



IU ATHLETICS
MEDICAL ADVISORY GROUP
FALL 2020 PHASE ONE

RESUMPTION OF ACTIVITIES
IN ATHLETIC FACILITIES

INDIANA UNIVERSITY ATHLETICS MEDICAL ADVISORY GROUP

FALL 2020 ACADEMIC SEMESTER - PHASE ONE RESUMPTION OF ACTIVITIES IN ATHLETIC 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 a specialist in infectious disease, Dr. Tom Hrismalos. 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 resume activities in athletic facilities during the Fall 2020 academic semester.

This plan replaces the Phase 1 and 2 restart plans that were released on June 3, 2020 and June 29, 2020. With the Big Ten Conference's August 11, 2020 decision to postpone the fall sports season, this will serve as the guiding document for IU Athletics to create the best environment for our student-athletes through the Fall 2020 academic semester until further guidance is received on competitive schedules for winter and spring sports, when this document will be revised and updated.

The goal of Indiana University Athletics remains to develop our student academically, athletically and personally and this document will outline how to do this, while ensuring health and safety remains the number one priority.

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.

Based on the rapid developments in best practices related to COVID-19, this plan will be updated as necessary. The plan has been developed to meet, and in some areas exceed, all federal, state, local, Indiana University, Big Ten Conference, and NCAA guidance related 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.

Effective July 31, 2020, the Monroe County Public Health Department restricted gatherings to 100 people (indoors) and 150 people (outdoors), as well as required face coverings.

(3) NCAA Guidance

On May 1, 2020, the NCAA released its [guidance](#) to help re-socialize sport. On May 20, 2020, and May 22, 2020, the NCAA D1 Council voted 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 was developed in consultation with the NCAA COVID-19 Advisory Panel. Consistent with the guidance in that document, IU Athletics established the IU Athletics COVID-19 Action Team, which is made up of the following members:

- Stephen Harper, Deputy Director of Athletics/Chief Operation Officer
- Mattie White, Deputy Director of Athletics/Senior Woman Administrator
- Dr. Andy Hipskind, Chief Medical Officer

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- Dr. Kurt Zorn, Associate Vice Provost for Undergraduate Education and Faculty Athletics Representative
- Todd Yeagley, Men's Soccer Head Coach
- Mac Rogers, Tennis Student Athlete and SAAC President
- Marcy Simpson, Executive Associate Athletic Director/Chief Financial Officer
- Earlston Bean, Senior Associate Athletic Director for Events and Safety Management
- Kristin Borrelli, Senior Associate Athletic Director for Compliance
- Jeremy Gray, Senior Associate Athletic Director for Strategic Communications and Director of Cuban Center
- Rebecca Pany, Senior Associate Athletic Director for Sport Administration
- Joe Lueken, Senior Assistant Athletic Director and Head Athletic Trainer
- Tom Morris, Senior Assistant Athletic Director for Athletic Performance
- Dr. Troy Moles, Director of Counseling and Sport Psychology
- 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. This group will meet bi-weekly throughout the Fall 2020 academic semester.

On July 16, 2020 and August 7, 2020, the NCAA released [updates](#) to the above guidance. The IU Athletics Medical Advisory Group is continuing to use this guidance to structure the plans for the Fall 2020 academic semester.

(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. After June 1, 2020, the Big Ten Conference allowed 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 released 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, Deputy Director of Athletics, serves 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.

On August 5, 2020, the Big Ten Conference released their [Medical Protocols](#) and updated bulletins to the "Big Ten COVID-19 Pandemic Playbook".

On August 11, 2020, the Big Ten Conference [postponed the fall sports competitive season](#).

The IU Athletics Medical Advisory Group is continuing to use this guidance to structure the plans for the Fall 2020 academic semester.

(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. With the guidance from the Restart Committee Report, as well as the [Fall 2020 website](#), the IU Athletics Medical Advisory Group will continue to use this guidance to structure the plans for the IU Athletics Fall 2020 academic semester.

