

Lake Superior State University - Return to Sport Protocol

COVID-19 Athletics Action Team*

- 1.) Athletic Director: Dr. David Paitson
- 2.) Head Coaches:
 - a.) Damon Whitten, Men's Ice Hockey
 - b.) Steven Hettinga, Men's Basketball
 - c.) Brandon Lokken, Women's Basketball
 - d.) David Schmidlin, Women's Volleyball
- 3.) Student-Athlete: Camdyn Odykirk
- 4.) Head Athletic Trainer: Patrick Sarni
- 5.) Director of Strength and Conditioning: Taylor Brown
- 6.) Team Doctor: Dr. Timothy Tetzlaff
- 7.) Student Health: Karen Storey
- 8.) Director of HR, Safety, and Risk: Wendy Beach
- 9.) Facilities: James Becsey
- 10.) Student Housing: Derric Knight

*Other athletics staff, University staff, and medical personnel may be contacted for dialogue and consultation.

Facilities Access - Facility access will be restricted to the Taffy Abel Ice Arena and weight room, and the Bud Cooper Gymnasium and weight room. Student-athletes will be allowed to enter the athletic training room by appointment only.

- Student-athletes must contact the athletic trainer to set up an appointment.
 - Priority will be given to new athletic injuries as a result of summer workouts.
 - Student-athletes that are able to do rehabs remotely will continue to do so.
- Available treatment and rehab options will be limited and at the discretion of the sports medicine staff. Unavailable treatments include, but not limited to, heat packs, massage gun, and electrical stimulation.

Number of athletes Special Considerations

- Taffy Abel Arena/Bud Cooper Gymnasium
 - All groups for athletic activities will be kept to 10 or less persons, including coaches and staff in a single session.
 - Multiple sessions will need to be scheduled if the number of athletes and staff exceeds this total.
 - If multiple sessions are scheduled, a 10-minute time buffer will be scheduled to allow for sanitization and cleaning to take place before the next session.
- Athletic Training Special Considerations
 - The Taffy Abel Arena athletic training room will be limited to five people at a time: three student-athletes and the athletic trainers/coach.
 - The Norris athletic training room will be limited to seven people at a time: five student-athletes and the athletic trainers/coach.
 - All use of the athletic training room must be monitored by the athletic trainer.
- Strength and Conditioning Special Considerations
 - The Taffy Abel Arena weight room and Norris Center weight room will be limited to ten people at a time: eight student-athletes and two strength and conditioning staff.
 - If multiple strength and conditioning sessions are scheduled due to occupancy restrictions, a 10-minute time buffer will be scheduled to allow for sanitization and cleaning to take place before the next session.
 - Reference Section 4.i.ii for sanitization procedure.

Identifying at risk population - According to the NCAA Core Principles document, athletes identified as “at-risk population” will not be permitted to work out during Phase 1 of the resocialization of athletics (i.e. summer workouts). Risk factors include, but are not limited to, heart disease, lung disease, diabetes, high blood pressure, asthma, liver disease, and sickle cell disease/trait.

Pre-activity Protocol and Screening - This section lays out specific protocol and screening for voluntary strength and conditioning sessions, athletic training sessions, and sport play. Student-athletes will be required to follow all guidelines, policies, and procedures set in place by Lake Superior State University and the Athletics Department without exception. Failure to follow any policy may result in revocation of a student-athlete’s Norris access privilege. Reinstatement will be considered after the student-athlete has met with their head coach and head athletic trainer. Important to note these guidelines are subject to change.

- Before a student-athlete’s first workout on campus, they will complete the full COVID-19 screening form (on page 9-10). This form will be submitted and reviewed by the sports medicine staff prior to their first workout.

