STUDENT SERVICES COVID-19 SUB-COMMITTEE
ATHLETICS WORK GROUP

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Executive Summary

In late May an Athletics COVID-19 working group of the Student Services Sub-Committee was formed as part of the Modesto Junior College’s COVID-19 Return to Work Taskforce. Membership on the working group was requested by the Athletics Director to all Athletics coaches and staff. The working group was comprised of the following MJC employees:

Steve Aristotelous  Head Soccer Coach
Zeb Brayton         Head Baseball Coach
Mary Jo Brasil     Athletics Equipment Technician
Grover Caetano     Athletics Equipment Technician
Jamie DeRollo       Head Athletic Trainer
Rachel Finnegan    Head Women’s Basketball Coach
Bryan Justin Marks  Dean of Student Services & Public Relations (Athletics)
Brenda Moser       Head Volleyball Coach
Milan Motroni      Head Women’s/Men’s Golf Coach
Demitrius Snaer    Head Women’s/Men’s Track & Field Coach and Cross Country Coach
Nick Stavrianoudakis Athletic Director
Rusty Stivers      Head Football Coach

The charge of the working group was to explore the steps that could be taken for Athletics to be able to return to campus. The group met formally on May 20, May 27 and June 3 in addition to multiple other meetings and discussions to create this document.

This document shows all the steps that would be taken ensure every precaution is taken to ensure the safety of athletes and coaches. The faculty and staff that served on this working group are to be commended for their knowledge, passion, professionalism and sacrifice of personal time in preparing this very thorough document.

Based on the information in this document it is the recommendation of the work group with full administrative support of the Dean of Athletics and Athletics Director that Varsity Classes (the practices for each sport) return to campus both in Summer and Fall within the Center for Disease Control guidelines (CDC).

This recommendation is based off information collected from the following sources:

Big 8 Athletic Directors
There are nine schools that compete in the California Community College. Seven of the nine schools have listed Athletics and the Varsity courses (Practices) related to Athletics as exceptions to remote learning meaning they can hold practices on campus within CDC guidelines.
California Community College Athletics Association (CCCAA)

The CCCAA is the governing body for California Community College Athletics. They have sent out a draft document that highlights how schools can return to practices and competitions. This document is still a draft awaiting an official vote.

“The following framework was created by the CCCAA COVID-19 Working Group (WG) to provide guidance to the organization and its member institutions as we transition out of a shelter-in-place environment for the Fall 2020 semester. While this guidance is not perfect, it should nonetheless provide opportunity for student-athletes to experience the many benefits of being part of intercollegiate athletics. With that thought in mind, it is important to note that one of the primary guiding themes of this effort has been to ensure we field teams for the Fall semester regardless of whether or not we are ultimately able to compete. The worst case would be that we all have teams full of young men and women that still need our guidance athletically, academically, and socially and fielding teams provides them with the motivation and structure to enroll and excel in higher education. Our collective objective must be about more than competition. In accordance with our system’s Vision for Success and most of our missions, it must be about student success, retention, and equity”

CCCAA COVID-19 Working Group – Recommendations for Athletics in the 2020-21 Academic Year

See Appendix A

National Federation of State High School Associations (NFHS)
Sports Medicine Advisory Committee (SMAC)

The National Federation of State High School Associations is the body that writes the rules of competition for most high school sports and activities in the United States

“The NFHS SMAC believes it is essential to the physical and mental well-being of high school students across the nation to return to physical activity and athletic competition. The NFHS SMAC recognizes that it is likely that ALL students will not be able to return to – and sustain – athletic activity at the same time in all schools,
regions and states. There will also likely be variation in what sports and activities are allowed to be played and held. While we would typically have reservations regarding such inequities, the NFHS SMAC endorses the idea of returning students to school-based athletics and activities in any and all situations where it can be done safely.”
Pre-Activity Planning

● **Prior to Return to Campus**

1. Take into consideration that new information is unfolding daily. Abide by CCCATA and NSCA guidelines on how to safely return to campus/sports.
2. All athletics staff, coaches and student-athletes will watch the CCCATA education videos and take and pass a quiz.
3. Students, coaches and staff will fill out a health screening questionnaire before the first training session and be required to update their questionnaire if any information changes. (Appendix C in CCCATA document)
4. All student-athletes, coaches and staff will need to be symptom free for 14 days prior to participating in any activity.
5. Student-athletes, coaches and staff who have underlying medical conditions will need to be approved for participation. MJC athletics will follow state, local, institution and athletic association guidelines for participants with underlying medical conditions.

