



IU ATHLETICS
MEDICAL ADVISORY GROUP
PHASE ONE RESTART PLAN

**REQUIREMENTS REGARDING RESUMPTION OF LIMITED
ATHLETIC ACTIVITY AT CERTAIN FACILITIES**

INDIANA UNIVERSITY ATHLETICS MEDICAL ADVISORY GROUP

PHASE ONE RESTART PLAN REQUIREMENTS REGARDING RESUMPTION OF LIMITED ATHLETIC ACTIVITY AT CERTAIN FACILITIES

Background

To promote the health and safety of student-athletes, coaches and staff participating in team activities (collectively “Participants”), IU Athletics established the IU Athletics Medical Advisory Group on March 10, 2020 to provide expert medical advice to the Department. This group consists of Chief Medical Officer, Dr. Andy Hipskind; IU Team Physician, Dr. Larry Rink; and Dr. Tom Hrismalos, a specialist in infectious disease. Dr. Rink also serves on the Big Ten Task Force for Emerging Infectious Diseases. The IU Athletics Medical Advisory Group worked in collaboration with IU Environmental Health and Safety and IU Emergency Management to develop the following requirements for IU Athletics to implement for the resumption of limited athletic activities in certain facilities for Indiana University students who participate in intercollegiate athletics. IU Athletics recognizes that the protocols we are putting in place transcend the health and safety of the IU Athletics community, as we also seek to promote the health and safety of the general IU student body, the entire IU community, and the city of Bloomington.

Because of the rapid developments in best practices related to COVID-19, this plan is considered Phase 1 and addresses the protocols that are expected to be in place while teams pursue voluntary athletic activities. The plan will be updated as the Department looks toward team practices and ultimately competitions and as needed based on the guidance of relevant authorities. The plan has been developed to meet, and in some areas exceed, all federal, state, local, Indiana University, Big Ten Conference, and NCAA guidance relating to COVID-19. Key elements of this guidance are described below:

(1) State Guidance

On May 1, 2020, Indiana Governor Eric Holcomb announced his phased [plan](#) to reopen the state of Indiana. He announced that gyms, exercise and fitness centers will be permitted to be open, with proper restrictions in place, beginning in Stage III.

(2) Monroe County Health Department

Effective May 30, 2020, the Monroe County Public Health Department moved to Stage III of the State of Indiana’s “Back on Track” plan, which includes the opening of gyms, fitness centers, and like facilities.

(3) NCAA Guidance

On May 1, 2020, the NCAA released their [guidance](#) to help re-socialize sport. The IU Athletics Medical Advisory Group reviewed this guidance and used it to help draft the principles below. All recommendations were reviewed and incorporated in this plan except for the antibody test and herd immunity concepts, which the IU Athletics Medical Advisory Group believes need more research and guidance prior to adoption. IU Environmental Health and Safety experts agreed that the NCAA’s points regarding herd immunity or antibody testing were premature at this point in time. On May 20, 2020, and May 22, 2020, the NCAA D1 Council took votes to allow NCAA institutions to resume voluntary athletic activities beginning on June 1, 2020, so long as local, state, and federal regulations are followed. On May 28, 2020, the NCAA released the “NCAA Resocialization of Collegiate Sport: Action Plan Considerations,” which were developed in consultation with the NCAA COVID-19 Advisory Panel. Consistent with the guidance from the NCAA in that document, the Department has established the IU Athletics COVID-19 Action Team, which is made up of the following members:

- Stephen Harper, Senior Associate Athletic Director for Administration and External Alliances
- Mattie White, Senior Associate Athletic Director for Academic Services and Excellence Academy, SWA
- Joe Lueken, Senior Assistant Athletic Director and Head Athletic Trainer
- Dr. Andy Hipskind, Chief Medical Officer
- Todd Yeagley, Men’s Soccer Head Coach
- Mac Rogers, Tennis Student Athlete and SAAC President

- Tom Morris, Senior Assistant Athletic Director for Athletic Performance
- Dr. Troy Moles, Director of Counseling and Sport Psychology
- Dr. Kurt Zorn, Associate Vice Provost for Undergraduate Education and FAR
- Earlston Bean, Senior Assistant Athletic Director for Event Management
- Marcy Simpson, Senior Associate Athletic Director for Finance
- Kristin Borrelli, Senior Associate Athletic Director for Compliance
- Jeremy Gray, Senior Associate Athletic Director for Strategic Communications and Fan Experience
- James Nussbaum, Associate General Counsel

The COVID-19 Action Team will be responsible for assisting to communicate protocols to the greater Athletics staff and with providing feedback to the Medical Advisory Group about the implementation of COVID-19 protocols.