In collaboration with IU Environmental Health and Safety and IU Emergency Management, the IU Athletics Medical Advisory Group advises that the Department implement the following protocols for the Fall 2020 academic semester.

- 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 4. With Indiana University welcoming students back to campus for the 2020 Fall academic semester, IU Athletics will incorporate all student-athletes in voluntary activity for the 2020 Fall academic

semester.

- 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. In conjunction with Indiana University requiring tests for all students living on campus or off campus, IU Athletics will use a PCR gateway test for all student-athletes.
 3. Symptomatic Participants will be tested in accordance with the Indiana University protocols via <https://iu-cra.eas.iu.edu/healthservices/>.
 4. 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.
 5. If a student-athlete is experiencing COVID-19 symptoms, the student-athlete should immediately self-quarantine and contact a member of the IU Sports Medicine staff. The student-athlete should not enter the IU Athletics facilities. The staff member will advise the student-athlete about the proper protocol and next steps until cleared to resume any level of activity.
 6. If any staff member is experiencing 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 students-athletes will undergo a virtual pre-participation history conducted by the IU Sports Medicine staff that will:
 1. determine if the student has been sick or is currently sick;
 2. determine if the student has been exposed to COVID-19 or has tested NEGATIVE or POSITIVE for COVID-19;
 3. determine where the student is traveling from and their mode of transportation to Bloomington; and
 4. determine if the student is at high risk for severe illness if they contract the virus and whether additional precautions should be in place for that student or if medical clearance should not be provided for that student.
 5. Those students who have had access through Phases 1 and 2 of the IU Athletics Restart Plans will not have to undergo an additional pre-participation history.
 - 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 3.
- c. All teams, 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 Stephen Harper, Dr. Andy Hipskind and Rebecca Pany. Team activities will not be permitted to begin until this training is complete. Those programs who have had access through Phases 1 and 2 will not have to participate in another virtual training. Participants in those programs who have not been granted access but will begin participation must participate in a virtual training prior to access.
- 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.

- iv. Those students in isolation and quarantine will be contacted daily by a member of the IU Sports Medicine staff or member of the Sports staff.
- v. Students who are entering quarantine or isolation will receive guidance on appropriate protocols in either situation.
- e. Daily Medical Questionnaire
 - i. All student-athletes will respond, daily, to a medical questionnaire prior to participating in team activities or entering the IU Athletics facilities. 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 IU Athletics facilities.
 - ii. The Daily Medical Questionnaire will be conducted via Teamworks and the Sport Contact (listed in Appendix 6) is responsible for setting up the questionnaire and insuring student-athlete participation.
 - iii. All student-athletes will have their temperature checked daily prior to accessing any IU Athletics facilities or participating in team activities.
 - iv. Staff participating in team activities must sign both the Pledge and the IU Community Responsibility Acknowledgment, which requires a daily self-assessment of health including a daily temperature check.
 - v. Workers and volunteers, such as managers, must sign both the Pledge and the IU Student Commitment Form, which requires a daily self-assessment of health including a daily temperature check.
- f. Surveillance Testing
 - i. Surveillance Testing will be conducted under the supervision of the Chief Medical Officer, with guidance from the Big Ten Conference and the IU Medical Response Team.
- g. 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.
- h. 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.