● **Prior to Return to Practice**

1. Student-athletes will come dressed to the field, no use of locker rooms. If warranted student-athletes can bring a white and a dark colored shirts.
2. Student-athletes, coaches and staff will be reminded of CDC recommended hygiene procedures. Student-athlete will either wash hands or use hand sanitizer at the beginning and end of practice.
3. Student-athletes, coaches and staff will have to wear face masks during transition to and from facility and have to abide by social distancing requirements (currently six feet).
4. Athletic Trainers/Trained Staff will have a designated temperature testing station, if above 100.5 degrees, student-athletes will be sent home and notify the athletic trainer.
   - Stations will vary based on sport facility and location of practices
   - Six feet social distancing will be monitored by athletic staff
5. Student-athletes, coaches and staff will be required to bring their own water bottle (and towel) and will be able to fill their water containers with non-contact water dispensers
6. All training sessions will be scheduled and approved by the Director of Athletics
7. No spectators allowed at practice
8. Each team will have designated parking lots to use, so it minimizes the amount of individuals entering and exiting campus at the same time
9. If student-athletes, staff or coaches do not abide by the protocols approved by the college they can be suspended from face-to-face participation

● **Personal Responsibility**

1. Always acknowledge and report to your Coach AND Athletic Trainer when you are ill or have a temperature and STAY HOME.
2. Wash hands for at least 20 seconds with water. If that is not an option use hand sanitizer made up of at least 60% alcohol.
3. Avoid touching your mouth, eyes and nose.
4. Sneeze/cough into your shirt or elbow to limit exposures.
5. Avoid sharing personal items (water bottle, towel, silverware).
6. Clean and disinfect high surface touch areas as needed (weight room benches, tables, door knobs, cell phones, etc.).

- **Training Sessions**
  1. Each program will have a specific plan, since all teams, facilities and training sessions are different.
  2. Groups/Pods will be no larger than 10 individuals (nine students and one coach) and stay in the same Pod until restrictions are lifted/loosened.
     - Teams with large numbers will be spread out throughout the facility so no groups overlap. Larger teams may have to split their team practice times to allow for social distancing space.
  3. When coaches are giving directions on drills and conditioning, student-athletes abide by social distancing requirements.
  4. Social distancing guidelines will be required during all drills and exercises and there will not be any physical contact between individuals (i.e. huddles and celebrations)
  5. At the end of the training session, coaches will have groups exit at separate times in their small groups while practicing social distancing.

- **Sanitization of Equipment and Individuals**
  1. Before and after practice sessions, equipment will be sanitized (all cleaning will be approved by MJC policies & procedures)
  2. If excessive use of equipment occurs with hands, student-athletes could be required to wear gloves (i.e. runningbacks).
  3. When applicable student-athletes will be designated their own equipment (i.e. their own basketball that is not shared)
  4. If drills take place where equipment is shared, the equipment will be sanitized before the next participant.
  5. All student-athletes, coaches and staff will be reminded to wash their hands for at least 20 seconds after restroom usage (signage will be posted in each bathroom).
  6. Hand sanitizer will be readily available for programs that share equipment to use in between drills.

- **General Facility Procedures**
  1. All locker rooms will be closed (restroom facilities in locker rooms will be available).
  2. Bathroom usage for teams will be available (locker rooms and/or east side bleacher restrooms).
     - Bathroom doors will be propped open to avoid a touch point.
  3. Student-athletes, coaches and staff will not enter facilities at the same time and be required to follow social distancing guidelines.
     - All indoor facilities will have their doors propped open by the coach or staff member prior to practice.
• Athletic Trainers and Training Facilities
  1. Athletic Trainers and Trained Staff will be using PPE’s approved by the college when administering temperature checks.
  2. Athletic Training Center will be closed for student-athletes for non-emergency needs. Student-athletes will need to make appointment times for evaluation, treatment and rehabilitation. Will use resources and approved guidelines to return to being able to provide normal healthcare.
  3. If an injury occurs at practice, athletic trainers will assess using proper precautions.
  4. If necessary, the student-athlete will be transported to the Athletic Training Center.
  5. Athletic trainers will leave bags of ice outside of the AT Center for student-athletes after practice.
  6. If student-athletes need specific items for injury prevention or rehab, those items will be checked out to the student-athlete for a specified time.
Return to Campus Plan By Sport

**Baseball**

**Prior to Activity**
- There are two classes for the fall. 12:45-2:10 and 2:20-3:45 on MTWTH.
- Student-Athletes will be divided into Groups(1,2,3,4,5,6,7,8):6-10 athletes per group
- Under these modifications, the class will be hybrid.
- Groups 1-4 will be P/C’s on MW; Groups 5-8 will be INF/OF’s on TTH
- All Student-Athletes will have their own glove, bat, bag, water bottle etc.
- All Student-Athletes that show any symptoms will be required to stay home or sent home.
- Assignment modifications will be made for players who are sick or who chose not to participate due to safety concerns.
- All Student-Athletes will sanitize and wash hands before their Group’s class time is over and leave the field immediately to return to their cars and go home.
- Coaches will speak to their student-athletes about the importance of social distancing, personal hygiene, and sanitation

**During Activity**
- All Student-Athletes will be assigned catch partners, to limit exposure of shared baseballs.
- All shared equipment will be sanitized routinely

