

**HOSTOS COMMUNITY COLLEGE
DEPARTMENT OF ATHLETICS**



**INTERCOLLEGIATE ATHLETICS
RETURN TO SPORTS PROTOCOL**



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Introduction

While everyone in the Hostos Department of Athletics is anxious to return to intercollegiate athletics, we all understand that it is vital to do so in a cautious and safe manner. In order to achieve that, we have created a “Return to Play” committee to address the pertinent safety issues both nationally and in New York State. Using federal (CDC), state, city, CUNYAC and NJCAA guidelines, this “working document” outlines an approach for our return to intercollegiate athletics. We consider this a working document as the direction and advice of experts is changing rapidly. An increase or decrease in cases in New York could potentially disrupt, change or cancel this plan.

This document is to serve as a guideline for Hostos Athletics administrators, coaches, staff, and student athletes. It is essential that we all work together to stick to these guidelines. However, participation in intercollegiate athletics is COMPLETELY OPTIONAL for coaches, staff, and student-athletes. There will be no repercussions if somebody is not comfortable participating.

The Return to Play protocol for intercollegiate athletics will include practice and competition protocol to ensure a safe return to athletic activities as well as guidelines for best practices in regard to education, daily screening, preseason precautions and testing. Upon approval of the Return to Play Protocol Hostos Community College will notify and coordinate with our respective local health department on the resumption of intercollegiate sports, including but not limited to, the sharing of any applicable health and safety plans, protocols, and procedures. It is important to note that even with all of the precautions we are taking and as the CDC states, there will still be some element of risk for coaches and student-athletes potentially being exposed to COVID-19.



Facility Precautions

Preparing the facilities for use is key to maintaining social distancing. Using the best practices for cleaning and managing traffic in the building will help maintain a safe environment. By following NYS Department of Health and CDC guidelines we can prepare the facilities for the reopening process. Proper signage, one-way hallways and predetermined routes for navigating the building will manage traffic flow to avoid intermingling between teams. Only areas specified in this plan will be utilized for practice and competition. All teams and staff must limit in-person gatherings to the greatest extent possible and use other methods such as video or teleconferencing whenever possible. Areas with limited capacities will have appropriate signage to determine when occupied or unoccupied.

- Prior to resumption of athletic activity to ensure a healthy and safe environment Buildings and Grounds will complete a pre-return safety check of all East Academic Complex (C-Building) systems including but not limited to:
 - Mechanical Systems
 - HVAC/Air Handler Systems
 - Water Systems
 - Elevators
- All sport facilities will be cleaned pre- and post-activity following NYS DOH guidelines
 - Gymnasium
 - Weight Room
 - Aerobic Room
 - Locker Rooms
 - Swimming Pool
- Sanitization logs will be maintained in accordance with NYS DOH guidelines.
- All HVAC/Air Handling systems within the East Academic Complex (C-Building) are currently equipped with MERV-13 filters.
- Hostos will have available and maintain a 90-day supply of cleaning and disinfection supplies for the sanitizing of frequently touched surfaces. (basketballs, volleyballs, scoring equipment, ball racks & carts)



- Coaches, staff and student athletes will be encouraged to use these supplies to disinfect all frequently touched equipment/items before and after use.
- Coaches, staff and student athletes will also be encouraged to perform proper hand hygiene before and after the use of all frequently touched equipment/items.
- Student-athletes, coaches and staff must ensure that a distance of at least six feet is maintained among individuals at all times, unless safety or execution of the core activity requires a shorter distance.
- Proper signage following NYS DOH and CDC guidelines.
- One-way hallways and predetermined routes for navigating facilities.
- Entrances and exits will be set to ease traffic.
- Maximum Capacity for the below indoor athletic facilities will be limited to 50% of the posted certificate of occupancy:
 - Gymnasium
 - Weight Room
 - Aerobic Room
 - Locker Rooms
 - Swimming Pool
- Non-essential common areas will remain closed (Team Locker Rooms)
 - Hostos does not have the following facilities: dry saunas, steam room, cold tubs, oxygen/cryotherapy chambers.
 - Hostos does not have an athletic training room. Physical therapy and treatments are not available to student athletes.
- Washing and laundering of towels, uniforms and practice gear will follow all NYS DOH, CDC and CUNY guidelines including:
 - Responsible parties will ensure that items requiring laundering be done at the warmest appropriate water setting.
 - Athletic staff who handle used or dirty towels, linens, and other items that go in the laundry must adhere to the following CDC precautions: do not shake dirty laundry, wear disposable gloves when handling laundry and hampers, use the warmest appropriate water setting in accordance with the manufacturer's instructions for the items, clean and disinfect hampers after each use, and 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.

