

## RSO Considerations for Physical Activities and Club Sports During COVID-19

We are excited to be together for the Fall semester! To do so safely and efficiently, we are planning for every possible scenario. We've created this resource to help you consider what your student organization events that involve close physical activities and sports may look like as we navigate our current situation.

**State and Federal Guidelines:** Michigan Technological University will adhere to state and federal guidelines related to event size, public gatherings, and health and safety protocol. As you've already experienced, these guidelines can change rapidly and will require us to remain flexible and have a plan A, B, and C for your RSO operations. The [health and safety levels](#) that will guide our actions are as follows:

- Level 1 - *Face-to-face instruction and limited physical distancing (primarily in-person meetings and events)*
- Level 2 - *Mixed-modality instruction and moderate physical distancing (hybrid of in-person and virtual meetings and events)*
- Level 3 - *Mixed-modality instruction and physical distancing (virtual meetings and events encouraged)*
- Level 4 - *Mixed-modality instruction and high physical distancing (primarily virtual meetings and events)*
- Level 5 - *Remote instruction and limited campus activity (virtual meetings and events only)*

### Outline of MTU Flex: Plan to Return to Campus:

On Monday, July 27, Michigan Tech successfully completed the Return to Campus Plan and transitioned to the [Health and Safety Levels](#) system that will be utilized moving forward. This fall, behavior and operations at Michigan Tech will be guided by these [Health and Safety Levels](#). These levels provide the university with the agility to respond to COVID-19 on campus and in the local community in real time with scientifically informed, practical, and targeted steps.

### Summary of Safety Practice Expectations (As of July 31, 2020):

- *Face coverings - Everyone on campus must wear a face covering in all indoor spaces and enclosed public spaces, including campus buildings and open workspaces. Face coverings must also be worn outdoors during activities where physical distancing cannot be maintained.*
  - *Physical distancing - Stay at least six feet (about two arms' length) from other people at all times, modify personal greetings to maintain separation (no handshakes or hugging), and stay out of crowded places and avoid large gatherings.*
  - *Symptom tracking - Everyone is required to complete the symptom tracker daily on campus, including all visitors/guests.*
  - *In-person meetings/events are allowed as permitted by local, state, and federal restrictions and should not exceed 50% of a room's capacity, with everyone maintaining six feet of separation as required for physical distancing. In addition, group gatherings are limited to a maximum of 10 people indoors and 150 people outdoors.*
  - *Additional personal safety practices are outlined [here](#) and additional information on campus environments can be found [here](#).*
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### **Events and Activities:**

RSO events and activities will be moving forward in accordance with the current campus level - that status can be found [here](#). To begin planning for Fall 2020, please use Level 3 as a starting point. With that in mind, please review the following considerations and note that all activities/events and sports held on-campus are required to follow all current university health & safety expectations.

### **Assessing Risk of Physical Activities/Sports:**

Provided what we know at this time about COVID-19 and its transmission, different sports and activities are thought to have different levels of risk involved in spread and infection. However, they do all pose a risk and we want our RSO members to be as safe and healthy as possible. Each RSO may consider a return to practice/activity in the fall over the course of the following weeks to months, depending on which [phase](#) the local, state or national government allows and which [level](#) the university is at. We recommend going through a thoughtful, team-based approach with your RSO members and advisor when considering return to practice and competition. We've provided prompts below to assist you in developing a plan.

**NOTE:** As of July 31, [Executive Order 160](#) requires that the 6 foot physical distancing is in places at all times - there is no exception for student organizations/club sports. This Executive Order could change or be revoked at any time.

*Below are a few suggestions on the risk level associated with various activity:*

**Lowest Risk:** Individual, skill-building drills or conditioning performed at home or with current room/housemates. No sharing of equipment.

**Moderate Risk:** Individual or small group skill building drills or conditioning performed in small groups made of individuals other than current room/housemates which still allow for adequate physical distancing. Equipment cannot be cleaned in between use.

**High Risk:** Activities involving close or frequent and/or sustained contact with multiple people who live outside the current residence where virus particles can be easily transmitted. Activities that do not allow for appropriate physical distancing.

**Highest Risk:** Similar to high risk above, adding in travel outside of the local area.

*Below are a few examples on what constitutes low, medium and high-risk sports:*

**Low-Risk Sports:** Individual running events, golf, fishing, billiards, eSports, badminton, tennis

**Moderate-Risk Sports:** paintball, outdoor volleyball, soccer, baseball, softball, ice hockey, kickball

**High-Risk Sports:** basketball, football, dance, rugby, indoor volleyball, ultimate frisbee, dodgeball

### *General*

- There should be different considerations for team sports vs. individual sports
- Assess activities and sporting events for their potential for COVID-19 transmission (e.g., individual vs. team sports; high intensity workouts with possible enhanced risk for aerosolization, etc.)

- Consider implementing a phased return of physical activities and sports based upon potential risk of transmission in a given activity
- Are squad size limitations necessary?
- Adhere to your RSO's respective governing body guidelines as it relates to competition, practice, and travel
- Consider activities and sports on a case-by-case basis (i.e. martial arts, rugby, volleyball, etc).
- Consider alternative sports or engagement opportunities that limit personal contact in particular
- Consider developing an esports model to supplement limited activity/competition

#### *Specific*

- What are the primary goals and intent of your activity/sport?
- What level of risk does your activity/sport pose for participants?
- What is the estimated activity/sport attendance?
- Can you meet the intended goals of your event in multiple spaces, outside, or virtual?
- Is your event possible without outside guests/spectators (non-students, faculty, or staff)?
- What education about your new procedures will members/participants need?
- Will your RSO require a waiver for participants? Please note that waivers do have limitations and expect that your RSO be proactive in mitigating risk for them to be helpful.

