



# PHASE I GUIDELINES FOR OPENING MARSHALL ATHLETICS



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# MARSHALL UNIVERSITY FOOTBALL TASK FORCE

The Marshall University Football Task Force, appointed by Athletic Director Mike Hamrick, has developed the following plan to minimize the risk of COVID-19 exposure for our student-athletes and staff as they return to campus and begin to resume athletically-related activity. The Task Force has studied federal, state and local guidelines, as well as NCAA Core Principles of Resocialization of Collegiate Sport. Using these guiding principles, the Task Force, in conjunction with Marshall Health's Chief Medical Officer, has created the following plan to guide our efforts to maintain a safe and healthy environment.

## **Marshall University Football Task Force:**

**Dr. John Jasko, Head Team Physician**

**Tracy Smith, Director of Health & Safety**

**Luke Day, Head Strength & Conditioning Coach**

**Chris Lapole, Head Certified Athletic Trainer**

**Jared Muth, Associate Head Certified Athletic Trainer**

**Trevor Lambert, Assistant Athletic Director – Equipment**

**Mark Gale, Assistant Athletic Director – Football Operations**

**Scott Morehouse, Associate Athletic Director – Facilities & Operations**

**Beatrice Crane, Associate Athletic Director – Olympic Sports**

# STATE OF WEST VIRGINIA

The Marshall University Department of Intercollegiate Athletics will adhere to all Federal, State, NCAA, Conference USA and University guidelines for re-opening sport venues. The following “gating” requirements laid out by the Federal Government and West Virginia Governor Jim Justice must be met for the State of West Virginia to move into Phase 1 of a 3 phase reopening.

## SYMPTOMS

Downward trajectory of influenza-like illness (ILI) reported within a 14-day period

## AND

Downward trajectory of Covid-like syndromic cases reported within a 14-day period

## CASES

Downward trajectory of cases within a 14-day period

## OR

Downward trajectory of positive tests as a percent of total tests within a 14-day period (flat or increase of volume of test)

## HOSPITALS

Treat all patients without crisis care

## AND

Robust testing program in place for at-risk healthcare workers, including emerging antibody testing

After the State meets all gating requirements and moves into Phase 1, the Marshall University Athletic Department proposes a similar 3-phased approach for the re-opening of athletic venues.

# GENERAL GUIDELINES

These guidelines, as set by the CDC, should be followed at all times. For more information please visit:  
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>



**WASH HANDS** often. Avoid touching eyes, nose, and mouth

<https://www.cdc.gov/handwashing/>



**AVOID CLOSE CONTACT.**

Maintain atleast 6' distance between yourself and other people.



**COVER** your mouth and nose with a cloth face cover when around others.



**COVER** coughs and sneezes.

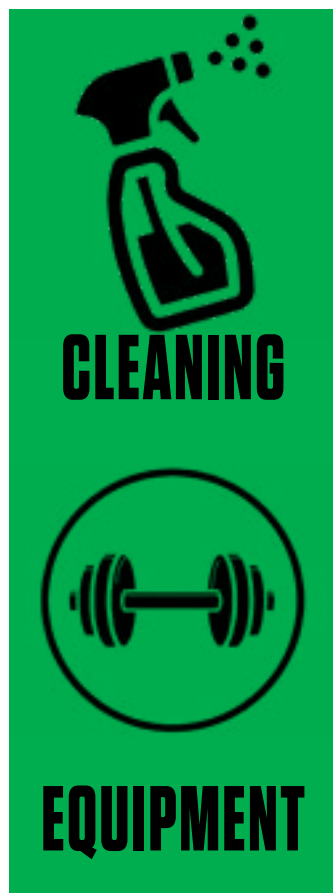


**CLEAN AND DISINFECT** frequently touched surfaces daily.

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html>

# FACILITY PREPAREDNESS

Below are the current measures Marshall Athletics has in place to ensure safe and sanitized facilities. These measures will be ongoing and will continue throughout all three phases of this plan.



At the onset of the work-from-home order for campus, Marshall University expedited a manual, labor-intensive “deep” cleaning.