- No spectator areas will be open during games or practice.
- Set out spacing aids within our commonly used paths.
- Allot areas for all staff and teams to maintain distancing at games, practices and temp checks.
- Designate Quarantine zone, in addition to the college's quarantine zone, for individuals who present symptoms on campus.
- Team meetings will be limited to zoom.
- Flagging system will be put in place to determine when bathrooms and locker rooms are occupied.

Face Coverings and Physical Distancing

All coaches, staff and student-athletes will be required to wear a face covering or mask while within Hostos Athletics Facilities. Hostos Community College has already purchased masks and PPE for staff and student-athletes. All face coverings will fit the mandate deemed by NYS Department of Health and CDC. All individuals must always maintain physical distancing guidelines as recommended by the NYS Department of Health. All facilities in use will have designated capacities posted at all entry ways. Small spaces will have appropriate signage and establish systems to flag whether a space is occupied.

- Masking guidelines will meet NYS DOH, CDC, CUNYAC and NJCAA Resocialization standards
 - Masks must be worn in accordance with CUNYAC and NJCAA Resocialization Guidelines
 - All masking must meet NYS DOH Guidelines
 - Mask must cover nose and mouth at all times during masking.
 - All individuals who choose to wear a mask from home rather than one provided by the institution must meet the CDC guideline for appropriate masking.
- Student-athletes and staff must ensure that a distance of at least six feet is maintained among individuals at all times.
- Hand sanitizing stations have also been installed in various entrances of athletic facilities and will be provided during all athletic activities.



- Signage will be posted to remind individuals of masking and distancing rules.
- Staff will oversee and enforce face coverings and physical distancing whenever necessary.
- One way travel will be utilized in all stairwells, hallways, entrances and exits whenever possible in the East Academic Complex (C-Building).
- Spacing guidelines and predetermined routes will be mapped out to allow for one way travel during all scheduled athletic activity.
- Visiting teams will be asked to comply with all face covering and physical distancing procedures.
- Hostos Athletic department will stock a 90-day supply of PPE.
 - Masks, gloves, hand sanitizer, surface disinfectant.
 - HCC athletics will inventory PPE supply on the 1st and 15th of each month to monitor quantity.
 - HCC athletics has an agreement with BSN sports to fulfill needed PPE orders during AY 21-22.

Daily Entry & Screening Into HCC/Athletic Facilities

Athletic Staff, Coaches and Student-Athletes are permitted to arrive on campus and enter campus athletic facilities only for scheduled practices and competitions. The Athletics Department will share the monthly athletics activity schedule with Public Safety, Buildings & Grounds and the Health & Safety office a week before the start of every month and will send a weekly confirmation email to all previously mentioned stakeholders every Sunday evening for the upcoming week. Included in these schedules will be rosters of approved attendees for each athletic activity on every individual day. Only approved coaches, staff and student-athletes will be allowed to enter athletic facilities for their scheduled activity. Anyone not on an approved roster for that athletic activity will not be allowed to enter Hostos athletic facilities. If on an approved roster, the individual will go through a COVID-19 health screening at the entrance of the East Academic Complex (C-Building). Screenings will include the following:

- Campus entry pass from the Everbridge health screening app
- Temperature check (must have a temperature below 100 degrees Fahrenheit)



- No daily records of temperatures will be kept.
- Individuals performing temperature checks will be healthcare professionals or supervisory level employees and will be trained to perform temperature screenings.
- Individual performing temperature checks at the East Academic Complex (C-Building) entrance will wear appropriate PPE. (E.g. masks, gloves and a face shield.)
- All individuals who are denied due to “Wellness Check – Not Approved” Everbridge app results, fever or visible symptoms must comply with Positive Symptom Protocol “see below”

Education of Coaches, Staff and Student-Athletes

The Athletics Department will educate its staff, coaches, and student-athletes with all relevant information from the NYS DOH and updates to the CUNYAC and NJCAA resocialization documents and other related governmental and institutional policies. Education seminars will be completed through Zoom conferences to ensure social distancing before the start of all sport seasons.

