

# COVID-19 Entry Procedures

## Grays Harbor College Athletics

August 17, 2020

Covid-19 continues to present a significant risk to individuals in the United States and, specifically, in the Grays Harbor area where GHC is located. We want to assure the safety of our campus community throughout this orientation to the new normal and a return to campus activities. GHC has created this plan as a guideline towards gradually reintroducing athletic activities back on campus once approval has been received from the Grays Harbor County Health Authority and in conjunction with the Washington State Department of Health as the per the COVID Plan for Higher Education. The plan includes:

- Governing Documents
- Health Authority Authorization
- Covid-19 Awareness Training
- Student-Athlete Screening
- On-Campus Screening Protocol
- Infectious Disease Prevention Measures
  - Social distancing
  - Hand washing/sanitizer
  - Cleaning equipment
- Students and staff that test positive for Covid-19, or are experiencing Covid-19 symptoms
- Transportation
- Event Management
- COVID-19 Team and Athletic Liaison

## Governing Documents

This plan has been developed in compliance with the following documents:

- [Proclamation 20-12.1](#)
- [DoH Screening Guidance](#)
- [Campus Reopening Guide](#)
- [Phase 2 & 3 Fitness Training](#)
  - [August 3<sup>rd</sup> Memo](#)
  - [August 10<sup>th</sup> FAQ](#)
- [Phase 2 & 3 Sporting Activities](#)
  - [June 4<sup>th</sup> Memo](#)
- [NWAC Return to Play Guidance](#)

## Health Authority Authorization

This plan will go into effect as authorized by the Grays Harbor Public Health & Social Services in conjunction with the Washington State Department of Health. Certain components of this plan may be altered to confirm with Public Health and Higher Education guidelines. The COVID Management Team will be brought up to speed with regular status briefings from the Grays Harbor Public Health as well as the COVID Plan for Higher Education as that information is made available. This practice will continue for the duration of this plan.

## Covid-19 Safety Requirements

Covid-19 safety requirements shall be visibly posted at the West entrance of the 500 building on the GHC campus which provides access to the gymnasium, Fit Lab, and Weight room. Posters will be provided by Campus Security or Campus COVID Management Operations.

## Student Athlete Covid-19 Awareness Training

On the first day of each academic quarter, student athletes are required to participate in Covid-19 awareness training which will be assigned to them by the Athletic Director in conjunction with the head coach of each sport. Once assigned, students can access the training on the Canvas platform. In addition, students are required to complete training updates as provided by Athletic Department staff. Training attendance will be documented on a log by Athletic Department staff and retained by the Athletic Director. Paper files to be scanned and logged by date for computer access if information is needed at a later date.

## Student Athlete Covid-19 Screening

Student athletes will be required to undergo Covid-19 screening immediately when arriving on campus or athletic event which includes 1) temperature check, and 2) the completion of a student survey self-test for COVID-19 symptoms prior to entry into the facility. These checks are to be conducted by a member of the Athletic Department and the records to be kept on file in the office of the Athletic Director. Paper files to be scanned and logged by date for computer access if information is needed at a later date.

The temperature check will be performed using a 'no-contact' infra-red thermometer. The screener will wear proper PPE and maintain appropriate distancing to conduct a successful temperature check.

- a. Screener. The screener who is to be conducting temperature checks will be responsible for self-assessment requirements prior to conducting temperature checks on individuals entering the facility. If their self-assessment is clear they will proceed to the entrance for screening of others. If their self-assessment is negative, they will contact another member of the Athletic Department staff to inform them of the need for a substitute screener and their subsequent need to isolate and monitor their own health for the next 10 days, plus 3 days post-symptomatic, in accordance with self-isolation guidelines. Athletic staff with a negative self-assessment will self-report to Stephanie Noland in HR, in accordance with overall campus COVID policy.
- b. Pass. If the result of the temperature check is less than 100.4°F, the individual is then directed to the symptom survey where the student will verify that they do not have the posted symptoms. If the student verifies they do not have the symptoms, then they mark the appropriate boxes indicating so and the screening is complete.
- c. Fail. If the result of the temperature check is 100.4°F or above, the screener indicates the result to the individual and then checks the temperature two additional times. If at least two of the three checks are 100.4°F or more, the screener informs the individual the person did not pass and provides the individual a document of instructions before asking them to leave. If possible, this conversation with the individual should move to a side area/room so the conversation is more confidential.

