



IU ATHLETICS
MEDICAL ADVISORY GROUP
PHASE TWO RESTART PLAN

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

INDIANA UNIVERSITY ATHLETICS MEDICAL ADVISORY GROUP

PHASE TWO RESTART PLAN RESUMPTION OF LIMITED ATHLETIC ACTIVITY AT CERTAIN FACILITIES

In collaboration with IU Environmental Health and Safety and IU Emergency Management, the Athletics Medical Advisory Group advises the Department that the following adjustments can be made from the Phase One Restart Plan, released on June 3, 2020.

- Section I, E: Daily Medical Check
 - Only those participating in team activities need to complete the Daily Medical Questionnaire. Those who are not participating in team activities do not need to complete the Daily Medical Questionnaire. For the purpose of the Daily Medical Questionnaire, rehab with the Sports Medicine staff is considered a team activity.
- Section I, I: Specific Protocols for Participants During Athletic Workouts and Practice
 - No more than twenty total students and eight total staff members, for a total of 28 Participants, will be permitted in one space at a time. The maximum number of Participants could be less than 28 in a given space if appropriate distancing is not possible for twenty Participants. See Appendix 2 for specific facilities and their total number of Participants.
 - In Phase Two, Participants will be able to complete non-contact skill work, which may include passing of balls to other Participants within their cohort, so long as adequate physical distancing (i.e., minimum of six feet) is maintained. Any balls or other equipment used must be properly disinfected before and after its use. Any other contact drills or scrimmaging is not permitted. Field equipment that requires extended contact, such as tackling dummies, sleds or pads, is not permitted.
- Section II, A: Open Facilities
 - The following facilities will be open on a limited basis for student-athletes who have been cleared by IU Athletics Sports Medicine beginning on June 29, 2020. These spaces must be used on a scheduled basis only. Scheduling of the facilities should be completed through Davis Bolsteins.
 - Outdoor Fields
 - Outdoor Football Practice Fields
 - Memorial Stadium Field
 - Armstrong Stadium Field
 - Field Hockey Field
 - Soccer Practice Fields
 - Indoor Weight Rooms
 - Wilkinson Performance Center
 - Cook Hall Weight Room
 - Gladstein Field House – Satellite Weight Room
 - Erg Room – Satellite Weight Room
 - Indoor Practice Areas
 - Cook Hall Men's Court
 - Cook Hall Women's Court
 - Simon Skjodt Assembly Hall Court
 - Mellencamp Pavilion
 - CBAC (not available until July 6)
 - Wilkinson Hall
 - Indoor Athletic Training Rooms
 - South End Zone Athletic Training Room
 - Football Athletic Training Room
 - Cook Hall Athletic Training Room
 - Wilkinson Hall Athletic Training Room

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- Section II, B: Specific Teams in Specific Facilities
 - Football
 - Outdoor Football Practice Fields;
 - Memorial Stadium Field;
 - Wilkinson Performance Center;
 - Football Athletic Training Room;
 - Team Meeting Room; and
 - Mellencamp Pavilion
 - Men's Basketball
 - Cook Hall Men's Practice Court;
 - Cook Hall Weight Room;
 - Cook Hall Athletic Training Room;
 - Simon Skjodt Assembly Hall Court; and
 - Mellencamp Pavilion
 - Women's Basketball
 - Cook Hall Women's Practice Court;
 - Cook Hall Weight Room;
 - Cook Hall Athletic Training Room;
 - Simon Skjodt Assembly Hall Court; and
 - Mellencamp Pavilion
 - Women's Soccer;
 - Satellite Weight Room (Erg Room or Gladstein Field House);
 - South End Zone Athletic Training Room;
 - Practice Soccer Fields;
 - Armstrong Stadium Field; and
 - Mellencamp Pavilion
 - Volleyball
 - Satellite Weight Room (Erg Room or Gladstein Field House);
 - Wilkinson Hall Athletic Training Room;
 - Wilkinson Hall; and
 - Mellencamp Pavilion
 - Men's Soccer
 - Satellite Weight Room (Erg Room or Gladstein Field House);
 - South End Zone Athletic Training Room;
 - Practice Soccer Fields;
 - Armstrong Stadium Field; and
 - Mellencamp Pavilion
 - Field Hockey
 - Satellite Weight Room (Erg Room or Gladstein Field House);
 - South End Zone Athletic Training Room;
 - Field Hockey Field; and
 - Mellencamp Pavilion
 - Professional Swimming Group
 - CBAC (not available until July 6)
- Section II, C: The South End Zone Athletic Training Room will begin to see teams, on a scheduled basis. Joe Lueken, Head Athletic Trainer, will manage this schedule.
- Section III: Cleaning and Disinfecting Protocols
 - New Addition: Mellencamp Pavilion turf will be disinfected frequently throughout the day and at night with an EPA List N product.
 - New Addition: The CBAC will be disinfected with an EPA List N product during the day after use by the Professional Swim Group.
 - Staff, such as Athletic Performance Coaches and Athletic Trainers, will be tasked with ensuring that each Participant is spraying off any equipment used before and after use with an EPA List N disinfectant.

