Siena College Department of Athletics & Recreation

Resocialization Guide

MarchOn!

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I. From the Vice President/Director of Athletics

Dear Saints,

We are very excited to be welcoming all of you back to campus as we continue the rich and longstanding tradition of Siena Saints Athletics. Although we are all anxious to get back to the way things were before, it is important to recognize that the safety and well-being of everyone in the Siena community and those we interact with is priority number one.

The Department of Athletics & Recreation Return to Competition work group very carefully and meticulously put together the following Resocialization Guidebook to ensure that our return to athletic activities is done so safely and appropriately. The working group consisted of head coaches, administrators and members of the Department’s sports medicine office.

The group has worked hard to make sure we can create an environment that will allow us to safely and effectively train, practice, and compete (when permitted) this academic year. The group reviewed this guide during the semester break to update based on new guidance and to make changes based on our experiences from the fall semester. We are committed to the balance between creating a safe environment and one that allows for the highest level of athletic activity. That commitment needs to come from coaches, administrators, staff and athletes.

The purpose of these protocols is to reduce the risk of spreading COVID-19 while you are in the athletic facilities and taking part in athletic activities. The commitment to safety does end there. We need everyone to bring social distance strategies to their life away from athletics as well. It’s important that we remember who we represent every day throughout the year, and at no time is that more important than now. Representing the “S” is an honor and privilege that we earn every day through our actions, and every day we can do something positive for each other.

Doing these simple practices laid out in this guidebook consistently and enthusiastically will ensure that we’re all doing the most we can to keep ourselves and one another safe and healthy. Exposing yourself to unnecessary health risks during this pandemic will only jeopardize your ability to take part in athletic activities during your upcoming season and keep your teammates and fellow students on campus safe and healthy. Being proactive in protecting yourself from exposure to COVID-19 is a responsibility we all must take extremely seriously.

March On!

[Signature]
John D’Argenio
Vice President/Director of Athletics
Working Group

John D’Argenio, Vice President/Director of Athletics

Greg Dashnaw, Head Athletic Trainer

Dr. Hamish Kerr, Team Doctor

Steve Karbowski, Head Coach, Women’s Soccer

John Kenworthy, Head Coach, Men’s & Women’s Cross Country/Track

Carmen Maciariello, Head Coach, Men’s Basketball

Vilis Ozols, Head Coach, Volleyball

Abby Rehfuss, Head Coach, Women’s Lacrosse

Ernie Ruch, Head Strength & Conditioning Coach

Andrew Santandera, Associate Athletic Director/Operations
II. Information & Resources

In situations like we are experiencing, information comes from many different sources and incorrect information is very easy to distribute, especially through social media and the internet. In developing safety protocols, best practices were reviewed with an emphasis on guidance from the State of New York, Siena College, the Center for Disease Control, and the NCAA.

Additionally, the Metro Atlantic Athletic Conference (MAAC) established a working group of sports medicine personnel from each of its 11 member schools to establish a baseline of actions that all members will take. Information from various professional sports leagues were reviewed as well. This guide was developed in conjunction with Siena’s Marching Forward. Both this guide and Marching Forward are meant to work together.

Please remember, we are facing a very fluid situation. Guidelines may change as the 2020-2021 academic year progresses. Beyond Siena policies, we work in unison with our MAAC member schools and will respect the work of the MAAC COVID-19 working group.

Updated information on how to operate during COVID-19 will be given to head coaches for dissemination to student athletes. In order to reduce risk across campus, students should also follow direction and seek updates from other campus sources including student life, public safety and academic affairs.
III. **Student Athlete Safety Protocols and Procedures**

For the following sports; men’s soccer, women’s soccer, men’s lacrosse, women’s lacrosse, and cross country, the first day of team activities are scheduled to begin on Monday, February 15, 2021. All other sports are scheduled to begin on Monday, February 22, 2021.

Please note, there will be no individual workouts scheduled before team practice dates. If treatment is needed sports medicine staff will treat on a case by case basis.

**A. General Daily Expectations**

With the safety and wellness of all members of the community in mind, Siena Athletics has established daily guidelines that must be followed in order to use the athletics facilities.

*Beginning on Monday, February 15, 2021, all student athletes are required to enter through the side door between the Strength and Conditioning room and the Sports Medicine room. All student athletes must check in by using the kiosk.* This must be done during the scheduled times daily and must be done prior to taking part in any athletically related activity on campus, inside the Marcelle Athletic Complex (MAC), the UHY Center (formerly known as the ARC) or at any outdoor facility. *MORE DETAILS: See Section 4.* In order to assist in reducing the spread of COVID-19, when inside the building, student athletes, coaches, and staff are required to follow all social distancing guidelines. Those guidelines are as follows:

- Wear a face covering over your nose and mouth when indoors
- Keep a physical distance of at least six feet between you and others
- Wash hands regularly for 20 seconds with soap and warm water
- Use hand sanitizer when entering and leaving all athletic facilities
- Clean and disinfect frequently touched surfaces, including personal and team equipment

Additionally, all student-athletes, coaches and staff are responsible for the daily care and cleaning of their own personal equipment and apparel that is used at any Siena Athletics facility or during any team activity.

**B. Team Safety Protocols**

1. **Team-By-Team Practice Cleaning Protocols**

Here are eight general categories for all teams for cleaning & sanitizing team equipment & practice areas:

- Seating & Benches
- Coaches should develop and implement a cleaning routine for any indoor team seating.
  - These areas should be cleaned before the start of a team activity, and again at the conclusion of that activity.

● Surfaces & Doors
  - Coaches should develop and implement a cleaning routine for any surfaces and doors involved in the area of practice, meetings, or any team activities.
  - These areas should be cleaned before the start of a team activity, and again at the conclusion of that activity.
  - This includes tables, clipboards, computers/tablets, screens, desks, door handles in and out of the facility.

● Team Equipment
  - Coaches should develop and implement a daily cleaning schedule and routine for all team equipment that is shared amongst team members.
    - This includes balls, cones, ladders, any machines or equipment used during practice, team specific sports equipment, etc.

● Personal Equipment
  - Coaches should develop and enforce a daily cleaning schedule and routine for their athletes’ personal equipment that is used at practice or any team activity, even if it is not shared.
    - Personal equipment used by athletes during team activities should not be shared. If personal equipment is shared, it should be cleaned with the same protocols as team equipment.

● Towels & Clothing
  - Coaches should develop and implement a regular laundry schedule and routine for their program, ensuring that any team towels or clothing are not left soiled when needed for practice or team activities.

● Water Stations & Bottles
  - Athletes will have their own Gatorade bottles at practice and should refill those bottles from a filling station or bottle filling fountain.
    - There should be no sharing of water bottles whatsoever.
    - Athletes should never put their mouth on sports medicine water coolers, and should not be using traditional water fountains in the building (only bottle filling fountains).
    - Coaches should develop and implement a routine for their program, ensuring that athletes are not crowding water stations or bottle filling fountains during practice or team activities.

● Personal Hygiene & Hand Washing
  - Hands must be washed immediately before entering a practice or team activity space.
    - This includes before practice or a team activity. It also includes any time a player must leave the area and returns during practice or a team activity, for any reason.
- Hand sanitizing can be done throughout the team activity, but should not replace hand washing before or during the event.
- Athletes are expected to arrive in clean clothing and not wear items of clothing multiple times at practice, or wear used clothing at any team activity.
- It is recommended that athletes shower in their residence as soon as possible upon returning from practice to ensure they have not brought any potential virus back into other areas of campus.
  - Coaches should develop and implement a routine for their program, ensuring that locker room activities are done safely and efficiently. (For guidance on developing a locker room routine, which should include showering policies, is available in Section IV.)