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- i. Specific Protocols for Participants Receiving Medical Treatment (Non-COVID-19 Related) or Other Such Appointments
 - i. Students participating in team activities must follow the schedule established by their Team Athletic Trainer to receive treatment. The Team Athletic Trainer will make sure times are scheduled as to not overcrowd rooms to a point physical distancing is not possible. Indoor spaces will not exceed 100 people.
 - ii. Students participating in team activities must schedule a time for individual treatment or appointments. They should not “walk in” to the Training Room, Irsay Wellness Center or Center for Elite Athlete Development without an appointment. Appointments should remain virtual as much as possible.
 - iii. Students and staff should wear face coverings when possible during treatment and appointments.
 - iv. Whenever possible, treatment should be modified to reduce the physical contact between the student-athlete and staff.
 - v. 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.
 - vi. All Participants must go through proper protocols, such as temperature checks and the Daily Medical Questionnaire, prior to access.
 - vii. 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.
 - ii. Specific Protocols for Participants During Athletic Workouts and Practice
 - i. For those programs who have been through access and the Phase 1 or Phase 2 IU Athletics restart plans, there should be no additional contact between students. Consistent with the messaging from the Big Ten Conference, the permissible activities include strength and conditioning, skill instruction, film and team meetings. Any cohorts must be loaded in the Team OneDrive and is the responsibility of the Head Coach, made in conjunction with the Team Athletic Trainer and Sport Contact.
 - ii. For those programs who are returning to campus with access dates after August 24, 2020 (located in Appendix 5), student-athletes must be grouped into cohorts of no more than twenty. Cohorts must be loaded in the Team OneDrive and is the responsibility of the Head Coach, made in conjunction with the Team Athletic Trainer and Sport Contact. Non-contact skill work, which may include passing of balls to other Participants within their established cohort, is permitted. Live activities, such as scrimmages, are not permitted at this time. Two weeks after the Team's access date, the program will be evaluated and a determination will be made if contact can increase.
 - iii. No more than 150 total participants can participate in team activities in outdoor facilities.
 - iv. No more than 100 total participants can participate in team activities in indoor facilities.
 - v. Staff should conduct workouts and practices in a way that incorporates physical distancing, the ability to wear face coverings and ability to sanitize equipment before and after use.
 - vi. Participants should refrain from physical contact, such as high fives, fist bumps, and handshakes.
 - vii. 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 and 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. Prior to entering any facility described below, all student-athletes must go through proper protocols, such as temperature checks and the Daily Medical Questionnaire, prior to access.
 - b. Weight Rooms
 - i. The Wilkinson Performance Center, Cook Hall Weight Room and Gladstein Field House Satellite Weight Room will be open for the Fall 2020 academic semester.
 - ii. The schedule of these facilities will be kept by Tom Morris, Senior Assistant Athletic Director

- for Athletic Performance. The Sport Contact is responsible for scheduling the team time in weight rooms.
- iii. Teams must be scheduled in Weight Rooms with enough time to sanitize equipment before and after use. "Individual" and "Open" workouts are not permitted. Any access to any facility must be scheduled.
- c. Practice and Competition Indoor Facilities
 - i. All practice and competition indoor facilities will open in conjunction with team access listed in Appendix 5.
 - ii. The schedule for these facilities will be kept by Davis Bolsteins, Associate Athletic Director for Facilities. The schedule will be kept on Teamworks. The Sport Contact is responsible for scheduling team time in any indoor facility.
 - iii. "Individual" and "Open" workouts are not permitted. Any access to any facility must be scheduled.
 - ci. Outdoor Facilities
 - i. All practice and competition outdoor facilities will open in conjunction with team access listed in Appendix 5.
 - ii. The schedule for these facilities will be kept by Davis Bolsteins, Associate Athletic Director for Facilities. The schedule will be kept on Teamworks. The Sport Contact is responsible for scheduling team time in any outdoor facility.
 - iii. "Individual" and "Open" workout are not permitted. Any access to any facility must be scheduled.
 - cii. All Athletic Training rooms will be open by team or individual appointment only, as described in Section I. This includes hydrotherapy facilities, which are open on a limited basis in accordance with IU EHS guidelines in Appendix 7. Participants will be physically distanced at least six feet apart and will wear face coverings.
 - ciii. All facilities in the Irsay Wellness Center will be open by individual appointment only.
 - civ. The Center for Elite Athlete Development will be open by individual appointment only.
 - cv. The Tobias Nutrition Center will be open on a grab and go basis, in person dining will not be permitted.
 - cvi. The D. Ames Shuel Academic Center will be open by individual appointment only and should be scheduled with the Team Academic Advisor. Details are provided in Section V.
 - cvii. The Hancock Hiltunen Caito Center for Leadership and Lifeskills will be open by individual appointment only and should be scheduled with an Excellence Academy staff member. Details are provided in Section V.
 - cviii. Locker Rooms will be open at a 50% capacity before and after practice only. Sport Contacts are responsible for monitoring the capacity of the locker room. Showers will remain closed. Team Lounges will remain closed.
 - cix. All meetings, including team meetings, will be conducted in spaces in adherence with the IU Class Room Guidance, as established by the Office of Capital Planning and Facilities. Participants must be staged at least six feet apart and must wear face coverings. In person meetings should only be conducted for essential activities. Meetings must be scheduled and the Sport Contact should contact Davis Bolsteins, Associate Athletic Director for Facilities, to both schedule the meeting and get guidance on specific regulations for each space.
 - cx. 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.
 - cxi. 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 it is not possible 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 Davis Bolsteins, Associate Athletic Director for Facilities.
 - cxii. High touch equipment, such as water fountains, will be closed.
 - cxiii. All HVAC systems have been checked and will continue to be checked to ensure proper airflow in each facility.
- 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.
- a. A "Cleaning Station" will be located in all open facilities, practice areas, weight rooms, office