**After Activity**
- All Student-Athletes will sanitize and wash hands after their Group’s class time is over and leave the field immediately to return to their cars and go home

**Plan for MW 12:45-2:00:** **(Group 1 enters at main gate; Group 2 enters at side gate)**
- Each student-athlete will enter through their assigned gate 1 at a time and have temperature checks along with washing hands until all of their group is in the field.
- Group 1 will check home dugout for plan and then go to stretch/catch in LF(always staying at least 6 feet apart, most of the time it will be much more)
- Group 2 will go to 1B dugout for plan and then go to stretch/catch in RF(always staying at least 6 feet apart, most of the time it will be much more)
- After warm-ups, players will break up into drills while practicing social distancing. When drills are done, players will sanitize and wash hands(one at a time in both bathrooms) while leaving the field.

**Plan for MW 2:15-3:30:** **(Group 3 enters at main gate; Group 4 enters at side gate)**
- Each student-athlete will enter through their assigned gate 1 at a time and have temperature check along with wash hands until all of their group is in the field.
- Group 1 will check home dugout for plan and then go to stretch/catch in LF(always staying at least 6 feet apart, most of the time it will be much more)
- Group 2 will go to 1B dugout for plan and then go to stretch/catch in RF(always staying at least 6 feet apart, most of the time it will be much more)
- After warm-ups, student-athletes will break up into drills while practicing social distancing. When drills are done, student-athletes will sanitize and wash hands(one at a time in both bathrooms) while leaving the field.
The TTH group will be under these same guidelines. Just substitute groups 1-4 for groups 5-8

Basketball (Women’s)

Prior to Activity
- Athletes will park directly across from the gym in lot P101 and will be advised to enter through the gym (door open so no use of handles) located next to the women’s locker room in the gymnasium
- Upon arrival, a coach will take each athlete’s temperature as they enter individually
- Athletes will arrive dressed for practice and will not utilize their lockers
- Each athlete will then be advised to enter the women’s bathroom located in the lobby and wash their hands prior to practice at separate times
- Lobby doors will also be propped open to avoid use of handles
- Hand sanitizers and disinfectant wipes will be available also
- Athletes will be reminded to avoid high fiving teammates or contact of any kind - which will hopefully increase our ‘communication’
- Coaches will speak to their student-athletes about the importance of social distancing, personal hygiene, and sanitation

During Activity
- The gymnasium will be sectioned off with 2 players at each hoop (separated)
  - Hand sanitizers and disinfectant wipes will be available
- EACH player will be given their own personal ball that will be wiped down PRIOR to use and CONCLUDING use
- Each athlete will also have their own personal towel and water bottle at their hoop
- Coaches will wear gloves and masks when assigned to hoops working one on one with athletes

After Activity
- Athletes will be encouraged to sanitize/wash their hands directly after
  - As well as wipe down their basketballs, water bottles, etc.
- Athletes will exit the same door they entered upon, and will do so individually
Basketball (Men’s)

Priority to Activity
- Athletes will park directly across from the gym in lot P101 and will be advised to enter through the gym (door open so no use of handles) located next to the women’s locker room in the gymnasium
- Upon arrival, a coach will take each athlete’s temperature as they enter individually
- Athletes will arrive dressed for practice and will not utilize their lockers
- Each athlete will then be advised to enter the women’s bathroom located in the lobby and wash their hands prior to practice at separate times
- Lobby doors will also be propped open to avoid use of handles
- Hand sanitizers and disinfectant wipes will be available also
- Athletes will be reminded that high fiving teammates or contact of any kind will be prohibited
- Coaches will speak to their student-athletes about the importance of social distancing, personal hygiene, and sanitation

During Activity
- The gymnasium will be sectioned off with 2 players at each hoop (separated)
  - Hand sanitizers and disinfectant wipes will be available
- EACH player will be given their own personal ball that will be wiped down PRIOR to use and CONCLUDING use
- Each athlete will also have their own personal towel and water bottle at their hoop
- Coaches will wear gloves and masks when assigned to hoops working one on one with athletes

After Activity
- Athletes will be encouraged to sanitize/wash their hands directly after
  - As well as wipe down their basketballs, water bottles, etc.
- Athletes will exit the same door they entered upon, and will do so individually
Cross Country (Men’s & Women’s)

Prior to Activity
● Men’s and Women’s teams will have staggered practice times as each team is approximately 7-10 athletes.
● Student-Athletes will park near and enter at the North end of the football practice field
● Upon entering Student-Athletes will have their temperatures checked and given hand sanitizer to wash their hands
● Coaches will speak to the team about the importance of social distancing, personal hygiene, and sanitation

During Activity
● Student-Athletes will start their dynamic warm up
● Student-Athletes will head out on their run and be advised to maintain social distance from people they might encounter during their runs
● There will not be any equipment used

After Activity
● Student-Athletes will go to the sanitation station and wash their hands
● Student-Athletes will be instructed to exit through their designated areas
Football

The safety of our players and staff continue to be our top priority. Our plan is to implement safe practices with the lowest risks possible for the safety and health of our coaches and players. This plan was developed using CDC guidelines and addressed the first and second guiding principles. We will continue to monitor the recommendations of the CDC and our County Health Department and update our plan as needed.

