

MCCCD Athletics COVID-19 Return to Play Guide

- **EDUCATION:**
 - All student-athletes and coaches will be required to attend a virtual COVID-19 education session with their athletic trainer prior to beginning any in person activities.
 - Sessions will continue throughout the season as CDC guidelines change.
- **SYMPTOM SCREENINGS:**
 - All student-athletes and athletics staff will be required to do daily symptom screenings and temperature checks which the Athletic Training staff will use to clear them for daily activities
- **RISK MITIGATION:**
 - All student-athletes and athletics staff will be required to wear face coverings when not physically active
 - All athletic equipment will be disinfected between uses
 - Social distancing will be maintained whenever possible, to include increased spacing during training and while on the bench
 - All student-athletes and athletics staff must sanitize hands before and after any activity
- **ATHLETIC TRAINING FACILITY:**
 - Student-athletes will receive treatments by appointment only to limit the number of student-athletes in the athletic training room at one time.
 - Face Coverings will be worn at all times and social distancing will maintained as much as possible
 - Surfaces will be cleaned and disinfected between each treatment
- **WEIGHT ROOMS & LOCKER ROOMS:**
 - Facilities will not be utilized
- **PRACTICES AND GAMES**
 - Locker rooms will not be utilized. Student-athletes will be expected to arrive at practices and games dressed and ready to go. They will leave immediately after they are done.
 - No form of contact greeting or celebrations will be allowed
 - No spitting
 - No communal use of drinking coolers/water dispensers. All student-athletes must bring their own water bottle. Specific procedures are in place for refilling individual water bottles. Single use cups will be available.
 - Only necessary student-athletes and staff on the bench/in the dugout. Additional accommodations will be provided as needed to ensure social distancing. Face coverings are required at all times on benches and in dugouts
 - No fans. Games may be live streamed when possible.
 - Scouts and recruiters must contact individual institutions' Athletic Director ahead of time to make arrangements for attendance.
 - Visiting teams are expected to follow same rules as host institutions
 - Only competition against other NJCAA institutions will be allowed
 - During team travel face coverings will be required at all times and additional accommodations will be made to ensure social distancing can be maintained
- **COVID-19 SYMPTOM AND POSITIVE TEST MANAGEMENT:**
 - If a student-athlete or athletics staff member has symptoms of COVID-19 or receives a positive test for COVID-19, they must report and self-isolate for at least 10 days after symptom onset. May not return until they are symptom free and any fever has resolved without the use of fever reducing medicine
 - Following a positive COVID-19 test appropriate contact tracking procedures will take place and athletics staff will notify individuals who may have been in close contact with the infected person.
 - CDC release from isolation and quarantine guidelines will be followed
 - Following a COVID-19 illness student-athletes will go through a gradual progression to return to activity at the Athletic Trainers discretion