(4) Big Ten Conference Guidance

On May 4, 2020, the Big Ten Conference extended its [suspension](#) of all organized team activities through June 1, 2020. Following June 1, 2020, the Big Ten Conference will allow its member institutions to create plans to return to voluntary athletically related activities, in accordance with the guidance of that institution's state and local health departments, in addition to any relevant campus policies. The Big Ten Conference has released draft guidance to resume medical treatment and limited athletically related activity in the form of the "Big Ten COVID-19 Pandemic Playbook." Within the guidance, they required each member institution to name an Infection Control Officer to serve as the point of contact for COVID-19 related issues. Stephen Harper, Senior Associate Athletic Director, will serve as Indiana University's Infection Control Officer. The protocols within this document were developed to meet the expectations articulated in the draft "Big Ten COVID-19 Pandemic Playbook" and these protocols will be updated, if necessary, when a final version of the Playbook is released.

(5) Indiana University Guidance

On May 21, 2020, Indiana University released the Indiana University [Restart Committee Recommendations Report](#), which recommended that the timeline for a return to athletic activities be mid-June 2020.

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In collaboration with IU Environmental Health and Safety and IU Emergency Management, the Athletics Medical Advisory Group advises that the Department implement the following protocols for this expected return:

- I. Medical Safety Protocols: To promote the health and safety of the Participants, the following protocols must be followed prior to any Participant returning to athletically related activities and during the course of any athletically related activities on the IU Athletics campus.
 - a. Prior to Participants returning to athletically related activities, the gating criteria, established by the IU Athletics Medical Advisory group, will be met. The specific gating criteria can be found in Appendix 6.
 - b. Pre-Participation Benchmarks
 - i. Testing and Screening
 1. All testing for Participants will be conducted at the direction of the Chief Medical Officer.
 2. According to the Centers for Disease Control and Prevention (CDC), people with COVID-19 have a wide range of **symptoms**. Symptoms may appear 2-14 days after exposure to the virus. Symptoms include: coughing, shortness of breath/difficulty breathing, fever, chills, repeated shaking with chills, muscle pain, headache, sore throat, new loss of taste or smell, nausea, vomiting and/or diarrhea.
 3. If a student-athlete becomes symptomatic with any symptoms of illness, the student-athlete should immediately self-quarantine and contact a member of the IU Sports Medicine staff. The student-athlete should not enter the facility. The staff member will advise the student-athlete on the proper protocol and next steps, including a potential quarantine/isolation, until cleared to resume any level of activity.
 4. If a staff member, such as coach, strength staff member or support staff member, is symptomatic with COVID-19 symptoms, the staff member should self-quarantine and contact their primary medical professional and inform their supervisor. The staff member should not enter the facility.
 - ii. All Participants will undergo a virtual pre-participation history conducted by the IU Sports Medicine staff that will:
 1. determine if the Participant has been sick or is currently sick;
 2. determine if the Participant has been exposed to COVID-19 or has tested NEGATIVE or POSITIVE for COVID-19;
 3. determine where the Participant is traveling from and their mode of transportation to Bloomington; and
 4. determine if the participant is at high risk for severe illness if they contract the virus and whether additional precautions should be in place for that Participant or if medical clearance should not be provided for that Participant.
 - iii. All Participants will be required to sign the Expectations and Commitment Pledge ("Pledge") that outlines the expectations to practice personal hygiene, physical distancing, non-contact with others if symptomatic and the agreement to self-quarantine and/or self-isolate if necessary. Additionally, there will be a requirement to notify the IU Sports Medicine staff if the Participant becomes symptomatic. A copy of the Pledge can be found in Appendix 5.
 - c. All coaches and staff participating in team activities will be required to attend a virtual training to review these policies. This meeting will be led by Dr. Larry Rink and Dr. Andy Hipskind. Coaches and staff will not be permitted to participate in team activities until this training has been completed
 - d. Quarantine/Isolation
 - i. Participants with symptoms consistent for COVID-19 or those who are asymptomatic but have had direct contact with a COVID-19 patient must self-quarantine until cleared by IU Sports Medicine.