● Transportation
  - Siena vans or personal vehicles for off campus team activities and/or practice
    - Athletes and coaches should clean handles, steering wheel, dashboard, buttons, etc, as well as seats if they are vinyl/leather BEFORE entering the vehicle.
    - The same process should be repeated AFTER use and everyone is out of the vehicle.
  - Use of Siena busses:
    - Bus capacity is limited to 75% (25 passengers for 35 passenger bus)
    - Athletes and coaches should wash hands (or use hand sanitizer at a minimum) before entering the Siena busses at any time.
  - Yankee Trails:
    - Yankee Trails will be used for all overnight stays
      - Bus capacity is limited to 75% (40 passengers for 55 passenger bus)
      - Yankee Trails drivers will be tested once per week
      - All buses will be cleaned and disinfected (Appendix E)

2. Team Meeting Guidelines

Virtual team meetings should be prioritized over in-person gatherings.

● In-Person Meetings
  - All Social Distancing guidelines must be followed (See Section 2 - B)
    - A social distance of six feet radius required throughout the entire meeting
    - Masks covering the nose and mouth required throughout the entire meeting
  - All participants must wash hands prior to meeting
- Any equipment or surfaces touched during the meeting should be cleaned after the meeting is adjourned
- Team meetings larger than the limit must be done virtually

● Virtual Meetings
- Whenever appropriate, limit meetings to electronic/virtual meetings (Zoom/Google Meet) for team meetings, video review, skills review, classroom training, opponent scouting

Coaches and athletes should coordinate and plan team meetings based on time, location, and size. Understanding the complexity and time needed to safely complete these events. Scheduling meetings and team events should be done through the Athletic Facilities Manager, Brendan Krol (ext. 6461; bkrol@siena.edu).

● Meeting Locations:
  - Social Distancing radius guidelines will limit meeting space based on group size and availability.
  - In-office Coach-Athlete meetings are limited, and may not be available based on specific office regulations (check with your coach before meeting them in their office).
    - Virtual one-on-one or small group meetings should be scheduled in lieu of in-office meetings.
  - Ideal meeting locations:
    - Outdoors:
      - It is encouraged to meet outdoors whenever possible (weather permitting)
      - Masks should be worn during outdoor meetings.
    - UHY Center
      - The West end of the Center will not be available due to College COVID-19 Surveillance testing.
    - The main court of the Center will be available for limited practices and meeting spaces starting on Monday, March 8, 2021. To review available times please contact Athletic Facility Manager, Brendan Krol at bkrol@siena.edu.
    - Del Grosso Practice Facility
      - Men’s and Women’s Basketball can use the DelGrosso Practice Facility for all basketball meetings.
    - Follow all social distancing techniques when meeting
    - Masks should be worn in meeting
  - Turchi Theater
- It is anticipated that Turchi Theater will be utilized for academic purposes and will not be a viable Athletics meeting location.

- **Standing versus sitting meetings**
  - **Standing meeting:**
    - Coaches should consider standing for informal and/or short gatherings
    - This still requires social distancing but not sanitizing of chairs and/or desks afterwards
  - **Sitting meeting:**
    - Coaches should consider sitting meetings for more formal and/or longer gatherings. Sitting meetings will require more coordination, cleaning, and organization than standing meetings.
    - Still requires social distancing guidelines
    - Chairs and/or desks must be sanitized immediately after meeting

- **Meeting length:**
  - Indoor meetings within enclosed spaces will carry the least amount of risk if they are limited to 15 minutes or less.
  - Coaches should minimize their indoor, in-person meeting times to 15 minutes or less whenever possible.

- **Meeting Egress and Ingress:**
  - Social distancing guidelines should be followed before and after all meetings
    - including egress and ingress of any meeting space
  - Athletes should avoid crowding or loitering in groups when waiting for meetings

### C. Health Education and Promotion

1. **Communication**

Throughout campus, **signage** has been developed to guide and educate the Siena Community. These signs are conveniently located throughout all buildings and dormitories on campus, for consistent reminders and guidance.

The most up to date information regarding COVID-19 as it affects Siena is available at Siena.edu. Information specifically related to athletics is available at SienaSaints.com. Additionally, any important updates will be relayed through e-mail communications from coaches, administrators or campus officials.

2. **Student Athlete Health Ambassador Program**

Each team will identify student athletes who will serve as **Health Ambassadors** for their team.
Health ambassadors will be trained specifically on college and department protocols and procedures that have been developed to help promote clean spaces and reduce the risk of spread.

Student athlete Health Ambassadors’ responsibilities will include:

- Working with coaches, administrators, and sports medicine personnel to ensure proper communication and execution on department guidance.
- Organizing their teams’ cleaning routines and schedules as well as assigning various tasks to teammates.
- Monitoring team activities to ensure that they adhere to department and campus policies related to health, hygiene, etc.

The goal of this group is to assist the coaching staff and administration in monitoring adherence to these guidelines, which creates a more consistent and efficient line of communication from top to bottom throughout the athletic department. These ambassadors are the eyes and ears on the ground making sure that all of our health and safety goals are performed consistently and accurately. Coaches have selected these student athletes because of their leadership and/or organizational skills.

Each team will appoint one ambassador for every 10 team members to ensure that any small group activities have an Ambassador present.

3. Pledge

All students will be asked by the office of Student Life to sign a COVID-19 Acknowledgement and Pledge. The purpose of this form is to show that we are all accountable and responsible to our community. In addition, student athletes will be asked to sign an Athletic Department COVID-19 accountability pledge. The pledge is a reminder of the precautions and actions we are asking all student athletes, coaches and department employees to take. The pledge will be part of department policies and procedures, and is included in Appendix C.
IV . Team Locker Room Protocols

Despite being a space away from public view, the locker room is a place where we should be vigilant in reducing risks of the spread of COVID-19. While there will be interactions between coaches, athletes, and staff at practice and competitions, also having a preventative mindset in the locker room is essential to continued safety amongst our athletic programs and campus community.

A. General Protocols Required for all Team Locker Room Use

- Student Athletes must get screened before entering any Siena Athletic facility, including locker rooms. (See section IV)
- Each locker room should have a procedure in place to limit capacity
  - Each coaching staff should create rules & procedures for limiting the overall amount of time spent in the locker room and controlling capacity.
  - Athletes are encouraged to move quickly in and out of the locker rooms. Locker room time must be limited to 10 minutes.
  - Use of locker rooms will vary by team. Coaching staff will explain their systems and procedures that will limit the time and capacity of their specific locker rooms.
- Clean what you touch. Disinfectant and disposable towels will be provided
  - Use hand sanitizer prior to touching keypad before entering locker room
  - Wash hands upon entry into and exit from the locker room
    (Note: Washing hands is preferred, but if not possible, hand sanitizer should be used.)
  - High touch areas to consider cleaning regularly include: stools, remotes, light switches, lockers, sound systems, couches/chairs, all door handles, locker surfaces.
  - Team Health Ambassadors and Coaches will develop specific cleaning schedules and routines.
  - Team members are accountable for cleaning their personal equipment after each use.
- Masks/face coverings should be worn in the team locker rooms and when other people are present (per College Guidelines)
- Take Team Video Sessions to a different designated space where social distancing can properly be practiced
- Used and dirty clothing should be removed and washed every day
  - Teams with managers doing laundry should establish a system to leave laundry in lockers rooms for daily washing.
  - Student athletes all have access to free laundry in their residence building and should consider washing their own practice clothing when appropriate.
- Under no circumstances should used laundry be left in locker rooms overnight.
  ● Shower use within locker rooms is not allowed.
  - Student athletes should return to their residence to shower after practice and games.
  - Sharing soaps, shampoo and other personal items is prohibited.
  - Some locker rooms have shared bathroom and shower spaces (women’s soccer and softball; men’s soccer and baseball). Coaches in those sports should work together to reduce congestion in shared spaces. Bathrooms are available to both sports but traffic needs to be monitored and reduced.

  ● Please note that there may be times and/or days when locker rooms will not be available. Coaches will relay this information to student athletes.