spaces and locker rooms. 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 located in Appendix 2. This will include proper usage of the specific disinfectant at each location.

- b. Athletic Training Room, Irsay Wellness Center and Center for Elite Athlete Development Specific Cleaning Protocols
 - i. Davis Bolsteins, Associate Athletic Director for Facilities, will maintain the schedule of these spaces for sanitization purposes and communicate with Head Custodian, Tony Smoot, on what needs to be sanitized and cleaned based on the schedule.
 - ii. On nights directed, the Custodial Staff will perform the following tasks:
 - 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(CO12)) and let it set until dry in order to sanitize the floor.
 - 5. Spray an EPA List N approved spray (i.e. ProKure V (CO12)) 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).
 - iii. On days in use, Athletic Trainers and Sports Medicine Staff will perform the following tasks:
 - 1. Ensure Cleaning Stations are properly stocked and contact Associate Athletic Director Davis Bolsteins for more supplies.
 - 2. 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).
 - 3. 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).
 - 4. Provide any notes to the Custodial staff regarding cleaning issues.
- c. Weight Room Specific Cleaning Protocols
 - i. Davis Bolsteins, Associate Athletic Director for Facilities, will maintain the schedule of Weight Rooms for sanitization purposes and communicate with Head Custodian, Tony Smoot, on what needs to be sanitized and cleaned based on the schedule.
 - ii. On nights directed, the Custodial staff will perform the following tasks:
 - 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(CO12)) and let it set until dry in order to sanitize the floor.
 - 5. Spray an EPA List N approved spray (i.e. ProKure V (CO12)) 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).
 - iii. On days in use, the Custodial staff will do a mid-day cleaning of the weight rooms and will disinfect equipment, if necessary, based on volume of workout groups.
 - iv. On days in use, Athletic Performance Coaches will perform the following tasks:
 - 1. Ensure Cleaning Stations are properly stocked and contact Associate Athletic