- In collaboration with the College’s Nurse, OSHA Consultant, and Public Safety, the Athletics Director will educate all stakeholders about the following topics and their professional 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.
 - Proper masking techniques and CDC guidelines of mask requirements.
 - Proper hand hygiene and sanitization techniques
 - COVID Best Practices; no sharing personal items, sanitization of sport tools including mouth guards.



Preseason Preparation

Completing the Athletics Department preseason checklist is the first step for every season. Student-athletes will be encouraged to complete their preseason checklist items remotely before coming to campus with their home/family physician. The Hostos Athletics Department will host multi preseason physical exam dates on campus during July 2021 for those students who could not complete their preseason checklist remotely. These screenings will be scheduled by appointment only.

All Hostos student-athletes will need to complete the following preseason participation checklist items to participate in intercollegiate athletics for the 21-22 Academic Year:

- NJCAA mandated pre-participation health physical administered and signed by a physician.
- Cardiac Screening (EKG) performed and cleared by a physician.
- Produce a negative COVID-19 test within the last 72 hours (3 days or less) before participating in any seasonal athletic activity.
 - All Athletic administrators, coaches and staff must also Produce a negative COVID-19 test within the last 72 hours (3 days or less) before participating in any seasonal team activity.
- Complete COVID-19 educational seminar prior to season.
- Complete COVID-19 screening questionnaire.
- Sign the Coronavirus Pledge prior to participation.
- All student-athletes must attest to being healthy 14 days prior to the start of athletic activities.



Sport Classification and Testing Strategies

Testing strategies are designed to be directed toward student-athletes and athletics personnel who have regular, close contact with student-athletes. The CUNYAC COVID-19 guidelines are designed to mimic those of the NCAA (including NJCAA institutions) as seen below. The frequency of testing within the intercollegiate athletics realm is contingent on several factors that include the amount of sustained contact, whether the sport is indoors or outdoors and testing accessibility. In keeping with NCAA SSI guidelines, the risk levels for all Hostos sponsored intercollegiate sports are listed below:

- **Low contact risk:** Men's Swimming, Women's Swimming
- **Medium contact risk:** No sponsored Hostos teams
- **High contact risk:** Men's Basketball, Women's Basketball, Women's Volleyball

The NCAA recommends frequent follow up testing for student-athletes and all "inner bubble" personnel. The "inner bubble" includes student-athletes, coaches, ATC's and essential team personnel.

- **Low Contact Risk Sports:** Testing in conjunction with a university plan for all students. Symptomatic testing and high contact risk testing to be performed as needed.
- **Medium Contact Risk Sports:** In-season testing once weekly of all student-athletes, plus "inner bubble" personnel whom physical distancing, masking and other protective features are not maintained. Symptomatic testing and high contact risk testing to be performed as needed. ****No sponsored Hostos teams in medium contact risk category***
- **High Contact Risk Sports:** in-season testing three times weekly (non-consecutive days) for all indoor sports, or once weekly for all outdoor sports of all student-athletes, plus "inner bubble" personnel whom physical distancing, masking and other protective features are not maintained.



During out-of-season athletic activities, surveillance testing should be performed as with Intermediate Contact Risk Sports. Symptomatic testing and high contact risk testing to be performed as needed.

**Negative test results will be turned in and kept on file within the Director of Athletics office*

Student-athletes, coaches and staff will be responsible for the weekly testing mandates during all phases of athletic activity. All negative Covid-19 tests are to be turned in to the athletic administration. If a positive test is recorded, please follow the “Positive Covid-19 Test” protocol on page 19 of this document. Below is a list of Bronx based Hospitals and Health Care Centers that provide daily free priority testing for CUNY students and staff. Information on Testing Centers can also be found on the Everbridge app or by dialing 311.