- ii. Participants who test positive for COVID-19 must self-isolate until cleared by IU Sports Medicine.
 - iii. If students need assistance to self-isolate or self-quarantine, they can work with the IU Sports Medicine staff to help with the process.
- e. Daily Medical Check
 - i. All Participants will respond, daily, to a health screening questionnaire prior to participating in team activities. If a student-athlete selects “yes” to any symptom(s), they should immediately contact a member of the IU Sports Medicine staff to receive guidance on next steps, and they should not come to the facility. Staff must contact their supervisor and their personal medical provider should they check “yes” to any symptoms(s), and they should not come to the facility.
 - ii. All Participants in team activities will have their temperature checked daily by the IU Sports Medicine staff.
 - iii. Phase 1 Medical Check Locations include the North End Zone entrance of Memorial Stadium and Cook Hall Main Entrance.
- f. Overall Participation Guidelines
 - i. Based on the guidance from the CDC, all Participants must practice **physical distancing** (being at least six feet apart from each other) at all times within the IU Athletics indoor and outdoor facilities.
 - ii. Based on the guidance from the CDC, all Participants will be reminded to **wash their hands** as much as possible, especially prior to and after using equipment, receiving medical treatment and working out. Alcohol-based hand rub (ABHR) sanitizer should be used frequently if the Participant is not able to wash their hands.
 - iii. Based on the guidance from the CDC, all Participants should wear **face coverings** (i.e. masks) at all times, especially when physical distancing measures are difficult to maintain.
 - 1. If there is physical activity where it is impossible to physically distance, such as spotting or stretching, Participants are required to wear face coverings. Student-athletes must follow the direction of the IU Sports Medicine staff regarding face coverings.
 - 2. If there is physical activity in a confined space, such as a meeting room, weight room or athletic training room, Participants are required to wear face coverings. Student-athletes must follow the direction of the IU Sports Medicine staff regarding face coverings.
 - 3. If there is physical activity outdoors where physical distancing measures are able to take place, such as sprints on a practice field, the Participants may not be required to wear a face covering. Participants should have their face covering with them so they can put it on when entering the facility. Student-athletes must follow the direction of the IU Sports Medicine staff regarding face coverings.
 - 4. Face coverings will be provided to all Participants and guidelines will be provided at the staff and student-athlete training sessions regarding proper use and cleaning of face coverings.
- g. Travel
 - i. All Participants should limit nonessential statewide, national and international travel.
 - ii. All Participants must follow the guidelines listed in this document when traveling.
- h. Specific Protocols for Participants Receiving Medical Treatment (Non-COVID-19 Related)
 - i. No more than ten total Participants, inclusive of staff and student-athletes, will be permitted in one space at a time. The maximum number of Participants could be less than ten in a given space if distancing is not possible for ten Participants. See Appendix 2 for specific facilities and their total number of allotted Participants. Staff should work together to confirm there is adequate time between appointments to ensure this rule is followed. The Head Athletic Trainer in each space is responsible for ensuring these protocols are followed.
 - ii. All Participants must wear a face covering at all times while receiving treatment.
 - iii. Whenever possible, treatment should be modified to reduce the physical contact between

- the student-athlete and staff.
 - iv. If more than one student-athlete is receiving treatment at one time, staff should maximize the distance between the Participants. The minimum distance is six feet.
 - v. Proper cleaning procedures, as outlined in Section III, Cleaning and Disinfecting Protocols, must be followed. The Head Athletic Trainer in each space is responsible for ensuring these protocols are followed.
 - i. Specific Protocols for Participants During Athletic Workouts and Practice
 - i. No more than ten total Participants, inclusive of staff and student-athletes, will be permitted in one space at a time. The maximum number of Participants could be less than ten in a given space if appropriate distancing is not possible for ten Participants. See Appendix 2 for specific facilities and their total number of Participants. Staff should work together to confirm there is adequate time between appointments to ensure this rule is followed. The Head Athletic Performance Coach or Head Sport Coach responsible for the workout is responsible for ensuring these protocols are followed.
 - ii. Participants should be grouped into cohorts for all in-person athletically related activities, including practice, meetings and strength and conditioning. The Head Coach is ultimately responsible for assignment of these cohorts but they should be made in consultation with athletic performance and sports medicine. The Director of Operations or appointed assistant coach is required to keep record of these cohorts on file for contact tracing purposes.
 - iii. When scheduling athletically related activities, cohorts should be staggered in a way to reduce interactions between Participants, ensuring no more than ten people at a time in a respective section of the facility. The schedule for the practice facilities will be maintained by the sport staff and the schedule for the weight rooms will be maintained by Tom Morris, Senior Assistant Athletic Director for Sports Performance.
 - iv. Participants should refrain from physical contact, such as high fives, fist bumps, and handshakes.
 - v. Proper cleaning procedures, as outlined in Section III, Cleaning and Disinfecting Protocols, must be followed in workout facilities. The Athletic Performance Coach or Sport Coach in each space is responsible for ensuring these protocols are followed.
- II. Facility Safety Protocols: In order to promote the health and safety of the Participants, the following facility guidelines will be adopted for all Participants to begin returning to athletically related activities at Indiana University on the IU Athletics campus.
 - a. In Phase 1, the following facilities will be opened on a limited basis:
 - i. Outdoor
 - 1. Outdoor Football Practice Fields
 - 2. Memorial Stadium Field
 - ii. Indoor Weight Rooms
 - 1. Wilkinson Performance Center
 - 2. Cook Hall Weight Room
 - iii. Indoor Practice Areas
 - 1. Cook Hall Men's Gym
 - 2. Cook Hall Women's Gym
 - iv. Indoor Athletic Training Room
 - 1. South End Zone Athletic Training Room
 - 2. Football Athletic Training Room
 - 3. Cook Hall Athletic Training Room
 - b. Specific Teams will be approved to use only specific facilities. Limiting Participants to these locations will help in the mission to keep all Participants safe. Phase 1 activities will be limited to those teams that are typically permitted to have summer access under NCAA rules.
 - i. Football – *Would constitute first progression when approved.*
 - 1. Outdoor Football Practice Fields;
 - 2. Memorial Stadium Field;
 - 3. Wilkinson Performance Center;
 - 4. Team Meeting Room; and