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2. Director Davis Bolsteins for more supplies.
 2. Ensure each Participant has a bottle of EPA List N disinfectant and is cleaning equipment before and after use. If a workout 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.
 3. Disinfect each EliteForm touch screen between uses.
 4. Provide any notes to the Custodial Staff regarding cleaning issues.
- d. Practice Area Specific Cleaning
- i. Davis Bolsteins, Associate Athletic Director for Facilities, will maintain the schedule of Practice Areas for sanitization purposes and communicate with Head Custodian, Tony Smoot, on what needs to be sanitized and cleaned based on the schedule.
 - ii. On nights directed, the Custodial Staff will perform the following tasks:
 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(CO12)) and let it set until dry in order to sanitize the floor.
 5. Spray an EPA List N approved spray (i.e. ProKure V (CO12)) 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).
 - iii. On days in use, Sport-Specific Coaches will perform the following tasks:
 1. Ensure Cleaning Stations are properly stocked and contact Associate Athletic Director, Davis Bolsteins for more supplies.
 2. 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).
 3. Provide any notes to the Custodial staff regarding cleaning issues.
- e. D. Ames Shuel Center and Hancock Hiltunen Caito Center for Leadership and Lifeskills
- i. Custodial Staff will services these areas every weeknight (Sunday, Monday, Tuesday, Wednesday, Thursday), as these facilities are not open on the weekend during the academic year.
 - ii. On nights directed, the Custodial Staff will perform the following tasks:
 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(CO12)) and let it set until dry in order to sanitize the floor.
 5. Spray an EPA List N approved spray (i.e. ProKure V (CO12)) 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).
 - iii. On days open, Academic Service staff and Office of Compliance Service staff will perform the following tasks:
 1. Ensure Cleaning Stations are properly stocked and contact Associate Athletic Director, Davis Bolsteins for more supplies.
 2. Provide any notes to the Custodial staff regarding cleaning issues.
- f. Meeting Room Spaces
- i. Custodial Staff will service these areas on an as needed basis as directed by Associate

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- Athletic Director, Davis Bolsteins, based on schedule.
- ii. The Custodial Staff will perform the following tasks:
 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(CO12)) and let it set until dry in order to sanitize the floor.
 5. Spray an EPA List N approved spray (i.e. ProKure V (CO12)) 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).
- g. 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 Davis Bolsteins, Associate Athletic Director for Facilities.
 - iii. All student-athletes will receive a bag of face coverings prior to participating in team activities.
- IV. COVID-19 Operations Team: In order to appropriately follow all administrative and operational changes necessary to promote the health and safety of the Participants, a COVID-19 Operations Team has been formed and will meet at least bi-weekly throughout the Fall 2020 academic semester.
 - a. The team will be chaired by Deputy Director of Athletics, Stephen Harper; Deputy Director of Athletics, Mattie White; Chief Medical Officer, Dr. Andy Hipskind and Senior Associate Athletic Director for Sport Administration, Rebecca Pany.
 - b. The COVID-19 Operations Team roster can be found in Appendix 6. Additionally, members from the COVID-19 Action Team with specific area responsibilities will be invited to COVID-19 Operations Team meetings.
 - c. Sport Contacts will be responsible for the maintenance of the Master Participant List, Cohorts, Daily Medical Questionnaire, Facility Scheduling, Assignment of Pledge and verification all Participants have participated in training prior to any activity.
 - d. Athletic Trainers will be responsible for Master Test Reporting.
 - e. All members of the COVID-19 Operations Team are responsible for communicating information from meetings to other staff and students, as well as helping to enforce all COVID-19 regulations and procedures.
- V. Student Services: In order to continue to develop our students academically, athletically and personally, the following services will be available in the Fall 2020 academic semester.
 - a. Academic Services, Tutoring Services and Learning Service
 - i. The D. Ames Shuel Center will be open Monday through Friday on a limited appointment-only basis. Appointments should be scheduled by the student with their academic advisor or learning specialist.
 - ii. Those who are using the Center by appointment must physical distance from others and wear face covering at all times.
 - iii. Academic advising will occur virtually. Students should schedule times with their Academic Advisor. Advisors can be reached via e-mail or phone to arrange virtual meetings.
 - iv. Tutoring will occur virtually and students should request tutors through Grades First.
 - v. Learning services will occur virtually. Students should schedule time with their learning specialist. Learning services staff can be reached via e-mail or phone to arrange virtual meetings.
 - vi. If there are questions regarding academic services, tutoring services or learning service, please contact Lorian Price, Senior Associate Athletic Director for Academic Services.
 - b. Nutrition and Food Services
 - i. The Tobias Nutrition Center will be open on a grab and go basis Monday through Friday.