Guiding Principles

- Lowest Risk: Performing skill-building drills or conditioning at home, alone or with family members.
- Increasing Risk: Team-based practice.
- More Risk: Within-team competition.
- Even More Risk: Full competition between teams from the same local geographic area.
- Highest risk: Full competition between teams from different geographic areas.

Preventative Measures

- Coaches will be trained on proper sanitization protocols and techniques.
- Proper sanitization supplies will be ordered and safely stored.
- Coaches teach and review Hand Hygiene and Respiratory Etiquette (Daily) with Players - Posters will be displayed.
- Towels and water bottles will not be shared.
- Student athletes will not use the locker room to change clothing.
- Sanitize weight lifting equipment.
- Sanitize footballs before and after practice.
- Additional sanitization of facilities and equipment will occur after each practice.
- Coaches will teach and reinforce handwashing with soap and water at least 20 seconds.
- Spitting will not be allowed, and everyone will cover their coughs and sneezes with a tissue or use the inside of their elbow. Used tissues will be thrown in the trash and hands washed immediately with soap and water for at least 20 seconds.
- If soap and water are not readily available, hand sanitizer that contains at least 60% alcohol can be used for staff and older children who can safely use hand sanitizer.
- Student/Athlete will not use the locker room.
- Sanitize weight-lifting equipment with disinfectant between each use.
- Sanitize the footballs before and after each practice - additionally sanitize between each practice rotations.
- Additional sanitization of facilities and equipment will occur after each practice.
- Teams will NOT be using any other equipment that require touching bags, sleds, tackling devices.
- Student/Athletes who handle the footballs will wear football receiver gloves, except the QB’s.
Maintaining a Healthy Environment

- Principle 1 - Student athletes will follow the home-based workout plan
- Principle 2 - Each activity which fall under Principle 2 will do the following:

Prior to the activity each student athlete and coach will have temperature taken prior to the activity. Coaches will review the preventative measures with the student athletes prior to their participation in the activity. There will be 3 groups of student athletes that will rotate through weightlifting, conditioning, and agility/schematic drills.

Principle to Activity Protocols

Weight Room
- Students follow hand wash protocol
- Doors remain open
- Minimum 6 feet distance
- Equipment is sanitized after each use

Outdoors
- Drills will be spaced at least 6 feet apart
- All equipment sanitized prior and after practice
- Skill group numbers based on CDC numbers

Direct Instruction
- Football schematics will taught remotely through an online platform
Golf (Women’s & Men’s)

Prior to Activity
- Student-Athletes individually arrive to golf course and check in with Coach
- If school screening policy in place coach will implement (ie. waiver, temperature, masks etc.) with a daily log in place
- Coach/school will have worked out agreement in advance with all golf courses
- All golf courses are set up to adhere to state and county guidelines

During Activity
- If class is over 10 student-athletes (Phase 1/2) break into 2 groups of 10 or less at different time intervals
- Putting, Chipping, Range (1st group)
- Space students out in different marked off drill stations 6 ft apart and rotate every 15-20 minutes (1st group)
- Student-athletes use their own clubs and balls for putting and chipping (1st group)
- Range balls provided by course, which are one time use and washed after each use (1st group) Students not to touch range balls, use golf club to position ball
- 2nd group will play nine holes with 2-4 students teeing off in 10 minute intervals according to course policy
- The two groups rotate for the 2nd half of class
- If practice consists only of playing 9-18 holes of golf (varsity classes), students will be broken into groups of 2-4 golfers (depending upon course policy) at 10 minute tee time intervals (no more than 10 students at course if this practice is in place under phase 1 or 2. Students will know in advance of their tee times.
- Students will adhere to course policies, bring own balls, no rake in sand (ground under repair rule), no ball washers, bring own water, flag stick stays in, 6 ft apart while playing, bring own pull cart or carry bag

After Activity
- Each Student will text a picture of their scorecard or use phone app and send to coach, no exchanging cards during play. Students can briefly discuss scores before turning in as long as 6 ft distance is maintained.
- Students leave immediately after class
Soccer (Women’s)

Prior to Activity
- Student-Athletes will be broken into 3 groups (blue, black and white)
- Student-Athletes will have designated entry points
- Coaches will take the athletes temperature prior to them entering the designated entry points
- Student-Athletes will then go to the sanitation station where they will wash their hands with hand sanitizer
- Each student-athlete will bring their own training top (white, black, and blue)
- Their training top will be assigned to designated training areas

During Activity
- Athletes will train in stations meeting necessary guidelines (social distancing).
- Equipment will be limited to 3 soccer balls per group
- Only goalies will handle the ball and they will be wearing gloves
- There will be no throw ins in the training sessions, so there will be no handling of the ball by athletes outside of goalies

