



CUNY York College

Guide for Returning to Athletics

Approved 6/9/2021 by CUNY
Edited 8/23/2021

Written by Amy O'Connor, ATC/L
Oversight: Dr. Ariel Nassim, DO



The following guidelines are contingent upon our ability to implement the testing procedures outlined in this document as well as the current information about infection rates and vaccine administration, as per New York State and CDC.

Furthermore, York College Athletics will affirm that relevant staff have reviewed and understand the state-issued industry guidelines, and that they will implement them via: <https://forms.ny.gov/s3/ny-forward-affirmation>

Purpose

The purpose of this document is to provide guidelines and best practices for all York College Athletics staff, student athletes and occupants of the Health and Physical Education Complex during the current COVID-19 pandemic in the following areas:

- 1) Ensuring the safety and well-being of our staff, and student-athletes
- 2) Reporting procedures (in conjunction with the federal, college, state, local guidelines) of any staff or student-athletes tested positive or experiencing symptoms
- 3) Preventing the spread of infectious disease.

This plan was developed after thorough review of the most up to date guidelines from a variety of organizations. These organizations include:

- York College
 - [Reopening Plan](#)
- NCAA COVID-19 Advisory Panel
 - [Resocialization of Collegiate Sport: Developing Standards for Practice and Competition, Second Edition \(Updated\) \(March 29th, 2021\)](#)
 - [Resocialization of Collegiate Sport: 2021 Fall Training and Competition](#)
[Original release: August 4, 2021](#)
 - [COVID-19 Guidance on Multiple Teams in the Same Location \(October 21, 2020\)](#)
 - [Game Day Operations](#)
 - [Guidance and Considerations for Men's and Women's Basketball Officiating](#)
- CUNYAC/CUNY
 - [CUNYAC Return to Sport Plan](#)
 - [CUNY Guidelines for Safe Campus Reopening – Fall 2021](#)
- Center for Disease Control
 - [COVID-19 Employer Information for Office Buildings](#)
 - [Guidance for Businesses and Employers Responding to Coronavirus Disease 2019 \(COVID-19\)](#)
 - [Corona Virus Guidelines-When to Quarantine](#)
 - [Isolation Protocols](#)
 - [Implementation and Evolution of Mitigation Measures, Testing, and Contact Tracing in the National Football League \(August 9–November 21, 2020\)](#)
 - [CDC indicators and thresholds for risk of introduction and transmission of COVID-19 in schools](#)
- American Medical Society for Sports Medicine COVID-19 Working Group
- Autonomy 5 Medical Advisory Group
- New York State and Department of Health
 - [NYS Higher Ed Supplemental Guidance \(August 28, 2020\)](#)
 - [NYS Supplemental Guidance for Athletics at Higher Education Institutions \(April 1, 2021\)](#) *Updates to this document require that intercollegiate sports sanctioned by athletic associations or governing bodies must follow both the:*



- [Interim Guidance for Professional Sports Training Facilities During the COVID-19 Public Health Emergency \(June 26, 2020\)](#)
- [Interim Guidance for Professional Sports Competiton with Fans During the COVID-19 Public Health Emergency \(March 22, 2021\)](#)
- [NYS DOH Interim Guidance for Gyms and Fitness Centers During the COVID-19 Public Health Emergency](#)
- [American Legal Publishing Corporation: The Rules of the City of New York- NYS DOH \(Article 165-NYC.GOV\)](#)
- [Cluster Action Initiative](#)
- [NYS DOH COVID-19 Overview](#)
- [NYS DOH Travel Guidelines](#)
- [Office-Based Work Guidelines for Employers and Employees](#)
- [Higher Education Guidelines for Reopening](#)
- [Checklist for Higher Education Institution Reopening Plans](#)
- [NYS guidelines for returning fans to collegiate sporting events.](#)
- [Interim Guidance for Sports and Recreation during the COVID-19 Public Health Emergency](#)
- National Park Services
 - [Corona Virus Guidelines](#)
- New York City
 - [NYC Parks Department COVID-19 Health and Safety Guide](#)
- EPA
 - [Disinfectants for Coronavirus \(COVID-19\)](#)
- Testing
 - [Sienna Rapid Antigen Test](#)

These guidelines should be followed daily, and any necessary changes will be made as better scientific and medical information becomes available. The recommendations are based on low COVID-19 cases so that these protocols can be implemented with minimal testing. Revisions will be made to include more cost-effective testing as it becomes necessary and available.

Athletics Department Staff and Coaches

Carl Christian – Director of Athletics and Recreation*

Harris Rappel – Assistant Director of Athletics for External Relations & Sports Information*

Sheryl McBarnett – Athletic Academic Advisor/Assistant Compliance Coordinator

Dr. Carly Gieseler – Faculty Athletic Representative

Dr. Ariel Nassim – Head Team Physician*

Amy O'Connor – Head Athletic Trainer/Alternate Site Safety Monitor/SAAC Advisor*

John Baxter – Director of Aquatics, Recreation & Facilities*

Janira Calderon – Assistant Facilities & Recreation Coordinator*

Erica Thomas-Collier – Athletics Administrative Assistant

TDB – Head Women's Soccer Coach/Equipment Room Coordinator*

Nolan Adams – Head Men's Basketball Coach

TDB – Head Women's Basketball Coach

Greg Welch – Head Coach Men's & Women's Cross Country, Indoor/Outdoor Track & Field



Courtney Boothe – Interim Head Men's Soccer Coach

Tracey Marshall – Head Softball Coach and Assistant Men's Volleyball Coach

TBD – Head Men's & Women's Swimming Coach

Gemma Alexander-Mozeak – Head Men's & Women's Tennis Coach

Andre M. Titus, Jr. – Head Men's Volleyball Coach

Francisco Casado – Head Women's Volleyball Coach

**contributed to writing these guidelines*

Campus Liaisons

CUNYAC Communications Officer (CCO) – Harris Rappel

Chief of Staff, Interim Vice President, Office of Institutional Advancement & Communications – Dana Trimboli

Interim Chief Information Officer / Campus COVID-19 Team Liaison/Site Safety Monitor
– Claudio Lindow

Executive Director of the Office of Legal Affairs & Labor Relations / Executive Counsel to the President / Labor Designee – Russell Platzek, Esq.

Executive Director, Government Relations & Strategic Initiatives – Dr. Earl Simons

Executive Director of Facilities & Planning, Buildings & Grounds Main Ops. –
Onyekachi Akoma

Director of Health Services – Marva Frederick

Head of Public Safety – Lieutenant Suarez

Administrative Supt. Buildings & Grounds Custodial Operations – Alex Rodriguez

Director of Environmental Health & Safety Office – Ching See Chan

Department of Health & Human Performance Chair and Professor - Dr. Linda R. Barley

Queens High School for the Sciences, Assistant Principal - Greg Reo

NYS DOH Contact Trace Liaison – TBD

All athletics staff, it's liaisons and student-athletes will be considered an integral part of maintaining a safe environment. They should be prepared to assist with the following things in order to ensure minimal risk and exposure:

- Sanitation of rooms, floors, equipment and other contact surfaces.
- Maintaining general cleanliness and promoting personal hygiene techniques such as handwashing and correct mask-wearing procedures.
- Adherence to all policies and procedures outlined in this document as well as York College policies and procedures.
- Contact tracing by disclosing possible cases or exposure. Those with the [Johns Hopkins Contact Tracing Certification](#) will assist the athletics department, campus and state if required.



Definition of Terms

- **Infected** – Having a positive test for SARS-CoV-2 or having known COVID19 symptoms without being tested
- **Exposed** – Coming into high-risk contact with someone who has tested positive for COVID19 or has known COVID19 symptoms, but may not have been tested
- **Quarantine** – Separation and restriction of movement of people who were exposed to a contagious disease to see if they become sick
- **Isolation** – Separation of infected people with a contagious disease from people who are not
- **Personal Protective Equipment (PPE)** – Equipment used to protect against infection, such as masks, gloves, hand sanitizer
- **Student Athlete** – A student athlete means an individual who engages in, is eligible to engage in, or may be eligible in the future to engage in, any intercollegiate, intramural, or club competition or sport. If an individual is permanently ineligible to participate in a particular intercollegiate sport or athletic activity, the individual is not a student-athlete for purposes of that sport.

Resource: [CUNYAC Return to Sport Plan](#)

General Preparedness Prior to Re-entry

A. Personal Protective Equipment (PPE) and Sanitizing

York College will be responsible for adequately equipping their athletics department with the appropriate amount of PPE and sanitizing supplies prior to re-entry and for the entirety of the athletic seasons. The college will procure, fashion, or otherwise obtain acceptable face coverings, and provide such coverings to their employees, players, and team staff while at work at no cost to the employee, player, or team staff. College employees, players, and team staff can use their own acceptable face coverings but cannot be required to supply their own face coverings. [Interim Guidance for Professional Sports Training Facilities During the COVID-19 Public Health Emergency \(June 26, 2020\)](#)

PPE should include face masks, face shields, gloves, and gowns. Sanitizing supplies should include EPA approved cleaning and disinfecting products for use on high contact surfaces as well as hand sanitizer, soaps, and wipes.

B. Education

The campus will be responsible for dispersing educational information to patrons of its facilities. This should be done via various outlets such as email, social media and on campus signage. It should include up-to-date information on the following things:

- How to prevent/stop the spread
- Guidelines on what to do if you feel sick, have symptoms or test positive
- Personal hygiene
- Stay home if you are feeling sick
- Physical distancing
- Masks and how to appropriately wear them
- Hand hygiene
- Cough / Sneeze etiquette
- Facility use - what facilities are available and what is expected
- Frequently disinfecting contact surfaces
- Vaccination



The York College Athletics Department will educate its staff, coaches, 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 Zoom conferences to ensure social distancing. We are confident that we will be able to educate them about the following topics and their respective responsibilities:

- Institutional/Athletics department COVID-19 testing process and procedures.
- Prevention of community spread of COVID-19.
- Alignment and intersection of institutional/department policies and government/agency guidelines and requirements.
- Proper self-screening techniques along with actions to take when contamination is suspected.
- Proper COVID-19 Contact Tracing

Resources used for education: Education includes overview of all [NYS DOH Travel Guidelines](#), [DOH Contract Tracing](#), [NYS DOH COVID-19 Overview](#), [NCAA Resocialization for Collegiate Sport](#) & Team Physician presentation on Sport related concerns.

C. Ventilation

A common concern with COVID-19 is the spread of the virus via indoor air circulation. HVAC systems should be evaluated to ensure strict compliance with Federal & NYS guidelines in regards to air filtration, temperature maintenance & humidity level recommendations based upon each specific space & use. York College will:

- Ensure that the building HVAC system filtration meets the highest rated filtration compatible with the currently installed filter rack and air handling systems, at a minimum MERV-13, or industry equivalent or greater
- Ensure that before occupants return to a venue that has been entirely closed, operations will complete pre-return checks, tasks, and assessments to guarantee a healthy and safe environment. These systems include, but are not limited to, mechanical systems, water systems, elevators, and HVAC systems. [Interim Guidance for Professional Sports Competiton with Fans During the COVID-19 Public Health Emergency \(March 22, 2021\)](#)

Re-entry to the Workplace-Phased Employee Return

York College Athletics Department will use a phased approach to reintegrate its staff back into a traditional in person work setting. In conjunction with York College, NYS state [Cluster Action Initiative](#), [Higher Education Guidelines for Reopening](#) and [Office-Based Work Guidelines for Employers and Employees](#), the department will operate using the template outlined below. A timeline for each phase will be indicated in compliance with York College Campus Guidelines.



Operation or Service	Phase 0	Phase 1	Phase 2	Phase 3	Phase 4
Site Access	Campus is closed except for essential services	Limited on-site work and classes, with a cap of 25% on-site presence	Expanded on-site work and classes, with a cap of 50% presence on campus	Expanded on-site work and classes, with a cap of 75% presence on campus	Full on-site operations
Nature of on-site operations	Essential services only.	Classes limited to those required for accredited programs and those that cannot meet their learning objectives remotely. Most administrative work continues to be performed remotely.	Courses selected for reopening based on student need as determined by Academic Affairs. Administrative offices reopen, pursuant to procedures which will maintain 50% on-site presence, including staggered shifts, partial remote work, etc.	Majority instruction and administrative work conducted on campus. Remote work and instruction priority reserved for those with specific health-related concerns.	All operations conducted on-site.
Campus Access Approval Process	Essential workers required to work on campus will be notified by Administration; others must request authorization to access campus, and may not enter campus without prior authorization	Individual classes will be granted authorization to conduct classes on-site based on the above criteria (required for accredited programs, unable to meet learning objectives remotely.) Administrative staff assigned to on-site work only to extent necessary to support on-site instruction.	Gradual increase in on-site instruction, determined based on student need and the ability to conduct on-site instruction in compliance with strict social distancing rules. Gradual increase in on-site administrative work, as necessary to support increased on-site student presence, within limits required by strict social distancing rules.	Most instruction and administrative work has returned to campus, while continuing to observe social distancing rules.	Normal operations.
Library Access	Closed; remote services only		Limited on-site work in conformance with campus-wide limits; student services limited to front desk services; no access to stacks or other areas.		Normal operations
Computer Laboratory Access	Closed; remote services only		Limited reopening, to 15% capacity	Limited reopening, to 50% capacity	Normal operations
Physical Education Facilities	Closed		CUNY to determine		Normal operations
Dining Facilities	Closed		Reserve right to reopen depending on availability of vendor and requirements of NYCDOH		Normal operations
Elevators	Strict social distancing rules applied; priority to the disabled				Normal operations

Resource: [Reopening Plan](#)



Daily Entry to Health and Physical Education Complex

1. As recently [announced](#) by the Chancellor, EUA-authorized COVID-19 vaccines are now required for all student athletes prior to being permitted to participate in any CUNY athletic activity, and regardless of FDA approval. Student-athletes wishing to enter the HPE facility must provide proof of vaccination via one of the CUNY verified methods.
2. Student athletes may receive a CUNY-approved exemption for medical or religious reasons but must then be tested once per week, at a CUNY testing facility and provide proof of a negative result.
3. Temperature checks with a non-contact thermometer will be administered by public safety officers upon entry to the HPE complex. Anyone who displays a temperature above 100.4° F will be denied entry to the campus and all athletics facilities. They will be asked to go home and self-isolate.
4. In compliance with CUNY and York College mandates, all those wishing to access campus must wear a mask at all times, except for when actively participating in athletic events. For outdoor athletic events, masks are optional as long as social distancing can be maintained.
5. CUNY recently announced its visitor access policy. The policy defines a visitor as “someone who is not a CUNY student, faculty or staff member. Examples of visitors include, but are not limited to:
 - vendors and other individuals coming to campus to perform activities related to a contract with or in support of the University
 - employees of related entities of CUNY including without limitation auxiliary enterprise corporations, colleges associations, and childcare centers
 - unpaid college interns
 - community members and other individuals coming to a campus to use University facilities such as pools and gyms, or to attend activities on campus; and
 - family members or friends of CUNY students, faculty, or staff.”
6. Every visitor to a CUNY campus, whether accessing indoor or outdoor spaces, must provide proof to CUNY that they (i) are fully vaccinated or (ii) have had a negative COVID-19 molecular (PCR) test performed by an accredited lab no more than 7 days prior to the visit.
7. “Fully vaccinated” means:
 - Two weeks after a second dose in a 2-dose series, such as the Pfizer or Moderna vaccines; or
 - Two weeks after a single-dose vaccine, such as Johnson & Johnson’s Janssen vaccine; or
 - At the time specified in either the FDA licensure or World Health Organization approval, after the final administration of any other vaccines.
8. Visitors are also required to comply with all other University policies and codes of conduct, as well as government and/or campus-specific rules and protocols, applicable to individuals on campus that are intended to help prevent the spread of COVID-19, including by way of example:
 - any masking and social distancing requirements; and
 - complying with any applicable federal, state or local quarantine rules.