5. Football Athletic Training Room
 - ii. Men's Basketball - *Would constitute second progression when approved.*
 1. Cook Hall Men's Practice Court;
 2. Cook Hall Weight Room; and
 3. Cook Hall Athletic Training Room
 - iii. Women's Basketball - *Would constitute second progression when approved.*
 1. Cook Hall Women's Practice Court;
 2. Cook Hall Weight Room; and
 3. Cook Hall Athletic Training Room
 - iv. While initial Phase 1 access will be limited to the above teams that are typically permitted under NCAA rules to have summer access, other sports teams would be expected to be phased in leading into the fall semester, with fall sports being prioritized. A proposed schedule for the return of teams is attached as Appendix 7. This proposed schedule for teams will be dependent upon the success of this Phase 1 activity and continuation of meeting the gating criteria articulated in Appendix 6.
 - c. The South End Zone Athletic Training Room will only be used for student-athletes needing to rehab. Joe Lueken, Head Athletic Trainer, will maintain a list of the student-athletes who need to access the area.
 - d. The Center for Elite Athlete Development will only be used for student-athletes in need of specific testing that is at the direction of the IU Athletics Chief Medical Officer, Dr. Andy Hipskind or his designee.
 - e. Participants must pay attention to signage and instructions on where to enter and exit open facilities. Entry and exit patterns will be developed to promote physical distancing.
 - f. In Phase 1, all other facilities will be closed. This includes Mellencamp Pavilion, all hydrotherapy locations, and Locker Rooms/Lounges. Locker Rooms will remain closed to minimize the time spent at the facility, provide staff additional time to properly sanitize the areas and equipment in use, and to help maintain space occupancy limits. All student-athletes should shower at home.
 - g. Equipment in the above facilities will be staged at least six feet apart. Examples of this include: treatment tables in athletic training rooms, adjustable benches in the weight rooms and cardio equipment in the weight rooms. If there is an inability to stage equipment six feet apart, machines will be clearly marked off that are not in use with caution tape or a masking tape "X". The staff member overseeing these areas will be responsible for ensuring compliance with this guideline and should contact Becky Pany, Senior Assistant Athletic Director, or Davis Bolsteins, Director of Events, for assistance. Members of the facility staff will be made available to assist in moving equipment.
 - h. High touch equipment, such as water fountains, will be closed.
 - i. All HVAC systems have been checked and will continue to be checked to ensure proper airflow in each facility.
 - j. Exterior doors should be open when possible to increase airflow and bring fresh air into the facilities. Interior doors should be open to help minimize the use of door handles.
- III. Cleaning and Disinfecting Protocols: In order to promote the health and safety of the Participants, the following cleaning and disinfecting protocols will be adopted for all Participants to begin returning to athletically related activities on the IU Athletics campus.
- a. A "Cleaning Station" will be located in open indoor facilities. The Cleaning Station will have hand sanitizer, a bottle(s) of an EPA List N disinfectant and paper towels or a case of EPA List N disinfectant wipes, and best practice guidance for each facility (found in Appendix 3). This will include proper usage of the specific disinfectant at each location. Further details are located in Appendix 4.
 - b. Athletic Training Room Specific Cleaning Protocols
 - i. Nightly, the Custodial Staff will perform the following tasks that will be signed off by a supervisor:
 1. Empty all trash and recyclables.
 2. Dust surfaces.
 3. Use an EPA List N disinfectant (i.e Oxivir) on door knobs/handles, push plates, door surfaces, key card swipes, light switches, telephones, computers, monitors, mouse, keyboards, treatment tables, sinks, soap/sanitizer dispensers.