After Activity
- Student-Athletes will go to the sanitation station and wash their hands
- Student-Athletes will be instructed to exit through their designated areas
Soccer (Men’s)

Prior to Activity
- Student-Athletes will be broken into 3 groups (blue, black and white)
- Student-Athletes will have designated entry points
- Coaches will take the athletes temperature prior to them entering the designated entry points
- Student-Athletes will then go to the sanitation station where they will wash their hands with hand sanitizer
- Each student-athlete will bring their own training top (white, black, and blue)
- Their training top will be assigned to designated training areas

During Activity
- Athletes will train in stations meeting necessary guidelines (social distancing).
- Equipment will be limited to 3 soccer balls per group
- Only goalies will handle the ball and they will be wearing gloves
- There will be no throw ins in the training sessions, so there will be no handling of the ball by athletes outside of goalies

After Activity
- Student-Athletes will go to the sanitation station and wash their hands
- Student-Athletes will be instructed to exit through their designated areas
Softball

Prior to Activity

- There are two groups for the fall. 2:55-4:25; 4:25-6:00 TWTH
- Players will be divided into Groups(1,2): 6-10 athletes per group
- Under these modifications, the class will be hybrid.
- Groups 1 will be P/C’s on T/W; Groups 2 W/Th will be INF/OF’s
- All Student-Athletes will have their own glove, bat, bag, water bottle etc.
- All Student-Athletes that show any symptoms will be required to stay home or sent home.
- Assignment modifications will be made for players who are sick or who chose not to participate due to safety concerns.
- All Student-Athletes will sanitize and wash hands before their Group’s class time is over and leave the field immediately to return to their cars and go home.
- Coaches will speak to their student-athletes about the importance of social distancing, personal hygiene, and sanitation

During Activity

- All Student-Athletes will be assigned catch partners, to limit exposure of shared softballs.
- All shared equipment will be sanitized routinely

After Activity

- All Student-Athletes will sanitize and wash hands after their class time is over and leave the field immediately to return to their cars and go home
Swimming (Men’s & Women’s)

Phase 1: No contact with athletes, no pools available
• Dryland only
• Remote videos on Canvas
• Weekly quizzes on rules and strategy

Phase 2: Small groups, 10 and under.
• No pools: same as Phase 1
• The chlorine has been shown to kill the virus.
• With pool: individual swimming at opposite ends of the pool with keeping 6 feet away.
• 1-hour max swim time.
• Athlete has his or her own equipment
• Many individual drills

Phase 3: Groups of 11-25 or more
• No pool. same as Phase 1
• With pool: Start with more conditioning
• The chlorine has been shown to kill the virus.
• Full practice time, no meets

Phase 4: No restrictions
• Back to normal Swimming practice.
• Full practice with swim meets

MJC Training and Conditioning for water polo and swimming

Phase 1: No contact with athletes
• Dryland only
• Remote videos on Canvas
• Weekly quizzes on rules and strategy

Phase 2: Small groups, 10 and under. Outside workouts, no weight room available
• No weight room: same as Phase 1
• With a weight room: individuals keeping 6 feet away.
• 1-hour max time.
• Athlete has his or her own equipment and cleans all equipment they touch
• Many individual drills, Yoga and other drills

Phase 3: Groups of 11-25 or more
• No weight room. same as Phase 1
• With weight room: Start with more conditioning 6 feet apart
• Full practice time

Phase 4: No restrictions
• Back to normal Training and Conditioning for water polo and swimming
Tennis (Women’s & Men’s)

If you live in a community where stay-at-home or shelter-in-place orders have been lifted or modified, and if your locality meets the standards in the Federal Guidelines, then tennis, if played properly, can be a great opportunity for you to relieve stress, socialize with others and provide much-needed exercise. Of primary importance is taking every precaution to help keep all participants safe.

Because tennis does not require any direct person-to-person contact, players can enjoy the many physical and mental benefits that tennis offers so long as you practice physical distancing by keeping six feet apart from other players to ensure you are in a safe exercise environment and follow other safety recommendations included here.

Although there is no specific evidence that tennis balls can spread COVID-19, we know that contamination by respiratory droplets from an infected person can potentially survive on hard surfaces up to three days. If you choose to play tennis, be sure to practice these safety tips and recommendations.