B. Ideas on How to Manage Locker Room Use

  ● Create a plan or system to limit the amount of people in the locker room at one time. The overall time spent in the locker room should be no more than 10 minutes.
    Consider roster size, frequency of use and necessity of use before or after practice.
    Suggestions:
    - Coaching Staff and Health Ambassadors should develop a rotating schedule for locker room use before and after practice.
      - For example:
        Noon practice start, 30 players on the team
        Give each group 10 minutes to change/dress for practice
        10 players-11am, 10 players-11:15am, 10 players-11:30am
        Develop a similar schedule for the end of practice
    - Develop a sign-in and sign-out system so people know how many are in the locker room at a given time:
      Suggestion #1: Magnets or names/#’s on the door. Athletes would move their name to the “In locker room” space upon entry and remove their name when they leave
      Suggestion #2: Dry erase posted on door or entrance way. Sign in upon entry. Sign out when leaving
    - Create your own plan that fits your usage and needs for your locker room

  ● Student athletes and coaches should actively practice ways to limit risk of spread of the virus in the locker room.
    For example:
    - Limit time spent in enclosed areas with others to 10 to 15 minutes
    - No gathering or hanging out
    - Don’t play video games, music, movies, etc. in locker rooms
    - No team meetings
    - If video sessions are held, it should be no longer than 10 minutes
    - Don’t leave uncleaned gear or equipment in lockers
V. Daily Monitoring, Weight Room, Sports Medicine

Both the Strength & Conditioning room and the George and Sally Maloney Sports Medicine Suite (training room) will be scheduled and student athletes and staff entering the rooms must adhere to social distancing protocols.

A. Daily Monitoring

Student Athletes will be required to have a daily symptom/temperature check before being allowed to enter the UHY Center/MAC facility, or participate in or join any athletically related activity on or off campus. This symptom check will occur in the hallway between the Strength and Conditioning room and the Sports Med. room. Upon successfully completing the symptom check, the Student Athlete will be given an identifying badge and/or colored band to wear for the day to show completion of the symptom check.

Required daily symptom checks for ALL student athletes will begin on Monday, February 15. Daily Checks will be held in the hallway between the Strength and Conditioning room and the Sports Med room.

Athletes who may have an athletic obligation prior to 6:30 AM (e.g. 6 AM lift or training session) can have their symptom check done after completing the activity. The check will be effective through the next day’s 6 AM activity.

This symptom check is REQUIRED and will enable student athletes to move around the Marcelle Athletic Complex for meeting with coaches or staff (e.g. S.A.IN.T.S Advisor, Sports Medicine, etc.) for the day. After the symptom check is successfully completed, student athletes will be given confirmation that they are cleared to be throughout the athletic facility when it is open.

Please note: This ATHLETICS daily symptom check is required to be completed IN ADDITION to the daily Campus Clear survey, which is required for all students.

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19: Fever or chills - especially a fever over 100.4, Cough, Shortness of breath or difficulty breathing, Fatigue, Muscle or body aches,
Headache, New loss of taste or smell, Sore throat, Congestion or runny nose, Nausea or vomiting, Diarrhea.

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19. Seek medical care immediately if any of these COVID-19 symptoms appear: Chest pain or pressure, Bluish tint to lips or face, Inability to wake up or stay awake, Difficulty breathing, Confusion.

B. Strength & Conditioning Room

1. Return to Activity Guidelines

- **Schedule**
  - The weight room will operate under a strict schedule to ensure that it is not over occupied, proper cleaning can take place and that we are properly tracking use. Individual workouts will not be permitted unless approved by the head strength coach.

- **Check-in**
  - Strength & Conditioning Coach(es) will take attendance as you enter the room.

- **Weight Room Zones**
  - The weight room will be split into five zones. You will be assigned a zone to start in and then there will be a specific flow of zones throughout the workout. A map of zones can be found in Appendix C.
  - Do not cross over zones unless instructed by the Strength & Conditioning Coach.
  - While in your zone, make your best attempt to social distance yourself (six feet) from others in your zone.

- **Cleaning Requirements**
  - Spray and wipe down every piece of equipment that you touch immediately after you are done using it.
  - There will be a 15 minute buffer between each teams’ workout for cleaning the facility.
  - The Turf area will be cleaned daily.

- **The Strength & Conditioning Coach is the only one to touch music kiosk and wall timer**

- **Athletes must wear a face covering**
  - If you ever feel short of breath and feel the need to remove your mask, let the Strength & Conditioning coach know, and step outside before taking your mask off.

- **Spotting Lifts**
- Exercises that require spotting will be very limited and gradually introduced back into workout programs.
- If you are performing something that requires a spotter, ask the Strength & Conditioning coach; do not ask a teammate.

2. Sanitation Guidelines

- **Facility Policy**
  - Athletes will need to check in when entering the weight room. Daily symptom checks must be completed before entering. **Everyone must wear a face covering at all times while in the weight room.**

- **Hand Washing Policy**
  - Before entering the weight room, you must wash your hands or use hand sanitizer. Staff members need to wash hands or use hand sanitizer before each lifting group.

- **Cleaning Policy**
  - There will be spray bottles and paper towels in each zone of the weight room. You are required to spray and wipe down each piece of equipment you used and touched, directly after using it and before putting it away.

- **Social Distancing Policy**
  - While waiting outside the weight room, remain 6 feet apart in the designated waiting area. While in the weight room, remain in your zone until instructed by S&C Coach to move into the next zone. While in your zone, do your best to stay six feet apart from your peers.

- **Personal Item Policy**
  - Athletes can bring their personal water bottle along with their workout sheet/folder. Any personal medical device (inhaler, etc.) may also be brought into the weight room. No other personal items should be brought into the weight room unless cleared first by the S&C Coach.

C. George and Sally Maloney Sports Medicine Suite

Wearing a mask, social distancing, hand washing and use of hand sanitizer will be a key component in our success at overcoming COVID-19. Please practice these social distancing strategies when entering the Maloney Sports Medicine Suite.
Student athletes and coaches are to refrain from entering the sports medicine suite outside of their team’s scheduled time. Pop-in visits or ‘walk-in’ treatments will not be allowed. Adherence to this policy ensures good social distancing practices and will help reduce the risk of contracting and spreading COVID-19. A schedule will be developed and posted for the facility.

1. Prior to Return to Campus

- Student Athletes may be contacted by a member of the sports medicine staff about their health prior to arriving on campus and possible exposure to COVID-19 and other health issues that might put them in a higher risk category. This may take place two weeks prior to the student-athlete’s expected return to campus.
- Any Student Athlete that has had COVID-19 will be required to have a physical done by the athletic department’s team physician upon their return to campus. This physical must be done before the student athletes can take part in any athletically related activities such as practice, conditioning, individual workouts, etc.
- Student Athletes who have contracted COVID-19 should also have an EKG done before returning to campus. A copy of the EKG report should be brought with them to their athletic department physical upon returning to campus. **If the Student Athlete has not had an EKG done after they have recovered from COVID-19, then we will schedule an EKG with our team physician upon return to campus, before allowing the Student Athlete to begin practice or competition.** This may take some time and may mean that a student athlete could miss practices and competition. Having an EKG done at home providing the sports medicine staff with a copy of the report is the best way to minimize being held out of practice and competition.
- The sports medicine staff highly recommends the following practices for student athletes during summer vacation:
  - Always follow local, state, and federal guidance on social distancing while in a public space, or not at home.
  - Wear a face mask and practice social distancing at all times while not at home.
  - Make every effort to stay outdoors for training, conditioning, socializing, etc. Don’t spend time indoors with people you don’t live with.
  - Wash your hands before you leave home, and immediately upon your return to home.
- Use hand sanitizer regularly when away from home.
- If a location (park, gym, field, store, etc) looks busy, don’t stick around and make it more busy. Come back at a time when it may be less crowded. Early mornings tend to be great times to beat crowds at popular parks and outdoor spaces.
- Keep the group you’re with small and consistent. Avoid big training or social groups and keep activities limited to the same group consistently.
- Don’t share equipment, water bottles, etc., and disinfect all your items before and after you use them.
- If you’re with people in public, interact positively and respectfully. Give people their six feet of space and communicate proactively to keep yourself and others safe.
- WEAR A MASK WHEN IN PUBLIC!

2. Returning to Campus and Preparing for Practice/Competition

- Student Athletes are asked to present a negative COVID-19 test upon arriving back to campus.
- International students and students returning from domestic hotspots (as determined by the State of New York) will be required to quarantine for 4 days upon returning to campus, followed by being tested on the fourth day. The college will be providing guidelines and support for students who are quarantining on campus for any reason.
- The College’s Student Life division will provide all details on the College’s return to campus plan.

