
Bemidji State University is committed to providing a safe and healthy environment for our students, faculty, staff, and members of our campus community. To ensure that, we have developed this Back-to-Campus Preparedness Plan in response to the COVID-19 pandemic utilizing guidance offered in Emergency Executive Order 20-40, Allowing Workers in Certain Non-Critical Sectors to Return to Safe Workplaces, April 23, 2020. We are all responsible for implementing this plan. Our goal is to mitigate the potential for transmission of COVID-19 in our campus(es) and that requires full cooperation among students, faculty, staff and members of our campus community. Only through a cooperative effort, can we establish and maintain the safety and health of our campuses.

Campus leaders, supervisors, employees, and students are responsible for implementing and complying with all aspects of this Plan. Bemidji State University leaders and supervisors have our full support in enforcing the provisions of this policy.

We are serious about safety and health and keeping our students and employees safe. Your involvement is essential in developing and implementing a successful Campus COVID-19 Preparedness Plan. Our Preparedness Plan follows Centers for Disease Control and Prevention (CDC) and Minnesota Department of Health (MDH) guidelines and federal OSHA standards related to COVID-19 and addresses:

- Hygiene and respiratory etiquette;
- Engineering and administrative controls for social distancing;
- Housekeeping – cleaning, disinfecting and decontamination;
- Prompt identification and isolation of sick persons;
- Communications and training that will be provided to managers and workers; and
- Management and supervision necessary to ensure effective implementation of the plan.
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 (attached to this document). If there are red flags on this document students will be referred to team physician for further evaluation.
- Students and staff will be asked about symptoms daily as well as have a temperature check with non-contact infrared thermometer before entering facilities this will be documented on a daily check in screening form (attached to this document)
  - Temperatures above 99° will be retaken, if elevated temp above 100° remains, this will be considered a positive temp check and student/staff will be sent home. If student/staff has a sunburn and elevated temp the testing site can be altered to the area behind the ear.
- If symptoms are present that student/staff will not be allowed to enter the weight room and will be directed to Sanford Health for testing

Employees will follow the normal process of informing supervisors if they are sick or experiencing symptoms while at home or work. Students should inform their athletic trainer.

The policy of Bemidji State University is to follow Minnesota Department of Health and local health department guidance and direction on informing workers if they have been exposed to a person with COVID-19 on campus and requiring them to quarantine for the required amount of time.

Handwashing

Basic infection prevention measures are being implemented at our campus at all times. Employees and students are being instructed to wash their hands for at least 20 seconds with soap and water frequently throughout the day, but especially at the beginning and end of their time on campus, prior to any mealtimes and after using the toilet. All visitors to campus facilities will be required to wash their hands prior to or immediately upon entering the facility. All work and classroom places have hand-sanitizer dispensers in each restroom and hand sanitizer is available through office services for anyone wishing to have it. (Sanitizers must be of greater than 60% alcohol)

Respiratory etiquette: Cover your cough or sneeze

Employees and visitors are being instructed to cover their mouth and nose with their sleeve or a tissue when coughing or sneezing and to avoid touching their face, in particular their mouth, nose and eyes, with their hands. They should dispose of tissues in the trash and wash or sanitize their hands immediately afterward. Respiratory etiquette will be demonstrated on posters and supported by making tissues and trash receptacles available in work and classroom places. Signs are posted on doorways to educate staff and students. Staff and students will also receive education when they are notified of the facilities re-opening and when they first arrive to campus.
Masks or cloth face coverings can be worn to help control infection from people who may be infected but are asymptomatic. They may provide some limited protection from being infected if exposed. Employees are required to wear a mask or cloth face covering while students are present to prevent the spread of COVID-19 in the weight room due to close contact situations. Students are strongly encouraged to wear masks to and from the weight room. They will not be required to wear them while working out.

Here are a few important things to keep in mind:

- Masks or cloth face coverings can help with preventing your germs from infecting others – especially in situations where you may spread the virus without symptoms.

- Wearing a mask or cloth face coverings does not protect you from others who may spread the virus. So, whether or not you wear a mask or cloth face coverings, you still need to wash your hands frequently, cover your cough, and practice social distancing by keeping at least 6 feet of space between people.

- People who are sick should still stay home. Wearing a mask or cloth face coverings does not mean people who are sick should go out into the community. If you are sick and need to go to the doctor, call your health care provider before going in and wear a mask or cloth face coverings to the clinic.

- Don’t buy or wear surgical or N95 masks. These supplies are in high need in health care facilities to protect health care workers.

- A mask of cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask or cloth face coverings without assistance.