Consistent with [CUNY Guidelines for Safe Campus Reopening – Fall 2021](#), records will not be kept of health data; personnel performing screening activities must be designated and must be a supervisory-level employee or a healthcare professional; and screeners must be trained. Additionally, any team staff or venue personnel performing screening activities, including temperature checks, will be appropriately protected from exposure to potentially infectious individuals entering the venue



Cleaning and Disinfecting Protocols

The Athletics Department will work in conjunction with the current cleaning and disinfecting protocols outlined by York College to incorporate any additional needs of the Athletics Department.

Staff should be prepared to:

1. Develop a detailed schedule and adjust/modify operating hours to provide adequate time for regular, thorough cleaning and disinfecting throughout the day.
2. Maintain logs, through the custodial department, that include the date, time, and scope of cleaning and disinfection [Interim Guidance for Professional Sports Training Facilities During the COVID-19 Public Health Emergency \(June 26, 2020\)](#)
3. Perform thorough cleaning throughout the day in high traffic areas, such as reception and lobby areas, locker rooms, and areas of ingress and egress including stairways, stairwells, handrails, and elevator controls.
4. Perform cleaning and disinfection of exposed areas in the event an individual is confirmed to have COVID-19, with such cleaning and disinfection to include, at a minimum, all heavy transit areas and high-touch surfaces (e.g. elevators, lobbies, building entrances, badge scanners, restrooms, handrails, door handles, vending machines, communal coffee stations, club houses). That area will also be immediately closed off. [Interim Guidance for Professional Sports Training Facilities During the COVID-19 Public Health Emergency \(June 26, 2020\)](#)
5. Frequently disinfect commonly used surfaces, including exercise machines and equipment, countertops, vending machines, doorknobs, and hand washing facilities.
6. Provide time for workers to implement cleaning practices during their shift. Cleaning assignments should be assigned during working hours as part of the workers' job duties.
7. Make sure all workers have been trained to use and have an adequate supply of all-purpose cleaners and disinfectants, when needed. Follow the complete CDC guidelines for cleaning and disinfection. Follow OSHA requirements [NYS DOH Interim Guidance for Gyms and Fitness Centers During the COVID-19 Public Health Emergency](#) and manufacturer instructions for safe use and required personal protective equipment for cleaning products.
8. Workers should have standard ventilation (air flow), in areas where they are disinfecting. If cleaning in a bathroom or other small spaces e.g., make sure the doors are propped open.
9. Cleaning of HVAC intakes and returns in line with York College protocols.
10. Workers should have access to first aid supplies.
11. Patrons should be reminded to maintain six feet of distance from janitorial or custodial workers.
12. Procure options for third-party cleaning companies to assist with the increased cleaning demand, as needed for Athletics Department.
13. Seating area should be removed from the lobby to avoid congestion.
14. Sanitizing stations must be allocated around the HPEC, especially in the high traffic areas.
15. All water fountains around the building must be turned off unless they are contactless.

Health and Physical Education Complex Fitness Center

1. Participants will be limited to a maximum of 10 in the main fitness center as



recommended by [NYS DOH Interim Guidance for Gyms and Fitness Centers During the COVID-19 Public Health Emergency](#) and York College Campus Guidelines 6' social distancing.

2. A maximum of 3 persons, should be allowed in the free weight room, including "masked spotters" as recommended by [NYS DOH Interim Guidance for Gyms and Fitness Centers](#)

[During the COVID-19 Public Health Emergency](#) and York College Campus Guidelines of six foot social distancing.

3. All activities must be supervised to ensure adherence to protocols.
4. Participants will be permitted to enter the main fitness center and free weight room in line with the NYS [Cluster Action Initiative](#).
5. Fitness center room doors will be kept open to minimize contact points as well as provide optimal air flow within the rooms.
6. Participants must wear a face mask while utilizing the equipment, except with the possible exception of cardiovascular machines (treadmills, rowers, etc.). When using any of the cardiovascular machines, 6' of social distancing, as recommended by York College Campus Guidelines, must be maintained. All fitness center equipment will be configured to ensure 6' of social distancing can be achieved and signage will indicate which equipment can and cannot be used
7. Sanitation stations with waste baskets will added throughout the fitness center (4) and free weight room (1).
8. Participants will be required to wipe down equipment before and after each use, including all touchpoints (knobs, upholstery, weight plates, etc.).
9. HPE and Custodial staff will work in collaboration to ensure all equipment is cleaned and sanitized after every class or session in the fitness center.

Gymnasium

1. Gymnasium occupancy will be reduced in accordance with NYS and York College Campus Guidelines.

Occupancy Codes with bleachers in: 2,560 (209 with 6' social distance requirement)

Occupancy Codes with bleachers out: 1,326 (104 with 6' social distance requirement)

- According to current [NYS guidelines](#) we will operate at a capacity of 50% for training, treatment, or work associated with intercollegiate sports occurring indoors, the total occupancy is limited to 50% of the maximum occupancy for a particular area as set by the certificate of occupancy. York College Campus guidelines are based around 6' social distancing requirements.
2. Storage rooms will only be accessible by staff, and no more than 2 persons will be allowed in there at a time.
 3. The gymnasium will be kept locked when not in use. When in use, it will be monitored to ensure social distancing and masking rules are followed.

Multi-Purpose Room

1. Reservations must be made in advance by groups and/or clubs via email request. All requests must be made within 2 weeks of event date to ensure proper planning and sanitization of area.
2. Occupancy codes have been reviewed so that any group(s) will have to be reduced to half of the occupancy code for the room. The current code for the MPR as a gym space is 76 persons, and as a dining hall, 121 persons.



- Occupancy code for MPR as a gym space with up to 50% capacity as NYS Guidelines suggest will be 40 persons. This is also in compliance with York College Campus 6' social distancing guidelines
- Occupancy code for MPR as a meeting space with up to 50% capacity as NYS Guidelines suggest will be 60 persons. This is also in compliance with York College Campus 6' social distancing guidelines.

[NYS DOH Interim Guidance for Gyms and Fitness Centers During the COVID-19 Public Health Emergency](#)

3. Doors will remain open to provide more air flow.
4. The MPR will be kept locked when not in use. When in use, it will be monitored to ensure social distancing and masking rules are followed.

Natatorium - Pool & Balcony

1. Pool occupancy codes (TBD) will be restricted in line with NYS and York College Campus Guidelines.
2. As recommended by [NYS DOH \(Article 165-NYC.GOV\)](#) chlorine levels will be kept between 1.0ppm- 5.0ppm to provide effective sanitization against COVID-19 virus.
3. Visible markers will be provided on the pool deck to ensure adequate 6' social distancing in line with York College Campus Guidelines.
4. Lifeguards will ensure that swimmers utilize proper lanes during lap swim, which will be limited to only one swimmer per lane. We will have slow, medium and fast lanes for the swimmers, and will communicate that patrons must swim in those appropriate lanes, based on their fitness level. This will make a "smooth flow" while swimming and minimize people "bunching up" during lap swim. A schematic diagram will be provided to outline these measures.
5. Training will be provided to lifeguards and water safety staff on new protocols regarding CPR and First Aid.
6. Anyone coming into swim must take a shower with disinfectant soap prior to entering the swimming pool. Everyone will be checked by the Lifeguards to make sure that everyone has taken a shower.
7. Swimmers will not share equipment and should bring their own equipment such as kickboards and pull buoys.
8. Swimmers will bring a water bottle.
9. Swimmers must shower, with disinfecting soap, prior to entry to the pool. This will be monitored by lifeguards. After swimming, showers will be taken as soon as possible to avoid others waiting.
10. Showers will be cleaned weekly with EPA approved [Disinfectants for Coronavirus \(COVID-19\)](#).
11. The pool deck must be cleaned weekly with EPA approved [Disinfectants for Coronavirus \(COVID-19\)](#). This will be done by the Lifeguards, to supplement the cleaning of the Custodial Staff.
12. Doors to the pool balcony will be kept open during use to ensure better air flow.
13. Markings will be put on the bench seating to provide social 6' social distance measures in line with York College Campus Guidelines.

Locker Rooms

1. We will be adhering to 6' social distancing guidelines as outlined in the ***Interim Guidance for gyms & Fitness Centers during the COVID-19 Public Health***



Emergency [NYS DOH Interim Guidance for Gyms and Fitness Centers During the COVID-19 Public Health Emergency](#) and York College Campus Guidelines.

2. Appendix 3 shows a schematic diagram of the lower level of the HPE Complex with each space identified by color.
3. Locker assignments will be required to utilize all locker room space to ensure adherence to 6' social distancing guidelines. assigned as usual to the campus community due to the limited number of lockers per Locker Room.
4. Students, faculty, and staff will receive notification on guidelines for usage of locker room facilities. Signage will be posted to inform patrons of new guidelines and spaces will be regularly monitored to ensure compliance.
5. Men's and Women's Varsity Locker Rooms (Outlined in Red) will be kept locked when not in use. Access will be provided to student-athletes with a maximum of 3 persons at all times to allow for 6' social distancing. Masks must be always worn and there will be a 10-minute limit on locker room use.

Locker room use will be monitored by:

- During sports practice, will be monitored by Head Coach or Assistant Coach
- During game day, will be monitored by an athletics staff representative
- During normal day to day activities, will be monitored by Facilities Coordinator, Assistant Facilities Coordinator.

6. Men's and Women's Visitor's Locker Room (Outlined in Grey) will be kept locked when not in use. Access will be provided to student-athletes with a maximum of 3 persons at all times to allow for 6' social distancing. Masks must be always worn and there will be a 10-minute limit on locker room use.

Locker room use will be monitored by:

- During sports practice, will be monitored by Head Coach or Assistant Coach
- During game day, will be monitored by an athletics staff representative
- During normal day to day activities, will be monitored by Facilities Coordinator, Assistant Facilities Coordinator.

7. Men's and Women's Faculty Locker Room (Outlined in Orange) will be kept locked when not in use. Access will be provided to faculty/staff with a maximum of 3 persons at all times to allow for 6' social distancing. Masks must be always worn and there will be a 10-minute limit on locker room use.

Locker room use will be monitored by:

- During sports practice, will be monitored by Head Coach or Assistant Coach
- During game day, will be monitored by an athletics staff representative
- During normal day to day activities, will be monitored by Facilities Coordinator, Assistant Facilities Coordinator.

8. Men's and Women's General Locker Room; Student-Athlete area (Outlined in Light Blue) Access will be provided to student-athletes with maximum 4 at a time to allow for 6' social distancing. Masks must be always worn and there will be a 10-minute limit on locker room use.

Locker room use will be monitored by:

- During sports practice, will be monitored by Head Coach or Assistant Coach
- During game day, will be monitored by an athletics staff representative
- During normal day to day activities, will be monitored by Facilities Coordinator, Assistant Facilities Coordinator.

9. Men's and Women's General Locker Room (Outlined in Dark blue) will be kept open with a maximum occupancy of 30 to allow for 6' social distancing. Masks must be always worn and there will be a 10-minute limit on locker room use.

Locker room use will be monitored by:



10. Signage will be placed throughout the locker room area distancing to restrict occupancy (3 allowed at a time) to ensure 6' social distancing will be maintained in such areas.
11. Communal Showers will remain closed at all times. Individual showers will remain open and will be cleaned and disinfected on a daily basis
12. Touchless soap dispensers/ hand sanitizer is recommended to be available.

Academic Learning Lab-Rm 305

1. Academic Learning Lab occupancy (TBD) will be restricted in line with NYS and York College Campus Guidelines.
2. Academic Learning Lab and computer usage will be by appointment only i.e. via EAB Navigate.
3. 6' Social distancing practices must be adhered to based on the 6' recommendation in the York College Campus Guidelines. Computers will be restricted via signage and supervision.
4. Clear, plastic partitions should be installed around the Athletic Academic Advisor office area.
5. Computer keyboards and sitting areas should be wiped down by user with EPA approved provided disinfectant after use.

Outdoor Field

1. Outdoor field usage should be scheduled in advance upon email request and approval by Facilities Coordinator and Director of Athletics.
2. During and after usage, the group utilizing is responsible for cleanup to ensure no masks, cups/bottles were left behind. This will be monitored by staff i.e., Head Coach or Professor.
3. Institutional events hosted by the College, will be maintained by the staff of the building and grounds department.

Tennis Courts & Field House

1. Tennis courts should be used for single match game play only.
2. Use different color/number tennis balls for play, and users will have to pick up their own colored/number balls.
3. No racket sharing: users will have to bring their own racket to play.
4. Appendix 5 shows a schematic drawing outlining these court usages. Middle courts should not be used for play on the quadruple courts and one court should be not used for play on the double courts.
5. Bathrooms will remain open with restricted access of 2 people at a time. This will be monitored by Athletics Staff and onsite supervisor present at the time of the game.
6. Buildings and grounds staff will ensure cleanliness of the restrooms, pre & post practice & competition.
7. Public Safety officer will be present to ensure limited access during competition.

Other Facility Areas

The use of other small spaces will be prohibited (e.g., elevators, staff rooms, etc.) by more than one individual at a time, unless all individuals in such space at the same time are wearing acceptable face coverings. There will be provisions made to maintain at least 6' of



social distancing in small areas such as restrooms. Signage and restricted stall access will be effective in areas that cannot maintain social distancing. [Interim Guidance for Professional Sports Training Facilities During the COVID-19 Public Health Emergency \(June 26, 2020\)](#)

Sports Medicine

The Sports Medicine department will play an integral role in the safe return to athletics. Alongside the athletic trainer, who will also serve as Alternate Site Safety Monitor, and team physician, the CUNYAC COVID19 Communications Officer (CCO) will help coordinate communications between the student athletes, coaches, athletic trainers, and other institutions.

