is not recommended as sufficient infection control mitigation.
3. No one outside of Tier 1 and Tier 2 individuals shall be allowed in the team areas (e.g., athletic training room, locker rooms, locker room hallway) when student-athletes are present.
4. When feasible, Tier 1 and Tier 2 individuals will not enter guest and public areas of the competition venue (e.g., stands, concession stands, concourse, ticket office).
5. Tier 2 individuals may interact directly with those in Tier 1 only as necessary and upon approval. All parties must wear masks/face coverings and maintain 6 feet of physical distance.
6. Universal masking and physical distancing are the rule except in the competition or medical care areas.
7. Medical staff should follow strict hand sanitization, especially during sessions with student-athletes. Whenever feasible, athletic training staff and student-athletes they are treating should maintain masking/face coverings and physical distancing.
8. In-person gatherings (e.g., team meetings, coaching briefings) must be limited to the greatest extent possible and use other methods such as video or teleconferencing whenever possible.
9. Recommend the pregame meeting between game officials and table crew be conducted in a place that allows for 6 feet of physical distance among participants. Officials should always wear masks/face coverings and maintain physical distancing during all activities except active competitive play.
10. Recommend eliminating or modifying the captains meeting from its current format.

Cleaning and disinfecting
1. Competition venue cleaning staff shall ensure all team and game officials areas are cleaned prior to each practice and competition. This includes, but is not limited to, team and officials locker rooms, coaches’ rooms, restrooms, team bench areas, the playing court, goal unit padding, nets and the scorers’ table surfaces.
2. Time between practices and games should be adjusted to allow orderly ingress and egress and necessary cleaning protocols to be fully executed. Teams may be restricted to specific entry and exit times to allow cleaning.
3. Regular cleaning by competition venue staff of all high-touch areas, including, but not limited to, restrooms, handles, call buttons, chairs and workstations.
4. Athletic training areas, including treatment tables, stools, high-contact areas and equipment, shall be disinfected after each use.
5. Remind teams and officials to follow personal health guidelines (e.g., wash hands frequently; do not touch your eyes, nose, or mouth; use hand sanitizer; maintain physical distance and wear masks whenever possible).
6. Minimize physical interactions, such as high-fives, fist bumps and hugs, with members of other teams.
7. Provide hand sanitizer stations and disinfectant spray bottles and/or disinfecting wipes in each team locker room, bench and scorer’s table.
8. Recommend the elimination of ball persons who are not Tier 1 individuals. Designate a member of the host institution to clean game court and game balls as outlined.

**Hydration and towels**

1. **Hydration:**
   1. Team members should drink only out of their own cup/personal water bottle.
   2. Single-use cups with proper disposal are preferred.
   3. Water bottles should be labeled for individual use.
   4. Contactless water dispensers may be used.
   5. Each team should have its own set of hydration coolers (two — one for water, one for sports drink), water bottles and bottle carriers. Cooler carts may remain behind the benches, but coolers shall be replaced once competition concludes.

2. **Towels:**
   1. An allotment of clean towels should be placed on the team bench prior to the arrival of the visiting team.
   2. Towels should be used by only one individual for one practice or one half of competition, then laundered.
   3. Multiple towel bins will be needed to discard used towels (locker rooms, athletic training room, bench area, game officials).
   4. The state has established requirements with regard to laundry/washing of items (Interim Guidance for Professional Sports Competitions with Fans During the COVID-19 Public Health Emergency (March 22, 2021)). Colleges must ensure that team staff or venue personnel who handle used or dirty towels, linens, and other items that go in the laundry adhere to the following CDC precautions:
      i. Do not shake dirty laundry, wear disposable gloves when handling laundry and hampers
      ii. Use the warmest appropriate water setting in accordance with the manufacturer’s instructions for the items
      iii. Clean and disinfect hampers after each use
      iv. Wash hands with soap and water or use a hand sanitizer with at least 60% alcohol after handling laundry and removing and disposing of gloves

