



SHORELINE COMMUNITY COLLEGE
ATHLETICS
COVID-19 Handbook

Purpose/Return to Play Plan	2
Symptomatic flow chart	6
COVID-19 Action Team Contact Information	7
Additional COVID-19 Contacts for Shoreline Community College	8
Team Rosters and Contact Information	9
2021 Team Game Schedules	13
Athletics Travel Protocol	19
Game Management	20
Facility Management	21
Training and Practice Management	23
PPE Equipment Requested	24
Health Screen Log/Tracking form	27
Sample Practice Plan	28
Main Gym/Batting Cage/Fitness Center Diagram	29
Implementations from the NWAC & eligibility	32
NWAC Phase Descriptions	34
NWAC 2020-21 Sports Calendar	36
Student-Athlete COVID-19 Screening	38
NWAC COVID-19 ASSUMPTION OF RISK AND RELEASE	40
Crosswalk on the three guidelines; Shoreline CC, NWAC, WA State	42
NWAC Northern Region Colleges/Counties/ State and Local Health Guidelines / Mental Health Resources	52
Common COVID-19 Terminology	53
CDC on Playing Sports	54
Signatures of approval	58

PURPOSE

This Handbook outlines protocols aimed at fostering the gradual and safe return to campus and athletics for coaching staff and student-athletes amid the pandemic of novel coronavirus (COVID-19). While certain components of these protocols will remain in place throughout the athletic seasons, others will likely be fluid as rates of infection, treatment options, and guidelines surrounding COVID-19 continue to change. The Washington state Governor's office and "COVID-19 Liaison" King County Health Department in conjunction with Shoreline Community College and the Northwest Athletic Conference (NWAC) will have ultimate authority over the progression of this plan.

RETURN TO PLAY

The safety and health of our student-athletes and coaches we know is Shoreline Community College's highest priority. In this document we will outline the procedure and processes for a safe return to play plan for all our sports returning to campus. This document outlines protocols aimed at fostering the gradual and safe return to campus and athletics for student-athletes and coaches amid the pandemic of novel coronavirus (COVID-19). While certain components of these protocols will remain in place throughout the entire athletic seasons, others will likely be fluid as rates of infection, treatment options, and guidelines surrounding COVID-19 continue to change.

These processes are based on the King County Health Department recommendations as well as the CDC guidelines. The Washington state Governors office and King County Health Department in conjunction with Shoreline Community College and the Northwest Athletic Conference (NWAC) will, in that order, have ultimate authority over the progression of this plan.

Before any activity including instruction, practice or workouts can occur with students on campus, our team will adhere to the following return to play plan. Which will include: Check in process, Health screening station, Personal Protection Equipment (PPE), Practice and training Management, Location Access, Athletics Standard Cleaning Preparations and COVID 19 Action Teams guidance. Teams will be smaller, ensure six feet between each person, and will not include non-team members (all recommendations from the CDC Guidelines).

Before the Season Starts

Athletic Staff Requirements:

- NWAC General and Sport Specific tests
- Current CPR card on file
- Provide mental health certification card (if available)
- Review and sign off on NWAC COVID-19 Educational PowerPoints
- Reviewed travel protocol
- Reviewed Emergency Action Plan for their specific program and update with IRG where needed. Needs to be in place before first practice

- Meet with the student athletes via zoom to go through all the required procedures before the first practice.
- Title IX training – *when available*
- Cleaning Training with Michelle in Plant Operations (Oct 26 – Oct 30)
- Training video with Katelyn (Katelyn has to sign off on the initial training)
- Weekly trainings (PowerPoint from Katelyn)
- FERPA Form

Student-Athletes Requirements

- All NWAC eligibility documents must be completed and Physical Forms need to be completed for all in-coming Freshmen and Sophomores will need to complete NWAC COVID-19 Risk Wavier Form and signed by their Health Care Provider (<https://www.shoreline.edu/athletics/forms.aspx>)
- It is mandatory for all head coaches to take their student athletes through a mandatory training together to review the NWAC COVID-19 Educational Power Point Material, in addition to weekly trainings.
- Student athletes and coaching staff will commit to not leaving the King County area once the season starts.
- Title IX training – when available
- Training from Coaches (initial video from Katelyn)
- Weekly training from coaches (PowerPoint from Katelyn)

Procedure for each practice -

- Student-athletes and coaches are required to complete an online Health Screening Assessment (https://shoreline.formstack.com/forms/campus_checkin_checkout) prior to arriving on campus.
- Student-athletes and coaches who have symptoms (<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>) of illness will stay home and not come to campus.
- Those who are excluded from training or contests due to COVID-19 symptoms must follow DOH and local public health isolation and quarantine guidance before returning to practicing, training or contests. Once the student athletes and health screening assessment form as been completed, they can drive onto campus, and park by the northeast side of the 3000 building.
- All student athletes must have practice uniforms on as they enter any on campus facility, as the locker rooms will be closed.
- Student athletes and coaches must enter in the designated entrance's for on-campus locations. Entrances are outlined below under **Location Access**. By having designated entrances to our on-campus locations, this eliminates foot traffic throughout the 3000 building.
- **Personal Protection Equipment (PPE)** will be available at the health screening station, for anyone to use during practice.
- Masks required for athletes/participants directly before and directly after sporting activities and strongly encouraged whenever not engaged in strenuous activity.
- Student athletes and coaches are required to bring their own water bottles to practice. Drinking fountains will be closed, to avoid this high touched surface and eliminate foot traffic throughout the building.

- When the student athlete and coaches enter the gym, they will be immediately directed to a health screening station to get their temperature checked and logged. The health screening station will be at the location they are practicing, i.e. main gym, fitness center, or batting cage.
- Student athletes and coaches will plan to arrive 15 minutes prior to scheduled practice time to have their temperature taken. Signage will indicate six (6) -foot distance for students to wait for health screening. One student at a time will be screened.
- Temperature checks will be done and tracked at the **Health Screening Station** each day, by a head or an assistant coach.
- Athletic Staff will be required to disinfect the **sports equipment** before and after use.
- **After practice**, student athletes and coaches will leave (6 feet apart), and athletic staff will disinfect area.

Health Screening Station

- A health screening station will be set-up by the head coach at the entrance of the team's daily practice area (gymnasium, soccer field, weight room etc., or off campus facility).
- The station will have a copy of this Return to Play Handbook, and PPE equipment such as hand sanitizer, gloves, wipes, masks, cleaning supplies, a touch-free thermometer, and paper towels.
- Health screening station will have a head or assistant coach ready to take all student-athletes and coaches' temperature with a touchless thermometer prior to entering the practice area. Individuals whose temperature is above 100.4 degrees will be asked to leave campus immediately.
- Coaches will complete a daily log in form with pertinent health screening information

Personal Protection Equipment (PPE)

- Prior to the start of the first practice, there will be acquisition of adequate PPE and supplies. Supplies will be maintained throughout the season. All Shoreline sports teams will be provided with face coverings with backup stock of disposable face coverings available by the athletic staff.
- A mask/face covering must be worn at all times by all participants and coaches unless activity allows 100% assurance of proper 6' physical distancing (examples: one student athlete on one half court shooting free throws with no other on court).
- Masked participants in the gym who need breathing facilitation from exercise may exit the gym, remove their mask outdoors (and remain 6-foot distance from all others at all times) on the northside, and must re-apply face covering before re-entering.

Practice and Training Management

- Before each practice all sports equipment will be disinfected with sanitizing spray, and paper towels.
- Shared equipment will be limited. Student-athletes will arrive in practice gear as locker rooms will not be unavailable. Student-athletes will be responsible for bringing their own water bottles, towels, etc.