4. Clean floors and use EPA List N spray (i.e. ProKure V(C012)) and let it set until dry in order to sanitize the floor.
 5. Spray an EPA List N approved spray (i.e. ProKure V (C012)) on all surfaces and let it set until dry in order to sanitize space.
 6. Check Cleaning Stations and refill stock as necessary.
 7. Custodial Staff will follow guidance from IU Environmental Health and Safety regarding the cleaning of restrooms, office space and common space (i.e. elevators).
 - ii. Daily, Athletic Trainers and Sports Medicine Staff will perform the following tasks:
 1. Disinfect any table that a student-athlete receives treatment on prior to its use by another student-athlete with an EPA List N disinfectant (i.e. Clorox Hydrogen Peroxide Cleaner).
 2. Disinfect any equipment that a student-athlete uses prior to its use by another student-athlete with an EPA List N disinfectant (i.e. Clorox Hydrogen Peroxide Cleaner).
 3. Provide any notes to the Custodial staff regarding cleaning issues.
- c. Weight Room Specific Cleaning Protocols
 - i. Nightly, the Custodial staff will perform the following tasks that will be signed off by a supervisor:
 1. Empty all trash and recyclables.
 2. Dust surfaces.
 3. Use an EPA List N disinfectant (i.e Oxivir) on door knobs/handles, push plates, door surfaces, key card swipes, light switches, telephones, computers, monitors, mouse, keyboards, sinks, soap/sanitizer dispensers.
 4. Clean floors and use EPA List N spray (i.e. ProKure V(C012)) and let it set until dry in order to sanitize the floor.
 5. Spray an EPA List N approved spray (i.e. ProKure V (C012)) on all surfaces, including weight racks and equipment such as dumbbells, and let it set until dry in order to sanitize space.
 6. Check Cleaning Stations and refill stock as necessary.
 7. Custodial Staff will follow guidance from IU Environmental Health and Safety regarding the cleaning of restrooms, office space and common space (i.e. elevators).
 - ii. Daily, the Custodial staff will do a mid-day cleaning of the weight rooms and will disinfect equipment.
 - iii. Daily, Athletic Performance Coaches will perform the following tasks:
 1. Ensure each Participant has a bottle of EPA List N disinfectant and is cleaning equipment before and after use. If a work out is fast paced and it is impossible to clean equipment before and after use, the Athletic Performance Coach is responsible for disinfecting equipment before and after use with an EPA List N disinfectant (i.e. Oxivir) prior to any other Participant touching the equipment.
 2. Disinfect each EliteForm touch screen between uses.
 3. Provide any notes to the Custodial Staff regarding cleaning issues.
- d. Practice Area Specific Cleaning
 - i. Nightly, the Custodial Staff will perform the following tasks that will be signed off by a supervisor:
 1. Empty all trash and recyclables.
 2. Dust surfaces.
 3. Use disinfectant a List N disinfectant (i.e. Oxivir) on door knobs/handles, push plates, door surfaces, key card swipes, light switches, telephones, computers, monitors, mouse, keyboards, sinks, soap/sanitizer dispensers.
 4. Clean floors and use EPA List N spray (i.e. ProKure V(C012)) and let it set until dry in order to sanitize the floor.
 5. Spray an EPA List N approved spray (i.e. ProKure V (C012)) on all surfaces, such as equipment, and let it set until dry in order to sanitize space.

- 6. Custodial Staff will follow guidance from IU Environmental Health and Safety regarding the cleaning of restrooms, office space and common space (i.e. elevators).
 - ii. Daily, the Custodial staff will do a mid-day cleaning and will disinfect the practice facilities, if necessary, based on volume of workout groups.
 - iii. Daily, Sport-Specific Coaches will perform the following tasks:
 - 1. Ensure each piece of equipment used during a session is disinfected before and after each session of use with an EPA List N disinfectant (i.e. Oxivir).
 - 2. Provide any notes to the Custodial staff regarding cleaning issues.
- e. Personal Protective Equipment (PPE) and Cleaning
 - i. PPE will be provided to staff who will be cleaning and disinfecting the facilities. This includes face coverings, gloves and eyewear.
 - ii. All PPE requests should be submitted by the Unit supervisor to Becky Pany and she will fulfill orders through Phase 1.
- IV. Mental Health Services
 - a. IU Athletics will continue to provide robust mental health support and services through IU Athletics' Sports Psychology professionals.
 - b. Individuals seeking mental health support will be directed to Dr. Troy Moles, Director of Counseling and Sports Psychology (tmoles@iu.edu).
- V. Food Service
 - a. All food service related to Participants will be conducted in accordance with the Department's food safety plan. This plan restricts communal dining and follows the University's guidelines regarding food service safety related to COVID-19 risks.
- VI. Equipment Service
 - a. All equipment and laundry service related to Participants will be conducted in accordance with IU Environmental Health and Safety's guidance.
 - b. Student-athletes who are coming to the facility to work out should either come dressed in clean clothes or change in the designated area. Locker rooms will remain closed.
 - c. Student-athletes who would like their clothes laundered should change in the designated area and place their loop in the designated equipment bin.
 - d. Student-athletes can pick up their loops the following day in designated areas.