3. Daily Routines and Preparations

- Student Athletes will be required to have a daily symptom/temperature check before being allowed to enter the ARC/MAC facility, or participate in or join any athletically related activity on or off campus.
- A Student Athlete that has a complex of COVID-19 symptoms (Appendix B) will not be allowed to enter the facility and will be referred to College Health Services (an affiliate of St. Peter's Health Partners) to be further triaged and directed to an isolation room in Snyder Hall until a test has been done and results are in. In most situations, per New York state guidelines, a student would be placed on medical leave and required to go home for recovery if tested positive. In cases where a student cannot leave campus (e.g., international students), quarantine rooms have been identified and will be used appropriately.
● Student Athletes will wash their hands before entering the facility and use hand sanitizer throughout the day.

● **Student Athletes will wear masks in any athletic facility.** Masks should also be worn wherever and whenever it is practical to do so, while participating in athletic practice, meetings, or if outdoors and social distancing is not possible.

● Strength and Conditioning Room policies are established and will be supervised by the Strength and Conditioning coaches. *(See Section IV-A for full details)*

● The Athletic Training Room will hold no more than 10 Student Athletes at a time (subject to change with NYS guidance), as one leaves, one may enter and so on. More precise scheduling will occur as practice/game times are scheduled.

● Treatment and taping tables will allow for social distancing of six feet apart and will have curtains placed in taping areas. Weather permitting some taping stations may be moved outside of the training room for use. **Masks will be required throughout treatment and any use of the athletic training room.**

● Specific areas in the room will be cleaned after Student Athlete’s treatment/ practice prep is finished. A cleaning log will be kept by the sports medicine staff. The Sports Medicine staff will wear masks at all times in the Athletic Training Room and wear appropriate PPE gear. They will do a symptom check on themselves twice daily and record it in a log. Hand washing/hand sanitizing will occur by staff after each treatment session with an Student Athlete.

● Student Athletes will retain a folder in the training room which will keep stim pads and other equipment that will only be used for that individual Student Athlete.

● Heat pack covers will be wrapped in a towel when being used and washed frequently. After hot packs are used by an individual the towel should be placed in the laundry hamper. No towels will be shared. Ice bags will not be reused, they will be thrown into the garbage after use.

● Ultrasound heads will be cleaned with soapy water after being used on an Student Athlete.

● Items such as foam rollers, bands used for stretching and yoga mats will only be used if a person brings their own and does not share equipment.

● The whirlpools and the underwater treadmill will not be available (subject to change with future guidance).

● Use of the golf carts by the athletic training staff shall have only one person on them at any time.

● If in the case of an injury on the field that it is non-ambulatory then wearing masks is required with less than six feet of spacing between training room staff, athletes, or other
staff. These situations should be under 10 minutes of exposure without social distance, and only if necessary for athletic training staff to manage or treat the injury.

- Each Student Athlete will be given a reusable Gatorade bottle for their individual use and is not to be shared. Towels for practice will not be shared but each Student Athlete should either bring their own or use a team provided towel.

- Injury ice bags will be placed in an ice chest outside of the training room for post-practice and post-game use.

- Water containers will be provided at each practice and practice site. It is required to fill your bottle from a container once your bottle is empty. Please don’t place your mouth on the spout of the container. A covering for the spout will be used to ensure it is kept sanitary.

- Team huddles should maintain social distancing and physical contact like fist bumps, high fives, etc. is discouraged.

### 4. Travel and Travel Party

- Prior to departing for a team competition, a team and travel party must do a symptom check and have it documented. A copy of this document will travel with the team to the away site. This document will be provided to the sports medicine staff at the away site. If it is an overnight trip or longer, then a symptom check will be done on each day of the trip and recorded. Should a team be traveling without an athletic trainer, a designated individual (coach, staff member, or the team’s designated responsible Student Athlete health ambassador) will perform the symptom check and give the log to the sports medicine staff at the away site. A no-contact thermometer will be included in the medical kit that accompanies the team.

- The charter bus company (Yankee Trails) will have cleaning and sanitizing protocols developed and will clean and sanitize the bus before a trip takes place, as well as during the trip.

- Bus driver will have a negative test within one week of the scheduled trip.

- Bus capacity is limited to 75% of occupancy
  - 40 passengers on 55 passenger bus (not including driver)
  - 25 passengers on 35 passenger bus (not including driver)
  - 18 passengers on 25 passenger bus (not including driver)
● Face masks will be worn at all times on the bus or van during travel.
● If a Student Athlete becomes ill on a trip, they should be isolated by themselves as soon as possible. Telehealth with our physicians may be used to determine if testing needs to be done, if the student athlete should isolate, or go into a 10-day quarantine. If the option is available, for example, the team is close to a Student Athlete’s home, they may be sent home with their parents/guardians.

5. Game Officials

● Protocols developed by the MAAC pertaining to all games officials (referees, umpires, etc.) will be followed. The screening process will include a symptom and temperature check before being allowed to officiate a game. This can be done in the sports medicine suite or in the official’s locker room before the game.
● Officials will be asked to take part in a screening process by the athletic training staff prior to going to the game site.
● Officials should arrive on site at the specified times below to complete the screening process:
  - Volleyball: 1 hour prior to competition
  - Soccer: 1.5 hours prior to competition
  - Basketball: 2 hours prior to competition
● Masks should be worn and social distancing maintained prior to and after the game by the officials.
● Hand sanitizer will be made available at the scorer’s table for use by the game staff and game officials.
● Game officials should bring any personal items needed to perform job responsibilities, including athletic training supplies if possible/available.
● Physical contact with players, coaches, and staff, including handshakes, should be avoided.

VI. Schedule of Team Activities

For the duration of the Spring semester all four MAC courts, Turchi Theatre, both multipurpose rooms and the aerobic room will be used as classroom space and therefore NOT available for use. In addition, the West end of the UHY Center will be closed for campus COVID-19 surveillance testing.

Each team’s athletically related activities, which include practice, individual workouts, meetings, and strength & conditioning sessions, will be precisely scheduled to make sure each venue is
properly cleaned between sessions and to reduce the impact on the George and Sally Maloney Sports Medicine Suite. Coaches must understand that each activity has a ripple effect on all department services and especially on sports medicine, flexibility and cooperation must be a priority for all programs when scheduling activities. Please adhere to all scheduling protocols for each specific facility, which can be found below.

A. Maloney Sports Medicine Suite:

The Athletic Training Room will hold no more than 10 Student Athletes at a time (subject to change with NYS guidance), as one leaves, one may enter and so on. Pop-in visits after an individual workout, to chat with friends, or to grab a bag of ice will not be allowed. More precise scheduling will occur as practice/game times are scheduled.

B. Strength & Conditioning / Varsity Weight Room:

The Weight Room will hold no more than 10 student athletes at a time (subject to change with NYS guidelines). The weight room will be split into zones and there will be no more than 5 student athletes socially distanced in each zone. The weight room will only be open to scheduled team lifts and there will be no “extra” sessions for student athletes. More precise scheduling will occur as practice/game times are scheduled.

C. Practice Facilities and other Spaces:

Schedules were developed by a subgroup of the department’s return to competition working group. The subgroup’s work was reviewed by the entire working group. All practices and team events should be scheduled and confirmed through the Athletic Facilities Manager, Brendan Krol (ext. 6461; bkrol@siena.edu). Location changes must be submitted for review and approval at least 48 hours prior to the requested event (24 hours for weather related changes).

Where conflict arises regarding scheduling or changing schedules for practices and team events, priority is given to an in-season team, or to the team whose season is next (i.e. if a conflict arises in the fall between a winter & spring sport, priority given to winter sport).

Teams should be sure to distance themselves from other teams practicing when transitioning to or from practices, specifically on Hickey Field. The team that is leaving the field should leave from the far side closest to the scoreboard and return to the MAC on the opposite side of the sidewalk as the team entering the field. The team entering the field to practice next should do so at the gate closest to the Hickey Field Press Box.