To reduce the risk of infectious spread, York College Sports Medicine department will prepare and adjust their athletic training room sufficiently. The following adjustments will be made:

1. If a student-athlete requires treatment, they must make an appointment via the online system EAB Navigate. Any student-athlete who does not make an appointment, will not be permitted to enter the athletic training room, unless it is for acute evaluation and treatment.
2. A total of three persons will be permitted in the training room at a time. (This excludes the athletic trainer) At least 6' social distancing will be maintained and enforced strictly.
3. Student-athletes, coaches, athletics staff, and any other visitors must wear masks upon entry to all campuses and continue to wear them for the duration of their time inside, which includes athletic training room. Anyone who removes their mask or refuses to wear one, will be asked to leave the athletic training room.
4. Athletic Trainers, team physicians, clinical students and interns will use the correct donning and doffing techniques for PPE prior and post interactions with student-athletes.
5. Treatment tables will be configured to ensure that they are 6 feet apart. Rehabilitation areas will also be configured to maintain 6 feet of distance between student-athletes. Waiting chairs outside RM109 for student-athletes will be placed 6 feet apart.
6. Student athletes will be required to sign in electronically for their appointments upon arrival into the athletic training room.
7. Athletes must wipe down any rehabilitation equipment that they use immediately e.g., ankle weights, mini bands etc.
8. The athletic trainer or designated staff will sanitize all tables, treatment tools and surfaces immediately after each athlete usage, with EPA approved cleaning products.
9. Non-essential common areas such as the hot and cold whirlpool tubs, will remain closed [Interim Guidance for Professional Sports Training Facilities During the COVID-19 Public Health Emergency \(June 26, 2020\)](#)

Medical Coverage

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



- Medical coverage will be available and on campus during all 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 are required to report all injuries and illnesses
- Athletes are encouraged to report concerns to medical staff
- Medical staff will provide COVID-19 testing resources and oversee return to play guidelines are followed
- COVID Express at Jamaica, which is very close to York College, is a city run COVID-19 testing center that is free of charge. CityMD on Jamaica Ave is also a recommended facility.

- **COVID Express at Jamaica**

Address: [90-37 Parsons Blvd 1st Floor, Queens, NY 11432](#)

By appointment only. [Visit nyc.gov/health/covidexpress](https://visitnyc.gov/health/covidexpress) to schedule

- **CityMD Urgent Care- Jamaica**

Address: [162-21 Jamaica Ave, Jamaica, NY 11432](#)

Phone: [\(718\) 571-9116](#)

Screening Process

All University Student Athletes participating in regular, post season, or tournament intercollegiate, intramural, or club athletic competition will be required to be vaccinated against the Covid-19 virus, with a CDC-authorized COVID-19 vaccine in accordance with CDC guidelines, prior to being permitted to participate in any such University athletic activity. This requirement is effective as of August 2, 2021 notwithstanding the pending Emergency Use Authorization status of the current available vaccines. In light of the manner in which the COVID-19 virus spreads, this is the most effective way of controlling or mitigating an outbreak of Covid-19 during athletic activities on the University campus. Athletic competition involves a certain degree of “close contact” programs or programs that contain a heightened degree of risk that require Covid-19 vaccination as a precondition to participation. A Student Athlete may be exempted from the vaccine requirement, in accordance with the Policy, if they have received a CUNY-approved exemption for medical or exception for religious reasons. However, this exemption and or exception will not excuse the Student Athlete from additional COVID-19 testing or other sports related restrictions/requirements, as set forth by the applicable University athletic department or its campuses in addition to guidelines established by federal, state, and city health officials.

Student-Athletes participating in Fall Sports (Men’s Cross Country, Women’s Cross Country, Men’s Soccer, Women’s Soccer, Women’s Tennis and Women’s Volleyball) will have until September 14 to be fully vaccinated. Student-athletes in the process of getting fully vaccinated will be required to submit to weekly testing in order to practice and compete.

Resource: [CUNYAC Return to Sport Plan](#)

Prior to any intercollegiate participation, York College student-athletes are required to complete the pre-participation screening process. Our pre-participation physical packet includes the following documents:



Pre-Participation Medical Forms (PDF)- Completed by physician and student-athlete and returned to athletic trainer.

Concussion Management Protocol

Health Screening Form

Assumption of Risk

COVID-19 Assumption of Risk

HIPAA Form

Insurance Form

Sickle Cell Waiver

Complete on Sportware Online (SWOL)

In conjunction with team physician Dr. Ariel Nassim, we will require student athletes to be tested medically in the following areas at the outlined times during their collegiate athletics career:

Freshman/Transfer/First competitive year of collegiate sports

- Full physical and completion of online medical packet-Sportware Online (SWOL)
- Baseline concussion screening
- Cardiac Screening

Sophomore year returning athletes

- Full physical and completion of online medical packet- Sportware Online (SWOL)
- Baseline concussion screening

Junior year returning athletes

- Full physical and completion of online medical packet- Sportware Online (SWOL)
- Baseline concussion screening
- Cardiac Screening

Senior year returning athletes

- Full Physical and completion of online medical packet- Sportware Online (SWOL)
- Baseline concussion screening

All athletes may be subject to re-screening at any time. Student athletes who have been identified as at risk through previous cardiac screens or COVID-19 will be required to repeat cardiac screening as the physicians see fit.

Athletes who have suffered a concussion will repeat their baseline concussion test after 6 months and when applicable during the return to play protocol.

Tryout Athletes

- Full physical and completion of online medical packet- Sportware Online (SWOL)
- Baseline concussion screening
- Cardiac Screening- before first date of competition

Camps

- Full physical within one year of camp start date, COVID-19 screening questionnaire, primary insurance coverage and completion of participation waiver

Clinics

- COVID-19 screening questionnaire, primary insurance coverage and completion of participation waiver.



The pre-participation physical incorporates a thorough COVID-19 screening questionnaire. This questionnaire will screen for the following:

- (1) Potential risk factors for certain populations at higher risk
- (2) Individuals that tested positive
- (3) Suspected, but not diagnosed infection
- (4) Family members that tested positive
- (5) Travel - where have the individual traveled within the past few months
- (5) Family members at home that are high risk
- (6) Persistent symptoms after exposure to COVID-19

It is mandatory for first- and third-year York College intercollegiate student athletes to obtain an EKG. An EKG is also mandatory for athletes who have tested positive for COVID-19 and/or were hospitalized or had severe symptoms in the past consistent with COVID-19 but were never tested. An efficient and safe way to achieve the recommended and mandatory testing protocols, is for the student-athletes to go through their primary care physician (PCP). Alternatively, York College Sports Medicine will provide physical and screening days which will adhere to 6' social distancing and safety guidelines.

Once all appropriate medical testing is complete, the guidelines outlined below will be applied.

1. As recently [announced](#) by the Chancellor, EUA-authorized COVID-19 vaccines are now required for all student athletes prior to being permitted to participate in any CUNY athletic activity, and regardless of FDA approval.
2. Student-athletes, athletics staff and coaches will be required to get a COVID-19 test prior to returning to campus unless they are fully vaccinated. This test must have been performed at a CUNY testing facility within 72 hours (depending on test result processing times for the state) of physical return to campus. Results of their test must be provided and reviewed by the athletic training staff prior to return date.
3. Student-athletes and staff will not be allowed into training facilities or competition without showing proof of vaccination or a negative test. Those that have a medical or religious exemption waiver must also provide a negative test. Those who have recovered from COVID-19 within the last 90 days can provide a positive COVID-19 test result which is dated within the 90 days or a doctor's note stating this.
4. Those student-athletes and staff that are fully vaccinated, will not need to be tested unless they are symptomatic.
5. Any student-athletes that tested positive for COVID-19 may be required to have additional cardiac evaluations. Our team physician, Dr. Ariel Nassim, will coordinate the arrangement of further testing.
6. Out of state student-athletes will be required to follow CUNY and NYS quarantine protocols if they are coming to New York from a non-contiguous state or international country. Student-athletes, coaches and staff can exercise either of two options to return to sport:
 - Option 1
 - 10-day quarantine followed by a negative PCR test 72 hours prior to returning to campus.
 - Option 2
 - Negative test three days before arriving in NY. Quarantine for at least three days upon arrival and get a test on day four of arrival. If travelers receive a negative test on day four of quarantine, they may exit quarantine when they receive negative result.

Resources: [NCAA Resocialization for Collegiate Sport](#), [NYS DOH Travel Guidelines](#)



Transition Periods and Return to Activity

Prior to the recommencement of Intercollegiate Athletics, York college will notify and coordinate with the local NYS health department on the resumption of intercollegiate sports, including but not limited to, the sharing of any applicable health and safety plans, protocols, or procedures [NYS Supplemental Guidance for Athletics at Higher Education Institutions \(April 1, 2021\)](#)

Training plans recognize traditional transition and acclimatization considerations (for example, cardiovascular conditioning, heat, altitude). York College Athletics will utilize a seven-day training plan in the 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. If athletes are returning to campus from out-of-state, [NYS Quarantine Guidelines](#) will be followed. York College Athletics will be administering a 5-day initial transition period before returning to full practice or scrimmage. Training plans are made considering relevant industry resource materials including, among others, those published by: [NYS DOH Travel Guidelines](#), [NCAA Resocialization for Collegiate Sport](#)

Masking Protocols

York College Athletics will, in compliance with CUNY and York College mandates, enforce the following masking protocols:

- All those wishing to access campus must wear a mask at all times, except for when actively participating in athletic events. For outdoor athletic events, masks are optional as long as social distancing can be maintained.

The NCCA also recommends the following masking options for athletic play.

		NOT FULLY VACCINATED/ WAIVER EXEMPTION	FULLY VACCINATED OR DOCUMENTED INFECTION IN THE PAST 90 DAYS (or more than 90 days if allowed by local authorities)
ATHLETIC ACTIVITIES	Training and Competition	No restrictions.	
	Team Travel	Masking during travel.	
	Other Athletic Activities (e.g., team meetings)	Universal masking and physical distancing.	Masking in indoor settings.



NONATHLETIC ACTIVITIES	Nonathletic Activities	Universal masking and physical distancing.	Masking in public indoor settings. Large crowd avoidance or masking where community immunity is unknown or vaccination status cannot be determined.
	In-Person Interactions	Universal masking and physical distancing.	Masking in indoor settings.

Resources: [Resocialization of Collegiate Sport: 2021 Fall Training and Competition Original release: August 4, 2021](#)

Practices

To minimize the risk of transmission for intercollegiate athletics, the following practice policies and procedures will occur:

1. Student athletes and coaches will be screened prior to practice using the screening questionnaire in Sway. They will be notified ahead of time and must complete the questions, except for temperature screening, in their entirety.
2. Positives for any of the following symptoms will rule the student-athlete out of practice and they must remain at home, until cleared by team physician:
 - Shortness of breath or difficulty breathing.
 - Cough or other respiratory symptoms.
 - Headache.
 - Chills.
 - Muscle aches.
 - Sore throat.
 - Congestion or runny nose.
 - New loss of taste or smell.
 - Nausea, vomiting or diarrhea.
 - Pain, redness, swelling or rash on toes or fingers (COVID toes).
 - New rash or other skin symptoms.
 - High-risk exposure: a new contact with an infected individual or prolonged contact with a crowd without physical distancing (for example, attended a party in which there was no masking or physical distancing).
 - Temperature of 100.4° Fahrenheit or above.

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)



3. If any student-athlete reports symptoms after arrival on campus, the athletic trainer, athletics administration and CCO must be contacted, and the individual will be referred to a healthcare facility if necessary or home to self-isolate.
4. Student-athletes must wear masks upon entry to campus athletics buildings and continue to wear them for the duration of their time inside. Masks do not need to be worn during exertional activities. Because they were not shown to provide good protection against aerosolized particles, Gators and face shields are not mask alternatives and cannot be worn without a mask.
5. Any student-athlete that uses a mouth guard must perform hand hygiene before and after inserting or removing mouth guards. [Interim Guidance for Professional Sports Training Facilities During the COVID-19 Public Health Emergency \(June 26, 2020\)](#)
6. If a student-athlete requires treatment, they must make an appointment via the online EAB Navigate system. Up to three student-athletes, determined by each will be permitted inside the athletic training room at one time and 6' social distancing will always be maintained except during medical treatments. [NYS Supplemental Guidance for Athletics at Higher Education Institutions \(April 1, 2021\)](#)
7. Prior to the beginning of their season, each student-athlete that is confirmed officially on the team, will receive a water bottle. They will be required to label the bottle with their name and are prohibited from sharing water bottles. If a water bottle is misplaced or forgotten, the athlete will be provided with disposable cups, for single use only.
8. Student-athletes MUST NOT drink directly from the spout of the Gatorade coolers. Coolers will be cleaned immediately after the conclusion of each practice.
9. Treatment towels will be single use only and placed in a sealed laundry container immediately after use. Dirty towels will be laundered within 24 hours. Towels will not be provided to student athletes and coaches for practice. They must bring their own individually labeled towels. Sharing will be strongly permitted.
10. Practice start times will be staggered to assist with 6' social distancing.
11. There will be strong avoidance of intermingling between teams.
12. Practice group sizes will be in line with the New York State Guidelines and NCAA SSI recommendations. 6' social distancing will be maintained, and practice drills must consider social distancing guidelines as well as the required 2-week acclimatization process.
13. In-person gatherings (e.g., team meetings, coaching briefings) will be limited to the greatest extent possible and use other methods such as video or teleconferencing will be utilized whenever possible. [CUNYAC Return to Sport Plan](#)
14. Teams must use predetermined routes when entering and exiting practice.
15. Student-athletes are not permitted to use fields or facilities outside of approved practice times.
16. Coaches should exercise the option of electronic whistles.
17. Any equipment used will be sanitized accordingly, post practice.
18. Student-athletes and coaching staff must wash their hands frequently, especially pre and post practice. Hand sanitizer will be readily available on site.

Provisions will be made for students-athletes utilizing the hybrid or remote synchronous class settings to allow them a space to succeed. These study areas / computer rooms will be available for student-athletes that cannot make it home in time for class or have classes that may overlap with practice times. These areas will be sanitized before and after each use.