- Individual drills will be highly recommended, and each individual student athlete will have their own equipment for the whole practice.
- Physical distance will be required. Groups utilizing the same space will have staggered times to avoid congestion at entrance and exits.
- Training should be efficient to limit time of potential exposure.
- Coaches will allow more consistent bathroom breaks for student athletes to wash their hands thoroughly with soap and water. One student athlete at a time in the bathroom.
- If weather permits, all doors will be open during practice to help with ventilation

Location Access

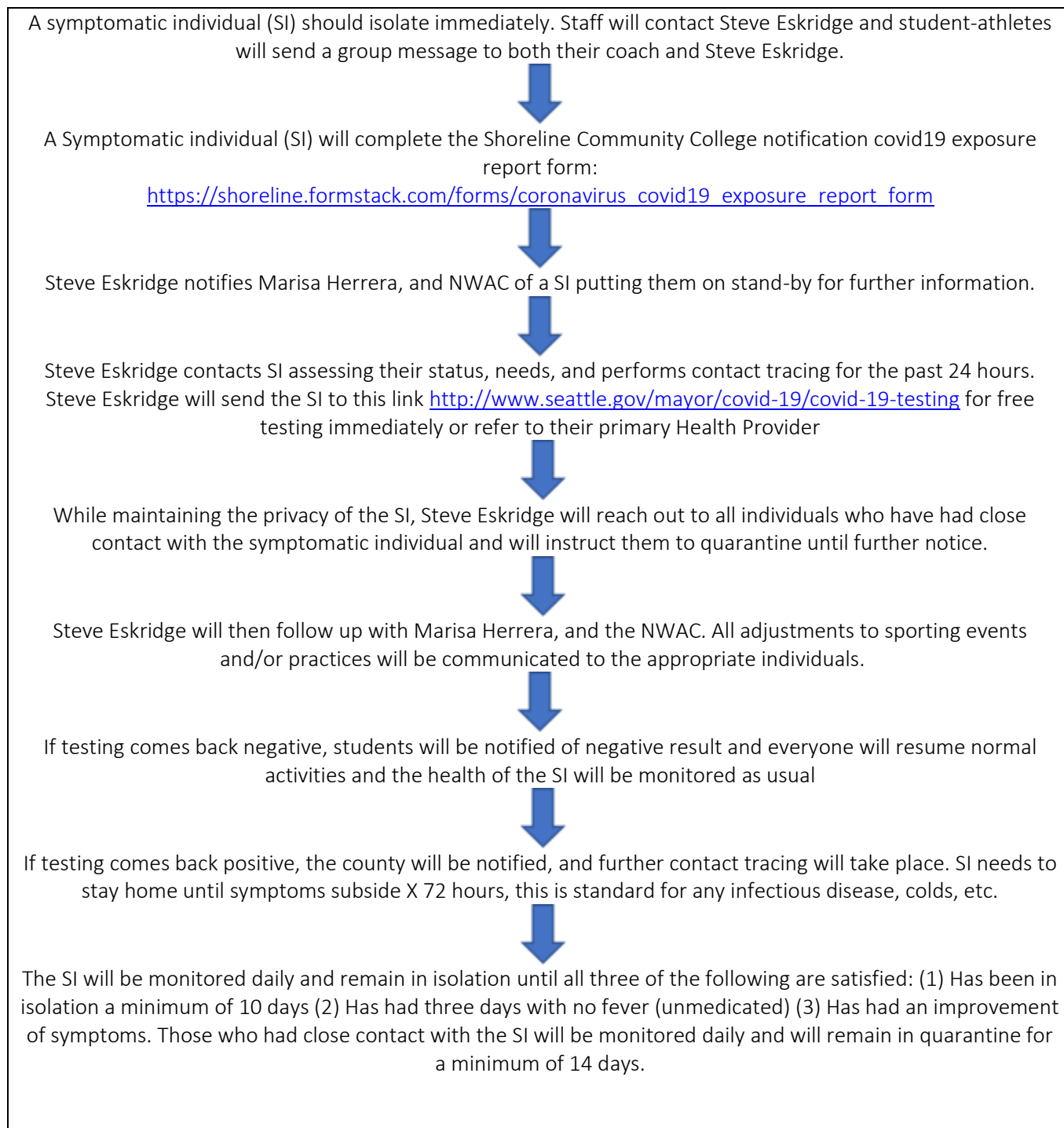
- Main Gym (Capacity 50, room 3020) entrance and exit routes will be the northeast main gym doors. These exterior doors will be identified and marked to avoid congestion and limit potential exposure. Scheduling of Shoreline gym facilities for practices will need to have a minimum of 2 hours in-between each practice to allow for adequate time for athletic staff to sanitize and disinfect the area. When appropriate staggering practice days and times will be used.
- Restrooms upstairs and downstairs of building (capacity 1)- Athletics will place floor markers outside doors for line distancing. Only one person at a time inside the bathroom. Signage outside and inside restrooms will require masks. Signage inside will describe proper handwashing steps and safe disposal of waste.
- Fitness Center (Capacity 15, room 3007) -teams will have to enter the north east entrance on the bottom floor.
- Coaches Offices (Capacity 1 for each office, room 30
- 24 B-F) - are not to be used as a meeting space. Coaches are encouraged to avoid office area and use only if necessary (e.g. copy machine).
- Locker Room (bottom level) – will remain closed. Student athletes will have to come to practice already dressed and leave the campus as soon as practice finishes. Restrooms will be open for teams utilizing the fitness center. Only one person at a time inside restroom.
- All classrooms (rooms 3002, 3011, and 3012) will remain closed. If teams need to meet, they need to meet in the main gym where they can physically distance.
- Batting cage (capacity 12.5, room 3014) will need to be accessed directly from outside. Teams utilizing this room will have to park on the north side of athletic building and walk around the building to enter room 3014.
- Small gym (room 3025) will remain closed.
- Twin Ponds (off campus) is available to rent
- Meridian Park (off campus) is not available to rent
- Showcase baseball facility (off campus) is available to rent

Athletics Standard Cleaning Preparations

- Sanitation wipes and hand sanitizer will be visible and adequately supplied. Hand washing will be encouraged. All surfaces and equipment used will be sanitized after use and between uses.
- Masks, gloves and anti-viral cleaning products are provided to both coaches and athletes.

- Custodial staff will clean and disinfect high touch areas on the days the gym is used.
- Coaching staff will regularly clean their work areas and any common team equipment.

SYMPTOMATIC FLOW CHART



COVID-19 ACTION TEAM CONTACT INFORMATION

The purpose of the COVID-19 Action Team is to communicate updated COVID-19 information to Shoreline Community College, student-athletes, coaches, and/or visitors who visit our 3000 building. This Action Team will research the latest updates from State and Local Health guidelines, as well as CDC, NWAC, NCAA, WA State Higher Education, and Shoreline Community College guidelines. This Action Team will work on a Handbook which will outline the following information: Local and State Health Guidelines, CDC Guidelines, Shoreline Community College Guidelines, NWAC Guidelines, Travel Protocols, Game Management, Facility management, Training and Practice Management, Athletic Eligibility 2020-21, NWAC season adjustments, other resources, that affects Athletics.

- **Steve Eskridge** – (206) 234-7859, seskridg@shoreline.edu
Director of Athletics, Intramurals, and Wellness
“NWAC COVID-19 Liaison”
Duties: Shoreline Community College guidelines/NCAA Guidelines, Shoreline CC facility management
- **Sydney Hinnebusch** – shinnebusch2@shoreline.edu
Program Coordinator
-Duties: State and Local Health Guidelines/Shoreline CC game management
- **Raquel West** – (206) 368-6937, rawest@shoreline.edu
SCC/NWAC Commissioner, & Head Volleyball Coach
Duties: NWAC Guidelines, Athletic eligibility 2020-21
- **Shaun Warner** – swarner@shoreline.edu
Head Women’s Soccer Coach
Duties: Travel Protocols, NWAC Guidelines, Practice Management
- **Rodney Walker** – (425) 346-1797, rwalker@shoreline.edu
Head Women’s Basketball Coach
Duties: CDC Guidelines/Testing Needed RTP/RTC, NWAC Season adjustments
- **Megan Toney** – mtoney@shoreline.edu
Physical Education Instructor, Intramurals Coordinator
Duties: Resources from Washington State Higher Education, Shoreline CC Physical Education Classes 2020-21
- **Stacie Attridge** – sattridge@shoreline.edu
Physical Education Instructor, PE FPC, Intramurals Coordinator
Duties: Shoreline CC Intramurals 2020-21 and Washington State
- **Ashley Davis-Carter** – acarter@shoreline.edu
Head Women’s Softball Coach
Duties: Athletic Training (IRG), NWAC, Mental Health, and Racial Equity