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- Section V: Food Service
 - The Tobias Nutrition Center will open on a “grab and go” basis, following all IU EHS guidelines. See Appendix 1 for this plan.
 - Students who are working out on that day will be provided with one meal.
- Appendix 1
 - Update: Definitions
 - Participants – those participating in team activities who are expected to have close contact, as defined in CDC guidance as being closer than six feet for a period of longer than 15 minutes, with student-athletes.
 - Non –Participants – those who have incidental contact with Participants and can remain physically distanced and not become a close contact.
- Appendix 2
 - Outdoor Fields
 - Outdoor Football Practice Fields – 20 students on each half of field with 8 staff members (groups cannot mix and should not cross the 50 yard line). Total of 40 students and 8 staff members.
 - Memorial Stadium Field – 20 students on each half of field with 8 staff members (groups cannot mix and should not cross the 50 yard line). Total of 40 students and 8 staff members.
 - Armstrong Stadium Field – 20 students on each half of field with 3 staff members (groups cannot mix and should not cross the 50 yard line). Total of 40 students and 8 staff members.
 - Field Hockey Field – 20 students on each half of field with 3 staff members (groups cannot mix and should not cross the 50 yard line). Total of 40 students and 8 staff members.
 - Soccer Practice Fields – 20 students on each half of field with 3 staff members (groups cannot mix and should not cross the 50 yard line). Total of 40 students and 8 staff members.
 - Indoor Weight Rooms
 - Wilkinson Performance Center – 20 on each the east side and the west side with three staff members on each 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). Total of 40 students and 8 staff members.
 - Cook Hall Weight Room – 10 students and 2 staff members. Total of 12 Participants.
 - Gladstein Field House – Satellite Weight Room - 18 students and 4 staff members. Total of 22 Participants.
 - Erg Room – Satellite Weight Room – 12 students and 4 staff members. Total of 16 participants.
 - Indoor Practice Areas
 - Cook Hall Men’s Court – 10 students with 5 staff members. Total of 15 Participants.
 - Cook Hall Women’s Court – 10 students with 5 staff members. Total of 15 Participants.
 - Simon Skjodt Assembly Hall Court - 16 students with 6 staff members. Total of 22 Participants.
 - Mellencamp Pavilion - 20 students on each half of field with 8 total staff members (groups cannot mix and should not cross the 50 yard line). Total of 40 students and 8 staff members.
 - CBAC – 20 Swimmers; 8 Divers. Swimmers and Divers should not mix.
 - Wilkinson Hall - Total of 21 Participants.
 - Indoor Athletic Training Rooms
 - South End Zone Athletic Training Room – 20 Participants
 - Football Athletic Training Room – 14 Participants
 - Cook Hall Athletic Training Room – 10 Participants
 - Wilkinson Hall Athletic Training Room – 3 Participants
 - Center for Elite Athlete Development – 13 total Participants with 10 in the main room



PUBLIC SAFETY & INSTITUTIONAL ASSURANCE

UNIVERSITY ENVIRONMENTAL HEALTH & SAFETY

Interim Food Service Guidance – COVID-19 (Based on Current CDC, FDA, and ISDH Recommendations) Subject to change/update June 13, 2020

The following interim guidance is to be used by food service providers at Indiana University. Supervisors must report all COVID-19 related illnesses and exposures to Public Safety and Institutional Assurance by emailing AVPpsia@iu.edu.