NYC Health + Hospitals Priority COVID-19 Bronx Testing Sites

NYC Health + Hospitals, Gotham Health: Belvis

545 East 142 Street, Bronx NY 10454

Monday - Saturday, 9:00 AM - 3:30 PM

Sunday, 9:00 AM - 2:00 PM

NYC Health + Hospitals, Jacobi

1400 Pelham Parkway South, Bronx NY 10461

Use Pelham Parkway entrance. Walk-in testing in ambulatory care pavilion on west side of building.

Monday - Friday, 8:30 AM - 4:00 PM

Saturday - Sunday, 9:00 AM - 1:00 PM

NYC Health + Hospitals, Lincoln

234 East 149th Street, Bronx NY 10451

Use West entrance on Park Ave. & 149th St. Walk-in testing located toward the ER, at end of Corridor A.

Monday - Friday, 9:00 AM - 6:00 PM

Saturday - Sunday, 9:00 AM - 4:00 PM



NYC Health + Hospitals, Gotham Health: Morrisania

1225 Gerard Avenue, Bronx NY 10452

Monday - Friday, 8:30 AM - 4:00 PM

Saturday, 9:00 AM - 3:30 PM

Sunday, 10:00 AM - 2:00 PM

NYC Health + Hospitals, North Central Bronx

3424 Kossuth Avenue, Bronx NY 10467

Use main entrance on Kossuth Ave. & 210th Street. Walk-in testing located within lobby.

Monday - Sunday, 8:30 AM - 4:30 PM

Bronx Health Care Centers

Morris Heights Health Center

85 W Burnside Ave, Bronx, NY 10453, (718) 716-4400

Morris Heights Health Center

1930 Andrews Ave S, Bronx, NY 10453 (718) 299-6270

Walton Family Health Center and Center for Counseling

1894 Walton Avenue, Bronx, NY 10453, Phone: (718) 583-3060

Mt. Hope Family Practice

130 West Tremont Avenue, Bronx, NY 10453, (718) 583-9000

Urban Horizons Family Health Center

50-98 East 168th Street, Bronx, NY 10452, (718) 293-3900

The Institute for Family Health Center for Counseling at Frisby Avenue

2590 Frisby Avenue – 1st Floor, Bronx, NY 10461, (718) 239-1610

The Institute for Family Health at Westchester Square

1420 Ferris Place, Bronx, New York 10461

Stevenson Family Health Center

731 White Plains Road, Bronx, NY 10473, (718) 589-8775



Practice Protocol

Preparing athletes for a different practice experience will help aid our transition during these times. We will work with our coaches to modify our normal practice routines to maintain social distancing. This includes practicing in smaller pods whenever necessary or modifying drills to allow for appropriate physical distancing.

Key aspects in regard to practice protocol:

- Coaches, staff and student athletes will complete the daily screening protocols when entering HCC athletic facilities as described in the section “Daily Entry & Screening Into HCC/Athletic Facilities”.
- Ineligible student athletes will not be permitted to attend practice or games.
- Coaches, staff and student-athletes must wear masks upon entry to campus buildings/athletic facilities and continue to wear them for the duration of their time inside. Masks must be worn during practice drills and 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.*
- Student-athletes must bring their own water bottles and should not share with others. Single use individual bottles of water, Gatorade or other acceptable hydrating fluid will be allowed, but must be clearly labeled with the owner’s name. *(In addition, a few cases of water will be purchased by the College and made available to student-athletes that are unable to bring their own)*
- Towels will not be provided. Student athletes and coaches must bring their own individually labeled towels. Sharing is discouraged.
- Practice group sizes will be in line with the New York State Guidelines. Social distancing will be maintained, and practice drills must consider social distancing guidelines as well as the required 2- week acclimatization process.
 - The total occupancy of the practice area/facility is limited to 50% of the maximum occupancy as set by the certificate of occupancy.



