## COVID-19 Planning – Return of Initial Football Workout Groups

*Football Return – State of Iowa in Phase 1 or 2 of Reopening -- Projected: June 2020*

*Updated: June 15, 2020*

### Quarantine/Testing Requirements for Returning Players
- 7 day quarantine requirements for anyone returning from outside of Iowa or from counties in Iowa which have not been re-opened.
- Pending starting date, may have home quarantine w/contact recording if driving back.
- Players quarantined in town prior to PCR testing minimum of two days.
- Football athletes subject to PCR and antibody testing prior to clearance for workouts.
- This will be adjusted as state recommendations change.
- Masking and social distancing recommended at all times away from the facility.

### Screening/Check-In
- Check in 30’ before workout
- Traffic pattern organized to for social distancing.
- Electronic questionnaire completed prior to reporting for workouts. Any symptoms are told to stay home until contacted by sports medicine and triaged.
- Screening at Bergstrom & Olsen by non-FB AT staff.
- Group arrival times assigned -Body Temp/Pulse Ox Taken
- Daily screening for all sports medicine and S&C staff on arrival and departure.
- Antimicrobial towel pickup & water bottle for each player at check-in
- Weigh-in after dressed as part of traffic pattern w/physical distancing.
- Masks worn by all players at check-in through entry to weight room.

### Locker Rooms/Laundry
- Locker rooms not used 1st two weeks. Locker assignments > 6ft. based on athlete times.
- Dress and undress only.
- Support staff restrooms open for use
- Restrooms and showers in locker room closed
- Players use travel bag as “travel locker” to bring shoes, nutrition, dirty loops, etc
- Player loops and towels turned in, laundered at night.
- All laundry personnel masked while handling equipment or laundry

### Workout Groups/Locations
- Max # = 9 + S&C Coach
- Initially limited to 6 groups per facility
- Groups organized by “exposure pods”? (98.3)
- Bergstrom/Olsen wt. room divided into separate areas
- Stagger group start times to avoid contact/overlap
- 45-60 min between groups to allow cleaners to dry
- Staff locker rooms used for restroom.
- AT staff notified of any running groups minimum 24 hrs in advance.
- Run groups outdoors when possible.
- Running groups can run concurrently if separated.
- S&C coach masked during workouts.
- Injury treatments and rehabs follow same protocols as pilot project with distancing and cleaning. No more than 10 in the room at once. PPE’s used by medical
- Treatment/rehab times scheduled preferably around workout times.
- Hydrotherapy used only for injury treatment.
- Non-FB rehabs will be done in at Lied. Specific rehab equipment needs available in Bergstrom by appointment
- Mandatory masking of both health care provider and student-athlete during any rehab sessions.
- Sports medicine personnel masked at all times

### Injuries/Illnesses/Rehab
- Pre-fuel options provided to players on seat or to bring with them.
- Post-workout fuel available for pick up exiting facility
- Remaining meals and other nutrition for athletes will be pre-packaged and available for pick-up in the South Endzone complex at designated times.
- All dieticians and athletes will be masked at all times.
- Dieticians will practice social distancing
- Access limited to small numbers to ensure social distancing at all times.
- Traffic controlled into facility to ensure distancing.
- Pick-up times spread across 2-3 hours per meal to avoid any large groups.

### Nutrition
- Buildings “zones” identified for priority cleaning and responsibilities.
- Assigned strength intern w/gloves and masks clean equipment after group completion.
- Ionized cleaner application in high traffic areas at end of day.
- Weight room ionizer room cleaning after last workout group.
- Sports medicine – responsible for their area.
- When opened, wipe down all lockers pads at end of the day, ionizer room cleaning after last workout group.
- Zones
- Custodial crews avoid contact with players and staff, and masked

### Cleaning/Custodial
- Saliva and droplets are spread through sneezing, coughing, or speaking.
- Airborne virus like SARS-CoV-2 may remain in the air for hours and can travel through airborne particles.
- Talking, singing, sneezing, and coughing can all cause virus spread.
- It is not definitively known how long virus remains viable after being deposited on a surface.
- Surface transmission of coronavirus is possible.
- Distancing recommendations for workouts.
- Testing prior to clearance for workouts. Any symptoms are told to stay home until contacted by sports medicine and S&C staff on arrival and departure.
- Antimicrobial towel pickup & water bottle for each player at check-in
- Weigh-in after dressed as part of traffic pattern w/physical distancing.
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