

**TENNESSEE STATE UNIVERSITY
ATHLETICS**



**RETURN TO ATHLETIC COMPETITION
PREPAREDNESS PLAN**

Tennessee State University Athletics Return to Campus Preparedness Plan

Intercollegiate athletics is an extension of the institution; therefore, our plan must be in sync with the broader university plans. Moreover, TSU is an extension of the city of Nashville; thus, our plan will adhere to guidelines set by the university, local and state authorities, and by the Ohio Valley Conference and Center for Disease Control.

Pre-Return Self-Quarantine

- It is highly recommended that student-athletes become fully vaccinated against COVID-19.
- Unvaccinated student-athletes should self-quarantine at home for 10-14 days prior to departing for campus to minimize the risk of potential exposure prior to returning to campus.
- Vaccinated student-athletes are required to show proof of their vaccination card.
- Unvaccinated student-athletes are required to show proof of their COVID-19 test results within 72 hours of arriving on campus.
- Unvaccinated student-athletes are asked to limit contact with others outside of household, practice physical distancing, & avoid contact with anyone who is sick.
- If symptoms develop during this self-quarantine period, student-athletes should notify the COVID-19 Coordinator on the Sports Medicine staff.

Travel to Campus

- Student-athletes should limit risk during travel to campus and follow all CDC travel guidelines: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>.
- It is important for unvaccinated student-athletes to receive a negative COVID-19 test result prior to traveling and to minimize the number of stops and number of companions when choosing travel methods back to campus to limit potential exposure.
- It also important to practice good hygiene, physical distancing, and masking at all times during travel.

Upon Arrival & Return to Campus

- In order to return to campus, student-athletes must have a negative PCR test or 2 negative antigen tests.
- Within 72 hours upon arrival on campus, student-athletes will be given a COVID-19 test.
- Only student-athletes, two (2) parents/guests and coaches are allowed to assist with move-in. Student-athletes must have ID on them at all times.
- The recommendation is for all student-athletes to remain in Nashville until the Fall Semester Break.
- In residence halls, student-athletes are required to practice physical distancing,

- masking, and minimize contact with others.
- Student-athletes who are not vaccinated and out-of-season will be tested once a week. Student-athletes who are not vaccinated and in-season will be tested three times a week.
- Fully vaccinated student-athletes will not be tested unless symptomatic or based on risk assessment.

Dining Services

While dining on campus, student-athletes are strongly encouraged to wear masks, physically distance from others, and utilize carry-out options.

Testing

- Sameday Health at 209 22nd Ave is available to conduct COVID-19 testing for all student-athletes competing in fall competition.
- Random testing for vaccinated student-athletes will take place every two weeks.
- Required NCAA testing for vaccinated and unvaccinated student-athletes will also be administered prior to competition.

Quarantine

- Vaccinated and unvaccinated student-athletes will be quarantined and isolated for 10 days following a positive COVID test and not cleared to participate in workouts until negative test results are confirmed.
- Fully vaccinated student-athletes who have been exposed, but test negative must wear masks in indoor public settings for 14 days. They must be retested 3 to 5 days following date of exposure.
- While quarantined, student-athletes must adhere to physical distancing and avoid interactions with others.
- Student Affairs will set up transportation for student-athletes to move to quarantine locations. Gift cards for food will be provided to those in quarantine
- There are no restrictions for training and competition.
- During team travel, masks are required.
- During other athletic activities (e.g. team meetings), unvaccinated individuals must wear masks and physically distance. Fully vaccinated individuals must wear masks in public indoor settings and must avoid large crowds where community immunity and vaccination status are unknown.
- During in-person interactions, unvaccinated individuals must wear masks and physically distance. Fully vaccinated individuals must wear masks while indoors.

Acclimation Period

- When cleared by a negative COVID-19 test result, student-athletes will enter an acclimation period under the NCAA Resocialization of Collegiate Sport guidelines

3 All information presented on the Return to Campus Preparedness Plan is based upon current CDC, federal, state, and local health guidelines and recommendations. All dates and information are subject to change.

- and the specific plan developed by each sport program.
- Annual pre-season physicals and baseline testing will occur first.
 - Team-based activities will resume per NCAA guidelines with strict guidelines in place regarding gathering size and physical distancing.