#### *Space - [University Room Reservation Information](#) and [SDC Facility Reservations](#)*

- What is the ideal location for your event?
- How much space is required for this event?
- Is there an available space on campus that will be able to accommodate your event or activity?
- Have you reserved your space and confirmed the health & safety expectations of that space?
- For outdoor events, what is your plan in the event of inclement weather?
- Consider implementing staggered entry and exit of participants into the facility
- Encourage physical distancing whenever possible - before, during, and after activities
- Eliminate or minimize spectators at activities/sports depending on venue capacity and based on university, local, and state guidelines
- Consider enforcing a no spectators at practice policy to minimize risk
- Plan for work-out room and venue capacity modifications – small groups of 10 individuals or fewer, 50 individuals for outdoor spaces, appropriately distanced, etc.

#### *Signage and Communication - [MTU Flex Signage](#)*

- Have you communicated safety plans/expectations to participants in advance?
- Do participants need to RSVP for your event/activity in advance?
- Have you added the event to [Involvement Link](#)? This will add the event details to the university calendar and help communicate details (location, links, times, etc.) to attendees.
- What signage do you need at your event to direct traffic and instruct participants?

#### *Health and Safety - MTU Flex [Campus Experiences](#) and [Personal Safety](#)*

- Review and modify your RSO risk management plans to add COVID-19 related procedures

- Redefine roles and responsibilities of Safety Officers (or similar officers) in your RSO and determine training requirements and communication expectations
- What level of physical activity does this event/sport include? If so, how will you minimize risk?
- Are there any other risks or possible risk scenarios that participants, spectators, or organization members could experience as a result of this event?
- What is your organization's action plan in case of an emergency and/or a medical situation?
- What and how many members or volunteers are needed to enforce physical distancing expectations and health and safety protocols?
- Have you planned time for members to set-up, sanitize, clean-up?
- What are the health & safety requirements for participants? Spectators?
- Consider requiring masks for all spectators
- Masks should be considered while participants are actively participating in their sport if physical distancing is not possible (however, if safety concerns exist due to use of a mask with participation, masks should not be mandatory)
- Will you be providing PPE or other safety/sanitization products?
- Ensure there is plenty of soap/water and hand sanitizer available
- Encourage temperature/symptom check for all participants/spectators before entrance into practice/games

*Equipment - [CDC Cleaning and Disinfecting Guidelines](#)*

- Personal equipment should be cleaned with disinfectant before and after each use
- Avoid community equipment use when possible. If not possible, equipment should be cleaned before and after each individual use. An exception is ball use
- Ball sports - wipe down balls between drills, different users or have individual use ball availability if possible
- Water/drinks - Each participant should have their own individual drink. Encourage extra water options in case an athlete forgets their own water bottle
- Individual towel use only

*Travel - [Return to Campus—Step Two Protocol](#) (current university travel information as of July 20, 2020)*

- Consider that institutional travel guidelines or limitations may be in place and be sure to review before planning any RSO travel
- Develop opportunities to compete locally (within community/region) to limit travel

*Event Procedures - [MTU Flex Guidance for Campus Environments](#)*

- Will an advisor/coach or a faculty/staff member be present?
- Have you identified the appropriate space set-up to maintain physical distancing?
- Has the entrance/exit process been identified and clearly communicated?
- How will participant attendance be tracked? Require a sign in process for spectators, participants, coaches, etc. to allow for contact tracing
- Have you identified ways to minimize contact with shared items, clean equipment, pre-screen participants, etc.?
- What is the plan to manage physical distancing, mask-wearing, and capacity requirements?

- Eliminate pre-game and post-game handshakes/high-fives/fist bumps

*Sport-specific recommendations from national/state organizations (as of July 20, 2020):*

- Centers for Disease Control and Prevention – [Considerations for Youth Sports](#)
- Dance USA – [COVID-19 FAQ for Dancers and Dance Companies Returning to the Studios](#)
- National Strength and Conditioning Association – [NSCA COVID-19 Taskforce Return to Training Resources](#)
- PGA – [Best Practices in Golf](#)
- National Recreation and Parks Association – [Slowing the Spread of COVID-19](#)
- NCAA – [Core Principles of Resocialization of Collegiate Sport: Frequently Asked Questions](#)
- NIRSA: Leaders in Collegiate Recreation - [Coronavirus Updates & Resources for Campus Recreation](#)
- US Soccer – [U.S. Soccer PLAY ON: Return-to-Play Guidelines](#)
- US Tennis Association – [Playing Tennis Safely](#)
- USA Hockey – [Player Safety & Health](#)
- USA Gymnastics – [Member Club Considerations for a Safe Reopening](#) and [Physical and Mental Health Guidance for a Safe Reintegration of Gymnastics After COVID-19 Restrictions From Training](#)
- USA Rugby – [Return to Play Guidelines](#)
- USA Swimming – [Facility Reopening Messaging and Planning](#)
- USA Ultimate - [Return to Play Guidelines](#)
- USA Volleyball – [Return to Play Guidelines](#)