Additional COVID-19 Contacts for Shoreline Community College

- **Katelyn Eggiman** – (206) 546-4519, keggiman@shoreline.edu
Instruction & Classroom Support Tech 3
COVID-19 contact
- **Mary Burroughs** – mburroughs@shoreline.edu
Dean of Health Occupations and Nursing
- **Pete Babington** – pbabington@shoreline.edu
Director of Facilities
- **Michelle Hagen** – jmhagen@shoreline.edu
Custodial Supervisor
- **Gregory Cranson** – gcranson@shoreline.edu
Acting Director of Safety and Security

TEAM ROSTERS AND CONTACT INFORMATION

Rosters subject to change

Women's Volleyball

	First	Last	Grade	Hometown	SCC email
1	Ashley	Cordero	Sophomore	Washington	ashley-mae.cordero@go.shoreline.edu
2	Natalie	Crumpacker	Sophomore	Washington	natalia.crumpacker@go.shoreline.edu
3	Yasmin	Dilworth	Sophomore	Washington	yasmin.dilworth@go.shoreline.edu
4	Claire	Jensen	Sophomore	Washington	claire.johnson2@go.shoreline.edu
5	India	Lee	Freshman	Washington	india.lee@go.shoreline.edu
6	Macie	McQuarrie	Freshman	Washington	macie.mcquarrie@go.shoreline.edu
7	Kelsey	Meuret	Freshman	Washington	kelsey.meuret@go.shoreline.edu
8	Emily	Pan	Sophomore	Washington	emily.pan@go.shoreline.edu
9	Kristina	Pearce	Freshman	Washington	kristina.pearce@go.shoreline.edu
10	Kalesita	Tatafu	Freshman	Utah	kalesita.tatafu@go.shoreline.edu

Women's Soccer

	First	Last	Grade	Hometown	SCC email
1	Kiersten	Baca	Freshman	Utah	kiersten.baca@go.shoreline.edu
2	Madison	Beyer	Sophomore	Ohio	
3	Emilie	Botello	IS A MAYBE		
4	Kailey	Brecke	Freshman	Utah	kailey.brecke@go.shoreline.edu
5	Gracie	Browning	Freshman	Utah	gracie.browning@go.shoreline.edu
6	Anna	Cavanaugh	Sophomore	Washington	anna.cavanaugh@go.shoreline.edu
7	Carlee	Cobb	Freshman	Utah	carlee.cobb@go.shoreline.edu
8	Kelsea	Eby	Sophomore	Washington	kelsea.eby@go.shoreline.edu
9	Adriana	Gama-Aquino	Freshman	Washington	adrian.gama-aquino@go.shoreline.edu
10	Alicia	Gonzalez	IS A MAYBE		
11	Maya	Hernandez	Freshman	Washington	
12	Killian	Lamanna	Sophomore	Utah	killian.lamanna@go.shoreline.edu
13	Abbie	Manus	Sophomore	Washington	
14	Lizbeth	Martinez	Freshman	Washington	lizbeth.martinez2@go.shoreline.edu
15	Olivia	Moffett	Sophomore	Washington	olivia.moffett@go.shoreline.edu
16	Julisa	Olvera	Sophomore	Washington	
17	Madison	Yamashita	Freshman	Utah	
18	Elsa	Young	Freshman	Washington	

Women's Basketball

	First	Last	Grade	Hometown	SCC email
1	Valerie	Bell	Sophomore	Washington	valerie.bell@go.shoreline.edu
2	Madison	Burch-Steele	Freshman	Washington	madis.burch-steele@go.shoreline.edu
3	Yahnaya	Edwards	Freshman	Washington	yahnaya.edwards@go.shoreline.edu
4	Alantis	Hill	Freshman?		
5	Jadon	Itula	Freshman	Hawaii	jadon.itula@go.shoreline.edu
6	Alexus	Jackson	Freshman	Washington	alexus.jackson@go.shoreline.edu
7	Brooke	Kearney	Freshman	Washington	brooke.kearney@go.shoreline.edu
8	Te'Hiwa	Medeiros	Freshman	Hawaii	tehiwa.medeiros@go.shoreline.edu
9	Nohea	Morrison	Sophomore	Washington	nohea.morrison@go.shoreline.edu
10	Kimberly	Perez	Freshman	Washington	kimberly.perez@go.shoreline.edu
11	Latajea	Reynolds	Freshman	Washington	latejea.reynolds@go.shoreline.edu
12	Amayla	Sharif		Virgina	amayla.sharif@go.shoreline.edu
13	Soriah	Swinton	Freshman	Washington	soriah.swinton@go.shoreline.edu
14	Kiara	Villamor	Sophomore	Alaska	kiarajane.villamor@go.shoreline.edu
15	Mikila	Wise	Freshman?	Washington	mikaila.wise@go.shoreline.edu
16	Nicole		Freshman		

Men's Basketball

	First	Last	Grade	Hometown	SCC email
1	James	Baker	Sophomore	Washington	james.baker@go.shoreline.edu
2	Maui	Sze	Freshman		maui.sze@go.shoreline.edu
3	Antoine	Boyd Jr	Freshman	Florida	antoine.boyd-jr@go.shoreline.edu
4	Cozion	Collins	Freshman	Washington	cozion.collins@go.shoreline.edu
5	Marcus	Danials		Washington	marcus.daniels@go.shoreline.edu
6	Christopher	Gray	Sophomore	Washington	christopher.gray@go.shoreline.edu
7	Cletis	Hydrick	Sophomore	Nevada	cletis.hydrick@go.shoreline.edu
8	Garrett	Kraxberger	Freshman	Washington	garrett.kraxberger@go.shoreline.edu
9	Cole	Lenihan	Freshman	Washington	timothy.lenihan@go.shoreline.edu
10	Ryan	Thompson	Freshman		
11	Riley	McLain	Freshman?	Washington	riley.mclain@go.shoreline.edu
12	Tim	Opany	Freshman	Washington	tim.opany@go.shoreline.edu
13	Eric	Overgaard	Freshman?	Washington	eric.overgaard@go.shoreline.edu
14	David	Perkins	Sophomore	Washington	david.perkins@go.shoreline.edu
15	Kaseem	Andrews	Freshman		
16	Nicholas	Mclean	Sophomore		nicholas.mclean@go.shoreline.edu
17	Nikko	McNeal			nikko.mcneal@go.shoreline.edu
18	Deshawn	McFerrin	Freshman		deshawn.mcferrin@go.shoreline.edu
19	Khalil	Messiah	Freshman		khalil.messiah@go.shoreline.edu
20	Keandre	Young	Freshman?		

Women's Softball

	First	Last	Grade	Hometown	SCC email
1	Rachel	Brissette	Freshman	Canada	rachel.brissette@go.shoreline.edu
2	Taelyn	Dakamas	Freshman	Hawaii	taelyn.dakamas@go.shoreline.edu
3	Sammy	Dickinson	Freshman	Washington	samantha.dickinson@go.shoreline.edu
4	Kelsey	Edge	Freshman	Washington	kelsey.edge@go.shoreline.edu
5	Alissa	Edge	Freshman	Washington	alissa.edge@go.shoreline.edu
6	Laney	Flynn	Freshman	Washington	
7	Riley	Garcia	Freshman	Washington	riley.garcia@go.shoreline.edu
8	Mikayla	Johnson	Freshman	Washington	mikayla.johnson2@go.shoreline.edu
9	Kaylana	Maghanoy	Freshman	Hawaii	kaylana.maghanoy@go.shoreline.edu
10	Kailee	Mahelona	Freshman	Hawaii	kailee.mahelona@go.shoreline.edu
11	Kaela	Piggee	Freshman	Washington	kaela.piggee@go.shoreline.edu
12	Taiana	Round	Freshman	Idaho	taiana.round@go.shoreline.edu
13	Kamren	Victorino-Kato	Freshman		kam.victorino-kato@go.shoreline.edu
14	Izabel	Stohel	Freshman	Washington	izabel.stohel@go.shoreline.edu
15	Euno	White	Freshman	Washington	eun-ha-su.white@go.shoreline.edu