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- ii. Anyone using the Tobias Nutrition Center must be physically distanced from others and must wear face coverings at all times.
 - iii. The Tobias Nutrition Center will operate in accordance with all IU EHS guidelines, found in Appendix 8.
 - iv. In accordance with current IU EHS guidelines and restrictions, all fueling stations will remain closed.
 - v. Access to snacks and beverages that are currently available to support fueling and recovery during training will be made available during breakfast hours at the Tobias Nutrition Center.
 - vi. If there are questions regarding nutrition and food services, please contact Isaac Hicks, Director of Sports Performance Nutrition.
 - c. Mental Health Services
 - i. IU Athletics will continue to provide robust mental health support and services through IU Athletics' Sport Psychology professionals.
 - ii. Individuals seeking mental health support will be directed to Dr. Troy Moles, Director of Counseling and Sport Psychology (tmoles@iu.edu).
 - d. Excellence Academy Services
 - i. IU Athletics will continue to provide Excellence Academy services on a virtual basis. Some of the services include career counseling, student group facilitation, Freshman Excellence sessions, leadership programming, community service opportunities and team by team support.
 - ii. If there are questions regarding Excellence Academy Services, please contact Lisa Winters, Director for Leadership and Life Skills.
- VI. Scholarship Assurance and Team Standing
 - a. All student-athletes, regardless of scholarship status, who choose not to participate in intercollegiate athletics at any time during the summer and/or the 2020-21 academic year due to concerns about COVID-19 will remain in good standing with their team. Those on scholarship will continue to have their scholarships honored.
 - b. If there are questions regarding scholarship assurance, please contact Kristin Borrelli, Senior Associate Athletic Director for Compliance Services.
- VII. Outside / Unattached Competition
 - a. Any requests for student-athletes to compete in outside or unattached competition will be evaluated on a case by case basis by the team Sport Administrator and the Chief Medical Officer.

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 CI02 – 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>
 - May 4, 2020 Big Ten Conference Announcement: <https://bigten.org/news/2020/5/4/general-big-ten-statement-on-organized-team-activities.aspx>
 - August 5, 2020 Big Ten Conference Announcement: <https://bigten.org/news/2020/8/5/big-ten-announces-plans-for-2020-football-season-medical-protocols-for-all-sports.aspx>
 - July 22, 2020 Monroe Country Order: https://www.co.monroe.in.us/egov/documents/1595532330_9254.pdf
 - [Indiana University Restart Report \(May 15, 2020\)](#): <https://president.iu.edu/doc/restart-report.pdf>
 - August 11, 2020 Big Ten Announcement: <https://bigten.org/news/2020/8/11/general-big-ten-statement-on-2020-21-fall-season.aspx>
 - 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>

Appendix 2

Sample Facility Guidance Sheets

Weight Room

#INTHISTOGETHER
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

#INTHISTOGETHER
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.



Appendix 3

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;
- 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: _____

Appendix 4

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.
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.

INDIANA UNIVERSITY ATHLETICS MEDICAL ADVISORY GROUP

- determine if they are at high-risk* for doing poorly if they were to contract 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.

Appendix 5

Timeline to Return to Team Activities and Access to IU Athletics Facilities

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

Winter and Spring Sports

Men's Golf	August 27
Women's Golf	August 27
Swimming and Diving	August 31
Men's Tennis	August 31
Women's Tennis	August 31
Softball	September 3
Baseball	September 3
Water Polo	September 3
Wrestling	September 3
Rowing	September 7
Track and Field	September 7