Resources: [NCAA Resocialization for Collegiate Sport](#)



Competition & Scrimmages

To minimize the risk of transmission for York College intercollegiate student-athletes, coaches, staff and officials, the following competition policies and procedures will occur:

1. Visiting teams will enter and exit through a separate designated area to the home team.
2. One way travel will be utilized in all stairwells, hallways, entrances and exits whenever possible.
3. Spacing guidelines and predetermined routes will be mapped out to allow for one way travel.
4. Visiting teams will be asked to comply with all face covering and physical distancing procedures.
5. Student athletes, coaches, officials, and game day athletics staff must complete a daily questionnaire in Sway. They will be notified ahead of time and must complete the questions, except for temperature screening, in their entirety. Anyone, who does not complete the information prior to campus entry, will not be permitted to compete on that day.
6. Athletic trainers or trained designated senior staff will perform temperature checks on home and away teams as well as coaches, officials, and game day staff. Sports Medicine department's conference wide require all student-athletes to sign a HIPAA form prior to athletic participation which allows their health data records to be kept on file. Coaches, officials, and game day staff records will not be kept. [CUNY Guidelines for Safe Campus Reopening – Fall 2021](#)
7. Establish visiting and home team locker room and /or meeting space.
8. Positives for any of the following symptoms will rule the student-athlete, coach, official or game day staff member out of the competition and they must remain at home, unless cleared by, Dr. Ariel Nassim, team physician:
 - Shortness of breath or difficulty breathing.
 - Cough or other respiratory symptoms.
 - Headache.
 - Chills.
 - Muscle aches.
 - Sore throat.
 - Congestion or runny nose.
 - New loss of taste or smell.
 - Nausea, vomiting or diarrhea.
 - Pain, redness, swelling or rash on toes or fingers (COVID toes).
 - New rash or other skin symptoms.
 - High-risk exposure: a new contact with an infected individual or prolonged contact with a crowd without physical distancing (for example, attended a party in which there was no masking or physical distancing).
 - Temperature of 100.4° Fahrenheit or above.

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)



9. Any student-athlete, coach or official that reports symptoms after arrival on campus, will be sent home or the emergency action plan will be triggered if necessary.
Student-athletes, coaches, officials, and game day staff must wear masks upon entry to the building and continue to wear them for the duration of their time inside the building. It is required that masks be worn whilst student-athletes are participating in non-exertional activities, in the locker rooms, on the bench and during intervals such as half time.
Student-athletes must use masks immediately following the conclusion of the competition.
10. Any student-athlete that uses a mouth guard must perform hand hygiene before and after inserting or removing mouth guards. [Interim Guidance for Professional Sports Training Facilities During the COVID-19 Public Health Emergency \(June 26, 2020\)](#)
11. If a student-athlete requires treatment, they must make an appointment via the online EAB Navigate system. Up to three student-athletes, determined by each will be permitted inside the athletic training room at one time and 6' social distancing will always be maintained except during medical treatments. [NYS Supplemental Guidance for Athletics at Higher Education Institutions \(April 1, 2021\)](#)
12. Away teams will be assigned pregame treatment time. All efforts should be made by the away team athletic training staff to perform taping and treatments prior to their own campus departure. Arrangements may be made between home and away athletic training staff should an away athlete require specialized services.
13. During competition, student-athletes, coaches, and officials should limit their contact time with each other as best as possible. Celebrations, high fives, handshakes, and huddles are not permitted. During time outs, all efforts should be made to maintain 6' social distancing, but it is understood that this may be difficult.
14. Student-athletes must bring their own water bottles and should not share with others. Single use individual bottles of water, Gatorade or other hydrating fluid will be allowed, but must be clearly labeled with the owner's name.
15. Treatment towels will be single use only and placed in a sealed laundry container immediately after use. Dirty towels will be laundered within 24 hours. Towels will not be provided to student athletes and coaches for competition. They must bring their own individually labeled towels. Sharing is strongly discouraged.
16. During game day set up, benches will be placed at least 6' apart in order to maintain social distancing regulations. Individual seating of game day staff and officials will also be staggered to accommodate these regulations. Sports that require switching of benches during competition will forgo this and remain on one side for the duration of the event.
17. Sports that require equipment sharing including balls, bats and helmets, will need regular sanitization during the competition, by either game-day workers and/or coaching staff members.
18. In-person gatherings (e.g., team meetings, coaching briefings) will be limited to the greatest extent possible and use other methods such as video or teleconferencing will be utilized whenever possible. [CUNYAC Return to Sport Plan](#)
19. Officials should exercise the option of electronic whistles.
20. Spectator attendance will be determined by [New York State Guidelines](#) and CUNY/CUNYAC/ institutional policies. CUNY Guidelines continue to prohibit spectators/fans.
21. Post competition sanitization of benches, equipment and high contact surfaces will be undertaken by either game day workers and or coaching staff with EPA approved products.

Resources: [NCAA Resocialization for Collegiate Sport](#)



Visiting Teams and Officials

Visiting CUNYAC teams will not be required to follow the visitor policy outlined by CUNY. Non-conference opponents (student-athletes, coaches and staff) must submit proof of vaccination or proof of negative test result (test must be within one week of competition date) upon arrival to CUNYAC member site of competition, in addition to submitting a health questionnaire and undergoing temperature screening. We will ask all visiting teams to certify they have complied with all NCAA and NYS travel guidelines.

- Any use of York College facilities must be requested 48 hours prior to competition.
- Visiting team must provide travel roster prior to arriving on campus.
- Travel roster must include verification COVID-19 symptom screens was completed.
- Visiting team must wear masks while on campus, except during exertional athletic competition
- Visiting teams are responsible for the bus driver's adherence to COVID protocols of the York College campus.
- Upon arrival at York College, non CUNYAC away teams and officials will be screened for COVID-19 symptoms. This includes temperature checks and self-evaluation via a questionnaire. If any individual is flagged during these screenings, they will be removed from competing and sent to isolate. The away team's ATC will be notified and a decision on whether to continue competition will be made by Sports Medicine staff and Athletic Director.
- Any student-athlete that uses a mouth guard must perform hand hygiene before and after inserting or removing mouth guards. [Interim Guidance for Professional Sports Training Facilities During the COVID-19 Public Health Emergency \(June 26, 2020\)](#)

Resources: [NCAA Resocialization of Collegiate Sport; Second Edition](#) (page 25-26)

Away Games and Travel

When our teams travel to other institutions clear guidelines will be set to guarantee a limited risk of exposure. These guidelines must be followed when on the away campus and the duration of the trip itself. This will include necessary rest stops or lodging needed during these trips. A staff member will be assigned to ensure all travel specifications are followed including those governed by [NYS DOH Travel Guidance](#) and [NCAA Resocialization of Collegiate Sport; Second Edition](#)

The protocol for away game travel is as follows:

- NYS DOH protocols will be followed at all times
 - Travel documents completed when necessary
 - Follow up testing will be completed when necessary
- When traveling we will communicate and comply with all agreed upon protocols requested by home institution.
- Masks are required while traveling to all events, including bus drivers, and each travel party will be given sanitization kits.
- Travel Party form will be completed by respective head coach and provide to home institution prior to departing campus.
- Only required personnel and student-athletes will be included in the travel party to allow for appropriate social distancing when traveling.
- All members of the travel party will be required to wear masks for the duration of the trip.



- All stops during travel must be documented.
- All travel meals must be individually boxed and eaten socially distanced where possible.
- Vehicles must be sanitized before and after use. If a bus company is used, they must provide this service

Camps and Clinics

To minimize the risk of transmission for York College intercollegiate student athletes, coaches, staff and officials, the following camps and clinics policies and procedures will occur:

1. All clinic and camp participants must complete the screening medical clearance process, outlined previously in this document, prior to activities.
2. Participants must complete a daily questionnaire in Sway. They will be notified ahead of time and must complete the questions, except for temperature screening, in their entirety. Anyone, who does not complete the information prior to campus entry, will not be permitted entry on that day.
3. Temperature checks will be performed by ATC or designated staff prior to entering the athletic facility. Sports Medicine requires all student-athletes to sign a HIPAA form prior to athletic participation which allows health data records to be kept on file. All other participants will not have their health data kept. [CUNY Guidelines for Safe Campus Reopening – Fall 2021](#)
4. Positives for any of the following symptoms will rule the participant out and they must remain at home:
 - Shortness of breath or difficulty breathing.
 - Cough or other respiratory symptoms.
 - Headache.
 - Chills.
 - Muscle aches.
 - Sore throat.
 - Congestion or runny nose.
 - New loss of taste or smell.
 - Nausea, vomiting or diarrhea.
 - Pain, redness, swelling or rash on toes or fingers (COVID toes).
 - New rash or other skin symptoms.
 - High-risk exposure: a new contact with an infected individual or prolonged contact with a crowd without physical distancing (for example, attended a party in which there was no masking or physical distancing).
 - Temperature of 100.4° Fahrenheit or above.

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)

5. Spectators are not currently permitted by CUNYAC Guidelines. If they become permitted, they must follow the same screening process outlined above.



6. Anyone that reports symptoms after arrival on campus, will be sent home or the EAP will be triggered if necessary.
7. All participants and spectators must wear masks upon entry to the building and continue to wear them for the duration of their time inside the HPE complex.
8. Any athlete that uses a mouth guard must perform hand hygiene before and after inserting or removing mouth guards. [Interim Guidance for Professional Sports Training Facilities During the COVID-19 Public Health Emergency \(June 26, 2020\)](#)
9. Gatorade coolers and single use cups will be available for use. Participants **MUST NOT** share cups or drink out of the coolers spout. All coolers will be cleaned immediately following the conclusion of the camp/clinic.
10. Any equipment used must be sanitized accordingly during the camp/clinic and cleaned post activities. Coaches will be responsible for this and returning equipment to the equipment room for proper storage.
11. Participation group sizes will be in line with the New York State Guidelines as well as York College campus policies and procedures. 6' social distancing will be maintained where possible and practice drills should adhere to social distancing guidelines.
12. Coaches should exercise the option of electronic whistles.
13. Participants and coaching staff should wash their hands frequently, especially pre and post activity. Hand sanitizer will be readily available on site.

Resources: [NCAA Resocialization for Collegiate Sport](#)

Testing Policies

Testing costs and reliability are the major issues to consider when incorporating rigorous testing for returning student athlete's to training and competition. There are several types of tests (Appendix 1). York College Athletics guidelines are designed to mimic those of the NCAA and NYS [Interim Guidance for Sports and Recreation during the COVID-19 Public Health Emergency](#) as seen below. Current testing recommendations, as per the NCAA Sports Science Institute (SSI) [Resocialization for Collegiate Sport](#), and the [CDC NFL MMWR Report](#) indicate that PCR testing is the preferred method for ruling out the presence of COVID-19 but antigen testing can also be utilized, although it is less sensitive. The frequency of testing within the intercollegiate athletics realm is contingent on whether the student-athlete is fully vaccinated or unvaccinated. Individuals can include or update their vaccinated status through their SWOL portal.

NCAA/CUNYAC Recommended Testing Protocols

York College Athletics will follow the NCAA/CUNYAC recommendations for testing protocols. Recent updates to the NCAA socialization guidelines have seen the removal of risk classification for sports. This is due to finding that there is not significant transmissibility during athletic activity. We will utilize the safeCircle CUNY testing centers in order to provide negative PCR's for those student-athletes that have a medical or religious exemption waiver or any staff/coaches that are unvaccinated. They will be required to test once per week. The NCAA [Resocialization of Collegiate Sport: 2021 Fall Training and Competition Original release: August 4, 2021](#) outlines below, the testing protocols that we will be following for our intercollegiate activities.



		NOT FULLY VACCINATED/ WAIVER EXEMPTION	FULLY VACCINATED OR DOCUMENTED INFECTION IN THE PAST 90 DAYS (or more than 90 days if allowed by local authorities)
TESTING	Upon Arrival to Campus, or Return to Campus from a Summer Break	Single polymerase chain reaction/nucleic acid amplification test within three to five days of arrival, or two antigen tests on non-consecutive days within three to five days of arrival. No team training or competition until single PCR/NAAT or both antigen tests are negative.	No testing unless symptomatic, or based on a risk assessment of a documented close contact with COVID-19.
	Surveillance Testing	Based on level of community immunity, community spread, and local public health official recommendations. If community spread is <u>substantial or high</u> , weekly PCR/NAAT testing or three-times-week antigen testing.	No testing unless symptomatic, or based on a risk assessment of a documented close contact with COVID-19.
	During Competition Season	Weekly PCR/NAAT testing or three-times-a-week antigen testing when no competition is scheduled. PCR/NAAT test within three days of first competition of the week or antigen test within one day of each competition.	No testing unless symptomatic, or based on a risk assessment of a documented close contact with COVID-19.
	Sustained Increased Transmission	If sustained increased transmission on a team, test all symptomatic individuals or individuals with close contacts, or apply a similar risk mitigation strategy. Sustained increased transmission is likely occurring if: <ul style="list-style-type: none"> • Team of ≤ 50: Concurrent positive cases of three or more. • Team of > 50: Concurrent positive cases of five percent or more. 	

Resources: [Resocialization for Collegiate Sport](#), [Resocialization of Collegiate Sport: 2021 Fall Training and Competition Original release: August 4, 2021](#), [CDC NFL MMWR Report](#)

It is recommended that York College Athletics procure a supply of rapid antigen tests in order to test those athletes that become symptomatic or those that have medical or religious



exemptions waivers and require additional testing aside from that provided by the CUNY testing facilities.

Quarantine and Isolation of Fully Vaccinated and Unvaccinated Individuals

For the purposes of this guidance, individuals are considered "fully vaccinated" beginning 14 days after their final dose of a Pfizer, Moderna, Johnson & Johnson or AstraZeneca vaccination. The equivalent of "fully vaccinated" is documented COVID-19 infection in the past 90 days (or more than 90 days if allowed by local authorities). The CDC recommends that individuals who have a prior history of COVID-19 infection should become vaccinated, and it is recommended to wait until 90 days after the infection before commencing the vaccination process.

		NOT FULLY VACCINATED/ WAIVER EXEMPTION	FULLY VACCINATED OR DOCUMENTED INFECTION IN THE PAST 90 DAYS (or more than 90 days if allowed by local authorities)
QUARANTINE & ISOLATION	Close Contacts	Quarantine in accordance with local public health authority guidance for close contact with another individual with confirmed positive COVID-19. <u>Previous considerations</u> regarding activity during quarantine (e.g., individual exercise if it does not cause cardiopulmonary symptoms) continue to apply.	Masking in public indoor settings for 14 days with discontinuation if a COVID-19 test is performed three to five days after exposure and is negative, or if assessment does not reveal high risk.
	Positive Test Protocol	Isolation for 10 days and at least 24 hours have passed since resolution of fever without the use of fever-reducing medications and other symptoms have improved. No exercise during isolation. Post-isolation exercise consistent with <u>previous recommendations</u> , including <u>cardiac considerations</u> .	

Resources: [Resocialization of Collegiate Sport: 2021 Fall Training and Competition Original release: August 4, 2021](#)

Tracking and Tracing

In accordance with the [Interim Guidance for Sports and Recreation during the COVID-19 Public Health Emergency](#) the following must occur:

- Responsible Parties must notify the state and local health department immediately upon



being informed of any positive COVID-19 test result by an employee at their site.