Thermometer results can be inconsistent based on a number of factors that should be taken into consideration and not automatically result in a failed test, this is why taking the temperature three times, after the first result is 100.4°F or higher is important. First, the screener will want to be sure they are taking the temperature per the instructions and training. Additionally, heat and physical exertion can be a factor in a false positive result. The screener should have the individual step aside for a brief consult and consider having the individual wait at least 10 minutes before taking another temperature check. It would be suggested that, if the

individual just came in from the heat (their hot car, walk to campus in the sun, etc.,) then have the individual sit down in a shaded spot (if outside) or under the normal heating/cooling temperature of the building (if inside) before taking their temperature again. Do not request or document any volunteered personal health information.

All documented data for those entering the facility which includes the will be recorded and put on file for potential future reference. Individuals who refuse to leave will be asked to step aside for the time being and Campus Security will be contacted to provide additional assistance.

d. Symptom Survey:

1. Do you have a fever (100.4F or higher), a sense of having a fever, or chills?
2. Do you have a new cough that you cannot attribute to another health condition?
3. Do you have new shortness of breath or difficulty breathing that you cannot attribute to another health condition?
4. Do you have fatigue that you cannot attribute to another health condition?
5. Do you have new muscle aches (myalgia) that you cannot attribute to another health condition, or that may have been caused by a specific activity (such as physical exercise)?
6. Do you have a headache that you cannot attribute to another health condition?
7. Do you have new loss of taste or smell that you cannot attribute to another health condition?
- 8.
9. Do you have a new sore throat that you cannot attribute to another health condition?
10. Do you have congestion that you cannot attribute to another health condition?
11. Do you have nausea or vomiting that you cannot attribute to another health condition?
12. Do you have diarrhea that you cannot attribute to another health condition?

e. Late Detection. If any of these symptoms develop while a student is on campus they are to report it immediately to their coach/supervisor, go home, and self-monitor for further symptoms and changes in their health condition.

f. Refusal. If an individual refuses to submit for temperature check, that individual's name should be requested and recorded in the daily log prior to asking them to leave the campus. Note: Students can be subject to unexcused absences and any applicable student conduct code violations.

## Denied Entry

Student athletes who have been denied entry will be given the following form:

Dear Student,

You were denied entry based on having a temperature of 100.4°F or above or by self-assessment, have confirmed that you are experiencing one or more COVID-19 Symptoms.

1. Please leave the GHC campus and return home to monitor your symptoms.
2. You will be contacted by your coach, an administrator, or GHC representative to follow-up on your continued health condition.
3. If someone in your household has flu symptoms or has been confirmed COVID 19 positive - **DO NOT COME IN**. Report any instances of confirmed COVID 19 positive cases in your household to your head coach or Athletic Director.
4. Return to the GHC campus is only allowed under one the following conditions:
  - a. If you have confirmed or suspected COVID-19 and **have symptoms**, you can end home isolation when:
    - i. You have been fever-free for at least 24 hours without the use of fever-reducing medication, **AND**
    - ii. Your symptoms have improved, **AND**
    - iii. At least 10 days have gone by since your symptoms first appeared.
  - b. If you test positive for COVID-19, but **have not had any symptoms**, you can end home isolation when:
    - i. At least 10 days have passed since the date of your first positive COVID-19 test, **AND**
    - ii. You have had no subsequent illness.
  - c. If you have been tested for COVID-19 and received a negative test result.

Should you have questions, please communicate those to your coach or the Athletic Director.

## Reporting Covid-19 Symptoms within the Athletic Department

If a student-athlete or staff member believes that they have been exposed (directly, or indirectly) to Covid-19, have tested positive for Covid-19, or are experiencing symptoms that include, but are not limited to:

- Fever
- Cough
- Loss of taste/smell
- Nausea
- Fatigue
- Diarrhea

They should immediately contact their coach, Athletic Director, or COVID-19 campus representative who will contact the Athletic Liaison to file a Covid-19 report. Once the report is received, a risk assessment is completed by the Safety, Security, and Emergency Management Coordinator. . The Athletic Director and/or head coach of the sport the athlete plays, will also be contacted for follow-up.