Prior to Activity

- Make sure that your state and region allow tennis play, satisfy the Federal Government’s gating criteria (as outlined in the “Opening Up America Again” guidelines) and has been designated an essential business and/or has entered Phase One of the Phased Comeback.
- States and regions with no evidence of a rebound and that satisfy the gating criteria a second time may proceed to Phase Two of the Phased Comeback, in which all individuals, when in public recreation areas, should maximize physical distance from others.
- Be aware that although restrictions are eased when your state and region move from Phase One to Phase Two or Phase Three of the Phased Comeback, safety precautions must remain in place until there is a universal vaccine or effective treatment for the coronavirus.
- The USTA Medical Advisory Group highly recommends competitive players ease their way back into play prior to competition. Given the layoff from competing, players will be more susceptible to under-training, over-use and other injuries. The USTA strongly recommends at least three weeks of on court and off court conditioning before competition begins.
- Arrange to play only with family members or others who live in your household or with individuals who are considered to be low risk.
- Do not play if any of you:
  - Are exhibiting any symptoms of the coronavirus. According to the CDC, people with COVID-19 have had a wide range of symptoms reported—ranging from mild symptoms to severe illness. These symptoms may appear 2-14 days after exposure to the virus: fever, cough, shortness of breath or difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, new loss of taste or smell.
  - Have been in contact with someone with COVID-19 in the last 14 days.
  - Are a vulnerable individual and your state and region is in Phase One or Phase Two. A vulnerable individual is an elderly individual and/or an individual with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma and those whose immune system is compromised such as by chemotherapy for cancer and other
conditions requiring such therapy. (For states and regions in Phase Three, a vulnerable individual can resume public interactions, including playing tennis, but should practice physical distancing.)

Protect against infections:

- Wash your hands with a disinfectant soap and water (for 20 seconds or longer), or use a hand sanitizer if soap and water are not readily available, before going to the court.
- Clean and wipe down your equipment, including racquets and water bottles. Do not share racquets or any other equipment such as wristbands, grips, hats and towels.
- Bring a full water bottle to avoid touching a tap or water fountain handle.
- Use new balls and a new grip, if possible.
- Consider taking extra precautions such as wearing gloves.
- If you need to sneeze or cough, do so into a tissue or upper sleeve.
- Arrive as close as possible to when you need to be there.
- Avoid touching court gates, fences, benches, etc. if you can.

During Activity

- Try to stay at least six feet apart from other players. Do not make physical contact with them (such as shaking hands or a high five).
- When playing doubles, coordinate with your partner to maintain physical distancing.
- Avoid touching your face after handling a ball, racquet or other equipment. Wash your hands promptly if you have touched your eyes, nose or mouth.
- Avoid sharing food, drinks or towels.
- Use your racquet/foot to pick up balls and hit them to your opponent. Avoid using your hands to pick up the balls.
- Maintain physical distancing if changing ends of the court.
- Remain apart from other players when taking a break.
- If a ball from another court comes to you, send it back with a kick or with your racquet.

Prior to Activity

- Leave the court as soon as reasonably possible.
- Wash your hands thoroughly or use a hand sanitizer after coming off the court.
- Do not use the locker room or changing area. Shower at home.
- No extra-curricular or social activity should take place. No congregation after playing.
- All players should leave the facility immediately after play.

USE FOUR BALLS OR SIX BALLS
Although unlikely, it’s possible that a tennis ball can transmit the COVID-19 virus, as virtually any hard surface can transmit the disease. So here is an extra precaution you can take to keep safe when playing tennis:

- Open two cans of tennis balls that do not share the same number on the ball.
- Take one set of numbered balls, and have your playing partner take a set of balls from the other can.
- Proceed with play, making sure to pick up your set of numbered balls only. Should a ball with the other number wind up on your side of the court, do not touch the ball with your hands. Use your racquet head or feet to advance the ball to the other side of the court.
Track and Field (Women’s & Men’s)

Prior to Activity
● All track and field student-athletes will be split into groups of 10 and have an assigned assistant coach and given designated track entry points at the north, south, east, and west corners of the track
● Student-Athletes will park in the parking lots or on the street near their designated entry points
● Upon entering the gate, athletes will have their temperatures taken by a coach.
● Student-Athletes will make their way to the sanitation station where they will wash their hands with hand sanitizer
● Designated coaches will speak to their designated groups about the importance of social distancing, personal hygiene, and sanitation
● Student-Athletes will be informed that high fiving, hugging or any touching will be prohibited

During Activity
● Student-Athletes will condition and train in their quadrant of the track with their designated group and coach
● There will not be any equipment used

After Activity
● Student-Athletes will go to the sanitation station and wash their hands
● Student-Athletes will be instructed to exit through their designated areas
Volleyball

Prior to Activity

- Athletes will park directly across from the gym in lot P101 and will be advised to enter through the gym (door open so no use of handles) located next to the women’s locker room in the gymnasium.
- Upon arrival, a coach will take each athlete’s temperature as they enter individually.
  - Daily temp and symptoms checklist to be kept for each athlete and coach.
- Athletes will arrive dressed for practice. Locker rooms will be off limits.
- Athlete’s will then enter the women’s bathroom, located in the gym lobby and keeping 6ft apart, and wash their hands and arms (up to elbows) prior to practice.
- Lobby and bathroom doors will also be propped open to avoid use of handles.
- Hand sanitizers and disinfectant wipes will be available.
- All necessary equipment will be sanitized.
  - Balls, carts, exercise bands.
- Volleyball nets will be put up and taken down by coaching staff as to limit the contact with this equipment.