- In the case of an individual who interacted at the site testing positive, the Responsible Parties must cooperate with the state and local health department to trace all contacts in the work area and notify the state and local health department of all employees, vendors, and other individuals who entered the site dating back to 48 hours before the person began experiencing COVID-19 symptoms or tested positive, whichever is earlier, but maintain confidentiality as required by federal and state law and regulations.
- State and local health departments will implement monitoring and movement restrictions of infected or exposed persons including home isolation or quarantine.
- Individuals who are alerted that they have come into close or proximate contact with a person with COVID-19, and have been alerted via tracing, tracking or other mechanism, are required to self-report to their employer at the time of alert and shall follow the protocol referenced above.

York Sports Medicine will work with the COVID-19 campus liaisons and health services to make contact tracing as efficient and effective as possible.

Positive COVID-19 Cases and Return to Sport

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 NY State 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. All members of the Medical Staff have a CDC recognized certification in contact tracing. ([Johns Hopkins](#)). When our screening process identifies individuals that might be at risk, we will immediately initiate the follow guidelines. [NYS DOH Guidelines for Quarantine](#)

- If a student-athlete, coach, or staff member suspects that they have contracted COVID-19, they should begin isolation immediately.
- York College Isolation room is located in the CitizenshipNOW office in the academic core building.
- The York College athletic trainer and athletics administration should also be immediately notified so that they can inform the Campus Coronavirus Coordinator who must ensure that the State and local health department are immediately notified about the case (and notify the SVC for Institutional Affairs and the Campus Reopening Committee). They must also notify the Chancellery/COO's Office, faculty, staff, and students immediately of any case of COVID-19 while maintaining confidentiality in accordance with the [Americans with Disabilities Act \(ADA\)](#), FERPA and other applicable laws and regulations. [CUNY Guidelines for Safe Campus Reopening – Fall 2021](#)
- Campus COVID-19 team should be notified as well as CUNYAC Communications Officer.
- Positive cases should contact their primary care physician, team physician, local testing center outlined previously or visit New York State health department website to obtain information about testing.
- Positive cases are not permitted to rejoin team until cleared by physician.
- Team must be rechecked for any positive symptoms.
- Full cleaning of all facilities used by team.
- When considering the risk of exposure and contracting COVID-19, we need to understand the three-tier system:



Tier 1: This is the highest exposure tier and consists of individuals for whom at least 6' 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 may differ from school to school (for example, some coaches always maintain physical distancing and therefore are not part of Tier 1). Tier 1 individuals are at higher risk of becoming infected with COVID-19 if any other individual in the group is contagious and masking/physical distancing has not been maintained.

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 6' distance and use face coverings. Examples of relevant individuals include certain team staff (e.g., executives) and certain operational staff (e.g., 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 (e.g., housekeeping, catering, sanitation and transportation) and media/broadcast.

If the individual who tests positive is within the tier 1 category, it is recommended that all those within that tier 1 group also start isolation immediately. This includes coaches and athletic training staff.

Once a staff member or student-athlete has tested positive for COVID-19, retesting will not begin until 90 days after initial test. The CDC recommends no need to retest individuals who have had a previous positive test with 90 days unless symptoms are 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, 6' social distancing and daily symptoms checks. Individuals who have tested positive for COVID-19 will not be retest unless symptomatic during the 90-day window after testing positive. Resource: NCAA Resocialization for Collegiate Sport: Second Edition (Page 18), Isolation Protocols (Assessment)

Resources: [NCAA Resocialization for Collegiate Sport](#)

Strategies for Resuming Activities After Positive Test Results-Asymptomatic Individuals

- Individuals who test positive for COVID-19 but have not developed any symptoms may discontinue isolation 10 days after the date of their first COVID-19 diagnostic test, (time-based strategy) assuming they have not subsequently developed symptoms. If symptoms do develop, this time-based strategy should not be used, and the symptom-based strategy should be used instead. The symptom-based strategy consists of the following:
 - At least 10 days have passed since symptoms first appeared and
 - At least 24 hours have passed since last fever without the use of fever reducing medications and
 - Symptoms (e.g., cough, shortness of breath) have improved



Strategies for Resuming Activities After Positive Test Results-Symptomatic Individuals

- Individuals who test positive and are symptomatic should remain in isolation until at least 72 hours have passed since recovery, which is defined as resolution of fever without the use of fever-reducing medications and improvement in any respiratory symptoms and at least 10 days have passed since symptoms first appeared.

Strategies for Resuming Activities After Positive Test Results-Pre-Existing Conditions

- For certain populations, including those containing individuals with conditions that may weaken their immune system, a longer isolation timeframe for infected individuals may be needed and should be decided by team physician to minimize the chance of prolonged shedding of the virus.

Cardiac Recommendations for Resumption of Exercise After COVID-19 Infection

Student-athletes with a confirmed past infection (antibody or prior diagnostic test), and mild to moderate illness or asymptomatic, (i.e., managed at home):

- A medical evaluation or routine pre-participation exam can be performed, including a symptom screen.
- Electrocardiogram and echocardiogram can be considered.
- Further workup as indicated in conjunction with a cardiologist.

Student-athletes with a confirmed past infection and severe illness (hospitalization) or ongoing cardiovascular symptoms (>14 days from onset of symptoms):

- Medical evaluation with symptoms screen.
- Additional testing, which may include:
 - o Cardiology consultation, electrocardiogram; blood troponin 48 hours after exercise and echocardiogram.
 - o Consider additional cardiac tests such as cardiac MRI, Holter, stress test, chest X-ray, spirometry, pulmonary function tests, d-dimer and chest CT.

All final decisions on return to play will reside with team physician, Dr Ariel Nassim.

Resources: [Resocialization for Collegiate Sport](#)

Exercise Recommendations for Resumption of Exercise After COVID-19 Infection

Student-athletes with new infection and no symptoms:

- Exercise in isolation is permitted if such exercise does not cause cardiopulmonary symptoms.
- Monitor for development of symptoms during isolation.
- Cardiac recommendations as above, including consideration of echocardiogram for asymptomatic and mild illness.
- Further work-up as indicated in conjunction with a cardiologist.

Student-athletes with new infection and mild illness (common cold-like symptoms without fever):

- No exercise for at least 10 days, or longer if symptoms persist.
- Monitor for symptom development with exercise.
- Cardiac recommendations as above, including consideration of echocardiogram for asymptomatic and mild illness.
- Further work-up as indicated in conjunction with a cardiologist.



Student-athletes with new infection and moderate illness (fever and flu-like illness):

- No exercise for at least 14 days, or longer if symptoms persist.
- Monitor for symptom development with exercise.
- Cardiac recommendations as above.
- Further work-up as indicated in conjunction with a cardiologist.

Student-athletes with new infection and severe illness (hospitalized):

- For more severe illness, hospitalization, or ongoing cardiovascular symptoms, a comprehensive medical evaluation and cardiology consultation is recommended.
- Consider cardiac MRI.

Student-athletes placed in quarantine for high-risk contact but who are not infected with COVID-19:

- Exercise in quarantine is permitted if such exercise does not cause cardiopulmonary symptoms.
- Monitor for development of symptoms during quarantine.
- If symptoms develop, with or without exercise, test for SARS-CoV-2.

All final decisions on return to play will reside with team physician, Dr Ariel Nassim.

Resources: [Resocialization for Collegiate Sport](#)



Discontinuation of Athletics

In the event of any of the following scenarios, York College Athletic Departments will move to discontinue all athletic participation until it is deemed safe to resume.

1. Inability to isolate new positive cases or to quarantine high contact risk case on campus.
2. Unavailability or inability to perform symptomatic, surveillance or pre-competition testing when warranted.
3. Campus-wide or local community test rates that are considered unsafe by local public health officials. New York State Department of Health has clear guidelines for the discontinuation of athletics due to on campus outbreaks. Commencing February 19, 2021, whenever the lesser of 100 individuals or 5% of the total on campus population – inclusive of students, faculty, and staff – of a higher education institution location¹ test positive for COVID-19 within a rolling 14-day period, the location must immediately (1) transition all in-person learning to remote format(s) and (2) limit on-campus activities for a period of 14 days. Provided, however, that a higher education institution location which tests an average of at least 25% of its total on-campus population for COVID-19 each week as part of an ongoing policy of surveillance testing shall not be required to transition to remote learning or to limit on-campus activities unless the greater of 100 individuals or 5% of the total on-campus population test positive using a 14-day rolling average.
4. Inability to perform adequate contact tracing consistent with governmental requirements or recommendations.
5. Local public health officials stating that there is an inability for the hospital infrastructure to accommodate a surge in COVID-19 related hospitalizations.

Resources: [Resocialization for Collegiate Sport](#), [NYS Higher Ed Supplemental Guidance \(August 28, 2020\)](#), [NYS Supplemental Guidance for Athletics at Higher Education Institutions \(November 23, 2020\)](#), [Cluster Action Initiative](#), [Interim Guidance for Professional Sports Training Facilities](#)

Student-Athletes, Coaches and Staff Education

Prior to the start of their season, all teams are required to have a COVID-19 educational seminar alongside the testing and screening requirements. Student-athletes will be required to complete these educational components:

- Safety and integrity pledge
- Seminar by team physician or other medical professional on COVID-19 in sport
- COVID-19 assumption of risk form

All coaches and staff will be:

- Regularly updated on any new developments or material that may be pertinent from the CDC, NCAA, NATA, New York State DOH and York College.
- Required to complete a COVID-19 training course provided by [Sports Safety International](#).
- Asked to read the policies and procedures in full and sign off on them. They must forward the signed acknowledgment to the Head Athletic Trainer as well as proof of completion of the Sports Safety course.



Additionally, designated athletics staff who will serve as contact tracers, will be required to take the [Johns Hopkins Contact Tracing Certification](#) through Coursera.

Resources used for Education: Education includes overview of all [NYS DOH Travel Guidelines](#), [DOH Contract Tracing](#), [NYS DOH COVID-19 Overview](#), [NCAA Resocialization for Collegiate Sport](#) & Team Physician presentation on Sport related concerns.

Strength and Conditioning Policies and Procedures

1. Strength and Conditioning staff will be provided with the appropriate PPE.
2. Teams will be allocated times and be required to sign up remotely, via EAB Navigate, prior to participation.
3. Student athletes and coaches must complete the daily Sway or Everbridge questionnaire in the time frame assigned to them. They will be notified via text message of their allotted time slot and must complete the questions in their entirety. Any student athlete who does not complete the information in their given window, will not be permitted to strength and conditioning on that day.
4. Temperature checks will be performed by the Athletic Trainer or designated staff member, prior to strength and conditioning sessions. If public safety records temperatures upon entry, that valid reading that can also be used.
5. Any student athlete who has flagged positive on their screening will not be permitted to participate and sent home.
6. Social distancing of six feet will be practiced during team workouts.
7. Team workouts will follow the same timelines as practices, utilizing small-sided "pods" of student-athletes and gradual expansion of the pod.
8. Equipment will be wiped down by the athletes and strength and conditioning staff after each group using CDC recommended disinfectant.
9. The group/team that is designated to come in next at their appointed time shall wait outside the building six feet apart or inside the gymnasium six feet apart.
10. Outside sessions will be prioritized until the weather or space no longer permits this.

Equipment Room Policies and Procedures

1. Sanitation of all equipment pre and post use of practice/games.
 - o Coaching staff responsible for cleaning/sanitizing own equipment.
2. No towel sharing. Student-athletes will receive a towel at the start of their season and will be responsible for it throughout their season.
3. York Athletics will comply with the State's requirements around washing/laundrying of items. Uniforms will be washed immediately or contained in a sealable laundry cart until it can be washed (within 24hrs)
 - o We will ensure that items requiring laundrying be done at the warmest appropriate water setting, per CDC guidelines
 - o Team staff or venue personnel who handle used or dirty towels, linens, and other items that go in the laundry will adhere to the following CDC precautions: will not shake dirty laundry, will wear disposable gloves when handling laundry and hampers, will use the warmest appropriate water setting in accordance with the manufacturer's instructions for the items, clean and disinfect hampers after each use, and will 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.



Resources: [Interim Guidance for Professional Sports Training Facilities During the COVID-19 Public Health Emergency \(June 26, 2020\)](#)

4. Laundry carts to be wiped down after every use.
5. Only 3 people in the equipment room at all times.
6. Masks will be worn at all times.

Game day Operations Policies and Procedures

1. Sanitization of scoring tables, equipment, scoring consoles, laptop(s) and camcorder immediately after use with CDC approved cleaning products
2. Pre-Participation screening for game day staff and officials. Sway or SWOL will be used. The Facilities Coordinator will be monitoring for positive screenings.
3. To adhere to CDC and DOH guidance regarding the use of PPE, specifically face coverings when a social distance of six feet cannot be maintained by game day personnel inside the gymnasium.
4. Soccer and Volleyball ball retrievers will need to sanitize game balls with CDC approved cleaning products once the ball is rotated out from live play. At the conclusion of the match, all balls will be sanitized using EPA approved products: [Disinfectants for Coronavirus \(COVID-19\)](#)
5. Softball helmets and bats will be sanitized after each use during practices and games.
6. Seating for game day personnel at the scoring table should follow the 6' social distancing guidelines. Additional table (w/ tablecloth) will be needed to accommodate 6' distancing guidelines inside the gymnasium. [Game Day Operations](#) and [NYS DOH Interim Guidance for Gyms and Fitness Centers During the COVID-19 Public Health Emergency](#)
7. Measures put in place to reduce bi-directional foot traffic of patrons/players/spectators walking through the space using barriers, tape, or signs with arrows in entryways, aisles, or hallways.
8. Clearly designate separate entrances and exits, to the extent practicable.
9. Safety measures apply in the event that spectators are allowed entry for sports events (e.g., games) as spectators will be limited to two spectators per player.
10. Staff must ensure that among all spectators, no individual group exceeds the gathering limit that is currently in place for the region.
11. Appropriate social distancing of 6' through the use of markings to indicate seating areas and other signage with discretions for social distancing.
12. No switching of benches during competition
13. Recommend use of electronic whistles
14. Although as of April 2, 2021, the State's governor's office has lessened restrictions in regard to Fan Attendance (See Above) the CUNYAC and its Member institutions will limit the number of fans to 50% occupancy of competition venue to be determined by each campus.
15. All fans must adhere to the CUNY visitor and CUNY masking policies.