## Infectious Disease Prevention Measures

### Face Coverings

Staff and student-athletes are required to wear a face covering that is in accordance with Washington State Department of Health guidelines, or as required by Washington State Department of Labor and Industries while on GHC property. Students, staff, and faculty will be provided appropriate face coverings or they may furnish their own.

During early Gray and Red phase training, PPE will be required during workouts. Once the 28 day period has passed for COVID symptom free training, then PPE will only be required when arriving and leaving the training facility. This same requirement will apply during the Yellow and Green phase periods. PPE will be required for all workouts during the Brown phase training period.

### Social Distancing

While on campus, staff and student-athletes will be required to maintain at least a 6 foot distance from others. Distance indicators will be in the form of tape or stickers adhered to the ground or by physical markers (stanchion/traffic cones, etc.) in high foot traffic areas. In confined areas, such as the Weight Room or Fit lab, Athletic Department staff will ensure that social distancing standards are being met which may include limiting the amount of people in the area at one time. If students are in areas where seating is available, the Athletic Department staff will ensure that the arrangement of tables/chairs support the 6 foot distance requirement.

## Sanitation Protocol

### Training

Prior to working in training facilities and areas where sanitizing is necessary, all staff, employees, and students who are required to complete sanitization practices will be required to attend and complete a sanitization training program and watch any accompanying media supplements that are included in such training and then apply those practices when the cleaning of facilities and/or equipment is required.

### Facilities/Equipment

Soap and running water shall be abundantly provided at all locations for frequent handwashing. Students and employees will be encouraged to wash their hands frequently, before and after going to the bathroom, before and after eating, before and after using Athletic Department equipment that includes, but not limited to:

- Free weights
- Bats/Clubs
- Balls
- Exercise equipment

In the absence of running water and soap, hand sanitizing gel will be provided.

#### EQUIPMENT:

- A daily log will be kept of people/teams using the equipment.

#### WEIGHT ROOM:

- The total number of people in the Weight Room or Fit Lab at a given time will be based upon current guidelines regarding the square footage of each room and the capacity allowed accordingly.
  - o As of 8/15/2020, maximum occupancy of athletic spaces are:
    - Weight Room: 4 people
    - Fit Lab: 7 people
    - Athletic Court: 25 people, in separate groups of no more than 5 athletes. Groups shall not intermingle.
- Weight machines will be moved or modified to ensure that there is adequate room for a safe and secure training area. There may be a need to create additional work-out areas either in the gymnasium or outside of the building to accommodate training needs.
- Each patron will sanitize their hands upon entering the weight room with hand sanitizer.
- Each patron will wipe down the weight machine with a disinfectant spray and cloth before and after each use.

- The weight room and fit lab equipment and high-touch areas will be cleaned and sanitized by coaches between group workouts with a 30 minute drying/no-contact time between sessions. An overall cleaning will be performed by maintenance personnel at the end of each day.
- Patrons will be required to wear masks when not actively using the weight machines or when moving between workout areas.
- A daily log will be kept of all people using the training facilities.

#### GYM Rules:

- One entrance will be designated as entry only. It will remain locked and athletes will be let in as needed.
- One exit will be designated as exit only and will remain locked at all times.
- Drinking fountains are used for refilling water bottles only and will be signed accordingly.
- Maintain 30 minutes between each gym use to ensure enough time to disinfect high touch areas.
- No shower or locker facilities will be open for use.
- A daily log will be kept of all people using the gym.

#### Cleaning Supplies

Each area where students will be participating in athletic activities will be provided cleaning kits that include:

1. Disinfectant, 2 Spray Bottles
2. Safety Glasses
3. Gloves
4. Rags
5. Alcohol wipes
6. Bucket

Spray bottles of Lemon Quat and Alcohol wipes are available for your use before or after handling equipment. Lemon Quat has a contact time of 10 minutes, 2 minutes for the Alcohol wipes. Wet the surface to be decontaminated and allow to air dry. Do not spray anything that is electrically energized.

Custodial staff will be notified daily of Athletic Department areas that have been used so that they can focus their cleaning efforts to sanitize these areas.

#### NWAC (Northwest Athletic Conference) Training Phases/Guidelines



The following information comes directly from the NWAC Return To Play guidelines as distributed by the NWAC Executive Board and the NWAC Commissioner.