Included was:

- Disinfecting wiping of all high frequency touch points and all high traffic areas as well as all of the surfaces within those spaces. This includes all weight equipment and training equipment.
- All employees cleaning and disinfecting venues have access to PPE (such as masks, gloves, eye protection) as needed and follow requirements for hand washing and social distancing.

All weight equipment and training equipment will be wiped down with approved disinfectant after each workout group.

# FACILITY PREPAREDNESS

Below are the current and ongoing measures Marshall Athletics has in place to ensure safe and sanitized facilities. These measures will be ongoing and continue throughout all three phases of this plan.



## HVAC, PLUMBING & ELECTRICAL

Athletic Facilities Staff will continue daily monitoring of the HVAC, Plumbing and Electrical systems in all Athletic Facilities.



## TURF & GROUNDS

All artificial turf surfaces venues will be pre-cleaned and will receive an application 2-5 days before first use. Frequencies will be determined as usages are established.

Artificial turf surfaces are treated with a concentrated deodorizer/disinfectant (ProGienics) based on venue usage and need, the frequency and volume will be adjusted accordingly.

ProGienics is effective against the following: *Acinetobacter baumannii*, *Bordetella bronchiseptica*, *Campylobacter jejuni*, *Enterococcus faecalis*, *Escherichia coli* 0157:H7, Vancomycin Resistant *Enterococcus faecalis* (VRE), *Escherichia coli*, *Klebsiella pneumoniae*, *Listeria monocytogenes*, *Pseudomonas aeruginosa*, *Salmonella enterica*, *Shigella dysenteriae*, *Staphylococcus aureus*, Community associated Methicillin resistant *Staphylococcus aureus* CA MRSA, *Staphylococcus aureus* Methicillin resistant, Vancomycin Intermediate resistant *Staphylococcus aureus* VISA, *Streptococcus salivarius*, Avian Influenza A H5N1 virus, Avian Influenza A H9N2/Turkey/Wisconsin virus, Hepatitis B Virus (HBV), Hepatitis C Virus (HCV), Herpes Simplex virus Type 1, Human Coronavirus, Influenza A2/Japan virus, Influenza A H1N1 virus, Norovirus Norwalk-like virus, HIV-1





# PHASED APPROACH





# PHASE I

# PHASE II

# PHASE III

## OPEN

- Dunfee Weight Room
- Chris Cline Indoor Athletic Facility (Strength and Conditioning **ONLY**)
- Gillette Athletic Training Room at Cline IAF (By Appointment **ONLY**)
- James F. Edwards Field (Conditioning only)

## CLOSED

- Hydrotherapy Area
- Shewey Building — including locker room, meeting rooms, coaches offices, athletic training room, and equipment room
- Buck Harless Student-Athlete Program
- Henderson Center
- Hall of Fame



TM



# PHASE I

# PHASE II

# PHASE III

## OVERVIEW & ADDITIONAL SAFETY MEASURES

- Spaces will only be available to current student-athletes
- All general guidelines will continue to be followed
- Additional cleaning and sanitizing protocols in place
- Suspension of fueling and beverage offerings except as specified
- Scheduling/appointment procedures
- Reduced capacity in permitted areas per guidance from State and local health departments.
- Entry screening
- Entry/Exit control eliminating cross-traffic
- Route mapping to eliminate usage of common and public areas adjacent to permitted areas
- Signage and floor markings installed to encourage social distancing

# PHASE I

# PHASE II

# PHASE III

## PHASE I PROTOCOLS



### CLEANING

#### Pre-cleaning/Post occupancy cleaning:

- Wipe all high touch areas daily
  - Light switches
  - Door knobs
  - Desks
  - Faucets, toilet flush handles, etc.
- Additional hand sanitizing locations in key areas including screening, entry, and exit
- Supplies will be checked nightly and restocked as needed

#### In-session Cleaning:

- Strategically placed hand sanitizing dispensing stations in weight and training rooms
- Provide disinfectant wipes for performance staff and student-athletes
- Provide spray bottles of ProGienics for performance staff and student-athletes
- For additional supplies please contact the Athletic Facilities Staff or the Department of Environmental Health and Safety.