Employee Health

- ☐ **All employees should cover their mouth and nose with a face covering.** All employees must follow the [Interim Guidance on Face Coverings Where Physical Distancing Is Difficult to Maintain](#). Additionally, employees should practice physical distancing by maintaining a distance of at least 6 feet (~2 meters) in all circumstances in which they are able to do so, even when a face covering is worn.
- ☐ **Staff members should stay home when they are sick.**
 - **COVID-19 specific:** Employees should notify their supervisor of symptoms, exposure to COVID-19 cases, or if diagnosed with COVID-19. Supervisors should recommend that individuals who experience symptoms associated with COVID-19 get tested.
 - **General:** Supervisors should maintain an active employee illness policy and consider offering sick leave to food service employees. Individuals should also continue to follow requirements of [410 IAC 7-24](#), including notifying their supervisor if they have a reportable gastrointestinal illness such as *Salmonella*, *Shigella*, *E. coli*, Hepatitis A, and Norovirus. Supervisors should notify IUEHS when they become aware of any of these illnesses. Employees should also report gastrointestinal symptoms including diarrhea, fever, vomiting, jaundice, or sore throat with fever. Employees should stay home when experiencing respiratory symptoms and should only return to work when they have been symptom free for at least 24 hours.
- ☐ **When can individuals return to work?**
 - **Symptomatic:** Individuals with COVID-19 who have symptoms may discontinue self-isolation and return to work once:
 - at least 3 days (72 hours) have passed since resolution of fever without the use of fever-reducing medications and improvement in respiratory symptoms; and
 - at least 10 days have passed since symptoms first presented.
 - **Asymptomatic:** Individuals with COVID-19 who do not have symptoms (asymptomatic positives) can return to work 10 days after the date of their positive test.
- ☐ **Take additional precautions to prevent the spread of COVID-19.** Rotate and stagger shifts to eliminate the number of employees in the workplace at the same time. All employees should be screened for symptoms and have their temperature taken upon entry to the establishment. The following are examples of health screening questions that you can use in your establishment:
 - **Experiencing any of the following COVID-19 symptoms?**
 - fever, cough, or shortness of breath/difficulty breathing

- **Or at least two of these symptoms?**
 - fever, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea
- **Had close contact (within 6 feet for 15 minutes or more) with a confirmed case of COVID-19?** Individuals who have COVID-19 can be contagious 48 hours prior to symptom onset.
 - Exclude contacts of COVID-19 cases greater than 14 days from last exposure. Contacts should stay home and monitor for symptoms.
- **Fever in the last 48 hours (100.4°F/38°C)?**
 - If fever; exclude from the workplace until 72 hours after fever has subsided (without use of a fever reducer), when other symptoms have improved (cough or shortness of breath), and at least 10 days after symptoms presented.

Employees should also self-monitor for COVID-19 symptoms daily. Symptoms of COVID-19 include: fever (100.4°F /38°C), cough, shortness of breath or difficulty breathing, chills, muscle pain, sore throat, and new loss of taste or smell. This list does not include all possible symptoms. CDC will continue to update this list as more is learned about COVID-19.

- **If an employee becomes sick at work, send them home immediately and recommend that they get tested for COVID-19 if they have symptoms of the disease.** Clean and disinfect surfaces in their workspace with detergent or soap and water then disinfect with products containing chlorine (50-100 ppm) or quaternary ammonia (generally 150-400 ppm), see manufacturer's guidance). Others at the facility who have had close contact (within 6 feet for 15 minutes or more) with the employee when they were symptomatic (and 48 hours before symptoms presented) should be considered exposed and should self-quarantine for 14-days from their last known exposure. Inform fellow employees of their possible exposure to COVID-19 in the workplace if an employee is confirmed to have COVID-19, while maintaining confidentiality. Immediately report the case and close contacts to PSIA (AVPpsia@iu.edu). Guidance will be provided on advanced cleaning needs.
- **Instruct employees who are well, but know they have been exposed to COVID-19 to notify their supervisor. Individuals who have COVID-19 can be contagious 48 hours prior to symptom onset.** If someone has had close contact with a person who has COVID-19, but does not have symptoms, they should stay at home for 14 days following their last contact with the ill individual. During this time, they should self-monitor for symptoms of COVID-19. Symptoms may appear 2-14 days after exposure to the virus. Supervisors should notify PSIA (AVPpsia@iu.edu) immediately when they become aware of the exposure.
- **Consider alternatives for staff who are at high risk for complications from COVID-19.** Currently, individuals who are 65 and older and individuals with underlying health conditions are considered to be at increased risk for severe illness and complications from COVID-19. Supervisors should consider offering high risk workers duties that minimize their contact with customers and other employees, if the worker agrees to this.
- **Promote hand hygiene.** Staff should increase handwashing frequency above and beyond normal commercial food establishment requirements. Hands should be washed with soap and water for at least 20 seconds.

