# STANDARD OPERATING PROCEDURE (SOP)

## ATHLETICS

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**Title:** General Safety Practices

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1) **Overview:**

   a) UW Oshkosh Intercollegiate Athletics will be following all recommendations and guidelines of the NCAA’s Resocialization of Collegiate Sport. These recommendations and guidelines are updated frequently and can be found by going to: [https://www.ncaa.org/sport-science-institute/covid-19-coronavirus](https://www.ncaa.org/sport-science-institute/covid-19-coronavirus).

2) **Applicability:**

   a) Student-athletes, athletic staff, external stakeholders

3) **Procedure:**

   a) Personal Protective Equipment

      i) Sports Medicine Staff

         1) Face Coverings

            (a) At all times when in a campus facility or at a practice/game

            (b) Ok to remove to eat or when in office with no others present

            (c) Face shield may be substituted for surgical mask if staff member desires

         2) N95, Face Shield, Gloves, Gown

            (a) Worn if working with a student-athlete with COVID-19 like symptoms.

            (b) Worn if obtaining nasopharyngeal swab.

   b) Masking and Respiratory Etiquette
Based on CDC guidance, all participants should always wear face coverings (i.e. masks), especially when physical distancing measures are difficult to maintain.

1) Student-athletes and staff must wear a face covering while at all indoor athletic facilities until the current governor’s order expires or is rescinded. For outdoor situations, athletic trainers will follow NCAA Phasing criteria to evaluate the continued need for use of face coverings when practicing or training. For swimming and diving participants, face coverings must be worn at all times while on the pool deck. Face coverings do not need to be worn while in the pool.

2) Student-athletes and staff must wear a face covering during transportation.

3) Student-athletes will be provided with a minimum of one face mask for their daily use.

4) Coaches and athletic staff will be provided with a minimum of one face shield and face mask for their daily use.

c) Personal Hygiene Etiquette

i) Based on CDC guidance, all student-athletes will be reminded to:

1) Wash hands frequently with soap and water for a minimum of 20 seconds especially prior to and after using equipment, receiving medical treatment, and before and after workouts.

   a) Alcohol-based hand rub (ABHR) sanitizer containing at least 60% alcohol should be used frequently when hand washing is unavailable, especially during practices or competitions. This product will be readily available throughout all athletic facilities and at practices/competitions.

2) Avoid touching eyes, nose and mouth with unwashed hands.

3) Cover cough and sneeze with inside of elbow or tissue.

4) Discard tissues immediately after use.

5) No spitting.

6) No sharing of towels.

7) No sharing of water bottles.

8) Shower immediately after physical activity.

d) Physical Distancing

i) Based on CDC guidance, all student-athletes and staff must practice physical distancing of a minimum of 6 feet (2 arm widths) when possible.
ii) Discourage unnecessary physical contact (high fives, handshakes, fist bumps, hugs).

e) Cleaning and Disinfecting

i) The University has implemented significant cleaning and disinfecting measures, which will be coordinated for Athletics by Facilities Management. Athletics staff will work with Facilities to clean Oshkosh Sports Complex (OSC) using all disinfecting equipment. Facilities will continue to address Kolf Sports Center cleaning.

(1) Deep cleaning has recently occurred in all campus facilities.
(2) All athletic facilities and equipment will be cleaned and disinfected daily and at regular intervals throughout the day in high-use areas.

(a) Frequently Touched Surfaces
(b) Playing Surfaces
(c) Water Fountains

(i) Mouthpieces of water fountain will be shut off and unavailable.
(ii) Water bottle dispensers will be available in certain locations.

(d) Athletic Training Room

(i) Once a day (Dedicated time for AT’s)
(ii) Table/Equipment between every student-athlete

An electrostatic disinfecting sprayer is used by custodial staff where appropriate in locker rooms, shower areas, weight rooms, and other facilities. Additional cleaning measures will be taken if the University is notified that an individual with a positive diagnosis of COVID-19 was, or currently is, on campus.

f) Minimize sharing of equipment and objects

i) Limit certain equipment to one group of players.
ii) Disinfect equipment between individual and group use.

