



BOSSIER PARISH COMMUNITY COLLEGE ATHLETICS RETURN TO CAMPUS GUIDELINES

- It is completely voluntary for student-athletes to return to campus and/or participate in workouts during the fall semester. A decision to not participate in the fall will have no bearing on a student-athlete's ability to participate in the spring.
- First and foremost, all student-athletes and athletic department staff are required to **self-monitor for COVID-19 symptoms** such as fever, chills, cough, shortness of breath, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea. Students and employees who develop any of these symptoms should notify their Health Care Provider, follow the guidance provided and stay home.
 - o If a student-athlete develops any COVID-19 symptoms, that student-athlete must complete the BPC Athletics COVID-19 Online Symptom form, which will notify the Athletic Trainer and their respective head coach of those symptoms. If a student-athlete is experiencing any such symptoms, they may not participate in any team activities until such symptoms have subsided.
- Staff and student-athletes will enter facilities one at a time to be screened by our athletic training staff. Each staff member and student-athlete must pass screening before participating in any team activity.
 - o Screening will consist of:
 - Temperature check
 - Temperature threshold of 100.4 or higher.
 - Questionnaire completion
 - If the Athletic Trainer determines for any reason that a student-athlete or staff member should not be allowed to workout due to possible COVID-19 symptoms, that student-athlete will not be allowed to workout.
 - Any staff member or student-athlete that is deemed to have COVID-19 symptoms and not allowed to participate will be sent home or to a quarantine area until a ride home is available
- All student-athletes must attest that they have a minimum of two reusable masks before moving in for the fall semester. If they do not have two reusable masks, they must let their head coach know by August 10, and the Athletic Department will purchase reusable masks for those student-athletes that do not have their own.
 - o All student-athletes and staff will wear face coverings at all times while on campus, including during workouts. Exceptions to this rule are:
 - If necessary, face coverings may temporarily be removed while speaking. This should only be done if leaving the face covering on will hinder the other person(s) ability to hear and understand the speaker.
 - Coaches may temporarily remove face covering when addressing team for an extended period of time during workouts or when performing demonstrations.
 - Individuals with documented medical reasons will not be required to wear a face covering. (Documentation must be from a physician and is subject to review by our team doctors.)
 - Student-athletes will not be required to wear masks during outside practices as long as a minimum of 6 feet of social distancing is maintained. This exception only applies while physical activity is taking place outside.
 - With Phase 3 of the state's reopening, masks and face coverings will not be required when participating in Game Ready Drills during Game Ready Workouts (see information on Game Ready Workouts below).