- Student-athletes will receive a daily wellness check every morning, asking if they have any COVID-19 symptoms or have come into contact with anyone diagnosed with COVID-19.
 - Athletic Training and Strength and Conditioning Special Considerations
 - If student-athletes have not filled out the questionnaire, athletic training rooms and weight room access will be denied.
 - If the daily wellness check reveals that symptoms are present, the student-athlete will not be permitted to enter the facilities that day and will be referred to the Student Health Center.
- Student-athletes and coaching staff are strongly encouraged to wear face coverings (medical or cloth) as they enter and exit facilities. Face coverings are not required when exercising. Coaching staffs, athletic trainers, and strength and conditioning staff are also strongly encouraged to wear face coverings while coaching.
- The south east main entrance door will be available for entry to the Norris Center and Taffy Abel Arena.
 - If the Norris Center is locked at the time of a session, coaches or staff will grant access to student-athletes to prevent public patrons entry until appropriate.
- Upon arrival to the Norris Center facility, a staff member will take and record each student-athlete's temperature and submit to the athletic training staff.
 - If a student-athlete has a temperature above 100.4° F, they will not be allowed to participate in any athletic activity that day.
 - Athletes showing severe symptoms will be referred directly to War Memorial Hospital for COVID-19 testing.
 - Student-athletes with an increased temperature or those showing minor symptoms will be referred to the LSSU Healthcare Center for further treatment options (i.e., face-to-face or telehealth appointment with a provider).
- Student-athletes will proceed to wash/sanitize their hands before entering and exiting the Taffy Abel Ice Arena area, Bud Cooper Gymnasium, and Taffy Abel and Norris Center weight rooms.
- No student-athletes will be allowed to change upon entering facilities or use locker rooms.
 - Locker room usage will be restricted for all summer activities.
- Hydration
 - Strength and Conditioning Special Considerations - Student-athletes will be required to bring their own form of hydration (e.g., water bottle or sports drink). Disinfectant wipes will be available for them to wipe off the exterior of the container upon entry and exit of the facility. It is recommended that they label their bottle with their name. Drinking fountains and water coolers from the athletic training staff will not be available.
- Sanitization
 - Athletic Training Special Considerations - Student-athletes will be required to wipe down tables and any other equipment after each use. The athletic training staff will wipe down and mist the athletic training tables and equipment daily.
 - Strength and Conditioning Special Considerations - Student-athletes will be required to wipe down and sanitize all used equipment thoroughly after each individual use. Sanitizing supplies will be provided.
 - "Misting" with an EPA certified disinfectant of the Taffy Abel and Norris Center weight room equipment will take place daily/nightly after all strength and conditioning sessions are completed.

- Floor cleaning of the Taffy Abel and Norris Center weight rooms will take place once per week.

Schedule - A set schedule of times will be made for voluntary workouts that is differentiated among respective athletic teams. No student-athletes will be permitted to access any of the Norris facilities outside of designated scheduled times.

Lake Superior State University Sports Medicine

Student-Athlete COVID-19 Screening

Name: _____

Last

First

Middle

LSSU ID#: _____ Date of Birth: _____ Age: _____

Cell Phone: _____ Sport(s): _____

Please complete this form to assess your potential exposure / possession of COVID-19 and other illnesses.

Are you currently free from illness? ☐ Yes ☐ No

During your time away from LSSU, did you experience, or are you currently experiencing any of the following:

SYMPTOM	YES	NO	LENGTH OF SYMPTOM	EXPLANATION
Fever				
Body Chills				
Extreme Level of Fatigue				
Cough				
Pain / Difficulty Breathing				
Shortness of Breath				
Sore Throat				
Body / Muscle Aches				
Loss of Taste				
Loss of Smell				
Changes to Vision / Eye Discharge				
Abdominal Pain				
Multiple Episodes of Diarrhea				

QUESTION	YES	NO
2-14 days prior to experiencing these symptoms, did you experience a suspected exposure to COVID-19?		
Have you had any direct contact with anyone who lives in or has visited a place where COVID-19 is spreading and/or is an area reporting an increased number of COVID-19 cases (i.e. "hot spots")?		
Have you had any direct contact with someone that has a suspected or lab confirmed case of COVID-19?		
During your time away from LSSU, did you self-quarantine due to suspected symptoms or exposure of COVID-19?		
During your time away from LSSU, have you been living in, or have visited an area reporting an increased number of COVID-19 cases (i.e. "hot spots")?		

Have you previously been or are you currently diagnosed with COVID-19?

☐ YES ☐ NO

DATE OF DIAGNOSIS: ____/____/____

Do you have medical documentation to support your diagnosis and treatment of COVID-19?

☐ YES ☐ NO

PHYSICIAN NAME: _____

PHYSICIAN LOCATION: _____

Please list any countries/states/cities you have traveled to since March 15, 2020 and the dates you were there:

1. _____	Dates: _____
2. _____	Dates: _____
3. _____	Dates: _____
4. _____	Dates: _____
5. _____	Dates: _____

Student-Athlete Signature: _____ Date: _____

LSSU Rep Signature: _____ Date: _____

Approval:

By signing below, I certify that I have reviewed and approve of the above document:

Name	Title	Signature	Date
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____