**Team bench layout**

1. **Team benches.** Recommend using multiple rows of seats (with appropriate distance between each seat). Seats should be assigned to specific players and coaches.
2. **Individual water bottle and towel.** Each player and coach will have their own water bottle and towel by their seat. Players and coaches will be responsible for getting their own water and towels, including during timeouts.
3. **Masks/face coverings on the bench.** Require that all bench personnel who are not on the court/field should always wear masks/face coverings. If a face shield is used, it should be done in conjunction with a face mask.
4. **Timeout (where applicable).** Recommend movable chairs be used during timeouts and period breaks. At the conclusion of each timeout or period break, the timeout chairs will be removed to a location to be cleaned by team staff.

**Scorers’ table layout**

1. **Entry tunnels/doors to the seating area:**
   1. No attendees seated or gathered next to entry/exit tunnels/doors; maintain at least 6 feet from the seating area around tunnels/doors.
   2. Tier 1 and 2 members should have a different entry tunnel/door to the court than Tier 3 members, if possible. Tier 1 and Tier 2 individuals will not use the tunnel/door at the same time.
2. **Plexiglass barriers on the scorers’ table are not necessary and could create a safety issue if the table is not sufficiently removed from the court area. Universal masking and distancing address infection control mitigation. Consideration needs to be given to officials who need access to replay monitors.
3. **Even if a face shield is worn, masks must also be worn.
4. Recommend adjusting the setup to allow for physical distancing from playing court/field and benches. If spacing allows, recommend using multiple rows of seats with appropriate distance between each seat. Only Tier 2 staff at scorers’ table.
1. **Row 1:** Recommend 4-6 essential Tier 2 staff (e.g., official scorer, shot clock operator, video replay).

2. **Row 2:** Other essential Tier 2 staff.

3. On the team bench sideline, Row 1 shall be set back from the playing court sideline a minimum of 6 feet to allow distancing from the court.

4. Row 2 should be a minimum of 6 feet behind Row 1.

5. Baseline and/or opposite side of the court may be used for other necessary staff.

6. A minimum 12-foot physical distance barrier must separate the scorers’ table and bench areas from the general seating area.

7. Similar spacing is recommended for “broadcast tables” on the other side of the court.

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**Facility planning — movement in/around areas**

1. **Entry/exit**

   1. All entrants shall be subject to CUNY and local health official restrictions and guidance, including health screening and temperature checks, before entering the competition venue.

   2. Entrants should be advised not to enter the venue if they are experiencing any signs or symptoms of COVID-19, feeling unwell or have been in contact with someone who has tested positive.

   3. Head count controls must be in place at each entry point if local guidelines restrict competition venue capacity as needed.

   4. Entry and exit procedures for the competition venue, back-of-house areas and courtside areas will be clearly marked.

   5. No loitering in back-of-house hallways or common spaces.

   6. Entry tunnels/doors to and from the court must be kept clear; no standing in tunnels/doorways.

2. **Fan seating**

   1. There will be a NO FAN policy in place within the CUNYAC until further notice. CUNY Public Safety in conjunction with the Home Game Administrator will be used at all games/contests to enforce this policy.

3. **Isolation and quarantine rooms.**

   1. Diagnostic testing should be readily available for symptomatic or suspected cases of COVID-19.

   2. Recommend that isolation and quarantine rooms be identified and ready for use. Isolation rooms are for newly positive cases or evaluation of individuals with COVID-19 symptoms. Quarantine rooms are for high-risk exposure individuals of newly infected or symptomatic individuals. Local health official reporting protocols should be followed.