Daily Screening

- Athletics Sports Medicine staff will have oversight of the daily screening of student-athletes and staff to include monitoring of symptoms and temperature checks.
- The screening will take place in Gentry Complex.
- Emergency Management will also assign a staff person to complete daily temperature checks in the lobby of Hankal Hall. Designated times TBD.
- All individuals are subject to other screenings throughout the campus community.

Reporting

- Anyone sick or feels sick **MUST** stay at home.
- Anyone with a fever and other symptoms will be sent immediately to Student Health Services or team physician, Dr. Bowles.
- A certified Athletic Trainer will escort or transport the student-athlete who is ill.

Positive Test Results

- Student-athletes will be notified of a positive test through TSU Student Health and/or Athletic Sports Medicine.
- Head Athletic Trainer will notify the Head Coach and Director of Athletics of the positive test.
- Residence Life has communicated that they will have designated quarantine/isolation area.
- Student-athletes who reside off-campus should isolate in their residence.
- During isolation, student-athletes must practice physical distancing.
- Student-athletes will be cleared to end isolation by TSU Student Health or team physician based on improvement of symptoms.
- Once released, student-athletes will activities.

Contact Tracing

- Student-athletes will receive Contact Tracing phone calls from TSU Student Health/Davidson County Public Health or State Department.
- If testing is recommended, student-athletes will be required to go into quarantine.
- If testing is not recommended, student-athletes will continue daily screening and their daily routine.
- Student-athletes should notify the Head Athletic Trainer as soon as possible if they are notified through Contact Tracing of potential exposure.
- Contract Tracers should notify Sports Medicine so information can be recorded and ensure that student-athletes report to they may continue their activities.
- All certified Athletic Trainers have completed certification and training to be Contact Tracers.

Hygiene

- Hand washing with soap and water is recommended and should be done as often as possible. Follow proper hand hygiene by scrubbing for 20 seconds.
- Hand sanitizer should be used when soap and water are not available.
- Hand sanitizer should **NOT** be used if your hands are visibly dirty or greasy. This is not effective!

- Personal hand sanitizer will be issued and larger dispensers throughout the Athletic facilities including Academic areas.

Masks

- Masks will be issued to all staff and student-athletes.
- Masks must be worn at all times in public settings (indoors & outdoors). This includes when walking to/from practice.
- Mask should cover your mouth, nose and chin.
- Masks are optional during physical activity. If a mask is used and is soiled or wet, a different mask must be worn following physical activity.
- For proper sanitation, store masks in clean, reusable plastic bag.
- Masks should be cleaned daily.

Mental Health Training

- Mental Health Training is required for all staff and student-athletes.
- Dr. C. Davis has agreed to develop and facilitate a strategic plan to include large and small group programming as well as individual sessions in the collaboration with the Counseling Center and Men's Center.
- The MH Training will be mandated through other Compliance Workshops.
- Mental Health Overviews will be included in sport acclimation meetings.
- The TSU Counseling Center will provide literature related to COVID-19 and stress related issues.

Physical Distancing

- Strength and Conditioning will monitor lift groups to ensure physical distancing.
- Equipment in Work-out areas will be adjusted to keep physical
- Student-athletes must make an appointment to be seen by an athletic trainer in the athletic training facility.

Sanitation

- Daily sanitation and disinfection of athletics and common areas, and the overall monitoring of staff to prevent symptomatic people from returning to work until cleared by a medical provider.
- Schedule daily cleaning and sanitation by Olympus in all designated work-out and meeting spaces, to include: Athletic Training Room, Weight Room, IPF, Wellness Center, Gentry Arena and the Indoor Track.

Signage

- Division of Emergency Management in collaboration with Athletics has created signage to be placed in facilities to communicate relevant COVID-19 information which will include floor marks for physical.
- Signage posted in all facilities to communicate that: ALL PRACTICE APPAREL WILL BE CLEANED DAILY BY THE EQUIPMENT STAFF.

Supplies

- Adequate supplies related to sanitation and disinfection will be available in athletics facilities and offices.
- Safety masks will be ordered for Athletics staff and student-athletes.
- Equipment area for daily laundry and sanitation of FB equipment will be equipped with specific grade and manufactured supplies designed for major viruses.