During Activity

- Hand sanitizers and disinfectant wipes will be available at all times.
- Any student-athlete who sneezes and or touches face or nose is to wash hands immediately.
- Student-Athletes (SA) will be divided into groups of 8 (with 2 coaches during training sessions, 10 total in a group).
  - Each group will be assigned a training time.
  - 10 minutes between training times to allow SA passing time as not to congregate.
  - Balls and carts will be disinfected by coaching staff in between in session.
- All SA must bring their own water bottles.
- All athletes and coaches will maintain 6ft apart during drills, instruction, and water breaks.

After Activity

- Athletes will be encouraged to sanitize/wash their hands directly after training session.
- Athletes will exit the same door they entered upon, and will do so individually.
- All used equipment will be disinfected.
MJC Men/Women Water polo

On the uswaterpolo.org website you can find an enormous list of information covering dryland training that can be done at home and/or skills you can work on while in a pool on your own. Other suggestions include going to KAP7, Tony Azevedo, or the ODP sites to find that information. www.uswaterpolo.org

Phase 1: No contact with athletes, no pools available
• Dryland only
• Remote videos on Canvas
• Weekly quizzes on rules and strategy

Phase 2: Small groups, 10 and under.
• No pools: same as Phase 1
• The chlorine has been shown to kill the virus.
• Keeping 6 feet away
• 1-hour max pool time
• With pool: individual swimming with and without ball
• Shooting with no goalies, transition to shooting with a goalie.
• Athlete has his or her own ball: but will transition into passing with a partner.
• Drills with 2-6 players only, no defense.

Phase 3: Groups of 11-25 or more
• No pool. same as Phase 1
• With pool: Start with more conditioning with and without balls.
• The chlorine has been shown to kill the virus.
• Shooting with defense in place
• Full passing, groups of 3 or more
• Drills with 3 on 3 and 4 on 4

Phase 4: No restrictions
• Back to normal water polo practice.
• Full scrimmage and games

MJC Training and Conditioning for water polo and swimming

Phase 1: No contact with athletes
• Dryland only
• Remote videos on Canvas
• Weekly quizzes on rules and strategy

Phase 2: Small groups, 10 and under. Outside workouts, no weight room available
• No weight room: same as Phase 1
• With a weight room: individuals keeping 6 feet away.
• 1-hour max time.
• Athlete has his or her own equipment and cleans all equipment they touch
• Many individual drills, Yoga and other drills

Phase 3: Groups of 11-25 or more
• No weight room. same as Phase 1
• With weight room: Start with more conditioning 6 feet apart
• Full practice time

Phase 4: No restrictions
• Back to normal Training and Conditioning for water polo and swimming
Wrestling

Prior to Activity
- Enter through the wrestling room (doors already open).
- All student/athletes will remain 6 ft apart at all times.
- Sanitizer will be provided for athletes to use upon entry and exit.
- Proper protective gear in place with athletes dressed ready for participation.

During Activity
- Athletes will train in stations meeting necessary guidelines (social distancing).
- Practice will consist of two groups. 1 group of 10-15 athletes will be in the wrestling room at one time. Group 2 (10-15) will be with another coach out on the track participating in a separate workout.
- Additionally we will follow USA wrestling return to the mat guidelines. (Below) [Link here]

After Activity
- Student-Athletes will go to the sanitation station and wash their hands
- Student-Athletes will be instructed to exit through their designated areas

USA Wrestling Phase 3

Phase 3: Public health authorities allow small group activities (less than 10 people), but public training facilities remain closed.

a) Criteria for participation in group training sessions (includes athletes, coaches and parents) i) Required

1) No signs or symptoms of COVID-19 in the past 14 days a) If an athlete has had a case of documented COVID-19 infection, athlete needs a note from his/her doctor indicating athlete is cleared to participate in training

2) Live in training location for 14 days prior to beginning group training

a) This requirement reduces the risk of introducing COVID-19 into the training group by someone traveling from a different region

b) It will be the supervising coach’s or each individual’s responsibility to ensure only those team or club members that live in the training location participate in practices

c) Club organizers may not register any new members from outside their local area

3) No close sustained contact with anyone who is sick or individuals that may have been exposed to COVID-19 within 14 days of beginning group training a) Since the signs and symptoms of COVID-19 can be fairly non-specific and not just respiratory symptoms, it is recommended that athletes should not be in close sustained contact with anyone who is sick for 14 days prior to beginning group training. This
requirement reduces the risk of introducing COVID-19 into the training group by someone who may have COVID-19 but isn’t experiencing any symptoms yet.
Appendix A

CCCAA COVID-19 Working Group – Recommendations for Athletics in the 2020-21 Academic Year

The following framework was created by the CCCAA COVID-19 Working Group (WG) to provide guidance to the organization and its member institutions as we transition out of a shelter-in-place environment for the Fall 2020 semester. While this guidance is not perfect, it should nonetheless provide opportunity for student-athletes to experience the many benefits of being part of intercollegiate athletics. With that thought in mind, it is important to note that one of the primary guiding themes of this effort has been to ensure we field teams for the Fall semester regardless of whether or not we are ultimately able to compete. The worst case would be that we all have teams full of young men and women that still need our guidance athletically, academically, and socially and fielding teams provides them with the motivation and structure to enroll and excel in higher education. Our collective objective must be about more than competition. In accordance with our system’s Vision for Success and most of our missions, it must be about student success, retention, and equity!