Resource: [CUNYAC Return to Sport Plan](#)

Example of the Daily Practice Plan

York College Athletics will limit the number of individuals allowed on or near the field of play to only participating athletes and team personnel (e.g., coaches), and other



essential personnel deemed necessary. Furthermore, only essential team staff and athletes are allowed in designated team areas (e.g., locker rooms, athlete lounges, training areas, athlete medical areas) [Interim Guidance for Professional Sports Training Facilities During the COVID-19 Public Health Emergency \(June 26, 2020\)](#)

Upon return to intercollegiate athletics, team practices for the first 10 days will be limited to 2 hours which includes thirty minutes for set up and breakdown. Coaches and athletics staff must be mindful of this time limit and adhere to it strictly by starting and finishing practices promptly. After 10 days practices will be a maximum of 2 hours when indoors and 4 hours when outdoors. Below is a mock schedule to show practice organization from the commencement of the day to the conclusion of the last session.

7 – 8:30 am:

- First team scheduled to practice receives their notification to complete their COVID-19 screening on the Sway App. They must complete it prior to campus arrival.

8 – 8:30am:

- Sports medicine and athletics staff sanitize equipment and training room. Sports medicine staff will prepare coolers and ice chests for practices.

8:30 – 9:30am:

- First team student-athletes arrive on campus. They are screened by public safety upon arrival and temperature checks are taken. These temperatures should be reported on their Sway screening.
 - All first team student athletes must go to their designated locker room immediately. They should not linger in hallways or lobbies.
- All first student-athletes who have made an online appointment for treatment or rehab, will be seen at this time.
- Second team scheduled to practice receives their notification to complete their COVID-19 screening on the Sway App. They must complete it prior to campus arrival.

9:30 – 11am:

- First team practice
- Sports medicine staff sanitize the training room and practice equipment and set up for second team practice.

10:30 – 11:30am:

- Second team student-athletes arrive on campus. They are screened by public safety upon arrival and temperature checks are taken. These temperatures should be reported on their Sway screening.
 - All second team student athletes must go to their designated locker room immediately. They should not linger in hallways or lobbies.
- All second team student-athletes who have made an online appointment for treatment or rehab, will be seen at this time.
- Third team scheduled to practice receives their notification to complete their COVID-19 screening on the Sway App. They must complete it prior to campus arrival.

11 – 11:30am:



- First team break down, sanitization by coaches and staff.
 - All student-athletes must return to their assigned locker rooms and immediately collect their belongings and leave.
 - Coaches must assist in controlling the traffic flow of their team.

11:30 – 1pm:

- Second team practice
- Sports medicine staff sanitize the training room and practice equipment and set up for third team practice

12:30 – 1:30pm:

- Third team student-athletes arrive on campus. They are screened by public safety upon arrival and temperature checks are taken. These temperatures should be reported on their Sway screening.
 - All third team student athletes must go to their designated locker room immediately. They should not linger in hallways or lobbies.
- All third team student-athletes who have made an online appointment for treatment or rehab, will be seen at this time.
- Fourth team scheduled to practice receives their notification to complete their COVID-19 screening on the Sway App. They must complete it prior to campus arrival.

1 – 1:30pm:

- Second team break down, sanitization by coaches and staff.
 - All student-athletes must return to their assigned locker rooms and immediately collect their belongings and leave.
 - Coaches must assist in controlling the traffic flow of their team.

1:30 – 3pm:

- Third team practice
- Sports medicine staff sanitize the training room and practice equipment and set up for third team practice

2 – 3pm:

- Fourth team student-athletes arrive on campus. They are screened by public safety upon arrival and temperature checks are taken. These temperatures should be reported on their Sway screening.
 - All fourth team student athletes must go to their designated locker room immediately. They should not linger in hallways or lobbies.
- All fourth team student-athletes who have made an online appointment for treatment or rehab, will be seen at this time.
- Fifth team scheduled to practice receives their notification to complete their COVID-19 screening on the Sway App. They must complete it prior to campus arrival.

3 – 3:30pm:

- Third team break down, sanitization by coaches and staff.
 - All student-athletes must return to their assigned locker rooms and immediately collect their belongings and leave.



- Coaches must assist in controlling the traffic flow of their team.

3:30 – 5pm:

- Fourth team practice
- Sports medicine staff sanitize the training room and practice equipment and set up for third team practice

4:30 – 5:30 pm:

- Fifth team student-athletes arrive on campus. They are screened by public safety upon arrival and temperature checks are taken. These temperatures should be reported on their Sway screening.
 - All fifth team student athletes must go to their designated locker room immediately. They should not linger in hallways or lobbies.
- All fifth team student-athletes who have made an online appointment for treatment or rehab, will be seen at this time.

5 – 5:30pm:

- Forth team break down, sanitization by coaches and staff.
 - All student-athletes must return to their assigned locker rooms and immediately collect their belongings and leave.
 - Coaches must assist in controlling the traffic flow of their team.

5:30 – 7pm:

- Fifth team practice
- Sports medicine staff sanitize the training room and practice equipment

7 – 7:30pm:

- Fifth team break down, sanitization by coaches and staff.
 - All student-athletes must return to their assigned locker rooms and immediately collect their belongings and leave.
 - Coaches must assist in controlling the traffic flow of their team.

7:30 – 8pm:

- Sports medicine staff sanitize

Example of a Home Game day Plan (Basketball)

York College Athletics will limit the number of individuals allowed on or near the field of play to only participating athletes and team personnel (e.g., coaches), and other essential personnel deemed necessary. Furthermore, only essential team staff and athletes are allowed in designated team areas (e.g., locker rooms, athlete lounges, training areas, athlete medical areas) [Interim Guidance for Professional Sports Training Facilities During the COVID-19 Public Health Emergency \(June 26, 2020\)](#)

Traditionally, York College will host a double header of basketball games, especially for CUNYAC play. This mock game day plan will outline the necessary steps needed to ensure a safe and smooth operation during a double header.

All persons entering the HPE Complex will be required to comply with masking protocols outlined in this guide for returning to athletics and recreation. All staff and



game day workers will be provided with the appropriate PPE and sanitizing products needed to perform their assigned tasks.

11 – 1pm:

- York College WBB and MBB teams receive their notification to complete their COVID-19 screening on the Sway App. They must complete it prior to campus arrival.
- Officials for both games will receive their notification to complete their COVID-19 screening on Sway/SWOL. They must complete it prior to campus arrival.

11 – 1:30pm:

- Facilities, equipment manager, sports medicine and game day staff sanitize and assign locker rooms. Locker rooms will be clearly labeled for each team usage and a timeline for the game day will be provided on the doors. They will also be configured to maintain 6' social distancing measures.
- Equipment room will provide sealable containers to home team locker rooms for dirty uniforms and towels.
- Custodial or athletics staff will ensure trash cans are clean and empty in each locker room, including the officials, as well as the gymnasium and any classrooms used.
- Facilities will close those designated locker rooms until home and away teams check in.
- Facilities, sports medicine and game day staff will set up the gymnasium which includes at least 6' of distancing of benches and scores table, as well as athletic training equipment.
- Visiting teams WBB athletic trainer must send travel roster and clearance for competition to York College athletic trainer. The visiting team's athletic trainer should make all efforts to provide their team with any taping or treatment needed before they depart their own campus. In the event that they are not able to facilitate this, they should email a request for treatment to the York College athletic trainer.

12 – 12:50pm:

- York College WBB players who have made an online appointment for pregame treatment, will be seen at this time. Occupancy restrictions will be in place.

1 – 2pm:

- York College WBB team arrives at the main entrance of the HPE Complex. They are screened by public safety upon arrival and temperature checks are taken. These temperatures should be reported on their Sway screening.
 - York College WBB staff will ensure that the team goes promptly into their assigned locker room. Teams will be asked to minimize their time in the locker rooms and classrooms.
- Equipment room will stagger uniform and equipment collection. Only three athletes at a time will be allowed on line at the window and they must abide by the 6' social distance floor markers at all times. The first three student-athletes maybe asked to wheel in the whole rack of uniforms to their locker room to assist with safer distribution.
- Visiting team WBB arrives at the side entrance of the HPE Complex. They are met



and screened by public safety/York College senior staff upon arrival and temperature checks are taken.

- Facilities will ensure that they are taken to their assigned locker room promptly. Teams will be asked to minimize their time in the locker rooms and classrooms.
- Visiting team WBB players who are included on the pregame treatment request, will be seen at this time. Occupancy restrictions will be in place.
- Facilities will meet the referees when they arrive at the side entrance of the HPE Complex. They will be temperature checked by public safety or senior athletics staff. This will be recorded in their screening on Sway/SWOL. Referees will be taken to their assigned locker rooms.
 - Officials will be asked to minimize their time in the locker rooms and classrooms.

2 – 2:15pm:

- Game day operations will sanitize the scorer's table and be seated.
- All game day workers will be in their positions. If they are sanitizing equipment or flooring, they should be prepared to execute this swiftly and thoroughly.

2 – 3pm:

- Home and away WBB teams warm up.
 - They will be assigned their own set of balls for their teams use only.
 - The home team will be allowed to use the multipurpose room for pregame tactical information. The away team will be allowed to use the pool balcony for pregame tactical information.

3pm:

- Women's game begins.

4pm:

- Women's game half time break
 - Facilities staff member will direct locker room traffic and access to locker rooms.
 - Visiting team will exit court first and use side stairwell to get to their locker room. Teams will be asked to minimize their time in the locker rooms and classrooms.
 - York College WBB team will leave court once all visiting players are clear of the stairwell and hallways. They will then use the side stairwell to get to their locker room. Teams will be asked to minimize their time in the locker rooms and classrooms.
 - Referees will exit to locker rooms after the home team has departed and cleared the stairwell and hallways. Officials will be asked to minimize their time in the locker rooms and classrooms.
 - Game day workers will sanitize balls, chairs, floors and any other equipment deemed necessary.
 - Sports medicine staff will sanitize athletic training equipment including treatment table.



- Game day operations will sanitize table and any additional equipment that they are using.

4:15 – 5pm:

- Women's game third quarter starts.
- York College MBB team arrives at the main entrance of the HPE Complex. They are screened by public safety upon arrival and temperature checks are taken. These temperatures should be reported on their Sway screening.
 - York College MBB staff will ensure that the team goes promptly into their assigned locker room. Teams will be asked to minimize their time in the locker rooms and classrooms.
- Equipment room will stagger uniform and equipment collection. Only three athletes at a time will be allowed on line at the window and they must abide by the 6' social distance floor markers at all times. The first three student-athletes maybe asked to wheel in the whole rack of uniforms to their locker room to assist with safer distribution.
- York College MBB players who have made an online appointment for pregame treatment, will be seen at this time on the courtside treatment table.
 - Only three York College MBB athletes at a time will be permitted to line up. They must abide by the 6' social distance floor markers and follow the assigned entrance and exit traffic flow pattern.
 - Any equipment used by the student-athletes must be immediately sanitized by them after use.

5 – 5:30pm:

- Women's game concludes.
 - Facilities staff member will promptly direct locker room traffic and access to locker rooms.
 - Referees will exit court first and use side stairwell to get to their locker room. Officials will be asked to minimize their time in the locker rooms.
 - Visiting team will exit court second and use side stairwell to get to their locker room. Teams will be asked to minimize their time in the locker rooms and classrooms.
 - York College WBB team will leave court once all visiting players are clear of the stairwell and hallways. They will then use the side stairwell to get to their locker room. Teams will be asked to minimize their time in the locker rooms and classrooms.
 - Game day workers will sanitize balls, chairs, floors and any other equipment deemed necessary for the men's game.
 - Sports medicine staff will sanitize athletic training equipment including treatment table. Any athletes who require ice or any additional services, must do this before they depart the court for the locker rooms.
 - Game day operations will sanitize table and any additional equipment that they are using.
- Visiting WBB team will leave, under the direction and supervision of their coaching staff, via the side entrance of the HPE Complex and go directly to their transportation. There will be no lingering on the college property.



- York College WBB team will leave, under the direction and supervision of their coaching staff, via the main entrance of the HPE Complex and go directly to their transportation. There will be no lingering on the college property.
 - Game aides and athletics staff will assist with traffic flow and staggered exiting from locker rooms and HPE Complex.
- Equipment room will collect dirty laundry bag from home team locker room and launder as indicated in this guide for returning to athletics and recreation.

5:30 – 6:15pm:

- Visiting team MBB arrives at the side entrance of the HPE Complex. They are met and screened by public safety/York College senior staff upon arrival and temperature checks are taken.
 - Facilities will ensure that they are taken to their assigned locker room promptly. Teams will be asked to minimize their time in the locker rooms and classrooms.
- Facilities will meet the referees when they arrive at the side entrance of the HPE Complex. They will be temperature checked by public safety or senior athletics staff. This will be recorded in their screening on Sway/SWOL. Referees will be taken to their assigned locker rooms.
 - Officials will not be permitted to stay in their locker rooms for longer than 15-minute periods at a time.
- Visiting team MBB players who are included on the pregame treatment request, will be seen at this time on the courtside treatment table.
 - Only three visiting MBB athletes at a time will be permitted to line up. They must abide by the 6' social distance floor markers and follow the assigned entrance and exit traffic flow pattern.
 - Any equipment used by the student-athletes must be immediately sanitized by them after use.

6:15 – 7pm:

- All game day workers will be in their positions. If they are sanitizing equipment or flooring, they should be prepared to execute this swiftly and thoroughly.
- Home and away MBB teams must wait for permission to enter the floor for warm ups after sanitization has occurred.
 - They will be assigned their own set of balls for their teams use only.
 - The home team will be allowed to use the multipurpose room for pregame tactical information. The away team will be allowed to use the pool balcony for pregame tactical information.
 - Per CUNYAC Guidelines, teams must return fully to their team locker room with two minutes left in the preceding game. (If double headers are utilizing one court simultaneously)

7pm:

- Men's game begins

8pm:

- Men's game half time break



- Facilities staff member will direct locker room traffic and access to locker rooms.
- Visiting team will exit court first and use side stairwell to get to their locker room. Teams will be asked to minimize their time in the locker rooms and classrooms.
- York College MBB team will leave court once all visiting players are clear of the stairwell and hallways. They will then use the side stairwell to get to their locker room. Teams will be asked to minimize their time in the locker rooms and classrooms.
- Referees will exit to locker rooms after the home team has departed and cleared the stairwell and hallways. Officials will be asked to minimize their time in the locker rooms and classrooms.
- Game day workers will sanitize balls, chairs, floors and any other equipment deemed necessary.
- Sports medicine staff will sanitize athletic training equipment including treatment table.
- Game day operations will sanitize table and any additional equipment that they are using.

8:15 – 9pm:

- Men's game second half starts.