# PHASE I

# PHASE II

# PHASE III

## PHASE I PROTOCOLS



### PRE- SCREENING

#### Screening procedures:

Anyone entering a training room or weight room space during occupancy in Phase I will be screened for possible illness. The screening procedure will be documented and consist of the following items:

- Temperature
- Daily symptoms check through ARMS

If temperature is at or above 100.4, and/or they report any symptoms, they will be isolated immediately and will be referred to Marshall Health for a consultation.

Determination of subsequent contact tracing and any medical procedures i.e. testing, transportation and/or quarantining of such person or persons with direct contact will be determined in accordance with CDC, Cabell County Health Department, Marshall Health, and Marshall Team Physicians. All NCAA and C-USA guidelines will also be followed.

**IF YOU HAVE SYMPTOMS, STAY HOME AND CONTACT YOUR ATHLETIC TRAINER.**

# PHASE I

## PHASE II

## PHASE III

### PHASE I PROTOCOLS



**ATHLETICS  
STAFF**

- Introductory/educational sessions for all Staff to new Covid-19 protocols
- Adhere to capacity limitations in spaces at all times
- Ensure equipment, including dumbbells and barbells, are wiped after each use
- Enforce social distancing guidelines at all times
- Follow route mapping for entry/exit into the facility
- Complete a screening procedure prior to entering a training or weight room
- N95 mask and face shield must be worn at all times while interacting with student-athletes, including weights, conditioning, and movement between facilities.
- Conduct a thorough post-session cleaning and disinfecting prior to the start of any new training sessions
- No weight room access outside of scheduled operating hours
- See venue specific guidelines & route maps to follow at each facility



# PHASE I

## PHASE II

## PHASE III

### PHASE I PROTOCOLS



**STUDENT-  
ATHLETES**

- Introductory/educational sessions for all Student-Athletes to new Covid-19 protocols
- Mask or face covering will be provided and must be worn at all times, including movement between facilities.
- Workouts are voluntary but will be scheduled ahead of time to maintain adherence to recommended safety parameters.
- Follow entry and screening procedures into the facility
- Exit through appropriate path once completed with workout or training session
- Adhere to all social distancing guidelines at all times
- Wipe equipment, including dumbbells and barbells, after each use
- Wash hands or use hand sanitizer upon entering and exiting weight and training room areas
- See venue-specific guidelines and route mapping