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- Social distancing of at least 6 feet between all individuals will be maintained at all times, including during workouts.
 - o For workouts in the gym, chairs will be placed a minimum of 6 feet apart for individuals to use during breaks.
 - o At the fields, use of dugouts will be limited to maintain the 6 feet distancing rule.
 - o Game Ready Workouts will be allowed only in Phase 3.
 - Social distancing of 6 feet may be relaxed during Game Ready Workouts and only when participating in Game Ready Drills during such workouts.
 - Game Ready Workouts will be used to prepare student-athletes for game situations.
 - Game Ready Workouts will be limited to a maximum of two per week.
 - Players will be assigned their own water bottles and must only use their own water bottles. Water bottles must not be shared.
 - o Two water coolers will be placed in the gym for players to refill their own water bottles. A box of gloves will be stationed at each cooler, as gloves must be worn when refilling water bottles. Players should only refill water bottles when their bottle is empty and should refill completely, to prevent frequent use of the water coolers.
 - Players must only use their own towels during workouts. Towels will not be shared.
 - All workout times will be coordinated to stagger the number of student-athletes that must be screened.
 - o Teams will develop a regular, weekly practice schedule and submit to Athletic Administration. Athletic Administration will share this schedule with Campus Police and Campus Facilities & Maintenance for their reference. The only changes to this schedule will be in the case of inclement weather.
 - Workout groups will be limited to 10 or fewer at any one times.
 - o Softball and baseball may have multiple groups working out at one time if using completely different areas of the field(s).
 - o In Phase 3, Teams may practice entirely together as a Game Ready Workout a maximum of twice per week.
 - Team Locker Rooms will be not be used. If student-athletes must change on-campus, regular public restroom facilities will be used. A maximum of two individuals at one time will be allowed in the restroom.
 - o In Phase 3, Team Locker Rooms may be used at a maximum of 50% of capacity.
 - To ensure proper sanitation and to keep players from having to frequent a washateria, practice gear may be laundered by coaching staff. Coaching staff will utilize precaution while doing any team laundering, including wearing gloves and making every attempt not to touch any gear until it has gone through a wash cycle.
 - Teams will sanitize all equipment used immediately following all workouts.
 - Hand sanitizing stations will be positioned in the gym and at the fields, and student-athletes will be encouraged to use hand sanitizer during water breaks and in between drills.
 - An absolute maximum of two student-athletes will be allowed in the training room at one time and will be required to social distance. Coaches will not enter the training room if two student-athletes are occupying it except to access the laundry facilities. If a coach needs to talk to the Athletic Trainer while the training room is occupied, the coach will wait until the Athletic Trainer can step into the hallway.
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- Staff will continue to work remotely and will only be on campus during workout times or during a reserved time to work in office.
 - o Coaches will only enter their offices during workouts to access required items needed for workout. Coaches will not remain in offices during workout times.
 - o During Phase 3, staff will continue working remotely most of the time.
 - Coaches will be able to access their offices during workout times and for an additional hour before or after workouts.
 - Social distancing of 6 feet between coaches and all staff will still be maintained. If coaches are working in the same office, they must remain at their own desk if the 6 feet minimum is difficult to adhere to based on office size.
 - Administrative staff will work from the office on a rotating schedule.

 - Administrative staff may come to campus during workouts to observe and/or communicate with coaches and student-athletes if required. (No more than one administrative staff member will be present at one time.)

 - The Fitness Center/Weight Room will not be used. Any strength training should be developed and implemented using body weight exercises or other measures that do not require the use of the Fitness Center/Weight Room.
 - o In Phase 3, the Fitness Center/Weight Room may be used with no more than 10 student-athletes at one time.

 - If alternate facilities are used for team workouts/activities, the same guidelines listed here will be followed.

 - No scrimmages/games will be played during Phase 2 with the exception of Cross Country.
 - o Cross Country will be allowed to compete in meets as scheduled.
 - o Phase 3 will allow for baseball, men's basketball, softball, and women's basketball to participate in scrimmages.
 - Effort will be made to only participate in scrimmages locally.

 - In addition to the above guidelines, the guidelines set forth by the NJCAA and NJCAA Region 14 will be followed:
 - o NJCAA Guidelines - <https://www.njcaa.org/COVID19>
 - o NJCAA Region 14 – see attached document
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PROTOCOLS & POLICIES FOR RETURN TO COMPETITION

General

Member colleges should adhere to all state and local regulations and guidelines regarding covid-19 and re-opening. (NJCAA Recommendation)

- Provide sport medicine staff with necessary personal protective equipment. (NJCAA Recommendation)
 - Member colleges should clean and disinfect frequently touched surfaces on the field, court, or playing surface.(NJCAA Recommendation)
 - Develop a schedule for increased, routine cleaning, and disinfecting.(NJCAA Recommendation)
 - Limit the use of shared objects and equipment when possible.(NJCAA Recommendation)
 - Eliminate the sharing of water bottles and towels amongst teammates.(NJCAA Recommendation)
 - Limit facility access for student-athletes as deemed appropriate.(NJCAA Recommendation)
 - Temperature checks and symptom assessments are required for all student-athletes, coaches, and game personnel prior to each competition.(NJCAA Recommendation)
 - Daily symptom assessments of all student-athletes.
 - Before engaging in any group activity or entering any athletic facility
 - Process 1. Temperature check
 - At or below 100.4 d/f not allowed to enter, travel or participate in sanctioned activities
 - Performed by trainer, coach, or school representative
 - Recommend thermal thermometer
 - Daily Questionnaire – 5 Questions
 - 1. Do you have a persistent cough?
 - 2. Are you experiencing shortness of breath or chest tightness?
 - 3. Are you experiencing flu-like symptoms such as sore throat, diarrhea, extreme fatigue, muscle aches and/or headaches?
 - 4. Are you currently experiencing a loss of sense of taste or smell?
- All student-athletes participating in Region XIV contests must sign a Participation Waiver releasing any Region XIV school of liability from the potential of contracting COVID-19 and/or any other viral illness.