- Practice times will be staggered to allow teams to enter and exit facilities without crossing paths and to allow cleaning and disinfection of equipment and facilities as per NYS DOH guidelines.
- Teams must use predetermined routes when entering and exiting practice.
- All coaches' meetings outside of scheduled, in-person practice and/or game day activities, will be conducted virtually. This includes the review of game tape, standard coaches' meetings, etc.
 - Athletic Administrator and coaches must ensure that a distance of at least six feet is maintained among individuals at all times, unless safety or execution of the core activity requires a shorter distance (e.g. medical treatments for players).
- Student athletes are not permitted to use athletic facilities outside of approved practice times.
- All sport tools, equipment and facilities must be sanitized before and after practice.
 - All individuals who engage in sanitation must wear appropriate PPE as defined by NYS DOH.
 - Sanitization logs must be maintained in accordance with NYS DOH.
 - Logs must include date, time, scope of cleaning and disinfection.
- Coaches, staff and student athletes must wash their hands frequently, especially pre and post practice. Hand sanitizer will be readily available on site.
 - Student Athletes must perform hand hygiene before and after inserting or removing mouth guards.
- Coaches, staff and student athletes will be educated on proper hand hygiene, mask and mouthguard use.



Game Day Protocol – Home Game

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

- As per current CUNYAC guidelines member institutions will not be permitting any fans under any circumstance until further notice.
- No double headers or tri-matches will be played in any sports sponsored by HCC during 21-22 season.
- Present at all home competitions will be the Hostos "Coronavirus Campus Coordinator" (Chief of Public Safety Arnaldo Bernabe) who will act as the site safety monitor to ensure all RTP protocol and policies are maintained at all times.
- Visiting Teams:
 - Visiting institution must complete and send an accurate travel party roster to the Hostos athletic department 48 hours prior to competition (Roster will be shared upon receipt with Public Safety thus to allow access)
 - Visiting teams must request any athletic training/medical needs 48 hours before competition.
 - All visiting teams will perform temperature checks for entire travel party at their home campus before leaving for Hostos.
 - When arriving at Hostos the entire visiting team travel party will complete an Everbridge health screening (on paper if app is not available to them) and temperature check when entering campus facilities.
 - The visiting team will be provided three classrooms in close proximity to the gymnasium thus to allow ease of monitoring and prevent gatherings (as identified by Registrar): two for changing before and after the game to allow for social distancing.



- The third classroom will be used as a quarantine room for any visiting participants that develop symptoms while at Hostos athletic facilities.
- The visiting team will be provided an area behind the Caiman Curtain, located in the back of the gymnasium, that will be able to accommodate a social distanced halftime.
- The visiting team will provide water bottles and towels for their travel party (HCC will not provide water or towels to visiting teams)
- All members of visiting party must comply with home protocols. Examples of home protocols include:
 - Use of only specified facilities.
 - Use of face masks whenever not participating in sport.
 - Individuals that become symptomatic while on campus must be reported and quarantined immediately until departure.
 - All visiting teams must have completed and received COVID-19 test results in accordance with CUNYAC guidelines and protocols.
- Game Day Bench & Table Setup/Protocol:
 - The scorer table will be located on the south sideline of the gymnasium.
 - The scorer table will be extended and only FOUR people will be allowed at the scorer table spaced 6 feet apart.
 - Score Board Operator
 - Shot Clock Operator
 - Official book
 - Public Address Announcer
 - The home and away team benches will be located on the opposite side of the court from the scorer's table on the north sideline with a barrier between the two benches in the gymnasium.
 - All chairs on the home and away bench will be staggered in three rows to be spaced 6 feet apart.
 - All players and coaches will be required to wear masks on the bench.
 - All coaches, athletic trainers and managers will be required to wear gloves on the bench.
 - All payers will be provided personal water bottles.



- No cups or universal water container will be provided.
- Hand sanitizer will be provided on both benches to all student-athletes and coaches.
- All individuals seated at scorer's table will be required to wear masks and gloves.
- Hand sanitizer will be supplied to all scorer's table personnel.
- Home team will utilize Room C-381 as a changing space as to not cross paths with the visiting team during pregame, halftime or postgame movements.
- Shaking of hands after the game will be prohibited.
- Officials will be housed in the JFK room, located behind the Cafeteria that is situated across the gymnasium, so they can maintain social distance movements of the home or visiting team during pregame, halftime or postgame.
- Coaches, scorer table personnel, medical staff and applicable staff members will be screened prior to entry to campus facilities in accordance with previously stated guidelines.
- Officials must be screened prior to entry to campus facilities in accordance with previously stated guidelines.
- Only essential personnel will be present during competition.
- Any athletes who are injured or ineligible will not be allowed to attend competitions.
- All facilities used will follow current New York State DOH and CDC guidelines.