4. **HVAC considerations (Indoor Sports)**

   1. The State provides additional requirements regarding air filtration and building systems for venues with indoor areas (Interim Guidance for Professional Sports Competitions with Fans During the COVID-19 Public Health Emergency (March 22, 2021)). As applicable, campuses must:

      i. Ensure that the building HVAC system filtration meets the highest rated filtration compatible with the currently installed filter rack and air handling systems, as a minimum MERV-13, or industry equivalent or greater (e.g., HEPA), as applicable.

      ii. For venues with central air handling systems that cannot handle MERV-13 or greater, Athletics Plan must indicate that a certified HVAC technician, professional, or company, ASHREA-certified professional, certified retro-commissioning professional, or New York licensed professional building engineer will certify and document that the currently installed filter rack is incompatible MERV-13 or greater and/or the air handling system would be unable to perform to the minimum level of heating and cooling that it was otherwise able to provide prior to the COVID-19 public health emergency if MERV-13 or greater filters were installed.

      iii. In such cases documentation must be retained for review by state or local health department officials to operate at a lesser filtration rating with additional ventilation and air filtration mitigation protocols.

      iv. Venues that have a central air handling system who are unable to meet a filtration rating of MERV-13 or greater must adopt additional ventilation and/or air filtration mitigation protocols per CDC and ASHRAE recommendations (see list of items in NYS guidance).

      v. For venues that do not have central air handling systems, the plan must adopt additional ventilation and air filtration mitigation protocols per CDC and ASHRAE recommendations (see list of items in NYS guidance).

      vi. Before occupants return to a venue that has been entirely closed, Responsible Parties must complete pre-return checks, tasks, and assessments to ensure a healthy and safe
environment. These systems include, but are not limited to, mechanical systems, water systems, elevators, and HVAC systems.

Locker rooms

Please Note: All Locker room use is prohibited throughout the CUNYAC unless otherwise approved by individual campus administrations by following the below guidelines.

1. Recommend all individuals, regardless of role or function, always wear a mask/face covering within the competition venue.
2. Once Tier 1 individuals reach the team bench, masks/face coverings may be removed for those individuals on the playing court.
3. Student-athletes and team bench personnel are recommended to wear masks/face coverings within their assigned team locker room.
4. Social distancing will occur, following the recommend 6 foot spacing between seats within the home and away team locker rooms.
5. Warmup:
   1. Masks/face coverings must be worn while transitioning to and from the locker room and court.
   2. On-court players must replace their masks/face coverings before leaving the court to return to their designated locker room.
6. Pregame and transitions between games (doubleheaders/MTE):
   1. Teams may stretch and warm up pregame within a designated area or their locker room.
   2. Teams must return fully to their team locker room with two minutes left in the preceding game.
   3. Teams must wait for permission to enter the floor once cleared by the previous teams and appropriate sanitation procedures have been executed.
7. Showers:
   1. Teams are encouraged to depart the facility immediately after their game and shower at home.

Handling equipment

1. Each team should have its own practice equipment including but not limited to balls. The all game balls should be cleaned by a designated member of the host institution’s game operations staff (Tier 2) according to manufacturer’s recommendations with dish soap and water, and not with a disinfectant.
   2. Recommend balls be set aside for game use only. Recommend replacing the game ball each time a ball goes out of play and is touched by an individual not in Tier 1 or 2. Game balls should be cleaned during media timeouts, halftime and each game break with dish soap and water.
   3. Officials’ will be provided and/or asked to bring their own water and towel.

On-court/Field operations

1. Eliminate any coach/official/scorers’ table physical contact (e.g., handshakes, fist bumps) at all times.
2. Recommend eliminating the postgame handshake line involving the two participating teams. Consider some act of sportsmanship, ie: such as the teams lining up at their respective service lines (volleyball) and giving congratulatory waves to each other.
3. Consider eliminating or reducing the time allotted for any halftime and/or timeout promotions to allow the court to be cleaned.
4. Recommend assigned work areas for the media to minimize the need for cleaning workstations until after media representatives have exited the venue.
   a. The CUNYAC strongly recommends the web/broadcast of home games in light of our NO Fan Policy as well as to comply with the CUNYAC videotaping of games for safety reasons. (Particularly in High Contact Sports) The CUNYAC will provide guidelines for such broadcasts.