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Appendix 1

Definitions and Product Information

- Definition
 - Participants – Student-athletes, coaches and staff participating in team activities.
 - Disinfectant – any product that appears in the [EPA's List N](#): Disinfectants for Use Against SARS-CoV-2.
- Cleaning Supplies and EPA Numbers
 - Oxivir 516 – Primary use by Custodial staff during nightly service and by all Participants in weight rooms. Used on all high touch surfaces and before and after equipment usage. EPA #70637-58.
 - Oxivir tb – Primary use by Custodial staff during nightly service and by all Participants in weight rooms. Used on all high touch surfaces and before and after equipment usage. EPA #70627-56.
 - ProKure V ClO2 – Only used by Custodial supervisors. A spray that is used nightly throughout IU Athletics Campus. EPA #87508-3.
 - Clorox Hydrogen Peroxide – Primarily used by Sports Medicine staff during the day to disinfect equipment and treatment tables in athletic training rooms. EPA #67619-24.
 - Clorox Hydrogen Peroxide Wipes - Primarily used by Sports Medicine staff during the day to disinfect equipment and treatment tables in athletic training rooms. EPA #67619-25.
 - If specific product supplies become limited, a different product may need to be substituted. Product name and directions based on the label will be located at all Cleaning Stations. All product substitutions will be noted in future protocols and if any substance is being used to disinfect a surface or piece of equipment, it will be on the EPA's List N.
- Sources
 - Indiana Governor Eric Holcomb Executive Order 20-26, Roadmap to Reopen Indiana for Hoosiers, Businesses and the State Government: <https://www.in.gov/gov/files/Executive%20Order%2020-26%20Roadmap%20to%20Reopen.pdf>
 - NCAA Core Principles of Resocialization of Collegiate Sport: <https://www.ncaa.org/sport-science-institute/core-principles-resocialization-collegiate-sport>
 - Big Ten Conference Announcement: <https://bigten.org/news/2020/5/4/general-big-ten-statement-on-organized-team-activities.aspx>
 - Indiana University Restart Report (May 15, 2020): <https://president.iu.edu/doc/restart-report.pdf>
 - CDC Guidance on COVID-19 Symptoms: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
 - CDC Guidance on Social Distancing: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html>
 - CDC Guidance on Face Covers: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>
 - CDC Guidance on Hand Washing: <https://www.cdc.gov/handwashing/index.html>

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Appendix 2

Number of Participants in Facilities at One Time

Outdoor

- Outdoor Football Practice Fields 10 on each half of field (groups cannot mix and should not cross the 50 yard line). Total of 20 Participants.
- Memorial Stadium Field 10 on each half of field (groups cannot mix and should not cross the 50 yard line). Total of 20 Participants.

Indoor Weight Rooms

- Wilkinson Performance Center 10 each on the east side and west side (groups cannot mix and should not cross the red turf in the center. Groups will enter from the east or west side, not the center). Total of 20 Participants.
- Cook Hall Weight Room 7
- Team Meeting Room 10

Indoor Practice Areas

- Cook Hall Men's Gym 10
- Cook Hall Women's Gym 10

Indoor Athletic Training Rooms

- South End Zone Athletic Training Room 10
- Football Athletic Training Room 7
- Cook Hall Athletic Training Room 7

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Appendix 3

Sample Facility Guidance Sheets

Weight Room

#IN THIS TOGETHER

FACILITY REMINDERS



WEAR
Wear your mask at all times.



WASH
Wash your hands before and after workouts.



DISTANCE
Always stay at least 6 feet apart from each other.



Listen to your coach and/or strength and conditioning staff.



Spray equipment before and after use and keep your disinfectant and paper towels with you at all times.



No more than 10 people can utilize the facility at the same time.



Training Room

#IN THIS TOGETHER

FACILITY REMINDERS



WEAR
Wear your mask at all times.



WASH
Wash your hands before and after treatment.



DISTANCE
Always stay at least 6 feet apart from each other.