Visiting Teams

Preparation for visiting teams is essential when developing game day operations. These rules and guidelines will follow CDC recommendations and will be uniform across all teams participating in the CUNYAC and Region XV. In order to keep Hostos Community College a safe and sanitary environment, all visiting teams must adhere to all safety guidelines before interacting with our student-athletes. All visiting teams will be asked to certify they have complied with all CUNYAC and NYS travel guidelines.

- Any use of HCC facilities must be requested 48 hours prior to competition.
- Visiting team must provide travel roster 48 hours prior to arriving on campus. (Roster will be shared upon receipt with Public Safety thus to allow access)
- Only individuals on travel roster will be allowed to enter campus.
- Travel roster must include verification COVID-19 symptom screens was completed.
- Visiting team must wear masks while on campus unless warming up or competing.

Away Game and Travel Considerations

Prior to travel each week cluster zones will be evaluated to determine if travel is recommended. Local health officials will be consulted if traveling to a red or orange cluster zone. When our teams travel to other institutions clear guidelines will be set to guarantee a limited risk of exposure. 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 New York State DOH Travel Guidance.

- All individuals in travel party must complete COVID-19 testing in accordance with NYS DOH and CUNY/CUNYAC guidelines
 - This includes student-athletes, coaches, drivers and any accompanying staff members.
- NYS DOH protocols will be followed at all times.
 - Travel documents will be completed when necessary.



- Follow up testing will be completed when necessary.
- Suspension of travel if destination is in a red Cluster Zone.
- COVID-19 testing of student athletes and all “inner bubble” personnel will be completed following CUNY/CUNYAC Guidelines.
- When traveling we will communicate and comply with all agreed upon protocols requested by home institution.
- Masks are required while traveling to all events and each travel party will be given sanitization kits.

Away Game Protocols

- All members of the travel party including student-athletes, coaches, staff and van/bus drivers will be tested within 24 hours of boarding the van/bus.
- Individuals on travel team must temperature check before leaving campus.
 - Staff performing temperature checks will wear appropriate PPE (e.g. mask, gloves, face shield).
 - Staff performing temperature check will be a supervisory level employee and will be trained in screening protocols.
 - No daily records of temperatures will be kept.
- Travel Party form will be completed by respective head coach prior to boarding the van/bus and provided 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.
- No more than 8 coaches or players will be allowed in our 15 passenger vans (two vans equals total travel party of 16 players and coaches)
- 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.
- Vehicles will be sanitized before and after use.
- Anonymous reporting system will be put in place to allow individuals to report any infractions.



Positive Symptoms

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

- Campus Nurse and Coronavirus Coordinator and Campus Coronavirus Liaison will be contacted immediately.
- Contact tracing will begin in case of positive test, following established guidelines.
- Athlete must be quarantined from team and staff.
- Athlete must be referred to physician.
- Athlete is not to rejoin team until cleared by physician.
- Team rechecked for any positive symptoms.
- In the case of a positive COVID-19 test, shutting down and full cleaning/sanitizing of all facilities used by individual/team will take place as per “Positive COVID-19 Test” protocol.
- If second athlete exhibits symptoms, whole team will be quarantined.
 - Team must complete initial COVID-19 testing then complete follow up testing 2-3 days after initial negative test.
- Team routines will be reevaluated and rechecked for safety.
- Faculty Athletics Representative contacted if necessary.



Positive COVID-19 Test

When a student-athlete tests positive for COVID-19, local public health authorities must be notified and required contact tracing protocols must be followed. All positive COVID-19 tests will be reported immediately to the Campus Nurse, Maria Vasquez, Campus Coronavirus Liaison, Zach Korenstein, and Campus Coronavirus Coordinator, Arnaldo Bernabe (Chief of Public Safety). These individuals will contact the NYS Department of Health. NYS Department of Health Isolation protocols will be followed immediately. With direction from our team physicians, we have developed a safe and comprehensive plan to aid our student-athletes during isolation. Breakdown of our Positive COVID-19 Test protocol is detailed below.