Guiding Principles

1. Health, Safety and Mitigation
   The health and safety of all CCCAA student-athletes, coaching staffs, fans, and everyone involved, as well as assisting in the mitigation of the spread of the disease are paramount in all recommendations made by the WG.

2. Student Opportunity
   As aligned with mission of California’s community colleges, the WG strives to preserve the opportunities for our student-athletes to transfer and continue to improve their social and economic mobility.

3. Budget and Financial Consideration
   Given the Governor’s May revised budget, the WG recognizes the fact that each individual district and/or institution is facing budget pressure for the upcoming fiscal year.

4. Equity
   By preserving athletics, we are preserving the opportunity for student-athletes (in which nearly 80% are in a disproportionately impacted group) to close the achievement gap statewide.

5. Other
   Athletics are a vital part of each institution and the WG is working to reinforce that
foundation as much as possible with what is being presented.

All sports will follow the plan being presented.

**Compromises**

- Each district and/or institution will have a local athletic training plan that follows all guidelines set forth by the Governor of California, the State Chancellor’s office, local county and city guidelines, as well as local district and/or institutional decisions on following all governing bodies’ edicts on COVID-19. Please find the California Community College Athletic Training Association (CCCATA) plan found [here](#).
- All Fall sports or seasons executed in the Fall will finish prior to Thanksgiving. Start and end dates for Spring sports or seasons executed in the spring will be altered. The modifications to the seasons are to avoid competition being played during the peak flu season and projected window of coronavirus reoccurrence.
- Plans A, B and C reduce the competitive season to 75% of the maximum allowed per sport. Plan D reduces the competitive season to 70% and all plans are inclusive of a culminating event per conference, per sport.
- All plans offer student-athletes an ample opportunity for a competitive season and a chance to transfer to a four-year institution.
- The conference culminating event is the end of the season, as CCCAA regional and state championships are eliminated for the 2020-21 academic year. This is being done to reduce travel and to limit exposure outside of each region.
- All competitions will fall within the district and/or institution's travel guidelines.
- NTS, showcases, tournaments and practices outside of regularly scheduled classes (or the competitive season as indicated in the contingency plans) are prohibited through June 30, 2021.
- Double-duals and similar formats are permitted provided county, district and/or institutional protocols are strictly followed for such events.
- Sports will alter rules/protocols to fit social distancing and any other practices where necessary.
- Plans A and B move basketball to the spring, Plan C only permits certain no-contact or minimal sports to operate in the fall and all full-contact fall sports moved to the spring. Plan D moves all sports to the spring.
- It is strongly recommended that only essential personnel are permitted for practices and competitions until the state is in Stage 4. However, districts and/or institutions may make their own decisions as permitted by the county and their own policies as it relates to others at practices and competition.
- Competition allows for contests to be filmed for recruiting purposes.

Plan A is in place from date of adoption until July 10. If on July 10, it is still unsafe to execute athletics.
within Plan A’s framework, we then move to Plan B.

Plan B is in place from July 10 until August 3. If on August 3, it is still unsafe to execute athletics within Plan B’s framework, we then move to Plan C.

Plan C is in place from August 3 until August 17. If on August 17, it is still unsafe to execute athletics within Plan C’s framework, we then move to Plan D.

Plan D is in place from August 17, and will be reviewed as needed until January, unless it is determined that athletics are unable to operate safely
**CCC salon COVID-19 WORKING GROUP - PLAN A**

Plan A is in place from date of adoption through July 10

If not safe to execute Plan A on July 10, we move to Plan B

<table>
<thead>
<tr>
<th>Fall Sports</th>
<th>Contact Level</th>
<th>Normal/COVID-19 Term of Competition</th>
<th>Practice Start Date</th>
<th>Competition Start Date</th>
<th>Season End Date</th>
<th>Maximum Number of Contest/Dates/Games Currently Permissible</th>
<th>75% of Season</th>
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### CCCAA COVID-19 WORKING GROUP - PLAN B

Plan B is in place from July 10 through August 3. If not safe to execute Plan B on August 3, we move to Plan C.

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#### Spring Sports

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## CCCAA COVID-19 WORKING GROUP - PLAN C

Plan C is in place from August 3 through August 17.
If not safe to execute Plan C on August 17, we move to Plan D.

### Fall Sports

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REFERENCES