**IF YOU HAVE SYMPTOMS, STAY HOME AND CONTACT YOUR ATHLETIC TRAINER**

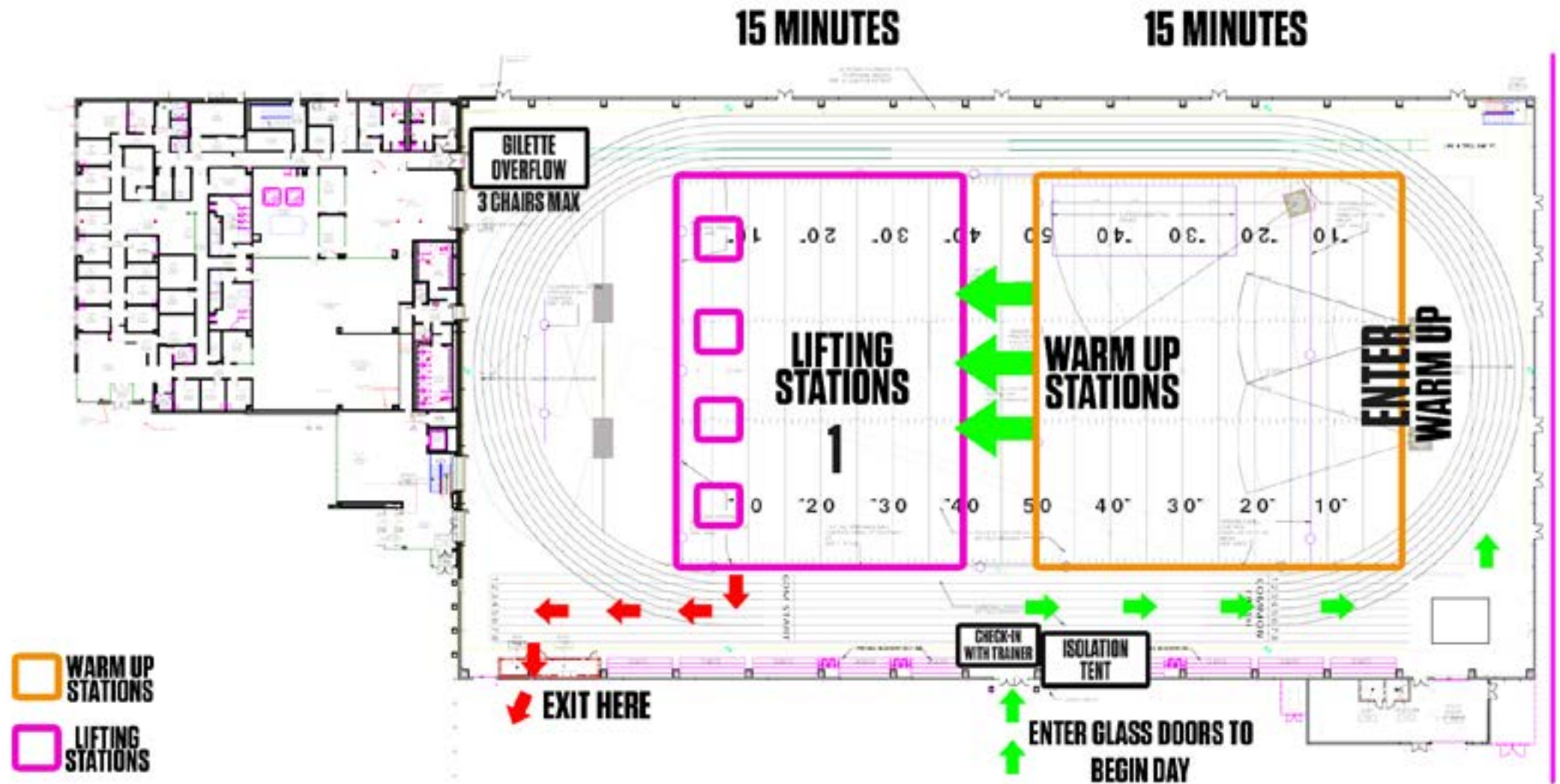


# VENUE-SPECIFIC GUIDELINES

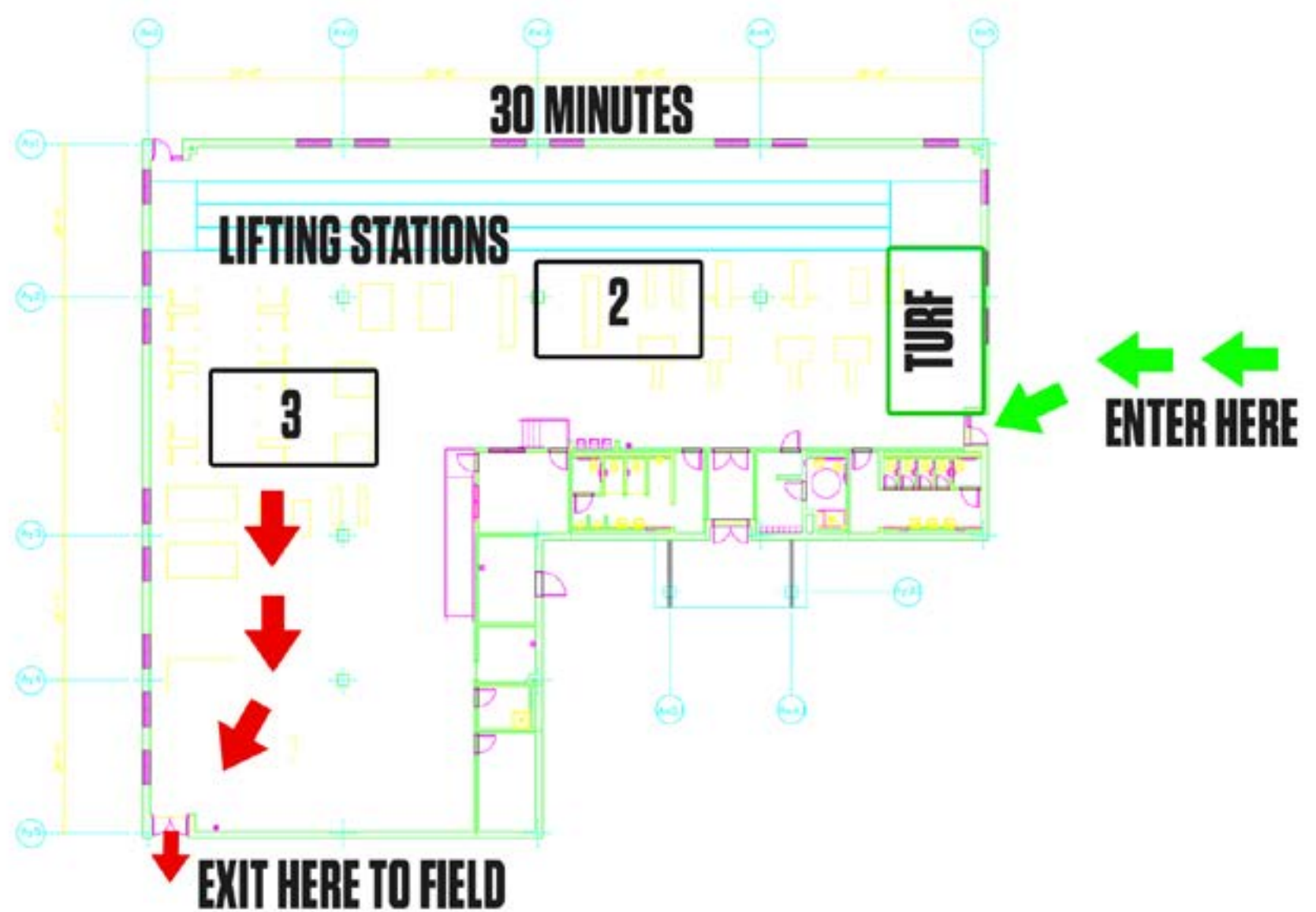
FACILITY	MAX CAPACITY	DAYS	TIMES	FACE COVERING REQUIREMENTS	BEVERAGES/ REFUEL	ADDITIONAL GUIDELINES
Chris Cline Indoor Athletic Facility	30 (including training room bullpen)	M,T,TH,F	6am–3pm	SA: Mask Staff: N95 & Face shield	No food  Beverages dispensed by staff, SAs respon- sible for throwing their own cups in trash cans	<ul style="list-style-type: none"> <li>First stop for initial screening and weight stations</li> <li>No extra gear or bags allowed</li> <li>Since no equipment room access, SAs will not be required to wear specific gear on Tuesdays and Fridays. Personal gear (Marshall only) will be used and all gear washed on loops, with face coverings</li> <li>One SA per rack – only using the front side of the racks</li> <li>One SA per bench (8 feet apart)</li> </ul>
Dunfee Weight Room	15					
James F. Edwards Field	30	M,T,TH,F	6am–3pm	SA: Mask Staff: N95 & Face shield	Beverages dispensed by staff, SAs respon- sible for throwing their own cups in trash cans	
Gillete Athletic Training Room at IAF	10 (using every other table)	M,T,TH,F  W, Sa, Su	6am–3pm  By Appt ONLY	SA: Mask Staff: N95 & Face shield	NO FOOD OR BEVERAGE	<ul style="list-style-type: none"> <li>Scheduling of appointments in coordination with lift groups</li> <li>No extra gear, bags, equipment other than what is absolutely needed</li> <li>Waiting bullpen in IAF with chairs, adequately spaced, can be utilized if needed</li> <li>No SA self-service of modalities, ice, heat packs, etc</li> </ul>



# IAF ROUTE MAP

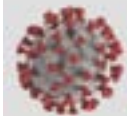


# DUNFEE WEIGHT ROOM ROUTE MAP





# APPENDIX 1 - SIGNAGE



## Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



## Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



## Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



## Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



## Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



## Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

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## Help prevent the spread of respiratory diseases like COVID-19.

### Avoid close contact with people who are sick.



### Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



### Avoid touching your eyes, nose, and mouth.



### When in public, wear a cloth face covering over your nose and mouth.

### Clean and disinfect frequently touched objects and surfaces.



### Stay home when you are sick, except to get medical care.



### Wash your hands often with soap and water for at least 20 seconds.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)