

Date: 7/7/2020

To: All Students-Athletes

From: Brian Dykhuizen, Head Athletic Trainer  
Terry Rupert, Athletic Director  
Dr. Nicole Goddard, Team Physician and Athletic Health Care Administrator.

Re: Requirements for returning to campus to participate in athletics.

We are looking forward to you all returning to campus this fall to continue your academic and athletic pursuits. However, as you know, this fall will be different from any previous fall. To that point, I wanted to notify you of some additional steps that need to be taken in order to try and promote a safe atmosphere so we can return to athletic activities.

The participation in athletic activities will increase your exposure to and risk of contracting COVID-19. This statement is based on the fact that social distancing practices that would reduce your risk in the classroom, dorms, and public will not be possible while participating in athletics. Therefore, we need you to complete the following requirements before coming to campus.

First, it is very important that you complete your medical history on PRIVIT **before coming** to campus. Dr. Goddard has instructed the AT staff to review all the medical histories of our athletes. We will be looking for two things.

1. To see if you have had any exposure to or diagnosis of COVID-19.
  - a. This needs to be done to make sure you are cleared to come to campus and is required of all students
  - b. This will be done via the COVID-19 medical history form on Privit. This needs to be completed no more than 14 days before the date you are reporting to campus and then again, the day you arrive on campus.
2. We need to identify athletes that are at a higher risk of complications if they are infected with COVID-19
  - a. This will be done via a review of your medical history.
  - b. If you have a condition that places you in the "at-risk" category, one of the Athletic Trainers will be contacting you to explain some additional steps that may need to be completed before Dr. Goddard can clear you to participate in athletics.
  - c. If you believe you have a condition that places you in the "at-risk" category, please do not hesitate to contact one of the Athletic Trainers with your questions and concerns.

Second, to reduce the risk of you bringing COVID-19 back to campus. We are requiring all our athletes to complete a 14 day stay at home shelter in place. This shelter in place plan consists of:

- Staying at home except for essential activities.
  - Essential activities would be getting food or medication
  - Non-essential activities would be gathering with friends or going out to eat.
- Wear a mask when outside your home.
- Avoiding large gatherings
  - Such as bars, restaurants, and parties.
- Possibly avoiding a job if that job causes an increased risk of exposure.
  - Jobs in restaurants and retail should be avoided.
  - Jobs that are outside where social distancing can be maintained can continue.
- Avoid public transportation when returning to campus (planes or busses). Please transport yourself (personal vehicle) to campus.

Finally, the importance of these requirements needs to be explained. We all need to take every precaution to prevent an infection. An infection of one of our athletes would cause the quarantine of a majority if not all of the team that individual is on. The guidelines from the CDC and Clinton County Department of Health require anyone that has had “immediate contact” with an individual that has tested positive for COVID-19 to be quarantined for 14 days. “Immediate contact” is defined as someone that has been within 6 feet, without a mask, for over 15 minutes. This definition would include most of our athletic sports team since you will not be able to follow these rules and still participate. So, please consider that you are not just risking your own health, you are risking the health and participation in athletics for your entire team.

If you have any questions, comments, or concerns, please feel free to reach out to any of the staff athletic trainers.