Please listen to your athletic trainer.



7 people can utilize the facility at the same time.



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Appendix 4

Cleaning Stations

The Cleaning Stations will be located in the areas assigned below with the contacts provided. The contacts will update signage and inform Becky Pany or Davis Bolsteins if supplies are low. Tony Smoot will check each cleaning station every night.

1) South End Zone Athletic Training Room	Joe Lueken
2) Football Equipment Room	Mitch Gudmundson
3) Football Athletic Training Room	Kyle Blackman
4) Football Team Room	Mike Doig
5) Football Staff Offices	Mike Doig
6) Wilkinson Performance (2 Locations)	Tom Morris
7) Cook Hall Men's Practice Side	Brian Walsh
8) Cook Hall Women's Practice Side	Liz Honegger
9) Cook Hall Men's Office	Brian Walsh
10) Cook Hall Women's Office	Liz Honegger
11) Cook Hall Weight Room	Clif Marshal
12) Cook Hall Athletic Training Room	Tim Garl

The Cleaning Stations will have the following supplies and information:

- 1) hand sanitizer;
- 2) one bottle of disinfectant* and paper towels; or
- 3) one case of disinfectant wipes*;
- 4) trash can to dispose used paper towels or disinfectant; and
- 5) best practice guidance and proper usage of disinfectant.

*disinfectant or disinfectant wipes provided will be on the EPA's [List N](#).

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Appendix 5

Participant Expectations and Commitment Pledge

COVID-19 PARTICIPANT EXPECTATIONS AND COMMITMENT PLEDGE

With excitement and caution, Indiana University welcomes student-athletes back to campus. The nature of COVID-19 is such that actions taken by you affect not only your well-being, but also that of every other person with whom you interact or share space. Because IU Athletics' highest priority is the safety of its community members, IU Athletics has developed the following expectations for all students to promote campus health and safety.

In order to participate in Athletics activities, including meetings, strength and conditioning sessions, practices, or competitions, you must be an active participant in maintaining your own wellbeing and safety and in helping to maintain the safety of others by following all the guidelines and recommendations from the IU Athletics Department and the Sports Medicine Staff. Athletics may modify these expectations at any time but will provide notice in the event such modifications are made. Every effort to keep yourself apprised of changes to these expectations is required. Any student-athlete who tests positive for COVID-19, will not be able to return to athletic participation until fully cleared by a member of the Sports Medicine Staff.

I, _____, agree:

- To timely report any exposures to COVID-19 to the Sports Medicine Staff;
- If I develop symptoms of any illness, to contact my athletic trainer and follow his or her instruction, including being tested for COVID-19 and self-quarantining while the test results are pending, and/or being evaluated by Sports Medicine Staff;
- If I am determined to be positive for COVID-19, to self-isolate in a designated location until my symptoms have improved, **and** it has been at least ten days since the start of my symptoms, **and** I have a negative test result;
- To participate fully and honestly with Sports Medicine Staff for contact tracing to determine whom I might have potentially exposed to COVID-19;
- To wear a mask in all public spaces, to practice social distancing as much as possible, to frequently wash and/or sanitize my hands, and to take all other safety precautions required by the university and public health authorities
- To agree to testing for COVID-19 and potential subsequent self-quarantining if I am identified as a contact of anyone who has been determined to be positive for COVID-19.

By signing below, I acknowledge that I have read, understand, and agree to follow the expectations detailed in this document. I understand and agree with these expectations and pledge; that they are a condition of my participation in IU Athletics; and that any violation may lead to immediate removal of athletics participation and/or dismissal from my team. I hereby affirm that I have fully disclosed in writing any prior medical conditions, symptoms, or exposures to the Sports Medicine Staff and will also report the same in the future.

Name: _____ Sport/Unit: _____

Signature: _____ Date: _____

INDIANA UNIVERSITY ATHLETICS

INDIANA UNIVERSITY ATHLETICS MEDICAL ADVISORY GROUP

PHASE ONE RESTART PLAN REQUIREMENTS REGARDING RESUMPTION OF LIMITED ATHLETIC ACTIVITY AT CERTAIN FACILITIES

Appendix 6

IU Athletics Medical Advisory Group Gating Requirements

The safety of the student athletes, coaches, support staff and the rest of the student body will be the most important factor involved for resumption of medical treatment and limited athletic activities in certain facilities. We recommend that the timing of this will depend on multiple factors including state or local government proclamations, NCAA regulations/requirements and Big Ten requirements/recommendations. Prior to resumption of medical treatment and limited athletic activities in certain facilities, we recommend the following gating criteria, testing parameters and tracking capabilities. We also recommend the Athletic Department be able to reduce risk possible COVID-19 transmission by fulfilling the following guidelines, as determined by pertinent local health authorities.