## NWAC SPORTS CALENDAR

Fall Sports	Grey Phase	Red Phase	Yellow Phase	Green Phase	Championships
Cross Country	See above	8/15/20	8/29/20	9/12/20	11/14/2020
Soccer	See above	2/3/21	2/17/21	3/3/21	6/4-6/2021
Volleyball	See above	2/27/21	3/13/21	3/27/21	6/4-6/2021
Golf	See above	8/15/20	8/29/20	9/12/20	Spring 21
Baseball					
Softball					
Winter Sports		Red Phase	Yellow Phase	Green Phase	Championships
Basketball	See above	1/16/2021	1/30/2021	2/13/2021	5/14-16/2021
Spring Sports		Red Phase	Yellow Phase	Green Phase	Championships
Baseball	See above	2/13/21	2/27/21	3/13/21	5/27-31/2021
Softball	See above	2/13/21	2/27/21	3/13/21	5/21-23/2021
Golf	See above	2/8/21	2/22/21	3/8/21	5/16-17/2021
Tennis	See above	2/8/21	2/22/21	3/8/21	5/7-8/2021
T&F	See above	2/15	3/1/21	3/15/21	5/24-25/2021
T&F ME					5/3-4/20201

### NWAC RETURN TO PLAY GUIDELINES FALL SPORTS 2020 (STEP 1 COLOR PHASE APPROACH)

**Summary:** In conjunction with the NWAC Sports Medicine Committee, Dr. De Gooyer, and review of literature from state, national health agencies, NCAA, and other medical agencies, NWAC has created a color phase approach to for our Return to Play Guidelines. As prescribed by the NWAC Sports Medicine Committee, NWAC student-athletes/teams will follow the “color phase” protocol when returning to play (see information above). Before entering the “color phase protocol,” each NWAC member college will provide the NWAC with their respective return to campus protocol. Information to include: Identification of Covid-19 team and the Covid-19 liaison; Authority from local health authority and are following state and local health authority guidelines; Plan for sanitization, acquiring PPE’s, handling a positive/symptomatic individual, monitoring symptoms, contact tracing, and education plan for student-athletes, staff, and coaches, and game management.

GREY PHASE: Re-entry plan (2 weeks)

- *NWAC recommends in accordance with national guidelines (CDC) that all athletes shelter in place and/or quarantine in the county of their institution 14 days prior to the red phase.*
- NWAC student-athletes/teams will follow the “color phase” protocol when returning to play (see information below on dates and phases. Before entering the “color phase protocol,” each NWAC member college will provide the NWAC with their respective return to campus protocol.
- Information to include: Identification of Covid-19 team and the Covid-19 liaison; Authority from local health authority and are following state and local health authority guidelines;

- Plan for sanitization, acquiring PPE's, handling a positive/symptomatic individual, monitoring symptoms, contact tracing, and education plan for student-athletes, staff, and coaches, and game management.

**RED PHASE: Limited Group Practice (ATC's recommend 14 days, which means we may move the championship dates back)**

- Student Athletes and athletics staff have completed the COVID19 Addendum and the recommended quarantine.
- Vulnerable individuals shelter in place and continue individual workouts with precaution.
- Small group training should occur based on local health authority restrictions.
- Gatherings of no more than 10 are allowed.
- Virtual meetings when at all possible.
- Gyms and common areas where student-athletes and staff are likely to congregate and interact, should remain closed **unless** strict distancing and sanitation protocols can be implemented.
- Nonessential travel should be minimized, and Centers for Disease Control and Prevention guidelines regarding isolation after travel should be implemented.

**YELLOW PHASE: Modified Team Practices**

- Vulnerable individuals should continue to shelter in place and continue individual workouts with precaution. Vulnerable individuals may perform workouts with coaches on an individual basis, with social distancing measures.
- Gatherings of more than 50 people should be avoided unless precautionary measures of physical distancing and sanitization are in place.
- Full team practices (*excluding vulnerable individuals*) can take place with social distancing measures in place.
- Nonessential travel should be minimized, and Centers for Disease Control and Prevention guidelines regarding isolation after travel should be implemented.