Men's Baseball

	First	Last	Grade	Hometown	SCC email
1	Jalen	Ah Yat	Freshman	Hawaii	jalen.ah-yat@go.shoreline.edu
2	Ben	Akau	Sophomore	Hawaii	benjamin.akau@go.shoreline.edu
3	Dillon	Baker	Sophomore	Florida	dillon.baker@go.shoreline.edu
4	Alex	Ballot	Freshman	Utah	alexander.ballot@go.shoreline.edu
5	Simon	Boogie	Freshman	Arizona	simon.boggie@go.shoreline.edu
6	Jalen	Bowen	Freshman	Georgia	jalen.bowen@go.shoreline.edu
7	Henry	Carson			henry.carson@go.shoreline.edu
8	Robley	Corsi	Freshman	Georgia	robley.corsi@go.shoreline.edu
9	Garrett	Davis			garrett.davis@go.shoreline.edu
10	Ethan	Elias	Freshman	Washington	ethan.elias@go.shoreline.edu
11	Joseph	Engman	Sophomore	Washington	joseph.engman@go.shoreline.edu
12	Ryan	Escover	Sophomore	Washington	ryan.escover@go.shoreline.edu
13	Kevynn	Fernandez	Freshman	Nevada	kevynn.fernandez@go.shoreline.edu
14	Donovan	Gladney	Freshman	Nevada	donovan.gladney@go.shoreline.edu
15	Josephan	Gonzalez	Freshman	Washington	josephan.gonzalez@go.shoreline.edu
16	Daniel	Hauben	Freshman	Nevada	daniel.hauben@go.shoreline.edu
17	Taiki	Hirosaka	Freshman	Japan	taiki.hirosaka@go.shoreline.edu
18	Andres	Holguin	Sophomore	Arizona	andres.holguin@go.shoreline.edu
19	Luke	Holt	Sophomore	California	luke.holt@go.shoreline.edu
20	Miles	Iverson	Freshman	Washington	miles.iverson@go.shoreline.edu
21	Harrison	Kaufman	Freshman	Washington	harrison.kaufman@go.shoreline.edu
22	James	Keenan	Freshman	Washington	james.keenan@go.shoreline.edu

Continuation of Baseball roster....

23	Dylan	Kennedy	Sophomore	Washington	dylan.kennedy@go.shoreline.edu
24	Cole	Kennison	Freshman	Washington	cole.kennison@go.shoreline.edu
25	Ryan	Kirwan	Sophomore	Washington	ryan.kirwan@go.shoreline.edu
26	Tanner	Lunt	Freshman	Washington	tanner.lunt@go.shoreline.edu
27	Stephan	MacKenzie	Sophomore	Canada	
28	John	McDonald	Sophomore	Washington	john.mcdonald2@go.shoreline.edu
29	Matthew	McKeag	Freshman	Washington	matthew.mckeag@go.shoreline.edu
30	Alex	Peterson	Freshman	Washington	alexander.peterson2@go.shoreline.edu
31	Ricky	Rego	Freshman	Hawaii	ricky.rego@go.shoreline.edu
32	William	Renteria	Sophomore	California	william.renteria@go.shoreline.edu
33	Easton	Rex	Sophomore	Utah	easton.rex@go.shoreline.edu
34	Shelby	Richards	Freshman	Nevada	shelby.richards@go.shoreline.edu
35	Anastacio	Salas	Freshman	Colorado	anastacio.salas@go.shoreline.edu
36	Austin	Santiago	Freshman	Washington	austin.santiago@go.shoreline.edu
37	Jose	Sanchez			jose.sanchez@go.shoreline.edu
38	Jordan	Singleton	Freshman	Washington	jordan.singleton@go.shoreline.edu
39	David	Snell Jr.	Freshman	Washington	david.snell@go.shoreline.edu
40	Michael	Sorenson	Freshman	Washington	michael.sorenson@go.shoreline.edu
41	Casey	Toler	Freshman	Washington	casey.toler@go.shoreline.edu
42	Taj	Vera Cruz	Freshman	Hawaii	taj.vera-cruz@go.shoreline.edu
43	William	Caro			
44	James	Yamaski	Sophomore		
45	Kaden	Wetzel	Sophomore	Arizona	kaden.wetzel@go.shoreline.edu

TOTAL OF **126** student athletes

2021 Team Game Schedules

Game Schedules subject to change

Volleyball Schedule 2021				
Date:		Opponent:	Site:	Time:
March				
2	Tues	Bellevue College	Bellevue, WA	7pm
5	Fri	Whatcom CC	Shoreline, WA	7pm
9	Tue	Edmonds CC	Edmonds, WA	7pm
16	Tues	Everett CC	Shoreline, WA	7pm
19	Fri	Skagit Valley Coll.	Mt Vernon, WA	7pm
23	Tues	Olympic College	Shoreline, WA	7pm
26	Fri	Whatcom CC	Bellingham, WA	7pm
30	Tues	Bellevue College	Shoreline, WA	7pm
April				
6	Tues	Edmonds CC	Shoreline, WA	7pm
13	Tues	Everett CC	Everett, WA	7pm
16	Fri	Skagit Valley Coll.	Shoreline, WA	7pm
20	Tues	Olympic College	Bremerton, WA	7pm
27	Tues	Bellevue College	Bellevue, WA	7pm
30	Fri	Whatcom CC	Shoreline, WA	7pm
May				
4	Tues	Edmonds CC	Edmonds, WA	7pm
11	Tues	Everett CC	Shoreline, WA	7pm
14	Fri	Skagit Valley College	Mt Vernon, WA	7pm
18	Tues	Olympic College	Shoreline, WA	7pm
29-31	Sat-Mon	NWAC CHAMPIONSHIPS	Tacoma, WA	TBD
June				
1-4	Tue-Fri	NWAC CHAMPIONSHIPS	Tacoma, WA	TBD

VOLLEYBALL COACHING STAFF

Position	Name	Cell Phone#	Email
Co-Head Coach	Mark West	206-368-6937	mwest@shoreline.edu
Co-Head Coach	Raquel West	206-930-0593	rawest@shoreline.edu
Assistant Coach	Lory Hidano		lhidano@shoreline.edu
Athletic Director	Steve Eskridge	206-234-7859	Seskridg@shoreline.edu
Program Coordinator	Sydney Hinnebusch	206-403-7859	Shinnebusch2@shoreline.edu

Women's Soccer Schedule 2021				
Date:		Opponent:	Site:	Time:
March				
Monday	29	Peninsula	Twin Ponds/Shoreline A&B?	2:00pm?
April				
Thursday	1	Everett	Kasch Park	TBD
Monday	5	Skagit Valley	Twin Ponds/Shoreline A&B?	2:00pm?
Thursday	8	Edmonds	Edmonds	TBD
Monday	12	Whatcom	Twin Ponds/Shoreline A&B?	2:00pm?
Monday	19	Peninsula	Peninsula	TBD
Thursday	22	Everett	Twin Ponds/Shoreline A&B?	2:00pm?
Monday	26	Skagit Valley	Skagit Valley	TBD
Thursday	29	Edmonds	Twin Ponds/Shoreline A&B?	2:00pm?
May				
Monday	3	Whatcom	Whatcom	TBD
Thursday	6	Peninsula	Twin Ponds/Shoreline A&B?	2:00pm?
Monday	10	Everett	Kasch Park	TBD
Thursday	13	Skagit Valley	Twin Ponds/Shoreline A&B?	2:00pm?
Monday	17	Edmonds	Edmonds	TBD
Thursday	20	Whatcom	Twin Ponds/Shoreline A&B?	2:00pm?
Saturday	29	QUARTERFINALS	TBD	TBD
June				
Friday	4	SEMIFINALS	TBD	TBD
Sunday	6	FINALS	TBD	TBD

WOMEN'S SOCCER COACHING STAFF

Position	Name	Cell Phone#	Email
Head Coach	Shaun Warner	206-778-5969	Swarner@shoreline.edu
Assistant Coach	Zach Weatherly	425-435-5807	Zweatherly@shoreline.edu
Athletic Director	Steve Eskridge	206-234-7859	Seskridg@shoreline.edu
Program Coordinator	Sydney Hinnebusch	206-403-7859	Shinnebusch2@shoreline.edu