Each student-athlete is responsible for sending this email to their school official daily or questionnaire can be completed by Athletic Training staff if applicable. If a student-athlete answers "Yes" to any question, the athlete is not allowed to participate in any sanctioned activity.

- Develop education plans for athletic staff, coaches, and student-athletes regarding the new rules and procedures to be followed regarding COVID prevention strategies.
- Recommend all athletes and staff wear face covering during travel.
- Benches and Game equipment will be thoroughly cleaned before and after each competition.

Regular Season Competition

- Teams travel roster and bench size should be reduced to rostered players, coaches, and staff only to minimize exposure.
- Visiting teams are encouraged to check temperatures before departing from their home location.(NJCAA Recommendation) Prior to travel for athletic competition, coaches, athletes and other team personnel will be screened for illness.
 - The traveling athletic team's ATC or school representative will screen traveling athletes and staff before boarding transportation. Screening should take place inside a building to ensure temperature accuracy.
 - If ATC is not available, coaching staff, or school representative will be responsible for screening.
 - Athletes with symptoms related to illness will not be allowed to board transportation or travel to away competition.
 - Screening and temperature check results will be recorded on the approved document and submitted to the host school's ATC or AD upon arrival to host competition site.
 - If not available, then head coach of the home team.
 - Traveling teams who fail to provide documentation of athlete screening will not be allowed to compete.
- Limit contact between teams when possible, including the elimination of the pre-game and post-game handshake. (NJCAA Recommendation)
- Limit student-athlete fan engagement before and after competition.(NJCAA Recommendation) Block off a minimum of three rows immediately behind the visiting team bench or allow approximately 15 feet between the visiting team bench and fans in all gyms. Fans are not allowed on the playing areas or locker room area at any time.
- Spectators must clear the competition facility immediately at the conclusion of each contest.
- Encourage social distancing for fans during the event.(NJCAA Recommendation) Mark off every other row in the stands and encourage fans to comply with the 6 ft. social distancing CDC policy, unless they are from the same household.
- Implement social distancing for team benches when possible.(NJCAA Recommendation)
- Encourage fans, staff, and other event attendees to wear face masks.(NJCAA Recommendation)
- Traveling teams will be asked to abide by the policies in place by the host school including what facilities are available and guidelines of use per specific facility. Host school should notify visiting teams in advance of any pertinent guidelines per facility.
- Athletes should dress/receive treatment at home campus in order to minimize locker room and athletic training room use if at all possible. If a visiting locker room facility is not available, the home team must notify the visiting team at least 24 hours advance of game time. If locker room access is not available for the visiting team, that team should arrive to games with uniforms on and dressed ready to play.
- Each team should bring water bottles for their team. No water coolers will be provided. Home team will show visiting team where to access water. Each team will be responsible for filling their own water bottles.

- No pre-game or post-game handshake will take place. Prior to each game, teams will line up across from each other with ample distancing to acknowledge each team in a manner of good sportsmanship.
- Pregame meetings should be limited to one member per team or one coach with no contact between officials and team.
- Teams will provide their own balls for warm-up.
- No touch rule – players should refrain from high fives, handshakes, and other physical contact with teammates, opposing players, coaches, and officials at all times.
- Teams should dismiss from the playing area as soon as possible at the conclusion of each game and have no interaction with fans inside the facility.
- All individuals at scorer's table should wear proper face coverings.
- Any pre-game meetings should be limited to one coach/player per team with proper social distancing guidelines observed.
- No spitting, chewing or eating (unless needed for a medical condition) during athletics.
- Hand sanitizer shall be present during any sponsored athletic activities
- **Game officials should adhere to the following:**
 - Do not report to institution if exhibiting signs and symptoms
 - Thermal scan temperature and health screen upon arrival to venue by the home athletic trainer or staff.
 - Wear face mask (as able)
 - Maintain social distancing and avoid contact with players / coaches / staff on and off the court/field (as able)
 - Must sign a Participation Waiver releasing any Region XIV school of liability from the potential of contracting COVID-19 and/or any other viral illness.

Post Season Competition

- Championship hosts should follow all safety protocol recommendations provided to NJCAA member colleges for regular-season competition.(NJCAA Recommendation)
- Member colleges should adhere to all state and local regulations and guidelines regarding food service for concessions and hospitality rooms.(NJCAA Recommendation)
- Eliminating championship banquets.(NJCAA Recommendation)
- Eliminating team community service activities.(NJCAA Recommendation)
- Request a social distancing plan from the host prior to the start of the event, including fan ingress, fan egress, fan seating.(NJCAA Recommendation)
- Encourage social distancing and directional signage in venue.(NJCAA Recommendation)
- Extra sanitization of team areas including benches, locker rooms, athletic training rooms, warm-up areas, hospitality spaces.(NJCAA Recommendation)
- Required temperature checks for student-athletes, coaches, and game personnel prior to each entry into the venue.(NJCAA Recommendation)

Positive COVID-19 Test of a Region XIV Student-Athlete or Staff Member (This will be amended, with additions or necessary wording, after the NJCAA releases its policy)

- The process of contact tracing, isolating, sample testing etc. should be adhered to by the guidelines set forth by the Centers for Disease Control and Prevention, State, and Local policies.

- Information on the competitive ramifications of postponing competitions and quarantine protocol due to the processes enacted after an athlete, coach or school official testing positive for COVID-19 could be altered at any time by CDC, State, or local governments.
- If a Region XIV student-athlete or athletics staff member that participates in any way in competition tests positive for COVID-19, the Athletic Director at that school must notify the Athletic Directors at any school with which the student-athlete or staff member has participated within the past 14 days, and Region XIV Directors.
- Confirmed Positive Test:
 - Immediately quarantine athlete from athletics
 - Immediately quarantine athlete from school activities
 - For return to campus or athletics related activity athlete must have a clearance note from physician which includes date of clearance
 - Monitor all athletes' symptoms that have come in contact with the positive individual - Test team or athletic staff who come in contact with an athlete with confirmed COVID-19.
 - Staff member should follow up with athletes with confirmed cases daily
 - Athletic department must maintain a list of confirmed cases
 - Notify teams/officials and staff who have had direct contact with the team of the presence of confirmed case.
 - Home team athletic department must maintain a list of all coaches, players, officials and employees present at each event including contact information to allow for communication if exposure occurs
 - Notify teams of competition of any positive cases even if they are cleared to return to play by a physician- guidance from health department. No identifying information of the infected individual can be provided to teams/coaches/admins (HIPAA compliance), just that a case was reported.
- Exposed to a confirmed Positive Test Case (guidance as provided by CDC):
 - Individual who has had close contact (<6 ft.) for \geq 15 minutes to a person with COVID-19 who has symptoms (in the period from 2 days before symptom onset until they meet criteria for discontinuing home isolation; can be laboratory-confirmed or a clinically compatible illness) or a person who has tested positive for COVID-19 (laboratory confirmed) but has not had any symptoms (in the 2 days before the date of specimen collection until they meet criteria for discontinuing home isolation) shall be recommended to: with COVID-19 who has symptoms (in the period from 2 days before symptom onset until they meet criteria for discontinuing home isolation; can be laboratory-confirmed or a clinically compatible illness) or to a person who has tested positive for COVID-19 (laboratory confirmed) but has not had any symptoms (in the 2 days before the date of specimen collection until they meet criteria for discontinuing home isolation) shall -- stay isolated until 14 days after last exposure and maintain social distance (at least 6 feet) from others at all times
 - Self-monitor for symptoms
 - Check temperature twice a day
 - Watch for fever*, cough, or shortness of breath, or other symptoms of COVID-19
 - Avoid contact with people at higher risk for severe illness from COVID-19
 - Follow additional CDC guidance if symptoms develop

Sport Specific Protocols

Volleyball

- Teams are asked to arrive no more than 1 hour before the match start time
 - The visiting coach shall meet with the host Game Management or Coach to review any procedures for the day including restrooms, benches, athletic training and post-game interaction
 - When the visiting team enters the playing facility they will go directly to the gym or to their assigned designated area. There is no roaming the facility or visiting with people outside of their team while in the facility
 - Teams shall provide their own warm-up balls
 - Warm-ups consist of the following:
 - 60 minutes before match time home team gets the court for 20 minutes
 - Team can use both sides
 - 40 minutes before match time visiting team gets the court for 20 minutes
 - Team can use both sides
 - 19 minutes before match time standard individual warm-up time of 5-5-4-4
 - Teams not on the court must be in the gym without ball handling or they can go to their designated area. Whatever they choose, it has to be done by the entire team
- These changes to normal protocols help with social distancing in the following ways:*
- It helps reduce warm-up balls from getting shared between the teams and help with social distancing before matches
 - We normally start warm-ups 2 hours before a match, now it is an hour
 - We are normally on the court together for 40 minutes before the standard warm-up, this will help with social distancing between the teams
- No Coin Toss before the match or for set 5
 - Before the match the visiting team will select serve/receive for the start of the match and the home team will select serve/receive for set 5, if necessary
 - Line judges and all staff workers are required to wear face mask
 - Region XIV will work closely with the assigner of Region XIV volleyball officials to mandate protocols for the officials to follow
 - Teams do not switch sides of the court between sets and shall remain on the same bench
- This change to normal protocol helps with social distancing in the following way:*
- This provides extra safety to all involved with the match
- Towels to wipe the floor will come from the bench of that team's side. Towels will no longer be shared by teams to wipe the floor.
 - The home team will supply 1 towel for each bench, for the purpose of wiping sweat from the floor, the visiting team can provide their own towel to wipe up sweat
 - Game balls are required to be wiped down with disinfectant by a representative of the home team at every time out and between sets
 - The same 3 balls should be used for sets 1, 3 and 5 (if necessary) and a different 3 balls used for sets 2 and 4.
 - The home shall provide a specific person to wipe down and follow the protocol for the balls. This person should wear gloves and a mask
- This change to normal protocol helps with social distancing in the following way:*
- This provides extra safety to all involved with the match
- Each team will provide their own water and water bottles for all matches

- Teams will not shake hands before or after the match. Before the match each team will go to the 10' line (on the referees whistle) and acknowledge each team in a manner of good sportsmanship.
- Hand sanitizer shall be present during any sponsored athletic activities
- Teams should dismiss from the playing area as soon as possible at the conclusion of each game

Although we cannot prevent all social distancing challenges, these changes along with the protocols mandated by the NJCAA and Region XIV should help provide as much safety as possible for everyone involved in the event and spectating.

Volleyball Tournament Considerations

- Team benches will be disinfected between matches.
- For multi-team events, teams not playing at the time will wait in vans/bus or designated area and will not enter or re-enter the gym until the game management staff has alerted them to do so
- For multi-team events, teams may not enter the gym or bench area until they have been given the "ok" by game management personnel. Warm-ups will consist of no shared warm-up time
- It is recommended that coaches and any players not actively on the playing surface wear a facial covering
- Players should refrain from high fives, handshakes, or any physical contact not pertaining to aspects of game play
- Game management staff will be required to wear face mask
- Teams will not shake hands before or after the match. Before the match each team will go to the 10' line (on the referees whistle) and acknowledge each team in a manner of good sportsmanship.
- It is recommended that coaches and any players not actively on the playing surface wear a facial covering
- Teams need to immediately clear the benches and exit the gymnasium so game management personnel can begin the disinfection process of the benches.

Men's Soccer

- It is recommended that teams not arrive more than 1.5 hours prior to the game time.
- Teams should arrive dressed for the game as locker rooms will not be available for use.
- Designated or Outdoor restrooms will be the only restrooms available if buildings are not available for access.
- Teams will provide their own balls for warm ups
- Any meeting with officials will be limited to (1) one official and (1) one coach from each team; all parties must practice physical distancing.
- Provide adequate bench space as per IDPH - Bench areas may need to be extended with additional seating to allow for more space.
- Home team will designate options for the visitors to meet at halftime with teams adhering to the six-foot physical distancing. An option could be to have teams meet at the goal on the half of the field that their bench is located.
- 1 team representative at pre match meeting
- Goalies do not share gloves
- Do not share warm up pinnys

Addendum – simultaneous games and tournament considerations

- Simultaneous games start times should be staggered by 30 minutes to discourage large groups from arriving at the same time.
- Warm-up areas will be designated for teams in consecutive game situations.
- Team benches will be disinfected between games.
- Teams may not enter the bench area until they have been given the “ok” by game management personnel.
- A recommended 10-minute warm-up will be allowed on the competitive playing surface.

Men’s Basketball

- Each team provides their own basketballs for warm ups.
- Home teams provide cleaning solutions for game basketball to be used at official’s discretion and half time.
- Each school provides an entrance and exit plan as to provide teams with the least interaction and safest path possible
- Each team provides their own water bottles.
- All teams are reminded to arrive early for games to have adequate time for pregame protocols.

Women’s Basketball

- Cleaned and sanitized game ball not used for warm-up (1-2 back up balls)
- Half-time cleaning of the game ball by score table crew.
- No access to the basketball court 1 hour prior to game time.
- Bring own balls...
- No shoot arounds at the opposing gyms.
- Closed gym for neutral court games – no spectators.
- Neutral site games must be held at conference sites only.
- Specified game ball for GAME DAY ONLY from each team to be presented to the score table one hour before the game. This ball in it’s own designated area.
- Afford shower facilities for visiting teams as a mandate.
- Highly recommend personal sanitizing/hygiene/showers.
- Check in “X” with designed waiting areas for each individual team.
- Specific brand of thermometer designated for the conference.
- Temperature check administered before leaving home school and again once arrive at the visiting site.
- Supply training tables and needs of visiting teams in their dressing room to keep them from using the home training room.

Softball

- Dugout areas may need to be extended to avoid crowding if possible.
- Each team will furnish it on game balls while that team is playing defense. That team will also be responsible for foul balls while on defense. All foul balls will need to be wiped and cleaned before going back into the game.
- During Games, coaches will minimize team gatherings to small groups with six foot distancing.

- Whenever possible, equipment and personal items should have proper separation and should not be shared. If equipment must be shared, proper sanitation should be administered between users
- No touch rule – players should refrain from high fives, handshake lines, and other physical contact with teammates, opposing players, coaches, and umpires a “tip the cap” can be used following the game in lieu of the handshake line.
- No spitting or use of seeds.
- Require each athlete to have own helmet
- Require each athlete to have own bat, or require batting gloves if sharing bats

Baseball

- Dugouts areas may need to be extended to avoid crowding, if possible.
- Pitchers remain in the bullpen area until the pitcher is put into the game.
- Each team will furnish it on game balls while that team is playing defense. That team will also be responsible for foul balls while on defense. All foul balls will need to be wiped and cleaned before going back into the game.
- During Games, coaches will minimize team gatherings to small groups with six foot distancing.
- Whenever possible, equipment and personal items should have proper separation and should not be shared. If equipment must be shared, proper sanitation should be administered between users
- No touch rule – players should refrain from high fives, handshake lines, and other physical contact with teammates, opposing players, coaches, and umpires a “tip the cap” can be used following the game in lieu of the handshake line.
- No spitting or use of seeds.
- No sharing of helmets
- Hand sanitizer in the dugout and bullpen area
- Pitchers not allowed to touch mouth with fingers
- Each team provides own rosin bag

Golf

- It is recommended to not participate in tournaments that require overnight travel.
- In light of no overnight travel it is recommended to participate in 1-day events instead of 3 when possible. (Practice Round + 2 day event)
- Parents/Fans are not allowed access to players and must remain at least 15 feet for the player.
- Proper golf etiquette requires distance between players hitting their shot and playing/group partners.