INDIANA UNIVERSITY ATHLETICS MEDICAL ADVISORY GROUP

Appendix 6
COVID-19 Operations Team

<i>Sport/Unit/Liaison</i>	<i>Athletic Trainer</i>	<i>Sport</i>	<i>Sport</i>
Baseball	Joel Langemaat	Denton Sagerman	
Basketball (M)	Tim Garl	Bill Comar	Brian Walsh
Basketball (W)	Robert Black	Liz Honegger	
Cross Country	Ben Gearhart	Andrew Poore	
Field Hockey	Ali Crouch	Dani Castro	
Football	Kyle Blackman	Mike Doig	Mike Hart
Golf (M)	Brad Eppelheimer	Corey Ziedonis	
Golf (W)	Ali Crouch	Lauren Whyte	
Rowing	Jess Novack	Kristen Wilhelm	Katie Bitz
Soccer (M)	Brad Eppelheimer	Kevin Robson	Phalo Pieteron
Soccer (W)	Billy Means	Sergio Gonzalez	Tara Ballay
Softball	Sami Polson	Chanda Bell	
Swimming and Diving	Alex Springer and Jen Wilkinson	Blaine Nichols	John Long
Tennis (M)	Kyle Winters	Mike Murray	
Tennis (W)	Billy Means	Ryan Miller	
Track and Field	Carly Hamann	Jay Arther	Ed Beathea
Volleyball	Amanda Madsen	Bailey Graham	
Water Polo	Jen Wilkinson	Mackie Beck	
Wrestling	Kyle Winters	Mike Dixon	

Admin Team	Stephen Harper	Mattie White	Andy Hipskind	Becky Pany
Master Test List	Becky Pany	Joe Lueken		
Teamworks	Eric Schwartz			
Housing	Marcy Simpson	Earlston Bean		
Sports Psychology	Troy Moles			
Food	Isaac Hicks			
Food Cards	Breanna Last			
Athletic Performance	Tom Morris			
Schedule and Custodial	Davis Bolsteins			
Communication	Jeremy Gray	John Decker		
Compliance	Kristin Borrelli			
Academic	Lo Price			
CFO	Marcy Simpson			
Coach Liaison	Todd Yeagley			
Student Liaison	Mac Rogers			
FAR	Kurt Zorn			
General Counsel	James Nussbaum			

Appendix 7

IU EHS



PUBLIC SAFETY & INSTITUTIONAL ASSURANCE

UNIVERSITY ENVIRONMENTAL HEALTH & SAFETY

Interim Guidance for Swimming, Spa, and Therapy Pool Operations (Based on Current ISDH Recommendations)

Subject to change/update

May 14, 2020

The following guidance is provided and recommended to be used during the COVID-19 pandemic response. When allowed to resume operations at Indiana University, swimming, spa, and therapy pools may open at 50% of normal bather load capacity. To date, SARS-CoV-2, the virus that causes COVID-19, has not been found to be transmitted through properly maintained aquatic venue waters. However, it may be spread by patrons within the pool, on the pool deck, or within the adjoining facilities. When aquatic venue activities resume, it is important that the following are established to ensure a safe work environment.

- ❑ **Replace or cover aquatic venue bather load signage with 50% reduced bather load.** Implement a limited block time to schedule pool use. Assign cleaned and disinfected tables, benches, or deck chairs to patrons.
- ❑ **Clean and disinfect shared pool equipment, lockers, and other commonly touched surfaces.** Individuals should practice routine cleaning and disinfection of frequently touched surfaces in the facilities after each use. This includes, but is not limited to: restroom faucets, soap and paper towel dispensers, spa activation controls, handrails, lockers, interior and exterior door handles, pool decks, floats, kickboards, etc. Chlorinated pool water is not an adequate surface disinfectant. A list of products that have been pre-approved by the Environmental Protection Agency (EPA) can be found here: <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>. Approved disinfectants should be applied after cleaning and removing of soil and debris accumulation. Sprays are appropriate on fabrics/porous surfaces and sprays or wipes are appropriate on hard/non-porous surfaces. Let the product(s) air dry.
- ❑ **Advise patrons to remain at home if they are experiencing any signs or symptoms of illness.**
- ❑ **Maintain physical distancing of at least 6 feet.** Relocate, remove, or barricade bleachers to provide a minimum distance of 6 feet between patrons. Close or cordon off areas of congregation, such as seating areas, pool decks, and vestibules. Discontinue group sports where more than 10 participants play. When physical distancing is difficult to maintain, individuals should wear a disposable surgical/isolation mask.