Men's Basketball Schedule 2021				
Date	Day	Opponent	Location	Time
February				
5	Friday	Elite Prep (Scrimmage)	Shoreline	7:30pm
12	Friday	Seattle mountaineers (Scrimmage)	Shoreline	7:30pm
17	Wednesday	Tacoma	Shoreline	7:30pm
20	Saturday	@South Puget Sound College	Olympia (WA)	tbd
27	Saturday	@Lower Columbia College	Longview (WA)	tbd
March				
2	Tuesday	Bellevue	Shoreline	7:30pm
5	Friday	@Whatcom	Bellingham (WA)	7:00 pm
9	Tuesday	Edmonds	Shoreline	7:30 pm
12	Friday	@Peninsula	Port Angeles (WA)	6:00 pm
16	Tuesday	@Everett	Everett (WA)	7:00 pm
19	Friday	Skagit Valley	Shoreline	7:30 pm
23	Tuesday	@Olympic	Bremerton (WA)	7:00 pm
26	Friday	BYE		
30	Tuesday	@Bellevue	Bellevue	8:00 pm
April				
2	Friday	Whatcom	Shoreline	7:30 pm
6	Tuesday	@Edmonds	Edmonds	7:00 pm
9	Friday	Peninsula	Shoreline	7:30 pm
13	Tuesday	Everett	Shoreline	7:30 pm
16	Friday	@Skagit Valley	Shoreline	7:00 pm
20	Tuesday	Olympic	Shoreline	7:30 pm
23	Friday	BYE		
27	Tuesday	Bellevue	Shoreline	7:30 pm
30	Friday	@Whatcom	Bellingham (WA)	7:00 pm
May				
4	Friday	Edmonds	Shoreline	7:30 pm
7	Wednesday	@Peninsula	Port Angeles (WA)	6:00 pm
11	Saturday	@Everett	Everett (WA)	7:00 pm
14	Wednesday	Skagit Valley	Shoreline	7:30 pm
18	Saturday	@Olympic	Bremerton (WA)	7:00 pm

MEN'S BASKETBALL COACHING STAFF

Position	Name	Cell Phone#	Email
Head Coach	Aaron Mackey Skeem	206-753-9043	Askeem@shoreline.edu
Assistant Coach	Dennis Harrison	808-561-6971	Dharrison@shoreline.edu
Athletic Director	Steve Eskridge	206-234-7859	Seskridg@shoreline.edu
Program Coordinator	Sydney Hinnebusch	206-403-7859	Shinnebusch2@shoreline.edu

Women's Basketball Schedule 2021				
Date:		Opponent:	Site:	Time:
February				
13		Pierce College	Shoreline, WA	TBD
March				
2	Tue	Bellevue College	Shoreline, WA	5:30 PM
5	Fri	Whatcom CC	Bellingham, WA	5:00 PM
9	Tue	Edmonds CC	Shoreline, WA	5:30 PM
12	Fri	Peninsula	Port Angeles, WA	5:00 PM
16	Tue	Everett	Everett, WA	5:00 PM
19	FRI	Skagit Valley CC	Shoreline, WA	5:00 PM
25	Tue	Olympic CC	Bremerton	5:00 PM
30	Tue	Bellevue College	Bellevue, WA	6:00 PM
April				
2	Fri	Whatcom CC	Shoreline, WA	5:30 PM
6	Tue	Edmonds CC	Edmonds, WA	5:00 PM
9	Fri	Peninsula	Shoreline, WA	5:30 PM
13	Tue	Everett	Shoreline, WA	5:30 PM
16	Fri	Skagit Valley CC	Mount Vernon, WA	5:00 PM
20	Tue	Olympic CC	Shoreline, WA	5:30 PM
27	Tue	Bellevue College	Shoreline, WA	5:30 PM
30	FRI	Whatcom CC	Bellingham, WA	
May				
4	Tue	Edmonds CC	Shoreline, WA	5:30 PM
7	Fri	Peninsula	Port Angeles, WA	5:00 PM
11	Tue	Everett	Everett, WA	5:00 PM
14	FRI	Skagit Valley CC	Shoreline, WA	5:30 PM
18	Tue	Olympic CC	Bremerton	5:00 PM

WOMEN'S BASKETBALL COACHING STAFF

Position	Name	Cell Phone#	Email
Head Coach	Rodney Walker	425-346-1797	Rwalker@shoreline.edu
Assistant Coach	Shelly Ellis		Sellis@shoreline.edu
Assistant Coach	Marvena Kemp		Mkemp@shoreline.edu
Athletic Director	Steve Eskridge	206-234-7859	Seskridg@shoreline.edu
Program Coordinator	Sydney Hinnebusch	206-403-7859	Shinnebusch2@shoreline.edu

**Women's Softball Schedule
2021**

Date:	Day:	Opponent:	Site:	Time:
March				
Sunday	14	Highline College	Meridian Park	12pm & 2:30pm
Wednesday	17	Edmonds CC	Edmonds, WA	TBD
Sunday	21	Olympic College	Meridian Park	12pm & 2:30pm
Wednesday	24	Bye	Bye	TBD
Sunday	28	Pierce College	Meridian Park	12pm & 2:30pm
Wednesday	31	Skagit Valley Coll.	Mount Vernon, WA	TBD
April				
Wednesday	7	Everett CC	Everett, WA	TBD
Sunday	11	Bellevue College	Meridian Park	12pm & 2:30pm
Wednesday	14	Highline College	Des Moines, WA	TBD
Sunday	18	Edmonds CC	Meridian Park	12pm & 2:30pm
Wednesday	21	Olympic College	Bremerton, WA	TBD
Saturday	24	Bye	Bye	TBD
Sunday	25	Douglas Collage	Meridian Park	12pm & 2:30pm
Wednesday	28	Pierce College	Puyallup, WA	TBD
May				
Sunday	2	Skagit Valley Coll.	Meridian Park	12pm & 2:30pm
Wednesday	5	Douglas College	Softball City (Surry, BC)	TBD
Sunday	9	Everett CC	Meridian Park	12pm & 2:30pm
Wednesday	12	Bellevue College	Bellevue, WA	TBD
Saturday	15	Make-up as needed		TBD
Friday	21	NWAC Champions	TBD	TBD
Saturday	22	NWAC Champions	TBD	TBD
Sunday	23	NWAC Champions	TBD	TBD

SOFTBALL COACHING STAFF

Position	Name	Cell Phone#	Email
Head Coach	Ashley Davis-Carter	(510) 589-8976	Acarter@shoreline.edu
Assistant Coach	TBD	TBD	
Athletic Director	Steve Eskridge	(206) 234-7859	Seskridg@shoreline.edu
Program Coordinator	Sydney Hinnebusch	(206) 403-7859	Shinnebusch2@shoreline.edu

Baseball Schedule 2021				
Date:		Opponent:	Site:	Time:
<u>FEBRUARY</u>				
20	Sat	Centralia	Centralia	12pm/3pm
21	Sun	CENTRALIA	Meridian Park	11am/2pm
27	Sat	TCC	Tacoma, WA	TBD
28	Sun	TCC	Meridian Park	11pm/2pm
<u>MARCH</u>				
6	Sat	Pierce	Mt. Tahoma HS, WA	11am/2pm
7	Sun	PIERCE	Meridian Park	11am/2pm
10	Wed	Grays Harbor	Rac – Lacey, WA	10 am/1pm
13	Sat	Bellevue	Bellevue, WA	1pm/4pm
14	Sun	BELLEVUE	Meridian Park	12pm/3pm
20	Sat	Douglas	Whalley Park, BC	1pm/4pm
21	Sun	Douglas	Meridian Park	12pm/3pm
27	Sat	Everett	Everett, WA	1pm/4pm
28	Sun	Everett	Meridian Park	12pm/3pm
<u>APRIL</u>				
3	Sat	TBD	TBD	1pm/4pm
4	Sun	TBD	Meridian Park	12pm/3pm
10	Sat	Skagit	Skagit, WA	1pm/4pm
11	Sun	Skagit	Meridian Park	12pm/3pm
17	Sat	Olympic	Bremerton, WA	1pm/4pm
18	Sun	Olympic	Meridian Park	12pm/3pm
24	Sat	TBD	TBD	1pm/4pm
25	Sun	TBD	Meridian Park	12pm/3pm
<u>MAY</u>				
1	Sat	Edmonds	Edmonds, WA	1pm/4pm
2	Sun	Edmonds	Meridian Park	12pm/3pm
10	Sun	TBD	Meridian Park	12pm/3pm
	Thurs	NWAC Championships		TBD