**GREEN PHASE: Full Team Practices & Games**

- Vulnerable individuals can resume in-person interactions, but should practice physical distancing, minimizing exposure to settings where such distancing is not practical.
- Gyms and common areas where student-athletes and staff are likely to congregate and interact can reopen if appropriate sanitation protocols are implemented, but even low-risk populations should consider minimizing time spent in crowded environments.
- Unrestricted staffing (video, table, game management, etc.) may resume with sanitation protocols in place.
- Consideration of spectator modifications (i.e. no spectators, physical distancing, etc.) to ensure safety of student-athletes, support staff and spectators

BLUE PHASE: All clear and is dependent on the successful development of widely available treatment including prophylactic immunotherapy, coupled with widespread, effective vaccination.

- Reduction of spectator modifications (i.e. no spectators, physical distancing, etc.).
- Return to normal practice.

NWAC schools have been sent the following medical information:

- \* Educational programs on COVID-19 for student-athletes.
- \* Educational programs on COVID-19 for athletic administrators and coaches
- \* COVID-19 Addendum
- \* COVID-19 Assumption of Risk
- \* Return to Play Protocol

## Transportation

If they have already been cleared to practice together and have gone through a 28 day isolation, quarantine, and training period, then they should be given the option to travel. To be discussed in further detail as more information is provided.

NWAC requires day trips only. Overnight stays must get pre-approval from institutional administration and the NWAC Board of Directors.

## Event Management

All sporting events will be managed in conjunction with the principles and guidelines established by the state of WA, local and county health authorities, Grays Harbor College COVID-19 protocols, and NWAC guidelines. Any additional standards are mentioned directly within the section for that sport.

Outdoor Sports: (Men's & Women's Golf, Women's Soccer, Baseball, Softball)

Golf: All golfing events will be managed according to state and local health authority standards and in conjunction with the NGCOA Park and Play guidelines endorsed by the state of WA as well as the safety and security protocols endorsed and established by the NWAC Executive Board and Commissioner.

Women's Soccer: Soccer events will need to be coordinated with the Aberdeen School District Athletic Director as it will involve the use and rental of Stewart Field.

Baseball and Softball: Baseball and softball events will need to be coordinated with the Aberdeen and Hoquiam Parks and Recreation Directors for the use of the Ken Waite Fields, Bishop Center Hitting Facility, Bishop Complex Fields, and Olympic Stadium.

Indoor Sports: (Volleyball, Men's & Women's Basketball, Men's & Women's Wrestling)  
Volleyball, men's and women's basketball, men's and women's wrestling will utilize Choker Gymnasium for home events. Additionally, men's and women's wrestling will be coordinating practice facility use at the mall and therefore coordinating facility use there.

#### Fit Lab & Weight Room Use:

All coaches and student-athletes who wish to utilize the training facilities in the 500 building on campus must follow the protocols and guidelines outlined in this Entry Procedures document.

#### **Miscellaneous**

- Students are encouraged not to bring items with them that cannot be kept on their person during training in the Weight Room and/or Fit Lab.
- Restroom
  - Cleaning wipes will be available to wipe down restroom prior to use.
  - Upon returning to lab student will enter through the designed area, wash hands and put on required PPE.
- Break/Lunchroom
  - Breaks can be taken in designated areas or students can go through exit/entrance procedure of removing/putting on disposable PPE and go outside (using social distancing) for breaks.

Prior to the start of training in any of our athletic facilities, sanitation-trained staff/students will use disinfectant wipes, EPA registered household disinfectant or approved bleach solution to wipe down equipment and training areas.

We are committed to adhere to the WA state Phase requirements for Higher Education & the NWAC Executive Board for the training of our student-athletes and the protocols necessary to begin a safe and consistent Return To Play for NWAC and GHC sponsored events.

**Will Rider, Director of Athletics**

**Dr. PageCarol Woods, Student Success Navigator-Athletics**

## COVID-19 Team and Athletic Liaison

### **The COVID-19 Team for Grays Harbor College**

Keith Penner, Co-Chair, Chief of Campus Operations

Lucas Rucks, Co-Chair, Dean of Workforce Education

Dr. Ed Brewster, President

Dr. Jennifer Alt, Vice-President for Student Services

David Parkinson, Safety, Security, Emergency Management Coordinator

Chris Macht, Campus Operations Coordinator

Karen Carriker, Classified Staff Representative

Pat Mahoney, Faculty Representative

Will Rider, Athletic Director

Dr. PageCarol Woods, Student Success Navigator-Athletics

### **The Athletic Liaison for GHC and the NWAC**

Will Rider, Athletic Director