Bemidji State University COVID-19 Back-to-Campus Preparedness Plan addendum – Track and Field - Throws

Screening and policies for those exhibiting signs and symptoms of COVID-19

Employees and students have been informed of and are encouraged to self-monitor for signs and symptoms of COVID-19. The following policies and procedures are being implemented to assess workers’ health status prior to entering the campus and for employees and students to report when they are sick or experiencing symptoms.

- Students will be required to fill out a COVID-19 screening questionnaire prior to their first return to campus to assess previous infection status/contacts with individuals (provided by BSU Athletic Trainers, attached in document)
- Students and staff will be asked about symptoms daily before allowed to participate in voluntary workouts, this will be documented on a daily check in screening form (attached to this document)
- If symptoms are present that student/staff will not be allowed to enter the participate in voluntary workout they will be directed to BSU Athletic Trainers or directly to Sanford Health for testing

Handwashing & Hand Sanitation

BSU Track and Field will request all student athletes provide their own hand-sanitizers, there will be sanitizers provided for those who are unable to bring their own.

All athletes will sanitize their hands during the following times:

- Prior to the start of all workouts
- Conclusion of all workouts
- Following any incidental contact with equipment or athletes

Respiratory etiquette: Cover your cough or sneeze

Masks or cloth face coverings can be worn to help control infection from people who may be infected but are asymptomatic. We will encourage our athletes to wear covering to and from workouts. Coaches will be required to wear masks during all workout sessions. They may provide some limited protection from being infected if exposed.
Social distancing

Social distancing is being implemented on campus through the following engineering and administrative controls:

- No groups larger than 10 are permissible
  - Groups include athletes staying in same home do workouts at same time, if applicable
- Coaches will remain outside of throwing cages and off of cement throwing areas where all throws are performed
- Athletes must maintain a distance of at least six feet from all other athletes and staff
- Staff must maintain a distance of at least 6 feet from other staff and athletes
- We will ask athletes to park in the Oak Hall parking lot to decrease any gates that need to be opened or closed

Housekeeping

Regular housekeeping practices are being implemented during voluntary workouts. In an effort to minimize the possibility of contact and spread of virus we will use minimal equipment.

- Athletes and staff must use hand sanitizer before workouts
- Athletes will use approved disinfecting wipes to clean all equipment
- Staff must use hand sanitizer or wash hands before and after each athlete contact
- Athletes will provide their own personal water and water bottles

The following equipment will be used during voluntary workouts and following procedures will be used for each.

- Hammers/Shots/Discus
  - Disinfected before and after each practice session
  - Each athlete will be throwing separate hammers

Certification

This plan has been certified by Bemidji State University leadership and was shared and posted throughout the campus community June 25th. It will be updated as necessary.

Certified by:

Faith C. Hensrud

Bemidji State University President