Baseball Coaching Staff

Position	Name	Cell Phone#	Email
Head Coach	Dave Snell	206-730-1239	Dsnell@shoreline.edu
Assistant Coach	Dru Snell	206-300-5592	Dsnell2@shoreline.edu
Assistant Coach			
Athletic Director	Steve Eskridge	206-234-7859	Seskridg@shoreline.edu
Program Coordinator	Sydney Hinnebusch	206-403-7859	Shinnebusch2@shoreline.edu

ATHLETICS TRAVEL PROTOCOL

Pre-trip preparation

Prior to coming onto campus, all passengers (Coaches, and Student-Athletes) should evaluate any symptoms they have and submit a **Formstack form** ([campus checkinFORM](#))

1. prior to entering campus.
2. If you are sick or have any of these **symptoms (provide link)**, DO NOT come to campus. Please notify the Athletic Director.
3. If you are well, and submitted your **Formstack form (provide link)**, please wash your hands (20 seconds minimum) right before entering the campus and wear a mask. Coaches - please check in with Athletic Director, Student-Athletes – please check in with Head Coach, once arriving onto campus.
4. Coaches - when checking in with Athletic Director, provide Athletic Director with a list of names who are traveling
5. Coaches - after checking in with Athletic Director, Head and Assistant Coach can leave to pick up the vehicles from Enterprise Rent-A-Car.
6. Once Head and Assistant Coach pick up Enterprise Rent-A-Car Vehicles and bring them onto campus, they must complete thorough and detailed cleaning of all surfaces, with focus on high-contact areas that would be touched by passengers. This must be done before anyone can enter vehicle.
7. Once vehicles are cleaned, coaches will meet team in a secluded area (a large enough location where the team can physical distance).
8. Coaches will train all persons on COVID-19 prevention measures:
<https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-in-the-us.html>
9. Coaches will grab a pre-made bag of PPE items; hand sanitizer, masks, gloves, disinfectant wipes etc. **(add more)**
10. Coaches will grab a log in form (provide link of form) to log every passenger before traveling.
11. Coaches, or Athletic Staff will check the temperature of each passenger, before they enter the vehicle. Making sure to log each temperature on the log form.
12. Make sure everyone has a mask, as masks are required. If they do not have a mask of their own, the Athletic Staff can provide a mask for them.
13. Once all passengers have had their temperature checked, and have a mask, they may enter the vehicle.
14. We will only seat 50% capacity of each vehicle to adhere to physical distancing. (Example: only 6 people in a 12-passenger van).
15. Each student-athlete will be ready to play (have their Uniform already on).

During the trip protocol

1. Make sure someone is responsible for the PPE bag, so that sanitizing supplies are readily available (on bench, and in locker room)
2. No eating or drinking in the vans as this could cause people taking off masks, exposing the risk of droplets in the air in a compact space.
3. Consistently check the health of each coach and student-athlete.
4. No sharing of any kind (no sharing water cups, or towels).
5. Only necessary personnel will be traveling (starters, subs that play, coaches).
6. Unless you're in the game, face masks must always be worn
7. When leaving the venue, complete thorough and detailed cleaning of all surfaces, with the focus on high-contact areas that would be touched by people (benches, doorknobs, inside van).
8. Make sure everyone washes hands (for at least 20 seconds) before entering back into van.

Post-trip protocol

1. When getting back to campus, everyone must log out (on logging sheet)
2. Coaches must complete thorough and detailed cleaning of all the vehicles – cleaning of all surfaces, with focus on high-contact areas that would be touched by passengers. This must be done before the vehicles are returned to Enterprise Rent-A-Car.
3. Return the vans to Enterprise Rent-A-Car.
4. Everyone must fill out a post-trip **Formstack form** ([enter form stack link here](#))
5. Everyone must report any symptoms they may be feeling post-trip.

GAME MANAGEMENT

Home Contests

- A letter explaining specific SCC protocols and expectations will be emailed to the visiting institutions athletic director prior to the contest.
- Physical distancing will be required.
- Staff and student-athletes on the sideline will be required to wear a mask.
- Audience members will be prohibited unless local and state guidelines determine otherwise.
 - Should audience members be permitted, protocols following state and local guidelines relating to large groups will be implemented.
- The visiting team will have been screened prior to leaving their institution.
- Shared equipment will be sanitized during timeouts.
- Student-athletes will arrive in practice gear as locker rooms will may unavailable.

- Student-athletes will be encouraged to bring their own water bottles. Water bottles will be labeled when necessary.
- Single-use towels will be provided in lieu of cotton towels.
- All teams must follow the ingress/egress plan to avoid congestion at entry and exit points
- No concessions will be offered as there will be may be no audience present.
 - Should audience members be permitted, protocols following state and local guidelines relating to food service will be implemented.

Away Contests

- Teams must be aware of and respect the host institutions protocols and procedures.
- Teams competing at away institutions must bring their own PPE and supplies (individual water bottles, wipes, towels, medicine kit etc.).
- Emergency equipment will be provided by host institution

Staff and student-athletes travelling must be symptom and temperature screened prior to travel. This must be logged.

- Only necessary personnel will travel to away contests (Starters, subs that play, coaches).
- The number of persons in a vehicle will be limited.
- Face masks must be worn during travel and upon arrival and departure to the institution.

During overnight travel, movement should be limited.

FACILITY MANAGEMENT

General

- All student-athletes will be symptom and temperature screened upon the arrival to any facility.
- A mask must always be worn by individuals not engaged in physical activity.
- Physical distancing will be required.
- The number of individuals present in each area will be defined by the current phase indicated by the Governor's office.
- Sanitation wipes and hand sanitizer will be visible and adequately supplied. Hand washing will be encouraged.
- All surfaces and equipment used will be sanitized after use and between uses.
- Use of facilities will be limited to students and staff until Shoreline Community College indicates otherwise.

- Entrance and exit routes will be identified and marked to avoid congestion and limit potential exposure.

Athletics Building

Fitness Center

- Masks must be worn by all individuals working out in the Fitness Center unless their workout is cardiovascular/endurance-based in nature.
- No lifting should be done if it requires a spotter.
- Participants will enter through main door and exit through the other opposite exit doors.
- Access to the athletic training facility will be limited to the Head Athletic Trainer, Athletic Director, and Program Coordinator.
- Telemedicine will be used whenever needed (Ex: communication from Student–Athlete to Athletic Trainer could be remote).
- Service will be by-appointment-only.
- Appointments will be staggered to prevent congestion.
- All self-serve items will be eliminated (towels, ice, etc.). In an event there is an injury, ice can be provided only by the Athletic Trainer or Head Coach.

Gyms

- There will be no access to the gym outside of practice and home games and must be approved by the VP of SES, or the College President.
- Participants will enter through main door and exit North side gym doors (doors closest to parking lot).
- Individual work outs/drills in the gyms will be encouraged to help with physical distancing.

Athletic Offices & Locker rooms

- Larger spaces will be utilized when necessary for player meetings (once allowed).
 - Meeting Room (room 3002) – will not be utilizing at this time
 - Team Room (room 3011) – will not be utilizing at this time
 - Team Room (room 3012) – will not be utilizing at this time
 - Locker Rooms – will not be utilizing at this time
 - Room 3014 will be used for Softball Practices following building/small group local and state guidelines

TRAINING AND PRACTICE MANAGEMENT

- Physical distancing will be required at all times.
- The number of persons allowed in a group at any given time will be dictated by the lowest guidelines between state, local, campus, and the NWAC.
- Masks must always be worn when on campus unless engaged in physical.
- Coaches will perform and log symptom and temperature screens for their athletes prior to the beginning of any team event (training, practice, home & away contests).
- Any athlete complaining of or exhibiting symptoms of illness will be prohibited from all in-person team events and will notify the COVID-19 supervisor immediately.
- Equipment shared will be sanitized between each use and transition between persons.
- Shared equipment will be limited.
- Student-athletes will arrive in practice gear as locker rooms will be unavailable.
- Student-athletes will be responsible for bringing their own water bottles, towels, etc.
- Teams utilizing the same space will have staggered practice times to avoid congestion at entrance and exits. There will be no immediate back to back practices. There will always be approximately an hour and a half in-between each practice to sanitize the area.
- Training should be efficient to limit time of potential exposure.