Ensure employees are following proper procedures when using disposable gloves. Employees should wash hands with soap and water for at least 20 seconds prior to putting on gloves. Ensure employees change their gloves immediately if they have been contaminated (such as them touching their eyes, nose, mouth, or phone), the employee is changing tasks, or if the gloves have been worn for 4 hours. Employees should ensure they don't spread contamination when removing gloves (do not touch wrist or other skin with gloved hand). After removing gloves, employees should wash hands following the hand washing procedure listed above. Employees should not use hand sanitizer in place of hand washing.

How to Remove Gloves

To protect yourself, use the following steps to take off gloves



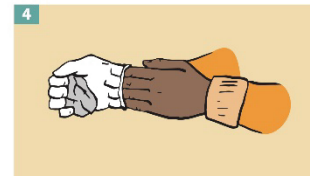
1 With both hands gloved, grasp the outside of one glove at the top of your wrist, being careful not to touch your bare skin.



2 Peel off this first glove, peeling away from your body and from wrist to fingertips, turning the glove inside out.



3 Hold the glove you just removed in your gloved hand.



4 With your ungloved hand, peel off the second glove by inserting your fingers inside the glove at the top of your wrist.

General

- ☐ **Promote the practice of everyday preventative actions.** Place signage at entrances stating that customers should not enter the establishment if they are experiencing fever or symptoms of COVID-19. Place signage throughout the establishment on how to prevent the spread of COVID-19. Individuals should avoid touching their eyes, nose, and mouth with unwashed hands. They should also cover coughs and sneezes with their elbow or a tissue, then throw the tissue away in the trash. Individuals who are sick should stay home, except to get medical care.
- ☐ **Customers should wear face coverings upon entering the facility.** Since an individual cannot eat and drink while wearing a face covering, they should be worn during movement in the facility and can be removed when dining.
- ☐ **Promote hand hygiene.** Encourage customers to wash their hands with soap and water for at least 20 seconds before and after eating. If available, hand sanitizer dispensers (containing sanitizer with at least 60% alcohol) should be provided at the entrance, the exit, and in the dining area(s) of the establishment.
- ☐ **Plan ways to limit direct contact.** Use touchless payment options as much as possible and encourage preorder and prepayment options. Avoid shaking hands, and instead of handing items directly to customers, consider placing them on a table or other surfaces for them to pick up. Advise customers that they should not share eating or drinking utensils (e.g. cups, straws, and water bottles), condiments, or menus. Consider going menu-less or providing single use menus to customers.
- ☐ **Practice physical distancing.** Arrange and redesign workspaces and kitchens to best implement physical distancing. Display signage that reminds individuals to maintain safe physical distancing throughout the establishment. Limit the number of customers in the establishment to no more than 25% of the seating capacity and avoid in-person dining as much as possible until outbreak conditions change. Outdoor dining areas should be

prioritized where feasible. Encourage customers to return home to eat their meals instead of eating in the dining area. Individuals should maintain a distance of at least 6 feet (~2 meters) from others. Where this is particularly difficult to achieve, consider placing visible marking with tape to illustrate safe distances. Space dining chairs and tables at least 6 feet (~2 meters) apart (including outdoor areas). Arrange them in a pattern so that people are not across from each other and individuals are facing the same direction. No more than 6 people should be at a table at a time. Restrict bar-style seating. Physical distancing should be maintained any place a line forms. All lines need to accommodate and be marked for physical distancing. Consider installing physical barriers, such as sneeze guards and partitions at cash registers, or other food pickup areas where maintaining physical distance of 6 feet (~2 meters) is difficult. Where applicable, encourage the use of stairs instead of elevators.