Teams who practice on Hickey Field should leave the field as they found it, and should clear all goals and other equipment specific to their practice from the field once practice has concluded. Teams should also check the practice and game schedules frequently and should make a diligent effort to be aware of when game times will alter practice schedules. For example, goals
may have to be moved by one team on a specific day but not another day due to a game time affecting the practice schedule. It is very important that goals and equipment are cleared from the field when not in use in the event of a snowfall or other weather event requiring the field to be serviced.

D. Individual Workouts

Voluntary individual workouts (sessions not required by coaches) will be limited because of facility constraints. A student athlete who would like to undertake an individual, non-required workout (e.g. run, shooting, skill workout, etc.) will not have access to the Maloney Sports Medicine suite.

VII. Team Travel Protocols

The Athletic Department will work with its travel partners (bus company, rental agency, Siena transportation, hoteliers) to understand how busses, vans, rooms, etc. are being cleaned between uses. Bus company cleaning protocols can be found in appendix E.

A. Team Travel Principles

The following budgeting principles that have been developed and shared with head coaches and office heads will also be used to minimize student athletes and staff to possible exposure to COVID-19 as well:

- Fewer non–conference or no non conference games may be played.
- For conference competitions, a 2.5-hour radius will be used as a guide when determining if the trip will be overnight.
- For non-conference competitions, overnight travel will be limited regardless of distance. Multi-day tournaments will be reviewed on a case-by-case basis. The 2.5 hour radius will be used as a guide as well. Other exceptions like guarantee games that cover expenses, contractual obligations, and revenue generation potential will be taken into consideration.
- Air travel will not be allowed.
- Travel party size for away trips will be reviewed with each head coach.

B. Team Travel Policies

1. Local Travel (Within the Capital Region)
Local travel, within the Capital Region, will be provided by pre approved partners like Siena Transportation, Yankee Trails. Personal transportation may be used as well and drivers and passengers will be required to follow all Department protocols.

- **Local, Off-Campus Competition:**
  - All passengers (including the driver) must wear a face covering.
  - All passengers must be symptom-checked before boarding the vehicle upon departing campus. **This is in addition to/separate from their daily on-campus symptom check.**
  - All passengers must use hand sanitizer before boarding the vehicle (both departing and returning).
  - All passengers are highly encouraged to bring their own hand sanitizer and use it frequently.
  - All passengers should wipe down interior surfaces with a sanitizing wipe or spray before and after use of all Siena vehicles.
  - Windows should be cracked or open when possible to encourage air circulation.

- **Local, Off-Campus Practice:**
  - All passengers (including the driver) must wear a face covering.
  - All passengers must have gone through the most recent daily campus symptom check before boarding the vehicle upon departing campus. (No athlete should practice with or travel with a team if they are not allowed to be at an on-campus practice that day).
  - All passengers must use hand sanitizer before boarding the vehicle (both departing and returning).
  - All passengers are highly encouraged to bring their own hand sanitizer and use it frequently.
  - All passengers should wipe down interior surfaces with a sanitizing wipe or spray before and after use of Siena vehicles.
  - Windows should be cracked or open to encourage air circulation.

2. **Long Distance Travel (outside of the Capital Region):**

Long distance travel, outside of the Capital Region, will be provided by pre approved partners like Siena Transportation, Yankee Trails.
- If passengers sit next to each other (in the same row) a face covering must be worn.
- If limited to one passenger in each row then a face covering is not mandatory, but still recommended.
- All passengers must be symptom-checked before boarding the vehicle upon departing campus, and a list of all approved passengers will be brought on the trip.
- All passengers must use hand sanitizer before entering the vehicle (both departing and returning)
- All passengers are highly encouraged to bring their own hand sanitizer and use it frequently.
- Bus capacity is limited to 75% of occupancy
  - 40 passengers on 55 passenger bus (not including driver)
  - 25 passengers on 35 passenger bus (not including driver)
  - 18 passengers on 25 passenger bus (not including driver)

**Coaches are required to submit a travel roster that includes players coaches and other staff to their sport administrator at least 24-hours prior to departing.**

3. **Meals:**
   - When traveling overnight, it is highly recommended that teams have meals brought to their hotel and eaten in each travel party’s respective room.
   - Meals must be individually wrapped. No sharing food.
   - If patronizing a restaurant is necessary, the travelers must wear face coverings (except when eating) and social distance when possible.
   - All travelers are required to wash hands or use hand sanitizer before and after each meal.
   - A link to Siena College food policy can be found [here](#). Please note, this policy is also in effect during team travel.
   - A detailed list of travel policies related to sports medicine can be found in Section IV C.
VIII. Returning to Campus

A. Prior to Return

- Athletes will be educated on procedures being implemented on campus for return to competition.
- Athletes will be provided a list of safety precautions they should take at least two weeks before their schedule returns to campus.
- Student Athlete Department meetings will be held virtually through a Zoom meeting to be scheduled before arrival on campus.

B. Return to Campus Process and Procedures

Athletes will return to campus in groups:

- **February 8, 2021**: All international students and any students who are from States not contiguous to New York will return to campus on this date. The Office of Student Life has emailed these students with a return to campus protocol.

- **February 12, 2021**: Students athletes from cross country, lacrosse (men’s and women’s), soccer (men’s and women’s) and volleyball who are not part of the cohort that returns on February 8th, will return on February 12th.

- **Week of February 14, 2021**: Students - including student athletes - who did not return on either February 8th or 12th will begin to return this week. The exact date of student returns will be determined and communicated with the Office of Student Life.

Please note that the Office of Community Living will be sending out communications to all students confirming dates and how the move-in process will work.

For more information on returning to campus, please visit the college’s “Marching Forward” webpage at: [https://www.siena.edu/life-as-a-saint/marching-forward/](https://www.siena.edu/life-as-a-saint/marching-forward/)

No team activities (meetings, practice, etc.) can take place before February 15, 2021. Individual workouts during this time are permitted and can take place in either the general fitness center.

All medical treatment and rehab during this time must be scheduled with the Sports Medicine staff.
C. **Cancelled Fall Competition and Team Training and Conditioning**

The MAAC Council of Presidents cancelled fall sports competition on July 27, due to continuing health and safety concerns surrounding the global COVID-19 pandemic. A decision was made to move Fall sports to the Spring semester with a limited, conference only, game schedule. The MAAC Council of Presidents have given institutions the responsibility for implementing their own training guidelines in accordance with state and local COVID-19 regulations and guidance provided by the NCAA in its *Resocialization of Collegiate Sport: Developing Standards for Practice and Competition including testing protocols*.

D. **Return to Team Training and Conditioning**

Beginning on Monday, February 15, teams were allowed to resume team conditioning and training sessions in accordance with COVID-19 regulations. The complete timeline for returning to team conditioning and training can be found in **Appendix G**.

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**IX. COVID 19 Testing**

The College will conduct surveillance testing throughout campus based on a random selection process. The Athletic Department will follow NCAA guidance on testing athletic teams. Sports have been categorized in low risk contact, intermediate risk contact and high risk contact. A testing protocol has been developed for each risk category;

- **High Risk:** Men’s & Women’s Basketball, Water Polo
- **Intermediate Risk:** Baseball, Men’s & Women’s Lacrosse, Men’s & Women’s Soccer, Softball, Volleyball
- **Low Risk:** Cross Country & Outdoor Track, Men’s & Women’s Golf, Swimming & Diving, Men’s & Women’s Tennis

(Note: since all MAAC members have agreed that their volleyball teams will wear a face covering during all practice and competitions, Volleyball is an intermediate risk contact sport)

A testing protocol has been developed for each risk category;

- **High Risk:** Testing three times per-week, beginning one week before the first competition
• Intermediate Risk: Testing every one to two weeks of 25 to 50 percent of all coaches, players and immediate staff (e.g. trainers)
• Low Risk: Will be part of the college’s surveillance testing program

Please note that testing protocols are subject to change.