9 – 10pm:

- Men's game concludes.
 - Facilities staff member will promptly direct locker room traffic and access to locker rooms.
 - Referees will exit court first and use side stairwell to get to their locker room. Officials will be asked to minimize their time in the locker rooms.
 - Visiting team will exit court second and use side stairwell to get to their locker room. Teams will be asked to minimize their time in the locker rooms and classrooms.
 - York College MBB team will leave court once all visiting players are clear of the stairwell and hallways. They will then use the side stairwell to get to their locker room. Teams will be asked to minimize their time in the locker rooms and classrooms.
 - Game day workers and athletics staff will sanitize balls, chairs, floors and all other equipment used.
 - Sports medicine staff will sanitize athletic training equipment including treatment table. Any athletes who require ice or any additional services, must do this before they depart the court for the locker rooms.
 - Game day operations will sanitize table and any additional equipment that they are using.
- Visiting MBB team will leave, under the direction and supervision of their coaching staff, via the side entrance of the HPE Complex and go directly to their transportation. There will be no lingering on the college property.
- York College MBB team will leave, under the direction and supervision of their



coaching staff, via the main entrance of the HPE Complex and go directly to their transportation. There will be no lingering on the college property.

- Game aides and athletics staff will assist with traffic flow and staggered exiting from locker rooms and HPE Complex.
- Equipment room will collect dirty laundry bag from home team locker room and launder as indicted in this guide for returning to athletics and recreation.





Sports Medicine Game Day Check Sheet

- Athletic Trainer will don the appropriate PPE wear.
- Set up coolers, cups, trash cans, treatment table and sanitizing station at least 6 feet from benches and scorer's table. Put down 6' social distance markers on the floor by treatment table to remind athletes to stay 6 feet apart when seeking use of the table.
- Anyone entering the athletic training room must wear a mask.
- Screen home team athletes and coaches using Sway- can be done in advance of arrival. Take temperatures and input into Sway.
- Look for any flags that would indicate positive COVID-19 symptoms. Notify the Athletic Director of any abnormal results.
- Home team pregame treatments are assigned prior to competition and limited to 3 people only in the athletic training room. Treatments will conclude after 45 minutes to prepare for away team arrival.
- Sanitize athletic training room.
- Screen away team athletes, coaches and officials using Sway-can be done in advance of arrival.
- Take temperatures and input into Sway.
- Look for any flags that would indicate positive COVID-19 symptoms
- Notify the away team ATC and Athletic Director if there are any abnormal screenings.
- Away team pregame treatments are assigned prior to competition and limited to 3 people only in the athletic training room. Treatments will conclude after 30 minutes to allow for ATC to sanitize the room and be available at the competition site.
- Ensure water bottles are labelled and not being shared. Single cup usage will be always available.
- Sanitize coolers and the table immediately following the conclusion of the competition. Put any used towels in the laundry for immediate cleaning



Facilities and Equipment Game Day Check Sheet

- **General**

- Pre-game day breakdowns are housed on a google doc that can be easily edited for each sport.
https://docs.google.com/document/d/1crdEmPUZo3t26n3MBIH14K1sljoBr0piK58h_Ni_UYfY/edit?usp=sharing
- See Game day Operations Check Sheet

- **Gymnasium**

- Team Seating must be spaced out to ensure 6ft apart utilizing 2 - 3 rows
- For spectator seating visible markers will be placed down to ensure 6' social distancing, utilizing every other row.

- **Pool**

- Team Seating will be spaced out to ensure 6ft apart utilizing the space behind the diving boards. Based upon current social distancing protocols tri-meets would not be possible due to the inability to safely 6' distance participants and staff.
- For spectator viewing, visible markers will be placed down to ensure 6' social distancing, utilizing every other row.
- Sanitizing handles of pool ladders 2 hours prior to competition.

- **Tennis Courts**

- See the link provided for [Interim Guidance for Sports and Recreation during the COVID-19 Public Health Emergency](#)

- **Aviator Fields**

- See the link provided for the [National Parks Service](#) COVID-19 Participants will utilize every other seat to ensure 6' social distancing

- **Detective Keith L. Williams Park (Liberty Avenue Field)**

- See the link provided for [NYC Parks Department COVID-19 Health and Safety Guide](#)
- Team Seating will need to be spaced out to ensure 6ft apart utilizing 2 - 3 rows: the purchase of extra collapsible chairs.

- **Padavan-Preller Field**

- See the link provided for [Interim Guidance for Sports and Recreation during the COVID-19 Public Health Emergency](#)

- **Randall's Island Park**

- See the link provided for [NYC Parks Department COVID-19 Health and Safety Guide](#)
- Team Seating will need to be spaced out to ensure 6ft apart utilizing 2 - 3 rows: the purchase of extra collapsible chairs



Game Day Operations Check Sheet

- 24 hours prior to competition, email communication will be sent to all Game Day table and operations staff, officials, and photographer as a reminder to complete the required daily pre-screening questionnaire prior to entry to campus and/or arrival at the site of competition. Members of the Game Day table and operations staff with a CUNY issued email address will use the Everbridge app exclusively, while independent contractors (e.g., game officials, photographers, additional staff) will be required to complete the SWOL or Sway daily pre-screening questionnaire.
- Any member of the Game Day table and operations staff, officials and photographer who does not complete the daily questionnaire prior to campus entry/arrival at site of competition, will not be permitted entry until completed.
- Look for any flags that would indicate positive COVID-19 symptoms. Notify the Athletic Director of any abnormal results followed by relieving the Game Day table and operations staff member, official or photographer of their duties for the game.
- Temperature checks will be performed by Public Safety or designated staff prior to entering the Health & Physical Education Complex.
- Upon arrival for all home competition occurring off-campus, Game Day table and operations staff, officials and photographers will need to have a temperature check performed by Athletic Trainer or designated senior staff member. They will record and enter the temperature reading into SWOL.
- Game day table and operations staff will be required to don the appropriate PPE wear at all times.
- For basketball and volleyball contests held inside York College Gymnasium, the scorers' table in addition to a second table will be utilized in the official scoring area to ensure personnel maintain a distance of 6-feet at all times.
- For swimming meets held inside York College Natatorium, three connecting tables will be utilized as the official scoring area to ensure personnel maintain a distance of 6-feet at all times.
- For tennis contests held at York College Courts, two tables will be utilized in the official scoring area to ensure personnel maintain a distance of 6-feet at all times.
- For soccer contests held at Aviator Field #1, official scoring personnel are required maintain a distance of 6-feet at all times inside the press box. For soccer contests held at Aviator Field #2, Detective Keith L. Williams Field, and Randall's Island, two tables will be utilized in the official scoring area to ensure personnel maintain a distance of 6-feet at all times.

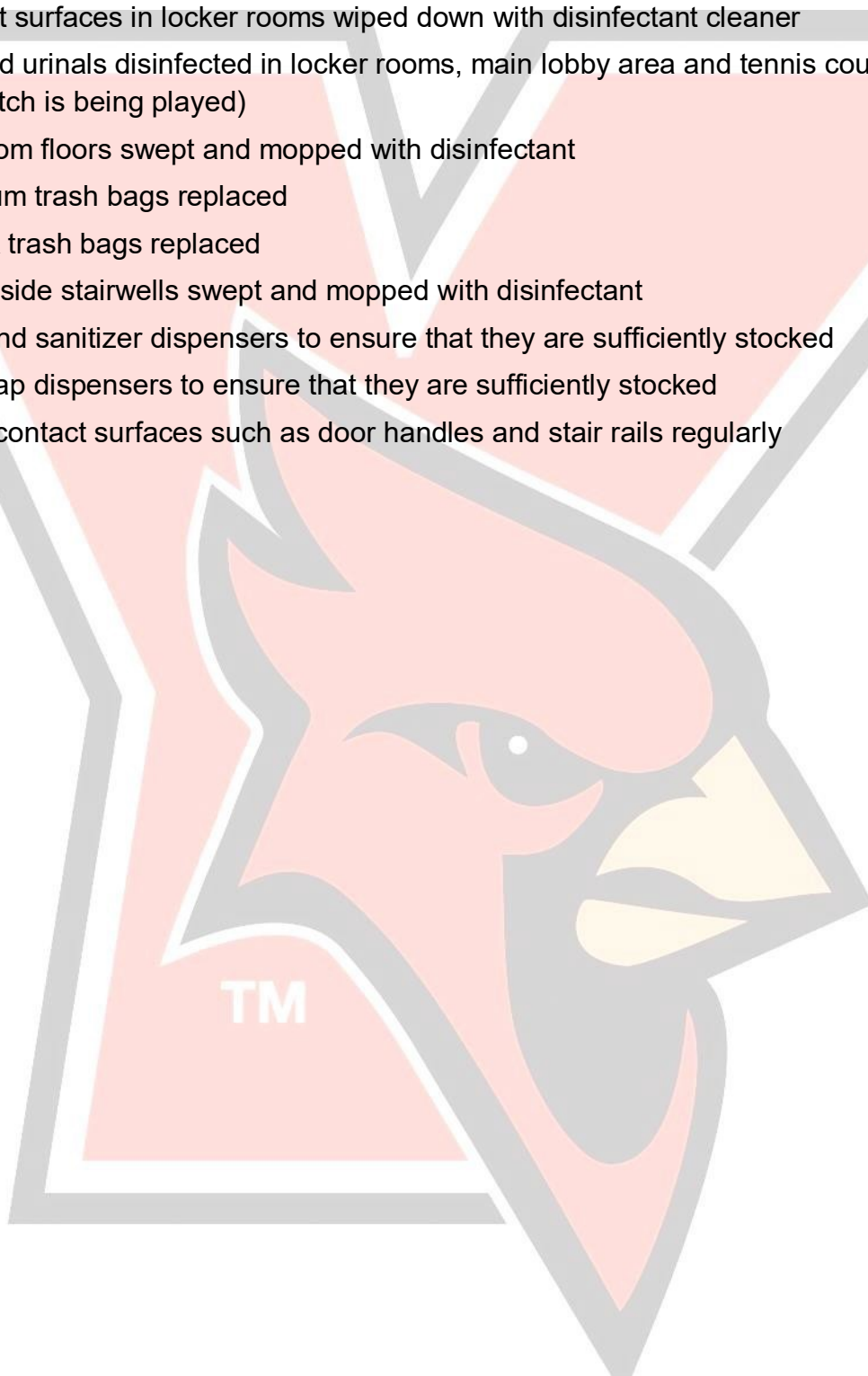


- For softball contests held at Padavan-Preller Field, public address announcer/scoreboard operator will utilize the operations table positioned closest to the backstop, while the official stats will be recorded in a pod/tent 6-feet behind the operations table.
- Competition venue cleaning prior to and immediately following the conclusion of the competition performed by the Assistant Director of Athletics and Sports Information Assistant will include, but is not limited to, sanitize official scorers' table surfaces, chairs, laptops, printer, sound system buttons, video recording equipment and pens/pencils.
- Water bottles need to be labeled for individual use. Snacking is not permitted.
- Roster and lineup confirmation from head coaches and officials will be conducted while maintaining a distance of 6-feet apart.
- Game officials will be made aware of the location of all key table crew positions to ensure they are easily locatable and accessible during the game as needed [Guidance and Considerations for Men's and Women's Basketball Officiating](#)
- Official game statistics will be printed and placed on a designated chair distanced 6-feet from the official scorers' table for distribution to home/away team for home basketball and volleyball contests. [Guidance and Considerations for Men's and Women's Basketball Officiating](#)
- Pre-game day breakdowns are housed on a google doc that can be easily edited for each sport.
<https://docs.google.com/document/d/1Je7mcYn4F0MLArOlnFmAKZehLFIxcXvz0psrvLFx fGo/edit?usp=sharing>



Custodial Game Day Check Sheet

- Locker room trash bags replaced
- All contact surfaces in locker rooms wiped down with disinfectant cleaner
- Toilets and urinals disinfected in locker rooms, main lobby area and tennis courts (if tennis match is being played)
- Locker room floors swept and mopped with disinfectant
- Gymnasium trash bags replaced
- Pool deck trash bags replaced
- Main and side stairwells swept and mopped with disinfectant
- Check hand sanitizer dispensers to ensure that they are sufficiently stocked
- Check soap dispensers to ensure that they are sufficiently stocked
- Clean all contact surfaces such as door handles and stair rails regularly





Appendix 1: Types of Coronavirus Tests

Different Types of Coronavirus Tests

	Molecular Test	Antigen Test	Antibody Test
Also known as...	Diagnostic test, viral test, molecular test, nucleic acid amplification test (NAAT), RT-PCR test, LAMP test	Diagnostic test	Serological test, serology, blood test, serology test
How the sample is taken...	Nasopharyngeal (the part of the throat behind the nose), nasal or throat swab (most tests) Saliva (a few tests)	Nasal or nasal pharyngeal swab (most tests)	Finger stick or blood draw
How long it takes to get results...	Same day (some locations) or up to a week (longer in some locations with many tests)	Some may be very fast (15 - 30 minutes), depending on the test	Same day (many locations) or 1-3 days
Is another test needed...	This test is typically highly accurate and usually does not need to be repeated.	Positive results are usually highly accurate, but false positives can happen, especially in areas where very few people have the virus. Negative results may need to be confirmed with a molecular test.	Sometimes a second antibody test is needed for accurate results.
What it shows...	Diagnoses active coronavirus infection	Diagnoses active coronavirus infection	Shows if you've been infected by coronavirus in the past
What it can't do...	Show if you ever had COVID-19 or were infected with the virus that causes COVID-19 in the past	Antigen tests are more likely to miss an active COVID-19 infection compared to molecular tests. Your health care provider may order a molecular test if your antigen test shows a negative result, but you have symptoms of COVID-19.	Diagnose COVID-19 at the time of the test or show that you do not have COVID-19



Appendix 2: COVID-19 Testing Vendor Comparison

Vendor	Specimen source	Administered	PCR or Antigen	Single or Pooled	Cost per test	Extras	Result timeline
New York State DOH	NP swab	Health Care Provider (HCP)	PCR	Single	FREE	https://coronavirus.health.ny.gov/covid-19-testing 1-888-364-3065 Check for local testing site(s) WNY: Perry St, Buffalo or NiagraCoCC; Open every day 8am-6pm; Appt req'd; Out of area SA -- use local address	36 hrs
Upstate Medical Syracuse, NY	Mouth swab	Self-collected	PCR	Pools of 12	\$25	\$75ea for Reflex test for +pool --> will bill Student-Athlete insurance; Shipping	24-36 hrs
Mirimus - SalivaClear Brooklyn, NY	Saliva	Self-collected	PCR	Pools of 24	\$15	\$30ea for Reflex test for +pool; Shipping	24-36 hrs
Yale - SalivaDirect New Haven, CT	Saliva	Self-collected	PCR	Single	\$25	Shipping Closed on Sundays	24-48 hrs
Abbott Binaxnow	Saliva	Self-collected	Antigen	Single	\$5.00	Not available "expected Dec - Jan"	15 min
Medline	Anterior Nares	Self-collected	Antigen	Single	\$31.75	Need CLIA Certificate 1x cost - BD Veritor analyzer \$300 plus Optional InfoScan module \$459.49 Test kits shelf life = 4-6 months	15 min (process 15-18 tests per hr)
Henry Schein	Anterior Nares	Self-collected	Antigen	Single	\$35.75	Need CLIA Certificate 1x cost - BD Veritor analyzer \$324 plus Optional InfoScan module \$425 Test kits shelf life = 4-6 months	15 min (process 15-18 tests per hr)