- ❑ **Eliminate reusable kitchen items and replace with single-use options.** Consider eliminating reusable wares and replacing them with single-use plates, utensils, and cups. Employees should wear gloves when picking up reusable loose wares that cannot be replaced with single-use wares. Replace shared appliances with single use or no-touch options.
- ❑ **Consider how meals are served.** Do not offer self-service buffets, salad bars, beverage stations, or condiments on a counter for access by multiple customers. Provide pick-up, drop-off, curbside pickup, delivery, and single meal services as much as possible. Consider developing a staggered meal schedule to limit the number of individuals who are in the establishment at the same time (such as staggered reservations). For catered events, meals should be plated for the guests or packed as box lunches. The number of guests should be limited based on outbreak conditions at the time of the event.
- ❑ **Increase cleaning frequency for common-touch surfaces.** Clean food contact surfaces with detergent or soap and water then disinfect with products containing chlorine (50-100 ppm) or quaternary ammonia (generally 150-400 ppm, see manufacturer's guidance) frequently. Follow the procedures listed in the [Interim General Disinfection Guidance Checklist](#) and [Interim Disinfection Guidance for Spaces Occupied by a PUI or Individual Confirmed to Have COVID-19](#) documents when cleaning other general and common-touch surfaces (non-food contact) throughout the establishment. Use a separate wiping cloth and sanitizing solution when sanitizing the front of house/customer access areas. Remove decorative objects, papers, and other unneeded materials from counters to allow for thorough sanitization of unobstructed surfaces. Restrooms should also be cleaned at an increased frequency and consider limiting occupants based on restroom size. Consider increasing cleaning and disinfection of the establishment after hours as well. Shared objects such as payment terminals, tables, countertops/bars, and receipt trays should be cleaned and disinfected between each use.
 - ❑ **If available, EPA-registered disinfecting wipes should be provided for customers to use in dining areas.** Customers should be encouraged to wipe down their dining table and chair before and after consuming their meal.
- ❑ **Work with your facilities staff to ensure that ventilation systems operate properly as increased airflow and ventilation are important for reducing exposures to SARS-CoV-2.** See the [Interim Guidance on Ventilation Systems in IU Buildings](#) for more information.
- ❑ **Do not offer in-person cooking classes.** Until local public health conditions permit, in-person cooking classes should be moved to a virtual format.
- ❑ **Provide COVID-19 prevention supplies at dining establishments.** Plan to have extra supplies on hand for staff and customers, including sinks with soap, hand sanitizers (that contain at least 60% alcohol), face coverings, and tissues.

When serving individuals who are in self-quarantine or self-isolation:

- ☐ **Individuals in self-quarantine or self-isolation will have their meals delivered to them.** They will not leave their home/room to pick up meals.
- ☐ **Staff delivering meals to individuals in self-quarantine or self-isolation will not enter the ill individual's residence.**
- ☐ **Communication with the ill individual will be established prior to initiating their meal delivery service to determine their specific needs.** The individual will also be notified prior to each individual delivery.
- ☐ **All items will be bagged prior to delivery, and only single-use items should be used (utensils, plates, etc.).**
- ☐ **Upon arrival, the staff member will place the bag outside the ill individual's door.** Do not place the bag on the door handle, knock on the door, or ring the doorbell (in case ill individual has touched these surfaces).
- ☐ **Once the staff member has returned to the delivery vehicle, they will use hand sanitizer.** This sanitizer should contain at least 60% alcohol.
- ☐ **The staff member will then notify the ill individual that their delivery has arrived.** The meal will not be retrieved by the ill individual until after they have received this notification. It will also be confirmed that the ill individual received the food (to ensure it was delivered to the correct location).
- ☐ **When the staff member returns to the food establishment, they will wash their hands immediately.** This should be done with soap and water for at least 20 seconds.

Additional Resources:

[Indiana University Coronavirus Website](#)

[FDA Best Practices for Retail Food Stores, Restaurants, and Food Pick-Up/Delivery Services During the COVID-19 Pandemic](#)

[FDA Summary of Best Practices for Retail Food Stores, Restaurants, and Food Pick-Up/Delivery Services During the COVID-19 Pandemic - Infographic](#)

[FDA Best Practices for Re-Opening Retail Food Establishments During the COVID-19 Pandemic – Food Safety Checklist](#)

[ISDH COVID-19 Food Safety Guidelines](#)

[Back on Track Indiana: Suggested Restaurant Guidelines](#)

[National Restaurant Association Reopening Guidance](#)

[Indiana Restaurant and Lodging Association: Hoosier Hospitality Promise](#)

[American College Health Association Considerations for Reopening Institutions of Higher Education in the COVID-19 Era](#)

[The Aspen Institute Food & Society: Safety First, Serving Food and Protecting People During COVID-19](#)