Appendices:

Appendix A - Team Venue Use and Cleaning Protocols

Connors Park (Baseball)

Team members and coaches should do following when using Connors Park for training or games:

• Have gone through daily monitoring kiosks and cleared to take part in athletically related activities. Wristbands must be worn.
• Use hand sanitizer when entering the park.
• Wear a face covering when entering the park.
• Wear a face covering if more than 10 people are on the field at the same time and social distancing, six feet or more of space, is not possible.
• Coaches and players should wear face coverings when conversing and social distancing is not possible.
• Wipe down the following items and areas before and after use:
  - Door handles, front and back, going into dugouts and at storage areas.
  - Garage door and regular door leading in and out of the 1st base & 3rd base sheds.
  - Gates leading in and out of the park.
  - Bulletin boards in both dugouts.
  - Benches (seat and back) in both dugouts.
  - Helmet & glove cubicles in both dugouts.
  - All dugout poles and top of the dugout protective netting.
  - Large umbrella cage pull handle along with side piping and back piping.
  - All bullpen benches.
Batting Cage Area (Baseball and Softball)

Before using the batting cages, the team members and coaches should do the following:

- Have gone through the daily monitoring kiosk and cleared to take part in athletically related activities. Wristbands must be worn.
- Use hand sanitizer before entering the room.
- Face covering should be worn at ALL TIMES while in the batting cage room.
- No more than 10 PEOPLE are allowed in the batting cage room at a time.
- Wipe down the following items and areas before and after use:
  - Door handles on both the inside and outside of the entrance and exit.
  - Storage room door handles before using.
  - Benches and chairs before and after use.
  - Locker and other storage containers.
  - All pitching machines.
  - Ball Carts.
  - Hitrax computer and floor radar unit.
  - All bats and their containers.

Del Grosso Practice Facility (Men’s and Women’s Basketball)

Team members and coaches should do following when using the Del Grosso Practice Facility:

- Have gone through the daily monitoring kiosk and cleared to take part in athletically related activities. Wristbands must be worn.
- Use hand sanitizer before entering the room.
- Wear a face covering when entering.
- Coaches and players should wear face covering when conversing and social distancing is not possible.
- Additional Steps:
  - Unscheduled use of the court is not permitted.
  - There will be a time period when the practice court is not available so that it can be cleaned.
  - Managers will sanitize all:
    - equipment pre and post practice, as well as the locker room and practice court: pads, cones, chairs, stools. baskets & poles.
    - equipment on the scorers table, including the scoring console, pens, pencils, white boards, remotes. etc.
    - computer equipment, screens, remotes, etc. before practice and after each use.
- Two ball carts will be available. One with sanitized basketballs and one with basketballs that have been used and need to be sanitized.
- Hand sanitizer on the scorers table will be available for coaches, managers, and players.
- Use post-practice stations to create a timely flow of players to the locker room and training room. Be mindful of tutoring, dinner, classes and treatment, as well as lifts.

**The Raymond Center: home of the Harry Mikhitarian Training Center / Schuyler Meadows Golf Course (Men’s and Women’s Golf)**

Before using the Training Center or Golf Course, the team members and coaches should do the following:

- Have gone through the daily monitoring kiosk and cleared to take part in athletically related activities. Wristbands must be worn.
- Use hand sanitizer before entering the room.
- Wear a face covering at all times when inside the building.
- Coaches and players should wear face covering when conversing and social distancing is not possible.
- **Raymond Center Additional Steps:**
  - The head coach or designed student will wipe down computer keyboards and mouses after each use.
  - Wipe exterior and interior door handles daily.
  - Students will wipe TV remote and lounge seating after each use.
  - Students and coaches will wipe down training aids after each use, including putting boards, etc.
  - Students shall return all golf clubs to the locker room prior to leaving the facility and make sure the clubs have been wiped down.
  - **No more than six athletes will be permitted inside the facility at one time.** Head coaches will collaborate to develop a schedule of use.
  - No team meetings to be held inside the coaches’ office.
- **Schuyler Meadows Additional Guidance:**
  - Please remember that we are club guests. Students and coaches will adhere to all policies and procedures set forth by the Club and its staff.
Hickey Field (Men’s & Women’s lacrosse and Men’s Soccer)

Team members and coaches should do following when using Hickey Field for training or games:

- Have gone through the daily monitoring kiosk and cleared to take part in athletically related activities. Wristbands must be worn.
- Use hand sanitizer before entering the room.
- Wear a face covering when entering.
- Coaches and players should wear face covering when conversing and social distancing is not possible.
- Men’s and Women’s Lacrosse Additional Steps:
  - Players will be responsible for sanitizing their personal equipment before and after practice (Men: helmets, gloves, sticks, arm guards, shoulder pads. Women: sticks, eye protections, goalie pads).
  - Coaches will assign a player or manager to wipe down all lacrosse balls prior to practice and after practice. All other equipment and teaching aids used during practice must be wiped down before and after practice to include ball buckets, cones, ladders, whiteboards, and clipboards.
  - Players & coaches should avoid touching cones/balls/other equipment with hands (use sticks) - to the extent practical, common equipment that is touched will be removed from practice and immediately disinfected post-practice.
  - Coaches will have & be responsible for their own individual whiteboards and markers.
  - Players are responsible for bringing their own team issued water bottles to practice already filled - no sharing.
  - Coaches will assign students or a manager to wipe down all goalposts before and after practice.
  - The press box will not be available to use except for the external filming platforms.
  - Players and coaches should use face coverings when in close proximity, less than six feet, during instruction.
- Men’s Soccer Additional Steps:
  - Use your own water bottle.
  - Do not touch any cones for set up, coaches will move cones.
  - Once assigned a pinny for practice it is yours for the duration of practice.
  - Break down the practice equipment on the field (wipe down soccer balls, goals…)
  - Wash and / or isolate gear..
  - Player(s) will be assigned to wash pinnys each day.
  - Wash hands, clean up
  - Limit pinny use when possible. One team will be in colored practice t-shirts, one team in pinnys. Once assigned a pinny, players will keep it for the duration of practice, and specific players will be responsible for collecting and washing pinnys safely.
  - Goal will be wiped down and sanitized as needed
- Players will be assigned to collect and handle soccer balls at the end of practice.
- Benches and surfaces will be wiped down after each practice.
- Shin Guards, headbands, GK Gloves, cleats will be wiped down and sanitized.

**Siena Soccer Field (Women’s Soccer)**

Team members and coaches should do following when using Siena Soccer Field for training or games:

- Have gone through the daily monitoring kiosk and cleared to take part in athletically related activities. Wristbands must be worn.
- Use hand sanitizer before entering the room.
- Wear a face covering when entering.
- Coaches and players should wear face covering when conversing and social distancing is not possible.
- Women’s Soccer Additional Steps:
  - Use your own water bottle.
  - Do not touch any cones for set up, coaches will move cones.
  - Once assigned a pinny for practice it is yours for the duration of practice.
  - Break down the practice equipment on the field (wipe down soccer balls, goals…)
  - Wash and / or isolate gear.
  - Player(s) will be assigned to wash pinnys each day.
  - Wash hands, clean up
  - Limit pinny use when possible. One team will be in colored practice t-shirts, one team in pinnys. Once assigned a pinny, players will keep it for the duration of practice, and specific players will be responsible for collecting and washing pinnys safely.
  - Goal will be wiped down and sanitized as needed
  - Players will be assigned to collect and handle soccer balls at the end of practice.
  - Benches and surfaces will be wiped down after each practice.
  - Shin Guards, headbands, GK Gloves, cleats will be wiped down and sanitized.
Siena Softball Field (Softball)

Team members and coaches should do following when using Siena Softball Field for training or games:

- Have gone through the daily monitoring kiosk and cleared to take part in athletically related activities. Wristbands must be worn.
- Use hand sanitizer before entering the room.
- Wear a face covering when entering.
- Coaches and players should wear face covering when conversing and social distancing is not possible.
- Additional Steps:
  - The head coach will assign players to wipe down softballs prior to, during and after practice.
  - Sanitized softballs will be placed in a clearly marked bucket.
  - Balls put in play will be deposited in a separate bucket after the play clearly marked to be sanitized. The head coach will assign a player(s) to sanitize softballs during practice.
  - Players will be responsible for wiping down their own equipment before and after practice, including gloves, bats, helmets, etc.
  - Half the team will put their equipment in one dugout and the other half of the team in the other dugout during practice so that all players and coaches won’t be located in one dugout.