Appendix 7

IU EHS

Interim Guidance for Swimming, Spa and Therapy Pool Operations

- **Wear Personal Protective Equipment (PPE).** Employees are required to wear face coverings at aquatic venues. Employees should wear disposable gloves when cleaning and disinfecting pool equipment and aquatic venue surfaces. Individuals should wash hands with soap and warm water for a minimum of 20 seconds before and after wearing gloves. Individuals should not touch their faces, eat, drink, smoke, apply cosmetics, adjust contact lenses, or touch personal items such as cell phones while wearing gloves. If these activities need to be performed, safely remove and dispose of gloves and then wash hands with warm water and soap for a minimum of 20 seconds. Put on a new set of gloves before returning to activities. When removing gloves, follow CDC guidance (see attachment). Once gloves are removed, place them in the garbage and replace when needed. Use hand sanitizer when hand washing is not possible.
- **Require staff that are performing cleaning, disinfecting, and laundering services to complete required training for wearing and maintaining Personal Protective Equipment (PPE).**

Contact IUEHS at iuehs@indiana.edu for further guidance.

Appendix 7

IU EHS

Interim Guidance for Swimming, Spa and Therapy Pool Operations

How to Remove Gloves

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



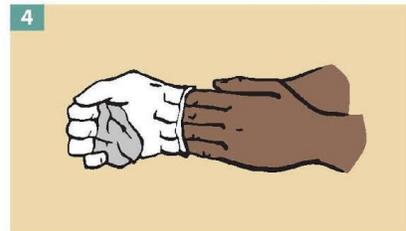
1 Grasp the outside of one glove at the wrist. Do not touch your bare skin.



2 Peel the glove away from your body, pulling it inside out.



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



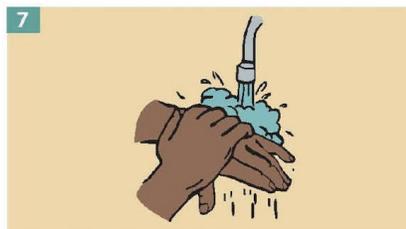
4 Peel off the second glove by putting your fingers inside the glove at the top of your wrist.



5 Turn the second glove inside out while pulling it away from your body, leaving the first glove inside the second.



6 Dispose of the gloves safely. Do not reuse the gloves.



7 Clean your hands immediately after removing gloves.

Appendix 8

IU EHS

Interim Food Service Guidance



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 30, 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](#). 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 or chills, cough, or shortness of breath/difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19

- **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 the COVID-19 symptoms listed above daily.

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

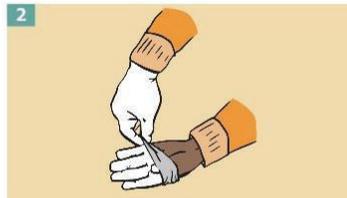
phone), the employee is changing tasks, or if the gloves have been worn for 4 hours. Employees should ensure they don't spread contamination when removing gloves (do not touch wrist or other skin with gloved hand). After removing gloves, employees should wash hands following the hand washing procedure 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



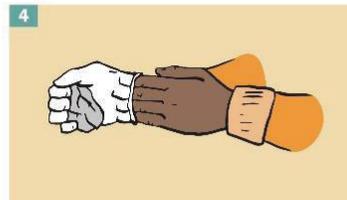
1 With both hands gloved, grasp the outside of one glove at the top of your wrist, being careful not to touch your bare skin.



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](#)