9) Functional Units

i) Student-athletes should be trained in functional units of 5-10 individuals during the first 2 weeks (minimum) and documentation of groupings should be kept for future testing and contact tracing.
ii) All athletic-related activities should be scheduled in a way to reduce interactions between multiple units and to limit the number of individuals entering and exiting in the same time period.

h) Titan Safety Promise
i) All student-athletes and staff members will be required to sign the Titan Safety Promise.

i) Education
i) Hand and personal hygiene
ii) Signage (free on CDC website) at locker rooms, athletic training room(s), meeting rooms, gyms, weight room
iii) Video sent by email demonstrating proper hand hygiene
iv) Masking policy signs
v) Education will be part of COVID Questionnaire Education form in ATS
vi) Contact Tracing

4) Guidance Documents/Policy Links:
a) NCAA Sports Science Institute:


c) NATA ICSM Pre-Return and Return-to-Campus Preparation and Communication Plan:

d) Centers for Disease Control and Prevention (CDC) Guidelines:


f) Core Principles of Resocialization of Collegiate Basketball:
https://www.ncaa.org/sport-science-institute/core-principles-resocialization-collegiate-basketball

5) Definitions
a) COVID like illness/symptoms
   i) Shortness of breath
   ii) Difficulty breathing
   iii) Cough or other respiratory symptoms
   iv) Chest pain
   v) Severe headache
   vi) Chills
   vii) Muscle aches/ body aches
   viii) Sore throat
   ix) Congestion/ runny nose
   x) New loss of taste or smell
   xi) Nausea, vomiting or diarrhea
   xii) Pain, redness, swelling or rash on toes or fingers (COVID-toes)
   xiii) New rash or other skin symptoms
   xiv) Temperature of 100.4° Fahrenheit or greater

b) Known Exposure
   i) Contact with an infected individual or prolonged contact with a crowd without physical distancing

c) Isolation
   i) Keeping sick people away from others by limiting contact. They are separated from everyone else either in their home or in another place that allows for it. Minimum of 10 days but may be extended due to severity and length of symptoms.

d) Quarantine
   i) Restricts movement and contact of healthy people who have been exposed and lasts for 14 days.

e) COVID-19 PCR test
   i) A laboratory test for use in testing patient specimens for severe acute respiratory syndrome.

f) Personal Protective Equipment
   i) Protective materials such as gowns, gloves, masks, face shields, among others designed to protect the wearer’s body from injury or infection.

g) Medical Stability
   i) Medical Stability is determined by the mental status and vital signs of the patient.
      (1) A patient is considered mentally unstable if the patient does not have any motor response or is unable to respond. This includes no reaction to a pain stimuli, unable to move,
unable to obey commands, no eye response (pupil dilation or constriction), no verbal response (this includes no response at all, incomprehensible words, not making any sense, confused, or disoriented speech).

(2) A patient is considered to have unstable vital signs if a patient is increased temperature (above 100.4 F), unable to breath (or difficult breathing), does not have a pulse, decreased oxygen blood saturation, or abnormal blood pressure.

(3) A patient is considered to be medically stable if they have full mental status (able to comprehend what is happening around them and able to focus) and have normal vital signs (normal heart rate, respiratory rate, blood pressure, temperature, and oxygen saturation).

h) Re-Acclimatization
   i) The act or process of readapting an individual to a given environment or situation.

i) Contact Tracing
   i) Communication process that supports an infected individual and also identifies individuals that may be at risk for COVID-19 due to contact with an infected individual. It is important to limiting the spread of COVID-19 by identifying those that are at risk and asking them to isolate (positive COVID-19 patient) or quarantine (healthy person that encountered a positive COVID-19 patient).

j) Actively Participating
   i) When a student-athlete is involved in either practice or games and is participating in practice. A student-athlete is not actively participating when they spend most of the time during a practice or game watching other players.

6) Revision History:
   a) Created: June 25, 2020
   b) Revised: October 2, 2020
   c) Revision Approved: October 23, 2020