Siena Swim Center (Swimming & Diving and Water Polo)

Team members and coaches should do following when using Siena Swim Center for training or games:

- Have gone through the daily monitoring kiosk and cleared to take part in athletically related activities. Wristbands must be worn.
- Use hand sanitizer before entering the room.
- Wear a face covering when entering.
- Coaches and players should wear face covering when conversing and social distancing is not possible.
- Swimming & Diving Additional Steps:
  - Assign each athlete their own pull buoy, kickboard and fins that are not interchanged.
- Athletes will be required to wipe down their own equipment before and after practice.
- Wipe down high touch areas following each practice including diving blocks, gutters on each end, flag poles.
- Wipe down bleachers & chairs daily.

**Water Polo Additional Steps:**
- Assign each athlete their own pull buoy, kickboard, and ball for individual drills
- No sharing of other personal items including swimsuits, water bottles, goggles
- Athletes will be responsible for cleaning their issued equipment before and after practice.
- Wipe down high touch areas that are on the deck, including flag poles, cages, dry erase markers, clipboards, tables, chairs, and cones
- Have a hand sanitizer station at the locker room entrance/exit.
- Require everyone to shower before entering the water
- Require everyone to wear shower slippers on the pool deck
- Require everyone to shower after practice
- Wipe down all door handles/bars/bleachers multiple times per day

**Tri-City Fitness & other tennis courts (Men’s & Women’s Tennis)**

Team members and coaches should do following when using Tri-City Fitness or any other tennis facility for training or games:

- Have gone through the daily monitoring kiosk and cleared to take part in athletically related activities. Wristbands must be worn.
- Abide by common social distancing policies, both on the court and throughout the club
- Masks must be worn on the lobby and locker room areas
- Hands must be washed before and after play
- Your own towels and water bottles must be brought. The water fountain is closed.
- Do not handle balls coming over from an adjacent court.
- Avoid close contact with other players on the court
- Avoid crowding the front desk when waiting for service
- Do not come if you are not feeling well
- Comprehensive USTA COVID-19 Guidelines will be followed.

**UHY Center (formerly known as the ARC) (Volleyball)**

Team members and coaches should do following when using the UHY Center for training or games:

- Have gone through the daily monitoring kiosk and cleared to take part in athletically related activities. Wristbands must be worn.
- Use hand sanitizer before entering the room.
● Wear a face covering when entering.
● Coaches and players should wear face covering when conversing and social distancing is not possible.
● Additional Steps:
  - Balls will have labels/signage for each basket and when using a bucket of balls for the first time change the sign to used.
  - Clean volleyballs at the end of practice.
  - Wipe down human contact portions of the nets after practice, as well as poles, cranks, antennae, safety pads,
  - Wipe down/Sanitize and training aids including scoreboard control panel, agility ladders, hitting boxes.
  - Minimize the use of any reusable towels.
  - Water Stations will be wiped down and sanitized at the beginning and end of practice.
  - Any chairs, tables, score tables will be cleaned after each practice.
Appendix B - Map of Weight Room Facility Zones

Social Distancing Weight Room Layout

Office

Entrance

Fridge

Water fountain
Appendix C

Siena College Saints Athletics Pledge

Student Athlete Name: ________________________________  Date: __________________

COVID-19 has changed the way we must act for our own and others’ safety and wellbeing. As such, we must adapt and adjust our lifestyles to ensure the health and safety of the entire Siena College community. Therefore, the Department of Athletics and Recreation, in conjunction with Siena College, will provide guidelines and protocols to assist in the adjustment to this “new normal.” These guidelines will help to provide an education to responsible and safe living in our campus community. Everyone’s wellbeing starts with you and extends to others.

Please agree to adhere to the following guidelines:

1. I will immediately report any symptoms that are consistent with COVID-19 to an athletic trainer, Siena Health Services, and my coach. Symptoms include fever (over 100.4) or chills, cough, shortness of breath, sore throat, extreme fatigue, body or muscle aches, loss of taste or smell, nausea or vomiting, and diarrhea.

2. I will wear a mask or proper face covering in campus buildings and around others.

3. I will do my best to maintain a social distance of 6 feet or more from others.

4. I will wash my hands frequently – for 20 seconds or more - throughout the day. I will use hand sanitizer when it is not feasible to wash hands.

5. I will stay home (dorm room if on campus) if I feel unwell and notify an athletic trainer, Siena Health Services, and my coach.

6. I understand that careful personal hygiene is important and will clean oft-touched surfaces and equipment and keep common shared spaces sanitized.

7. I will check in daily at the symptoms/temperature kiosk in the MAC Lobby.

8. I will report to an athletic trainer, Siena Health Services, and my coach when I have knowingly been in close or proximate contact in the past 14 days with anyone who has tested positive for COVID-19. (*CDC defines close contact as being within 6 feet of an infected person for at least 15 minutes)

Adhering to the above guidelines will go a long way in helping to prevent the spread of COVID-19. In addition to this Saints Athletics Pledge, I agree to live by the policies and protocols set in place by the “Siena College COVID-19 Acknowledgement and Pledge.” As a Siena College campus community, we each play an important role in keeping each other safe and ensuring a successful academic and athletic year.

This form is available for students or parents / legal guardians of students under the age of 18 to sign electronically on ARMS.

Appendix D - MAAC Game Officials Protocol
MAAC COVID-19 OFFICIALS SCREENING PROTOCOL

Statement of Purpose: The intent of this document is to assist the institutions and conference office with regular season and championship preparation and implementation strategies to enhance safe return to campus and athletic activity following the COVID-19 pandemic.

*Disclaimer: Recommendations are fluid and subject to change. Therefore, it is important to stay current with public healthcare guidelines as well as recommendations from governing bodies.*

HOST INSTITUTION

- Share documentation with the conference office and coordinator of officials.
- Each institution will have their own policy and procedures (guided by the MAAC Return to Campus and Athletic Activity Action Plan), thus the official/referee must be aware of these guidelines prior to arriving at the site of the competition.
- Guests/visitors must abide by the host institution policy and procedures along with federal, local, and state guidelines.
- Guests/visitors will need to abide by the host institutions screening policy and procedures.
- Weekly: Updated COVID-19 Policy and Procedures as this a fluid document and will be adjusted as it sees fit.

EDUCATIONAL

- **STAY HOME** if you are sick.
- Education regarding health risks following a positive or presumed COVID-19 diagnosis. Potential Increased Risk Factors post COVID-19.
- Prior to the start of each athletic season and as needed throughout the season.
- As needed with new updates/changes to the fluid document.
- Communication prior to arrival regarding proper procedures and meeting point.
- Hygiene: Hand Hygiene and cough/sneeze etiquette.
- Person Protective Equipment (PPE): follow CDC, federal, local, state, and institution guidelines
- Signage in the competition venue
- Policy/Procedures documented and transparency to institutions and officials.

TESTING/ANTIGEN TESTING

- Follow CDC, federal, state, local, and institutional guidelines.