- All physical spaces used by the individual/team with the confirmed positive Covid-19 test including athletic facilities and shared spaces within the East Academic Complex (C-Building) will be shut down until cleaning/sanitization is complete.
- Building and Grounds will engage in a full cleaning/sanitizing of all facilities used by the individual/team including but not limited to:
 - Athletic Facilities – Gymnasium, Swimming Pool, Locker Rooms, Weight Room, Aerobic Room
 - Shared spaces within East Academic Complex (C-Building) – Elevator, bathrooms, lobby, hallways, staircases, vending machines and all handrails, doorknobs or high touch surface areas.
- Campus Nurse and Coronavirus Coordinator and Liaison will be contacted immediately of positive findings.
- Student-Athlete or staff will be immediately referred to Physician for follow up confirmation.
- Individual will begin NYS DOH Isolation Protocols
- Daily symptom checks for all student-athletes during isolation by assigned staff “daily symptoms reported to team physician for consultation”.
- Contact Tracing will begin Immediately, following established guidelines.
- Team doctor will go over contact tracing again to ensure we have highlighted the necessary individuals.



- Any individuals identified through contact tracing must complete a COVID-19 test immediately.
- Practice or competition will be suspended until team is rescreened for COVID-19.
- Student-Athlete or staff must report if COVID-19 testing was recommended or completed by physician.
- Student-Athlete or staff must report any COVID-19 positive test.

Discontinuation of Isolation

If a student-athlete or athletics staff member becomes newly infected with COVID-19, proper isolation protocols must be followed. These isolation protocols were developed by the Center for Disease Control and adopted by the CUNYAC. Available data indicates that persons with mild to moderate COVID-19 remain infectious no longer than 10 days after symptom onset. Persons with more severe to critical illness or severe immunocompromised likely remain infectious for no longer than 20 days after symptom on-set. Team physicians will be consulted during daily symptom checks. All discontinuing isolation and returning to the Hostos Community College Campus will need physician approval. The recommendations below are based on the best information available and reflect the realities of an evolving pandemic.

Isolation may be discontinued when:

Plan to Manage Infected Asymptomatic Individuals:

Time- based strategy

For individuals who test positive but never develop symptoms, isolation and other precautions can be discontinued 10 days after the date of their first positive PCR test for SARS-CoV-2.

Plan to Manage Infected Symptomatic Individuals:

Time-based strategy

For most people with COVID-19 illness, isolation and precautions can generally be discontinued 10 days after symptom onset and at least 24



hours after resolution of fever, without the use of fever-reducing medications, and with improvement of other symptoms.

Resumption of Activities After Positive Tests

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

- Student-athlete must complete isolation protocol before beginning Return to Play.
- Student-Athlete must be Asymptomatic before starting return to play protocol.
- Student-Athlete must be cleared by physician.
 - Note from physician must include reason for visit “COVID-19 symptoms”.
 - Student-athlete must have results from COVID-19 testing.
- Student Athlete must complete all required Cardiac Testing if deemed necessary by physician.
- Multi-day return to play strategy will be utilized unless clearing physician specifically documents athlete can return to full participation without the use of a multi-day protocol.



Day 1

Exercise supervised by Coaching and Medical Staff:

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

Day 2

Practice Supervised by Medical Staff:

- 20 minute Aerobic warm up “treadmill, elliptical or bike”.
- Full Practice or competition.

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

Discontinuation of Athletics

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 location 1 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.

Sanitization Aid From Building & Grounds

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

- Sanitation will be coordinated between Athletics and Recreation department and B&G.
 - Athletics Staff will be designated for sanitization of athletic equipment pre and post athletic activities.
 - B&G will be asked to sanitize areas such as bathroom and hallways.
- Sanitization schedule of athletic equipment will be maintained by Athletics staff and reported to B&G when requested.
- Requests for Buildings and Grounds:
 - Wall mounted Hand sanitizer stations in common areas
 - Mobil hand sanitizer stations to be used at games and practices.
 - Floors and bathrooms sanitized daily.
- Logs must be kept including time, date, scope of cleaning and disinfection.
 - High use areas:
 - Gymnasium
 - Locker Rooms
 - Weight Room
 - Aerobic Room
 - Pool
 - Game Day – 300 level classrooms & C-381