Social distancing

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

- Training sessions will be held outside on grass practice fields while maintaining a minimum separation of 6 feet between athletes and coaches
- One Strength and Conditioning Coach and 9 student-athletes per session
- These training sessions will include speed, agility, plyometric, conditioning, and body weight training
- Will have groups every hour as needed (with reasonable hours)
- 45-minute training sessions with 15 minutes between groups to help reduce gathering of student-athletes
- Athletes will be instructed to not show up early and not to gather in the parking lots
- Athletes will need to show up ready to workout, locker rooms will not be made available
- Student-Athlete sign up is mandatory prior to arriving to train

Staff and visitors are prohibited from gathering in groups and confined areas, including elevators, and from using other workers’ personal protective equipment, phones, computer equipment, desks, cubicles, workstations, offices or other personal work tools and equipment.
Housekeeping

Regular housekeeping practices are being implemented, including routine cleaning and disinfecting of work surfaces, equipment, tools and machinery, vehicles and areas in the campus environment, including classrooms, labs, restrooms, common areas, break rooms, lunch rooms, meeting rooms, and drop-off and pick-up locations. Frequent cleaning and disinfecting will be conducted in high-touch areas, such as phones, keyboards, touch screens, controls, door handles, elevator panels, railings, printers and copy machines, credit card readers, delivery equipment, etc.

1) Student responsibilities
   a) Must use hand sanitizer before entering the weight room
   b) Athletes will be given an individual sweat towel and cleaning towel on entry and must deposit those towels in laundry bins as they leave
   c) Will use disinfecting wipe/disinfecting spray and towel to clean all equipment after use per the manufacturer’s recommendations

1) Staff responsibilities
   a) Must wash hands before entering any facility
   b) Must use hand sanitizer before and after each training session
   c) Must complete Daily Cleaning Log at the conclusion of each day using approved sanitizer/disinfectant per the manufacturer’s recommendations

<table>
<thead>
<tr>
<th>Weight Room Daily Cleaning Log</th>
<th>June 2020</th>
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</thead>
<tbody>
<tr>
<td><strong>Day</strong></td>
<td>1 2 3 4 5</td>
</tr>
<tr>
<td>Disinfect Bars</td>
<td></td>
</tr>
<tr>
<td>Disinfect Benches</td>
<td></td>
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<tr>
<td>Disinfect Plates</td>
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<tr>
<td>Disinfect Dumbbells</td>
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<tr>
<td>Disinfect Cable Machines</td>
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<tr>
<td>Disinfect Reverse Hyper Machines</td>
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<tr>
<td>Disinfect Lat. Pull Down Machines</td>
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<tr>
<td>Disinfect Bands</td>
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<tr>
<td>Disinfect Weight Lifting Belts</td>
<td></td>
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<tr>
<td>Disinfect Medicine Balls</td>
<td></td>
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<tr>
<td>Disinfect Stability Balls</td>
<td></td>
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<tr>
<td>Disinfect Scale</td>
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<tr>
<td>Disinfect Bikes</td>
<td></td>
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<tr>
<td>Disinfect Leg Press</td>
<td></td>
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<tr>
<td>Disinfect Squat Racks</td>
<td></td>
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<tr>
<td>Disinfect Box Jump Boxes</td>
<td></td>
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<tr>
<td>Disinfect all Doors and Door Handles</td>
<td></td>
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<tr>
<td>Disinfect Storage Room</td>
<td></td>
</tr>
<tr>
<td>Disinfect Office</td>
<td></td>
</tr>
</tbody>
</table>
Communications and training

This plan was communicated via email/online video/and in person to all employees and students June 1st and when they arrived on campus for the first time. Necessary training was also provided. Additional communication and training will be ongoing providing email/text updates and provided to all employees and students who did not receive the initial training. Leaders and supervisors are to monitor how effective the program has been implemented by regular feedback from staff and students, and weekly checks on symptom check logs. Employees and students are to work through this new program together and update the communication strategies and training as necessary.

This plan has been certified by Bemidji State University leadership and was shared and posted throughout the campus community June 15th. It will be updated as necessary.

Certified by:

[Signature]

June 8, 2020
College/University President
Appendix A – Guidance for developing a COVID-19 Preparedness Plan

General

www.cdc.gov/coronavirus/2019-nCoV
www.health.state.mn.us/diseases/coronavirus
www.osha.gov
www.dli.mn.gov

Handwashing

www.cdc.gov/handwashing/when-how-handwashing.html
www.cdc.gov/handwashing
https://youtu.be/d914EnpU4F0

Respiratory etiquette: Cover your cough or sneeze

www.health.state.mn.us/diseases/coronavirus/prevention.html
www.cdc.gov/healthywater/hygiene/etiquette/coughing_sneezing.html

Social distancing

www.health.state.mn.us/diseases/coronavirus/businesses.html

Housekeeping

www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2

Operating Instruction on Campus Management and Cleaning to Slow the Spread of Coronavirus Disease 2019 (COVID-19) in Minnesota State, April 2, 2020

Employees exhibiting signs and symptoms of COVID-19

www.health.state.mn.us/diseases/coronavirus/basics.html

Training

www.health.state.mn.us/diseases/coronavirus/about.pdf
www.osha.gov/Publications/OSHA3990.pdf