Team training occurring off-campus will strictly follow current King County Health department and state guidelines as it relates to physical distancing, number in a group, sanitation, and the use of masks. Men's Baseball, and Women's Softball will primarily be practicing and playing games at Meridian Park through the Shoreline School District and will follow the guidelines/policies of the school district, local and state health authorities' guidelines. Women's Soccer will be practicing and playing games primarily at Twin Ponds/Shoreline A&B through the Shoreline Parks Department and will follow their guidelines along with the local and state health authorities' guidelines. In addition to these guidelines, each team will follow developed practice plans, safety and health guidelines established by Shoreline Community College Athletic program, and NWAC.

PPE EQUIPMENT REQUESTED

Division	Building/Room	Area	Item(s)	QTY	Primary Individuals Served
SES	Athletics/Physical Education/3000	Athletic Director Office – 3024B Program Coordinator – Main office Main Gym lobby station Fitness Center Station - 3007 Study Hall station - 3002 Classroom - 3011 Classroom - 3012	Plexiglass	7	Athletic Director, Program Coordinator, Building Monitors, Head Coaches, Students, Faculty & Staff
SES	Athletics/Physical Education/3000	Athletic Director Office – 3024B Program Coordinator – Main office Main Gym lobby station Fitness Center Station – 3007 Issue Room - 3010 Study Hall station - 3002 Classroom - 3011 Classroom – 3012 Batting Cage – 3014 Main Gym/Outside facilities (Practices)	Gloves	As many as we can. (need a lot)	Athletic Staff: Athletic Director, Program Coordinator, Building Monitors, Intramural Coordinators, Game Management crew (hourly and work study students), Coaches, Student-Athletes, general campus communities
SES	Athletics/Physical Education/ 3000	Athletic Director Office – 3024B Program Coordinator – Main office Main Gym lobby station Fitness Center Station – 3007 Issue Room - 3010 Study Hall station - 3002 Classroom - 3011 Classroom – 3012 Batting Cage – 3014	Masks	As many as we can. (need a lot)	Athletic Staff: Athletic Director, Program Coordinator, Building Monitors, Intramural Coordinators, Game Management crew (hourly and work study students), Coaches, Student-Athletes

		Main Gym/Outside facilities (Practices)			
SES	Athletics/Physical Education/ 3000	Athletic Director Office – 3024B Program Coordinator – Main office Main Gym lobby station Fitness Center Station – 3007 Issue Room - 3010 Study Hall station - 3002 Classroom - 3011 Classroom – 3012 Batting Cage – 3014	Buckets	15	Athletic Staff: Athletic Director, Program Coordinator, Building Monitors, Intramural Coordinators, Game Management crew (hourly and work study students), Coaches, Student-Athletes, fitness center users, faculty, staff, students
SES	Athletics/Physical Education/ 3000	Issue Room Main Office	Hand Towels	50	Athletic Staff: Building monitors, Athletic Director, Program Coordinator, Head Coaches, student, staff
SES	Athletics/Physical Education/ 3000	Athletic Director Office – 3024B Program Coordinator – Main office Main Gym lobby station Fitness Center Station - 3007 Study Hall station - 3002 Classroom - 3011 Classroom - 3012	Windex	10	Athletic Director, Program Coordinator, Building Monitors, Head Coaches, students, staff
SES	Athletics/Physical Education/ 3000	Main Office – 3024 Fitness Center - 3007 Gym lobby - 3000 Classroom – 3011 Classroom – 3012	Disinfecting Solution	10 bottles	Athletic Staff: Athletic Director, Program Coordinator, Building Monitors, Intramural Coordinators, Game Management crew (hourly and work study students), Coaches, Student-Athletes, Fitness Center users

SES	Athletics/Physical Education/ 3000	Main Office – 3024 Fitness Center - 3007 Gym lobby - 3000 Classroom – 3011 Classroom – 3012	Spray Bottles	5	Athletic Staff, Fitness Center users, students
SES	Athletics/Physical Education/ 3000	Athletic Director Office – 3024B Program Coordinator – Main office Main Gym lobby station Fitness Center Station – 3007 Issue Room - 3010 Study Hall station - 3002 Classroom - 3011 Classroom – 3012 Batting Cage – 3014	Clorox wipes	15	Athletic Staff: Athletic Director, Program Coordinator, Building Monitors, Intramural Coordinators, Game Management crew (hourly and work study students), Coaches, Student-Athletes, Fitness Center users, students, staff
SES	Athletics/Physical Education/ 3000	Main Office Athletic Director office Head Coaches offices	Handheld Thermo- meters	12	Athletic Coaches and Staff
SES	Athletics/Physical Education/ 3000	Athletic Director Office – 3024B Program Coordinator – Main office Main Gym lobby station Fitness Center Station – 3007 Issue Room - 3010 Study Hall station - 3002 Classroom - 3011 Classroom – 3012 Batting Cage – 3014	Hand Sanitizer bottles	25	Athletic Staff and Fitness center users, students, staff, general campus communities
SES	Athletics/Physical Education/ 3000	Pathways/Hallways in 3000 building	Floor Signs	5	All SCC staff/faculty/students
SES	Athletics/Physical Education/3000	Main Office Fitness Center Main Gym Small Gym	Distance Marker floor mats	20	All SCC Staff/Faculty/Students
SES	Athletics/Physical Education/ 3000	Exterior and interior 3000 building	Informational Signage	25	All SCC staff/faculty/students

HEALTH SCREEN LOG/TRACKING FORM

That will be used every practice

Shoreline Community College									
Athletic Department									
COVID-19 Log Form									
TEAM:									
DATE:									
First	Last	Phone Contact info	Campus check-in form completed (Y/N)	Temperature reading	PPE's Issued	Personal Water Bottle (Y/N)	Campus Check-out form Completed (Y/N)	Head Coach Initial	Additional comments
Reviewed by Athletic Director or Program Coordinator:									
x			Date:						

SAMPLE PRACTICE PLAN

12:45pm-1:00pm Health Screening Station complete check-in form
1:00pm-1:15pm. – Stretch and Warm-up (6ft apart)
1:15pm-1:30pm – Individual shooting two per basket (6ft apart)
1:30pm – 1:35pm -- Water Break/Clean Hands (via hand sanitizer or sink in bathroom)*
1:35-1:45pm – Two man Passing (6ft apart)
1:45pm-1:55pm—3-on-0 (6ft apart)
1:55pm-2:00pm – Water Break/Clean Hands (via hand sanitizer or sink in bathroom)*
2:00pm-2:15pm -- Offensive Part to whole breakdown drills 5-on-0 (6ft apart)
2:15pm-2:30pm -- Free Throw Shooting (6ft apart)
2:30pm-2:35pm Water Break/Clean Hands (via hand sanitizer or sink in bathroom)*
2:35pm-2:50pm Defensive Parts to whole breakdown drills Shell drill 4-on-0n (6ft apart)
2:50pm-3:00pm Conditioning (in small groups of 5 or less, and 6ft apart)
3:00pm-3:20pm Water Break/sanitizing equipment and gym area
3:20pm-3:25pm team talk (6ft apart)
Completed Health Screening Station check-out form leave gym at designate exist