SCREENING POLICY & PROCEDURE

- Brief History (signs and symptoms) Questionnaire: CDC, state, local, federal, and institutional guidelines. Recommendation prior to athletic competition and certified 24 hours prior to as well as when arriving on site.
- High risk population: CDC and institutional guidelines
- Travel history within 2 weeks.
- Verify if there has been contact with a positive or presumed COVID-19 positive individual.
• Officials should arrive on-site at the specified times below, prior to the competition to complete the screening process:
  o Volleyball: 1 hour prior
  o Soccer: 1.5 hours prior
  o Basketball: 2 hours prior
• Temperature checks to be conducted at the competition venue following the CDC Guidelines. These screenings will be conducted in a designated area to be determined at each venue/institution. Officials/table staff may not enter the facility without a temperature check.
• Documentation of screening outcomes. (Screening documentation form attached)

SCREENING ALGORITHM
• **Green Flag:** Passes screening procedures. Can officiate.
• **Red Flag:** Does not pass screening procedures or exhibits COVID-19 symptoms. Cannot officiate.
• Contingency Plan if an official/referee presents with signs/symptoms and/or a temperature and is unable to safely perform his or her duties.
• Assignors Concept: When possible, schedule/identify an additional official (on standby) in a close radius to the home institution’s venue to officiate if an originally assigned official does not pass the screening process.
• If officials are experiencing any COVID-19 symptoms, they must notify the sport coordinator of officials and the conference office sports administrator **AS SOON AS POSSIBLE.** (See list of these individuals below)

PERSONAL NEEDS
• Bring Personal Item Needs: Bring own water bottle/water, towels, masks, pens, and individual equipment needed to perform job tasks.
• Limit contact with athletic training supplies. Bring your own items when feasible.
• Official/Referee should communicate with Host Game Day Management regarding locker room and Athletic Training needs 24 hours in advance of contest.
• Official/Referee Only Locker rooms/showers: cleaning prior to and after official use, social distancing guidelines established and signage posted in locker room.
• Adhere to social distancing guidelines, when applicable.
• Officials must wear masks outside of competition, especially in any common areas. This includes pre-game meetings (i.e. table staff meetings, captains meetings, etc.)
• Official table workers must wear a mask in the competition venue at all times.
• Limit/no contact (including handshakes) with players, coaches, and event staff; adjust as needed depending on sport (i.e., measuring/assessing equipment).
• Limit contact with sport equipment.

RESPONSE TO CONFIRMED/PRESUMED CASES
• Positive or Presumed Positive Policy and Procedures.
• Share contact tracing responsibilities.
• Positive COVID-19 individual’s confidentiality will be maintained through this process.
• The conference office should maintain an updated contact list of all game managers and athletic trainers. The conference office sport contact can field questions from those individuals.
- Student-Athlete Tests Positive COVID-19: Home Team Institution (ACHA and/or Athletic Director) contacts Conference Office

ADDITIONAL EDUCATIONAL LINKS
- NY State Information on Novel Coronavirus: https://coronavirus.health.ny.gov/home

<table>
<thead>
<tr>
<th>Sport</th>
<th>MAAC Sport Administrator</th>
<th>Coordinator of Officials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cross Country</td>
<td>Rich Ensor</td>
<td>Mark Mindel (Championship only)</td>
</tr>
<tr>
<td>Men’s Soccer</td>
<td>Jordan Confessore</td>
<td>Paul Tamberino</td>
</tr>
<tr>
<td>Women’s Soccer</td>
<td>Val McQuade</td>
<td>Paul Tamberino</td>
</tr>
<tr>
<td>Volleyball</td>
<td>Jessica Grasso</td>
<td>Paul DeCurts</td>
</tr>
<tr>
<td>Men's Basketball</td>
<td>Jordan Confessore</td>
<td>Mike Kitts</td>
</tr>
<tr>
<td>Women’s Basketball</td>
<td>Caitlin Lowe</td>
<td>Debbie Williamson/Bonnie Pettus</td>
</tr>
</tbody>
</table>
OFFICIAL COVID-19 SCREENING DOCUMENTATION

Name: ________________________  ________________________  Cell Phone: ____________
(First)  (Last)

Sport: ________________________

Date of Contest: ________________  Location of Contest: ________________

Home Team: ____________________  Visiting Team: ____________________

Please complete this form to assess your potential exposure/possession of COVID-19 and other illnesses.

1. Do you have ANY of the following symptoms of COVID-19 that started within the past two weeks?
   □ YES  □ NO

   **Signs and Symptoms**
   - Fever (>100.4)
   - Body Chills
   - Extreme Level of Fatigue
   - Cough
   - Pain/Difficulty Breathing
   - Shortness of Breath
   - Sore Throat
   - Body/Muscle Aches
   - Loss of Taste
   - Loss of Smell
   - Changes to Vision/Eye Discharge
   - Skin Changes in Fingers/Toes
   - Diarrhea/Gastrointestinal Illness
   - Skin Rash or Other Skin Symptoms


2. Have you tested positive for COVID-19 in the past two weeks (not a blood test, but one that required a sample from your nose, mouth, or throat)?
   □ YES  □ NO

Please complete the following questions regarding the health of yourself and your close contacts (someone with whom you spent more than 15 minutes within a 6 foot distance):

3. Do you have a household contact or other close contact who within the last two weeks was experiencing any of the symptoms listed above and who has not been able to get tested or has a pending test result?
   □ YES  □ NO

4. Does a household contact or other close contact with whom you have spent time in the last two weeks tested positive for COVID-19 (not a blood test, but one that required a sample from your nose, mouth, or throat) within the past two weeks?
   □ YES  □ NO

Temperature: ________________ (per site institutional guidelines)
*If an official’s temperature is over 100.4, they will not be given green flag status to officiate the competition.*

Official/Referee Signature: __________________________  Date: ________________
Appendix E - Cleaning Protocols from Yankee Trails

Yankee Trails Cleaning and Disinfecting Regimen

Before all coaches are back on the road and used by the public the following cleaning procedures will occur:

- A compressed air, commercial grade power scrubber will be used to deep clean the entire interior of the coach. A disinfectant is used with the power scrubber which allows us to clean all hard surfaces thoroughly.
- Commonly used areas that will be deep cleaned: onboard lavatories, tray tables, cup holders, arm rests, overhead bin handles and any other touch point throughout the coach.
- Driver area including all buttons and controls will be deep cleaned.
- Once the coaches have been deep cleaned, they will be monitored daily for any additional cleaning that needs to occur.

Disinfecting the coaches:

- Both an electrostatic disinfectant as well as an antimicrobial spray will be applied on all surfaces on the interior of the coach, killing viruses on contact and forming an antimicrobial coating on all touch points.
- The disinfectant we are using is a hospital grade disinfectant.
- The electrostatic sprayer allows us to easily and effectively disinfect the coaches in a way far superior to hand wipes and common spray pumps.

- All coaches will be equipped with hand sanitizer upon entering as well as in the lavatories.
- A CDC approved face mask will be worn by the bus driver as well as any other employees working on the coach.
- Yankee Trails highly recommends that customers bring their own masks to wear on the coach.
Appendix F - Resocialization Timeline

The following timeline has been established in conjunction with Siena’s Division of Student Life and its Office of Community Living;

Move In Dates

Athletes will return to campus in groups:

- **February 8, 2021:** All international students and any students who are from states not contiguous to New York will return to campus on this date. The Office of Student Life has emailed these students with a return to campus protocol.

- **February 12, 2021:** Students athletes from men’s & women’s cross country, men’s & women’s lacrosse, men’s & women’s soccer, and volleyball who are not part of the cohort that returns on February 8th will return on February 12th.

- **Week of February 14, 2021:** Students - including student athletes - who did not return on either February 8th or 12th will begin to return this week. The exact date of student returns will be determined and communicated with the Office of Student Life.

Please note that the Office of Community Living will be sending out communications to all students confirming dates and how the move-in process will work.

For more information on returning to campus, please visit the college’s “Marching Forward” webpage at: [https://www.siena.edu/life-as-a-saint/marching-forward/](https://www.siena.edu/life-as-a-saint/marching-forward/)
Appendix G - Return to Team Conditioning and Training

On Monday, February 15, 2021 the following teams are scheduled to start team practices.

- Men’s Soccer
- Women’s Soccer
- Volleyball
- Men’s Lacrosse
- Women’s Lacrosse
- Men’s & Women’s Cross Country

On Monday, February 22, 2021 the following teams are scheduled to start team practices.

- Baseball
- Softball
- Men’s Tennis
- Women’s Tennis
- Men’s Golf
- Women’s Golf
- Swimming & Diving
- Water Polo

Additional Notes:

1. A detailed practice / strength and conditioning schedule was created and shared with all coaches. It is imperative that this schedule be followed diligently. One minor change can snowball into many other changes.
2. Please consult with the sports medicine staff about the wearing of face coverings during your team training sessions.
3. When coaches and athletes gather during training sessions to converse, face coverings must be worn.
4. Testing of all student athletes is required. Sports medicine and coaching staff will have a timeline of each team's testing schedules based on individual sports risk levels in accordance with NCAA guidance.