Luther College Athletics Team Training Protocols
Effective August 2020
Will be re-evaluated and assessed as needed

Actions/Notables:

- Each student-athlete will be given a Covid-19 test within 36 hours of moving to campus and quarantining on-campus until results are back (approximately 500 tests);
- All 19 NCAA-sponsored programs at Luther College are now considered “in-season” during the school year due the new NCAA rule designating 114 days of physical training with coaches;
- Masking and social distancing is applied whenever possible during training sessions, in-person meetings, and travel;
- Team meetings will continue to be done virtually whenever possible;
- Testing strategies will be implemented at each phase of training;
- Training should occur outdoors whenever feasible and possible;
- All student-athletes and athletics personnel will understand Covid-19 risk mitigation practices whenever possible, even outside of an athletic activity or competition;
- All student-athletes have been read and given in writing the health care / insurance plan revolving around Covid-19;
- NCAA Resocialization of College Sports in its entirety and FAQ doc:


High-Contact Sports: Football, Men’s Soccer, Women’s Soccer, Volleyball, Wrestling, Men’s Basketball, Women’s Basketball

Phase 1: Groups/Pods of 10 or less in a group
Elongate acclimatization periods with equipment, conditioning
Random testing prior to week three of physical practice (1 out of each pod)
Move to phase 2 when random tests come back negative and phase 1 is successful

Phase One contemplates the beginning of sport resocialization for each sport once a team reconvenes on campus after the gating criteria have been satisfied. Phase One can be considered a testing phase, to help determine the readiness of an athletics department to begin working with student-athletes. It is recommended that physical distancing and strict sanitation measures remain in place. Masks are necessary when physical distancing is not possible, and repetitive handling of a shared object such as game balls and other shared equipment should be avoided. In keeping with
updated CDC guidance, if game balls are shared, this should be done in a controlled manner with strict attention to sanitizing hands, the ball, and avoidance of face touching. It is particularly important to adhere to strict sanitation procedures: Common areas such as gyms and training rooms should remain closed unless strict distancing and sanitation measures can be implemented, and group activities should be limited to 10 or fewer individuals.

Phase 2: 50% of the team together or up to 50 people (counting coaching staff)
Random testing after two weeks in this phase (TBA # from each pod)
Move to phase 3 when random tests come back negative and phase 2 is successful

Phase Two is a continuation of Phase One, but the size of gatherings can be increased to 50 people, as long as physical distancing and sanitation practices remain in place. Masks are still recommended when physical distancing is not possible. This phase allows for more organized group activities, and the sharing of common objects such as game balls should be done in a controlled manner with attention to sanitizing balls and hands, and avoidance of face touching. If equipment is shared, it should be done with attention to sound sanitizing practices.

Phase 3: Full Team Practice
Continue random testing on each team (TBA #)

Phase Three signifies that Phases One and Two have been successfully implemented, meaning that protocols involving personnel, athletes and infrastructure were followed/amended as necessary and federal and/or state gating criteria were satisfied. Careful adherence to infection control remains in place, but it is during Phase Three that repetitive handling of common objects such as game balls and other shared equipment may become more commonplace, but still with sanitizing practices in mind. Because of the increase in contact among individuals, it remains important to be aware of the possibility of new infections and the important role that contact tracing will play in those scenarios.

**Medium-Contact Sports:** Men’s Cross Country, Women’s Cross Country, Baseball, Softball

**Low-Contact Sports:** Women’s Tennis, Men’s Tennis, Women’s Golf, Men’s Golf, Women’s Swimming & Diving, Men’s Swimming & Diving, Men’s Track & Field only, Women’s Track & Field only