1. Positive regional disease trends as determined by the Medical Advisory Group: 14-day decreasing incidence of new cases of COVID-19 or a decreasing percentage of positive tests or the number of hospitalized COVID-19 patients statewide has decreased for 14 days or agreement with local and regional healthcare authorities the incidence of COVID-19 disease is stable and manageable.
2. Local hospitals and medical care facilities retains their surge capacity for critical care beds and ventilators, as determined by the Medical Advisory Group.
3. Testing would be available for all student athletes, coaches and support staff. This would be for the presence of SARS-CoV-2 virus. We are not recommending serology testing at this time for any individual decision making.
4. Contact tracing capabilities are available and isolation/quarantine space is available.
5. University facilities, used by student athletes and staff, are prepared in agreement with CDC and OSHA safety requirements for the COVID-19 pandemic and to prevent transmission of infectious diseases.
6. Sports Medicine Department is available and capable of evaluating and treating student athletes for usual sports related issues. Athletes demonstrating symptoms consistent with COVID-19 or any respiratory or febrile illness will not come to the facility and will be diverted to the Indiana University Student Health Center or an IU Health Urgent Care facility for evaluation of their illness. The Athletic Department medical facilities will possess adequate amounts of PPEs for student athletes who sustain an acute injury requiring immediate care that would necessitate the use of proper PPE and for student athletes who show up to the facility with symptoms of respiratory illness despite directives to be diverted elsewhere.
7. Guidelines, recommendations and expectations have been created and should be agreed to in writing prior to entering athletic facilities for student athletes, coaches and support staff with a commitment to abide by the rules of personal hygiene, social distancing, non-contact with public when sick, agreements to self-quarantine, agreement to isolate if needed, to participate in any additional testing and notification of medical staff if a teammate has been or is currently sick.
8. Part of the pre-participation history will take place virtually before the student athletes, coaches and support staff arrive on campus.

INDIANA UNIVERSITY ATHLETICS MEDICAL ADVISORY GROUP

PHASE ONE RESTART PLAN REQUIREMENTS REGARDING RESUMPTION OF LIMITED ATHLETIC ACTIVITY AT CERTAIN FACILITIES

Appendix 6 (cont.)

This will be in four parts:

- determine if they have been ill or currently have signs and symptoms of an illness (such as Cough, Shortness of breath or difficulty breathing, Fever, Chills, Muscle pain, Sore throat, New loss of taste or smell. This list is not all possible symptoms. Other less common symptoms have been reported, including gastrointestinal symptoms like nausea, vomiting, or diarrhea.)
 - determine if they have recently been exposed to someone who has COVID-19 or has had a test for COVID-19.
 - determine what area of the country they are coming from and how they will travel to the University.
 - determine if they are at high-risk* for doing poorly if they were to contact the COVID-19 virus. High risk individuals may be excluded from Phase 1.
9. Sports Medicine physicians and staff will perform appropriate pre-participation history and physical examinations before any clearance to participate. Results of this evaluation may require additional testing prior to clearance.
 10. Social distancing and safety procedures can be practiced in all facilities where student athletes, coaches and support staff will frequent, such as cafeterias, living space, education areas, transportation, practice facilities, and athletic training rooms. Initial dining may be box lunches pending local facilities.

*High risk individuals are those with disease/treatment that would cause immunosuppression or a combination of two of the following: over age 65, hypertension, asthma (moderate to severe), chronic obstructive lung disease, significant cardiac disease, diabetes mellitus, morbid obesity, or renal failure.

INDIANA UNIVERSITY ATHLETICS MEDICAL ADVISORY GROUP

PHASE ONE RESTART PLAN

REQUIREMENTS REGARDING RESUMPTION OF LIMITED ATHLETIC ACTIVITY AT CERTAIN FACILITIES

Appendix 7

Proposed Timeline to Resume Team Activities

NCAA Summer Access Sports

Football	June 15
Men's and Women's Basketball	June 18

Fall Sports

Women's Soccer	July 6
Volleyball	July 8
Men's Soccer	July 13
Field Hockey	July 15
Cross Country	August 18

Other Winter and Spring Sports – Phased in as fall classes resume

*This proposed timeline for teams will be dependent upon the success of the Phase 1 activity and the continuation of meeting the gating criteria articulated in Appendix 6. Consistent with other universities in the Big Ten, IU Athletics plans to schedule actual return dates for teams in order to complete the process of medical screening and clearance prior to the scheduled dates of activity. The date of return for each team will be established by the IU Athletics Medical Advisory Group.