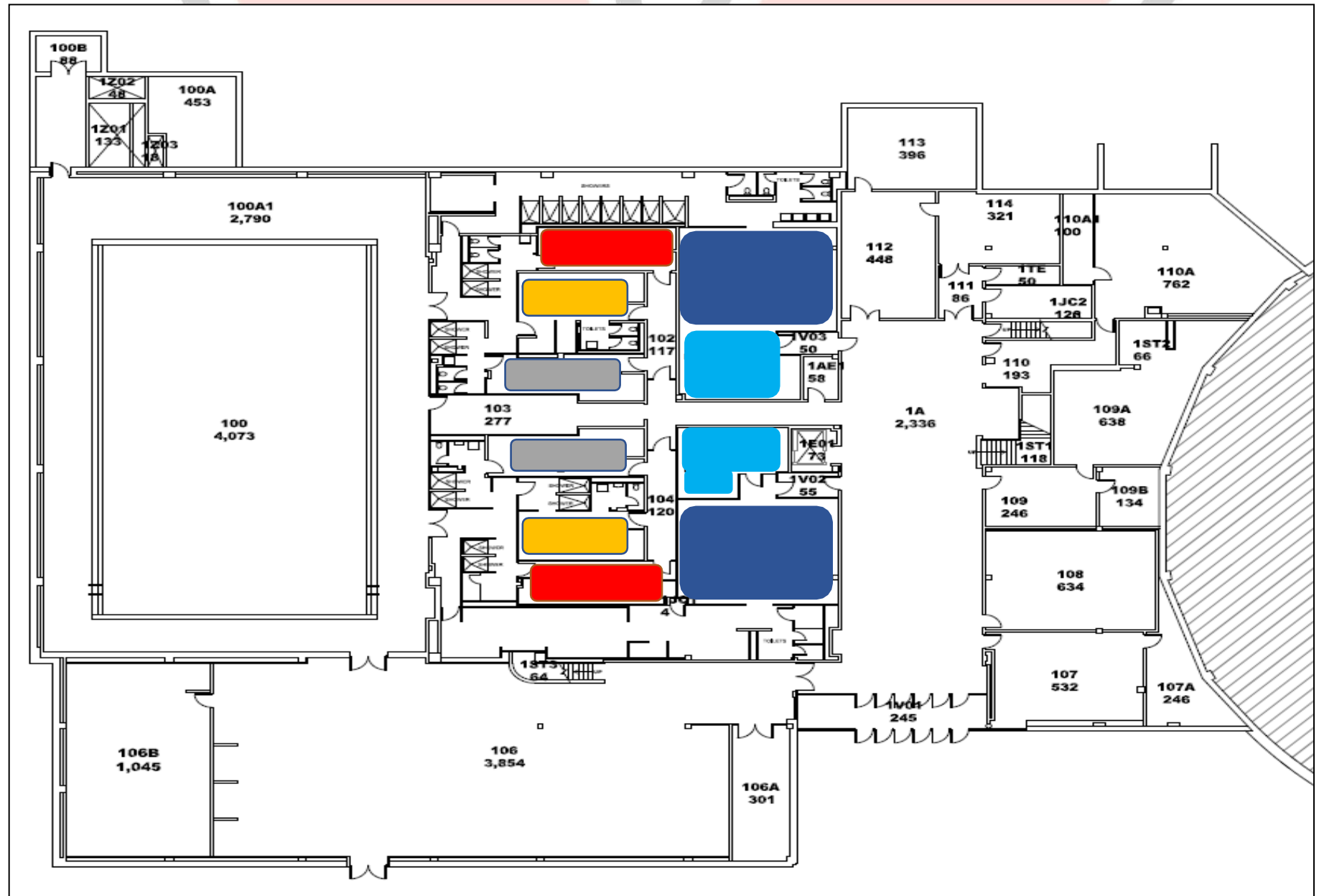
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Quest	Anterior Nares	Observed self-collection	Antigen	Single	\$29 / \$45 / \$52	NCAA pricing as of 10-15-2020 Quest staffing required --> # of staff will drive final test price	15-30 min
Quidel	Anterior Nares	Self-collected	Antigen	Single	\$23 plus Analyzer \$1200	Need CLIA Certificate 1x Cost Analyzer \$1200 / Order by amount needed per week and number of weeks	5 - 30 Min / Bulk testing faster

TM



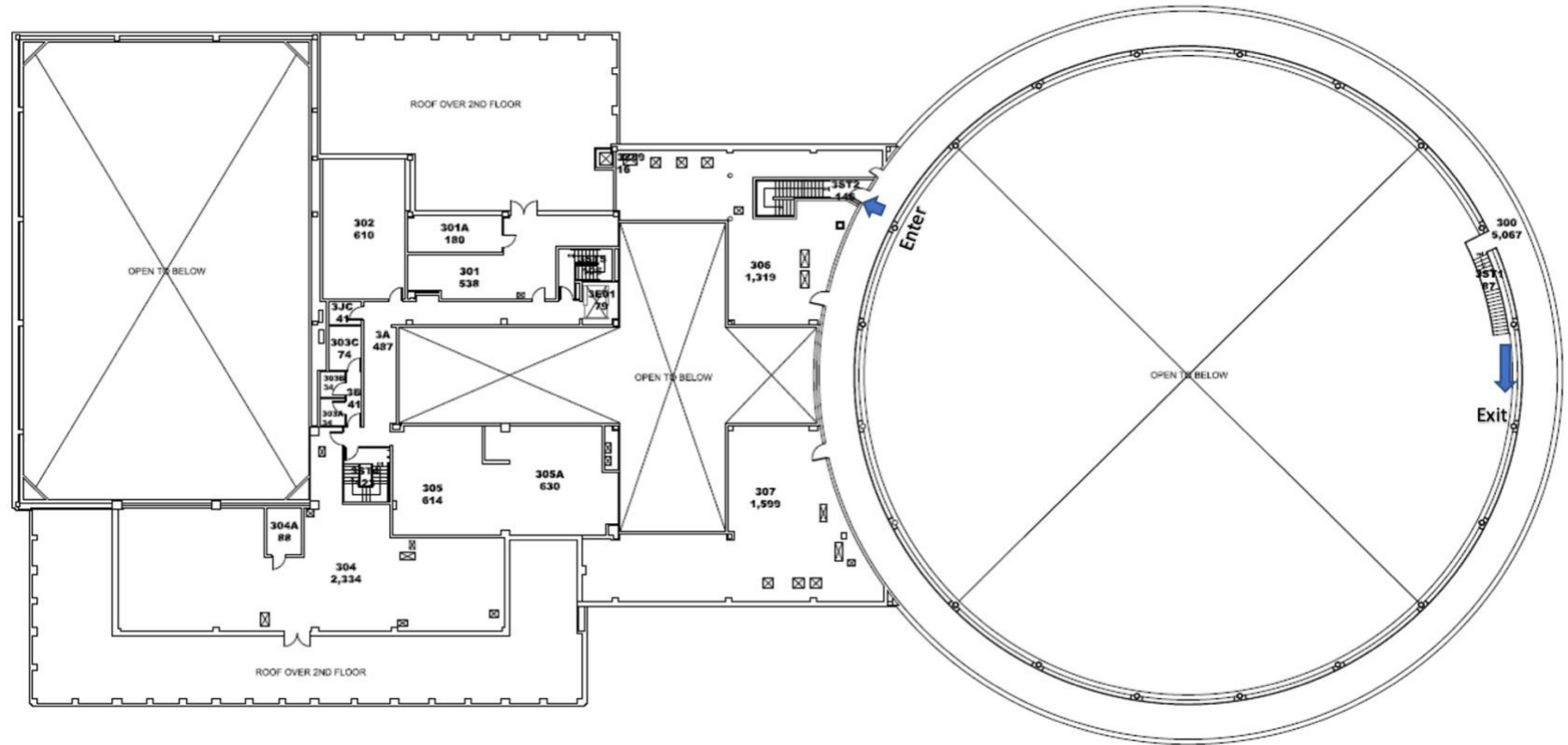
Appendix 3: HPE Complex Lower Level (Locker Rooms)





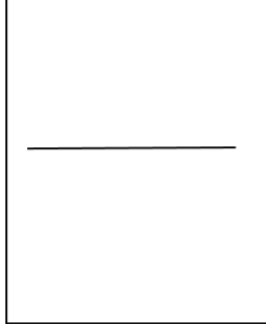
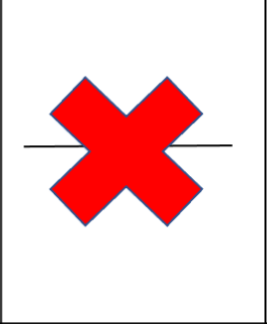
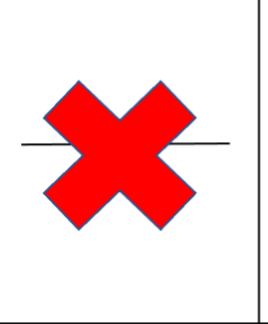
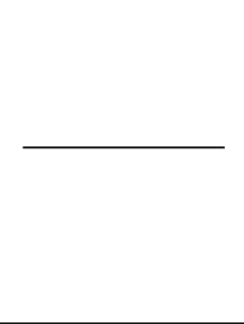


Appendix 5: HPE Complex Upper Level (Computer Lab and Indoor Track)

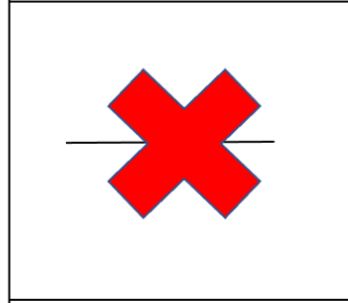
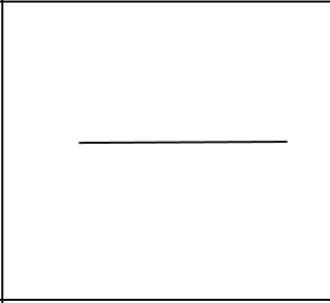


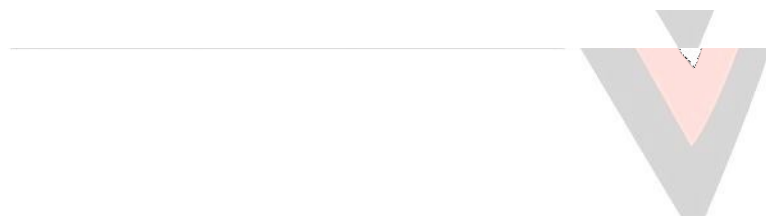


Appendix 5: Tennis Courts







Supplies/Support (PPE, Sanitizing & Staffing)

Sports Medicine

Needs:

- KN-95 Surgical Masks x50
- 3 Ply face mask with ear loop 50/box x20
- Isolation gowns 10/pk x20
- Face shield 10/box x1
- Cavicide/hospital wipes XL x5
- Non-contact thermometer x2
- Non latex gloves 100/box x5
- Hand sanitizer x20
- Hibiclens soap 32 oz x8
- Hibiclens soap 1-gallon x2
- Whizzer mat cleaner 1-gallon x3
- Digital thermometer x3
- Hydrogen peroxide 12/case x1
- Sealable hamper x1

Staffing:

- Interns x2

Recommendations:

- Collins e-spray backpack 128 E-FECTicide
- Collins e-spray handheld 128 E-FECTicide

Game Day

Needs:

- Face Shields
- Masks
- Gloves
- Disinfectants
- Air misters
- Disinfectant Wipes
- Touchless hand sanitizer

Recommendations:

- For purchase of Air misters Citymed.com & southeasternequipment.net

Recreation and Intramurals

Needs:

- Face Shields
- Masks
- Gloves
- Disinfectants
- Air misters
- Disposable Disinfectant Wipes & (5) Dispensers
- Touchless hand sanitizer



Staffing:

Basketball (6)

- Scoreboard/Game Clock
- Shot Clock Operator
- Sweeper 1
- Sweeper 2
- Video Camera Operator
- Locker Room Monitor

Soccer (4-5)

- Video Camera Operator
- Ball Person 1
- Ball Person 2
- Ball Person 3
- Ball Person 4

Softball (2)

- Game Aide
- Video Camera Operator

Swimming (4-5)

- Timing System 1/ Game (Meet) Aide
- Timing System 2/ Game (Meet) Aide
- Timing System 3/ Game (Meet) Aide
- Timing System 4/ Game (Meet) Aide
- Timing System 5 / Game (Meet) Aide

Tennis (1)

- Game Aide

Volleyball (5-6)

- Scoreboard/Game Clock Operator
- Lines Caller
- Lines Caller
- Ball Person
- Video Camera Operator
- Locker Room Monitor

Recommendations:

- For purchase of Air misters Citymed.com & southeasternequipment.net

Sports Information

Needs:

- Face Shields
- Masks- 3 Ply/KN-95
- Gloves
- Hand sanitizer
- Disinfectants
- Air misters
- Disinfectant Wipes



Staffing:

Basketball (8)

- Official Scorer (Home)
- Official Scorer (Away)
- Public Address Announcer
- Scoreboard/Game Clock
- Shot Clock
- StatCrew Inputter
- StatCrew Caller
- Videographer
- Photographer(Occasionally)

Soccer (3-4)

- Scoreboard/Game Clock
- StatCrew Inputter
- StatCrew Caller/Public Address Announcer
- Videographer
- Photographer(Occasionally)

Softball (3)

- StatCrew/Official Scorer
- Scoreboard/Public Address Announcer
- Videographer
- Photographer(Occasionally)

Swimming (4)

- Scoreboard/Timing System
- Record Times (Paper Stats) / Public Address Announcer
- Meet Manager (Stats)
- Runner/Videographer
- Photographer(Occasionally)

Tennis (2)

- Stats Inputter/Public Address Announcer
- Videographer
- Photographer(Occasionally)

Volleyball (7)

- Scoreboard/Game Clock
- Official Stats
- Libero Tracker
- Stats Inputter
- Stats Caller
- Videographer
- Public Address Announcer
- Photographer (Occasionally)

Equipment Room

Needs:

- PPE face shield to wear while handling clothes and equipment.
- Disinfectant/sanitizing laundry soap.



- Disposable gloves to handle the equipment and clothes.
- Sealable Laundry carts (2-4).
- Laundry bags/clips for practice gear - 200+ to ensure each student-athlete has one - TBD
- Disinfecting spray and/or wipes to wipe down equipment and laundry carts.
- Disinfecting washing machine tabs (can use bleach in empty wash as well).

