I. Overview
The Aviatrix Women’s Ultimate Frisbee Team will follow this Standard Operation Procedure for practice during the Spring 2021 Semester. This SOP does not include competition. Practice will take place at Rec Plex as weather permits.

The Aviatrix Sports Club will follow all guidelines listed by the University of Wisconsin Oshkosh as well as guidelines listed by USA Ultimate (our governing sport body). The USA Ultimate COVID-19 guidelines can be found at https://www.usaultimate.org/assets/1/Page/ReturnToPlayGuidance-June2020.pdf.

II. Applicability:
Students who are a member of our club, only players will be allowed at practice.

III. Procedure: Protections in Place
A. Face Covering Requirements
   1. Face Coverings will be worn in accordance with the University SOP on the use of Face Coverings.
B. Physical Distancing Parameters
   1. Physical Distancing will be enforced. Players will be required to remain six feet apart while at practice. Appropriate distances will be marked by cones during drills to remind players of this guideline. Physical Distancing requirements will be enforced for all drills, activities, and exercise. Unnecessary physical contact will be strongly discouraged (high fives, handshakes, fist bumps, hugs).
C. Procedure/Process
   1. Self-Assessment: All players should complete the self-assessment on the UWO Mobile App before practicing.
   2. Testing:
      i. All players will be required to be tested for COVID-19 weekly using the University testing facility at Albee Hall.
ii. The executive board will be responsible for tracking practice attendance. Documentation of this tracking will be available upon request.

iii. A University staff member will be responsible for tracking the club’s testing. Proof of testing will not be provided to a student to track compliance. Documentation of this tracking will be available upon request.
   1. The club executive board includes: Sylvia Peterson, Tristen Klitzke, Natalie Walker
   2. The club advisor and/or University staff member is: Nathan Stuart

iv. Students who test positive or are deemed close contacts must follow the procedures of the University for the isolation or quarantine period as required.

3. Functional Units: No more than ten players will attend a practice. These ten players will be split into two groups of five individuals. The two groups will not mix or interact throughout the course of the practice. All drills, activities, and exercises will be done within these two groups of five individuals.

4. Minimize sharing of equipment and objects: Discs are the only shared equipment present at practice. Discs will only be shared between a small group of players (2-5 players).

D. Hygiene

1. Players will wash hands before and after practice. Hand washing and cleanliness will be recommended to players at all times as players will occasionally share discs within their designated small group.

2. Personal Hygiene Recommendations for Players: Avoid touching eyes, nose and mouth with unwashed hands. Cover cough and sneeze with inside of elbow or tissue. Discard tissues immediately after use. No spitting, no sharing of towels, and no sharing of clothing. No sharing of water bottles. Shower immediately after physical activity.

E. Disinfection

1. Discs are the only shared surface present at practice. Discs will be disinfected in between every drill where discs are shared. The Executive Board and the Captains will be responsible for this. Discs will be disinfected in between every practice. The Executive Board and the Captains will be responsible for this. The club will get disinfecting supplies from the University using their campus account.

IV. Guidance Documents/Policy Links:
UW Oshkosh COVID-19 Guidelines: https://uwosh.edu/titans-return/

V. Revision History:
Created: 12/8/2020
Revised/Reviewed: