



# RETURN TO CAMPUS

IN ACCORDANCE WITH THE UNIVERSITY OF WISCONSIN-PARKSIDE, HEALTH AND SAFETY GUIDANCE, AND THE NCAA, THE PARKSIDE DEPARTMENT OF ATHLETICS HAS ESTABLISHED PROTOCOLS FOR THE RE-OPENING OF THE SPORTS & ACTIVITY CENTER (SAC) AND ADDITIONAL FACILITIES AND THE RETURN TO ATHLETICS AND RECREATIONAL ACTIVITIES FOR STUDENTS, STUDENT-ATHLETES, FACULTY AND STAFF, AND COMMUNITY.

UPDATED SEPTEMBER 2, 2020

# SPORTS & ACTIVITY CENTER OPERATIONAL INFORMATION

## **Sports & Activity Center (SAC) Contact Information**

- Craig Becker | Assistant AD/Facilities | becker@uwp.edu
- Jason Cooper | Sports & Activity Center Operations (Wellness Center and Intramurals) | CooperJ@uwp.edu
- Ben Becker | Facility Operations & Facility Monitoring | becke095@uwp.edu
- Katie Bowers | Director of Sports Medicine/Head Athletic Trainer | bowersk@uwp.edu
- Ryan Feek | Strength Center Oversight | feek@uwp.edu

## **General Protocols/Considerations**

- All student-athletes and athletics staff should complete their daily Healthy Roster COVID Screening Survey prior to 9 AM and prior to entering the SAC. All other students, staff, users, and visitors should self-perform daily symptom monitoring and checking utilizing the [Ranger Restart website resources](#).
- Please stay home if you are feeling ill or are exhibiting any symptoms of COVID-19 (i.e. fever, chills, shortness of breath, loss of taste/smell) or have had close contact with someone diagnosed with COVID-19 in the past 14 days.
- Thermal checks and daily COVID-19 health screening will be performed on anyone who enters any workout facility within the Sports & Activity Center. Individuals who fail the screening questionnaire or refuse to participate in the screening process will be denied access to the facility.
- All users and visitors will be required to wear face masks or face coverings at all times within the SAC and while utilizing outdoor facilities when physical distancing is not possible.
- Sessions in the Strength Center and the Wellness Center are 55-minutes long, starting on the hour.
- The Strength Center and Wellness Center are first-come, first-serve and no more than 15 individuals will be allowed per workout facility per session.
- Equipment within the Strength Center and the Wellness Center spaced out or marked to adhere to physical distancing protocols. Please do not move or relocate equipment.

## SPORTS & ACTIVITY CENTER OPERATIONAL INFORMATION

- Anyone in the building (student, staff or guest) will be asked to adhere to physical distancing whenever possible and when not participating in an exempt activity.
- Hand sanitizer will be available outside all open facilities; Everyone is encouraged to use and wash your hands frequently.
- Facility users should bring and use their own water bottles.

### **De Simone Gymnasium / Petretti Fieldhouse Protocols**

- Access and check-in at all times is controlled by Issue Room worker
- Capacity for both facilities is 10 per court
- Partitions will be down on every court
- Time slots are 55 minutes, starting on the hour
- Time slots sign up is at located at the Issue Room
- Masks required at all times
- All equipment is checked out from Issue Room
- Petretti Fieldhouse track is limited to 1 person per lane (maintain physical distancing)



### De Simone Gym

- Court 1 | Men's Basketball
- Court 2 | Volleyball
- Court 3 | Women's Basketball
- If not with a "Pod" patrons will be asked to use one ball per person, per hoop.  
POD is defined as anyone living in same residence or pre-determined by head coach

### **SAC facilities currently closed**

- All team locker rooms
- Dance Studio
- Conference Rooms/Classrooms (unless request approved by Jason Cooper)

# SPORTS & ACTIVITY CENTER HOURS

<b>Facility-8/31-9/4</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
Strength Center (Athletes Only)	CLOSED	CLOSED	8am-4pm	8am-4pm	8am-4pm	CLOSED	CLOSED
Strength Center (Open To ALL Students)	12pm-4pm	12pm-4pm	4pm-8pm	4pm-8pm	4pm-8pm	CLOSED	CLOSED
Wellness Center (Open To ALL Students)	CLOSED	CLOSED	8am-8pm	8am-8pm	8am-8pm	CLOSED	CLOSED
DeSimone (Athletes Only)	CLOSED	CLOSED	8am-8pm	8am-8pm	8am-8pm	CLOSED	CLOSED
Petretti Fieldhouse (Open To ALL Students)	CLOSED	CLOSED	8am-8pm	8am-8pm	8am-8pm	CLOSED	CLOSED
Issue Room	8am-4pm	8am-4pm	8am-8pm	8am-8pm	8am-8pm	CLOSED	CLOSED
<b>Facility-9/7-9/11</b>	<b>Monday(Labor Day)</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
Strength Center (Athletes Only)	Noon-4pm	8am-4pm	8am-4pm	8am-4pm	8am-4pm	CLOSED	CLOSED
Strength Center (Open To ALL Students)	Noon-4pm	4pm-8pm	4pm-8pm	4pm-8pm	4pm-8pm	CLOSED	CLOSED
Wellness Center (Open To ALL Students)	Noon-4pm	8am-8pm	8am-8pm	8am-8pm	8am-8pm	CLOSED	CLOSED
DeSimone (Athletes Only)	Noon-4pm	8am-8pm	8am-8pm	8am-8pm	8am-8pm	CLOSED	CLOSED
Petretti Fieldhouse (Open To ALL Students)	Noon-4pm	8am-8pm	8am-8pm	8am-8pm	8am-8pm	CLOSED	CLOSED
Issue Room	Noon-4pm	8am-8pm	8am-8pm	8am-8pm	8am-8pm	CLOSED	CLOSED
<b>Facility-9/14-TBD</b>							
Strength Center (Athletes Only)	6am-6pm	6am-6pm	6am-6pm	6am-6pm	6am-6pm	CLOSED	CLOSED
Strength Center (Open To ALL Students)	6pm-10pm	6pm-10pm	6pm-10pm	6:00pm-10pm	6pm-7pm	10am-2pm	4pm-8pm
Wellness Center (Open To ALL Students)	10am-6pm	10am-6pm	10am-6pm	10am-6:00pm	10am-6pm	CLOSED	CLOSED
Wellness Center (Open To Community/Faculty/Staff)	6am-10am/6pm-8pm	6am-10am/6pm-8pm	6am-10am/6pm-8pm	6am-10am/6pm-8pm	6am-10am/6pm-7pm	10am-2pm	4pm-8pm
DeSimone (Athletes Only)	6am-10pm	6am-10pm	6am-10pm	6am-10pm	6am-7pm	10am-2pm	4pm-8pm
Petretti Fieldhouse (Open To ALL Students)	6am-10pm	6am-10pm	6am-10pm	6am-10pm	6am-7pm	10am-2pm	4pm-8pm
Issue Room	6am-10pm	6am-10pm	6am-10pm	6am-10pm	6am-7pm	10am-2pm	4pm-8pm

- Petretti Fieldhouse—Screening & Temperature Check | Entry granted at Issue Room | Max Capacity: 38 people (10 per court, 1 person each lane)
- De Simone Gymnasium—Screening & Temperature Check | Entry granted at Issue Room | Max Capacity: 30 people (10 per court)
- Strength Center—Screening & Temperature Check | Entry granted at Strength Center | Max Capacity: 15 people
- Wellness Center—Screening & Temperature Check | Entry granted at Wellness Center | Max Capacity: 15 people
- Jim Koch Wrestling Center—Screening & Temperature Check | Entry granted at Issue Room | Max Capacity: TBA
- Mark Olsen Indoor Golf Center—Screening & Temperature Check | Entry granted at Issue Room | Max Capacity: TBA

\*Individuals who fail the daily screening or refuse to participate in the screening process will be denied access to the facility.\*

## SPORTS & ACTIVITY CENTER STAFF PROTOCOLS

- All athletics staff should complete their daily Healthy Roster COVID Screening Survey prior to 9 AM and prior to entering the SAC. Any additional staff should self-perform daily symptom monitoring and checking utilizing the [Ranger Restart website resources](#).
- Please stay home if you are feeling ill or are exhibiting any symptoms of COVID-19 (i.e. fever, chills, shortness of breath, loss of taste/smell) or have had close contact with someone diagnosed with COVID-19 in the past 14 days.
- All staff will be required to wear face masks or face coverings at all times within the SAC (unless in individual office alone) and while utilizing outdoor facilities when physical distancing is not possible.
- All employees entering the building must wash or disinfect hands with hand sanitizer immediately.
- There should be limited travel between offices, and avoid congregation in common spaces where physical distancing is not possible.
- Children are not allowed in any indoor or outdoor Parkside Athletics facility at this time.



## RETURN TO ATHLETIC ACTIVITY PROGRESSION SCHEDULE

- **Aug. 30-Sept. 13:** Medical Clearance, Compliance forms, Student-Athlete Orientation Course, COVID testing and campus integration.
  - Independent workouts are permitted.
  - During this time the only athletically-related close contact (sharing equipment, physical contact, less than 6 foot distance) may occur being individuals living in the same residential “pod”.
  - NO CARA
- **Sept. 14-27:** Transition back to athletic activity, strength & conditioning activities only.
  - Workouts designed jointly by coaching and S&C staff, then submitted to sports medicine for approval by September 10th.
  - Gradual increase in intensity over this time.
  - Maximum of 8 hours (may also include non-physical CARA, ie: film, tactical meetings)
- **Sept. 28-Oct. 11:** Continue strength & conditioning, and start skill instruction in small groups/pods based on sport specific protocols.
  - Maximum of 8 hours (4-strength & conditioning, 4-skill)
- **Oct. 12 - Beyond:** Continue strength & conditioning and skill instructions and team practices.
  - Hours depend on whether team is in or out of season.

*\*Subject to change, pending health and safety guidance.*

## STUDENT-ATHLETE PROTOCOLS

- All athletics staff should complete their daily Healthy Roster COVID Screening Survey prior to 9 AM and prior to entering the SAC.
- Please stay home if you are feeling ill or are exhibiting any symptoms of COVID-19 (i.e. fever, chills, shortness of breath, loss of taste/smell) or have had close contact with someone diagnosed with COVID-19 in the past 14 days.
- Guiding principles for all athletics facilities (indoor and outdoor) and team sponsored activities:
  - Wash Your Hands, Wear Your Mask, Watch Your Distance
  - Activities should be conducted outside whenever possible.
- Additional student-athlete and sport-specific protocols will be communicated by Sports Medicine and coaching staffs.

## PERSONAL PROTECTION REQUIREMENTS

- If you are sick, you must stay at home.
  - Symptoms include, but not limited to, a temperature of 100.4 or higher.
  - If you fail to pass the daily questionnaire, you must remain at home and contact Parkside Sports Medicine.
- Everyone must wear a mask in public areas and buildings. This includes ALL campus buildings and outdoor spaces.
  - Face covering or masks should be brought from home each day.
  - Masks are not needed in individual work spaces that are enclosed (offices with doors) except for when more than one individual is in an office or closed space.
  - Conference room meetings are discouraged, but if necessary, masks must be worn. Online meetings are encouraged.
- Promote Physical Distancing
  - When necessary, maintain a 6-foot radius from another individual.
  - Do not conjugate in hallways or walkways. If a hallway is crowded, separate and allow others to pass by exiting, reversing your direction or using an available adjunct space.
  - Encourage physical distancing when arriving, exiting or at lunch breaks.
  - Avoid touching, hugging or handshakes.
- Wash hands often with soap and hot water for at least 20 seconds.
  - You should wash your hands when you come to work and anytime you return to your work space.
  - Avoid sharing pens or leaving writing instruments on outside desks for public use.
  - Cover your mouth and nose with your elbow or use a tissue when you cough or sneeze. COVID-19 is an airborne disease and is transmittable.
- Clean and disinfect your personal and shared workspace.
  - Wipe down shared equipment after each use – copy machine, fax machine, refrigerator handle, etc.