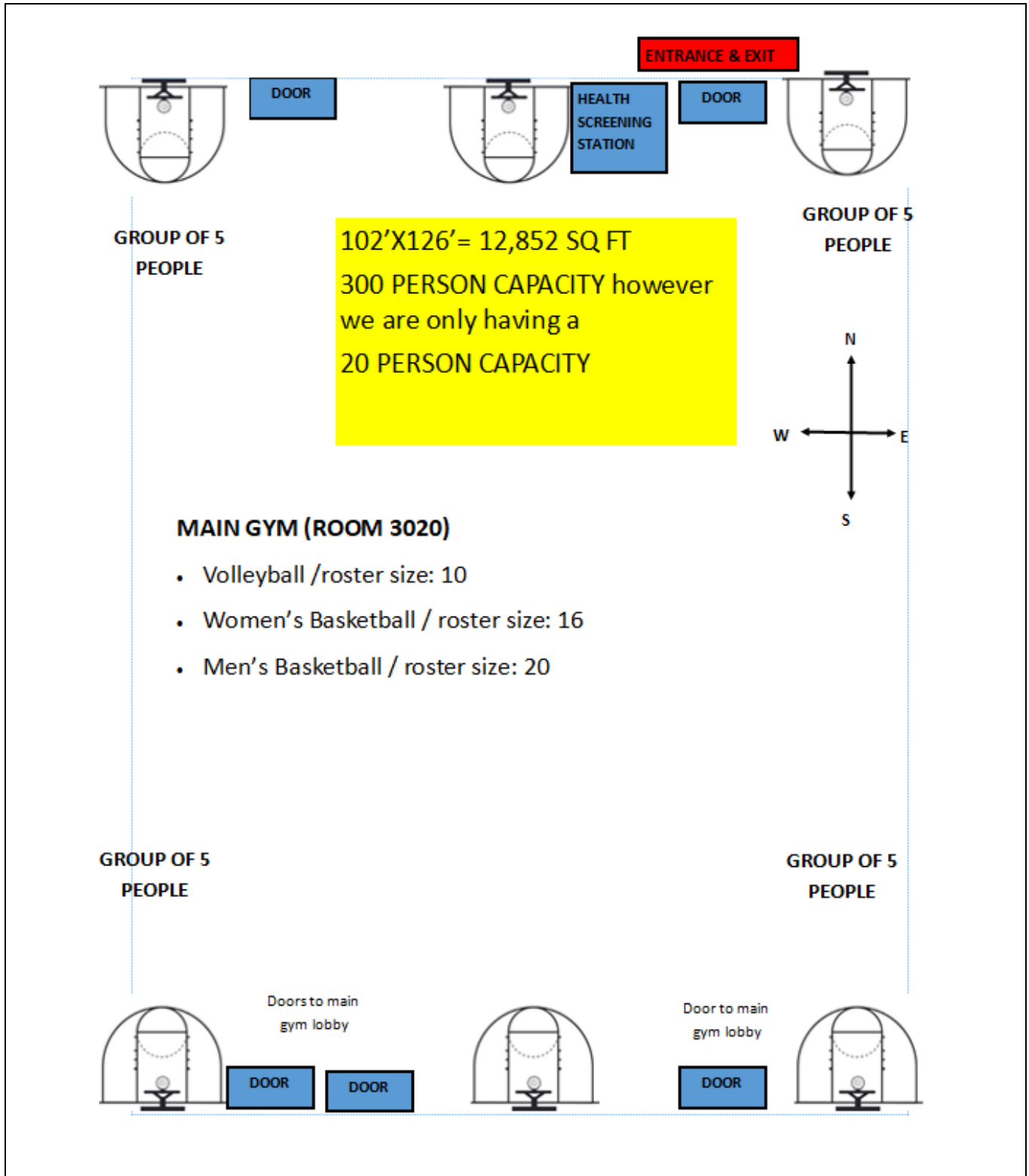
*Water Breaks – everyone will bring their own water bottles. The drinking fountain is closed to eliminate a high touch surface area, and foot traffic in the building.

*Bathrooms are limited to one person at a time. Outside the bathroom door will be markers to indicate 6ft apart in case a line form.

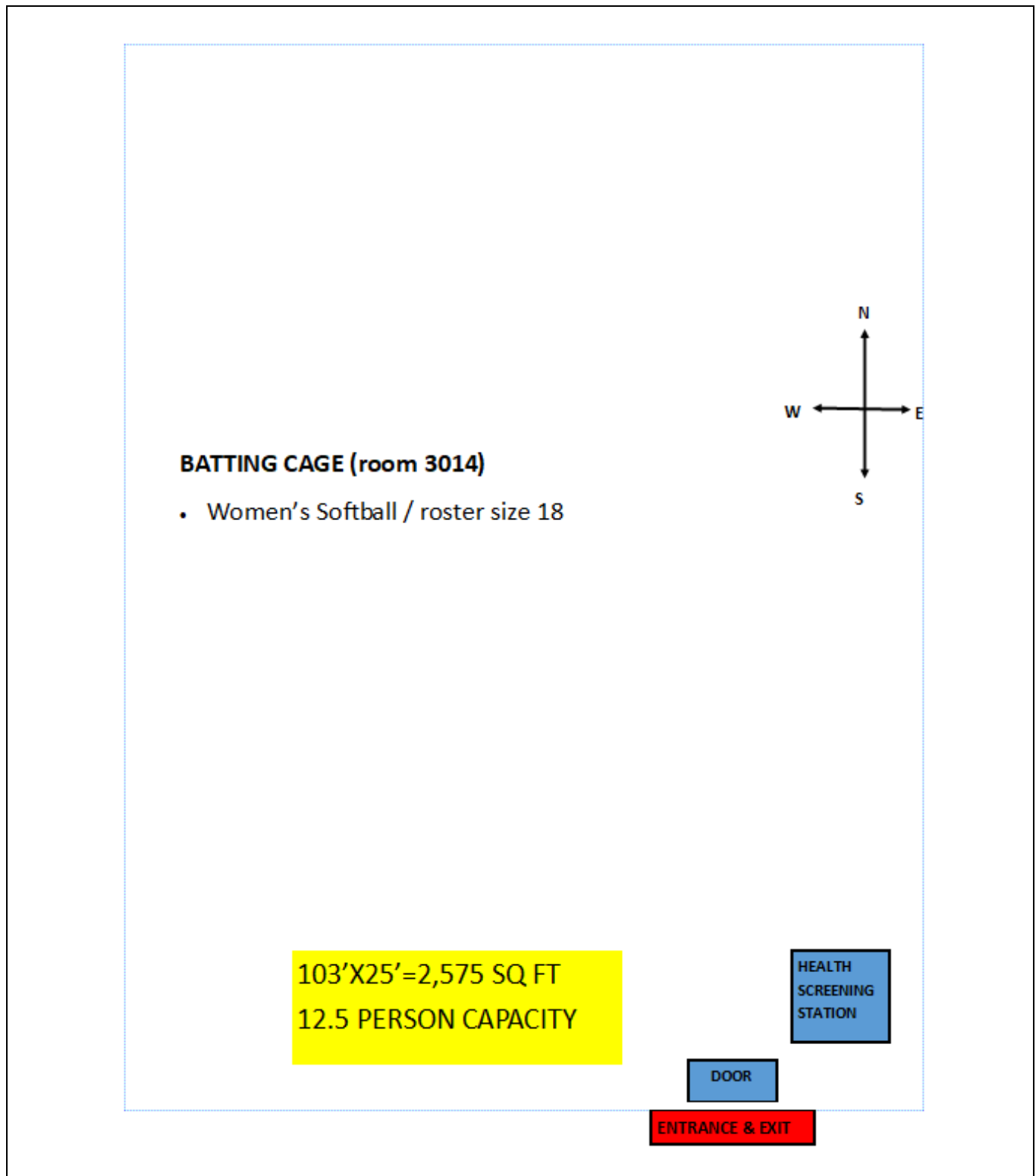
Square footage of main area's in 3000 building

FITNESS CENTER ROOM 3007/// 34'X63'=2,142 SQ FT
ROOM 3012/// 24'X24'=576 SQ FT
ROOM 3011///35'X24'=840 SQ FT
ROOM 3014///103'X25'=2,575 SQ FT
MAIN GYM ROOM 3020 & 3021/// 102'X126'= 12,852 SQ FT
SMALL GYM ROOM 3025///46'X46'=2,116 SQ FT

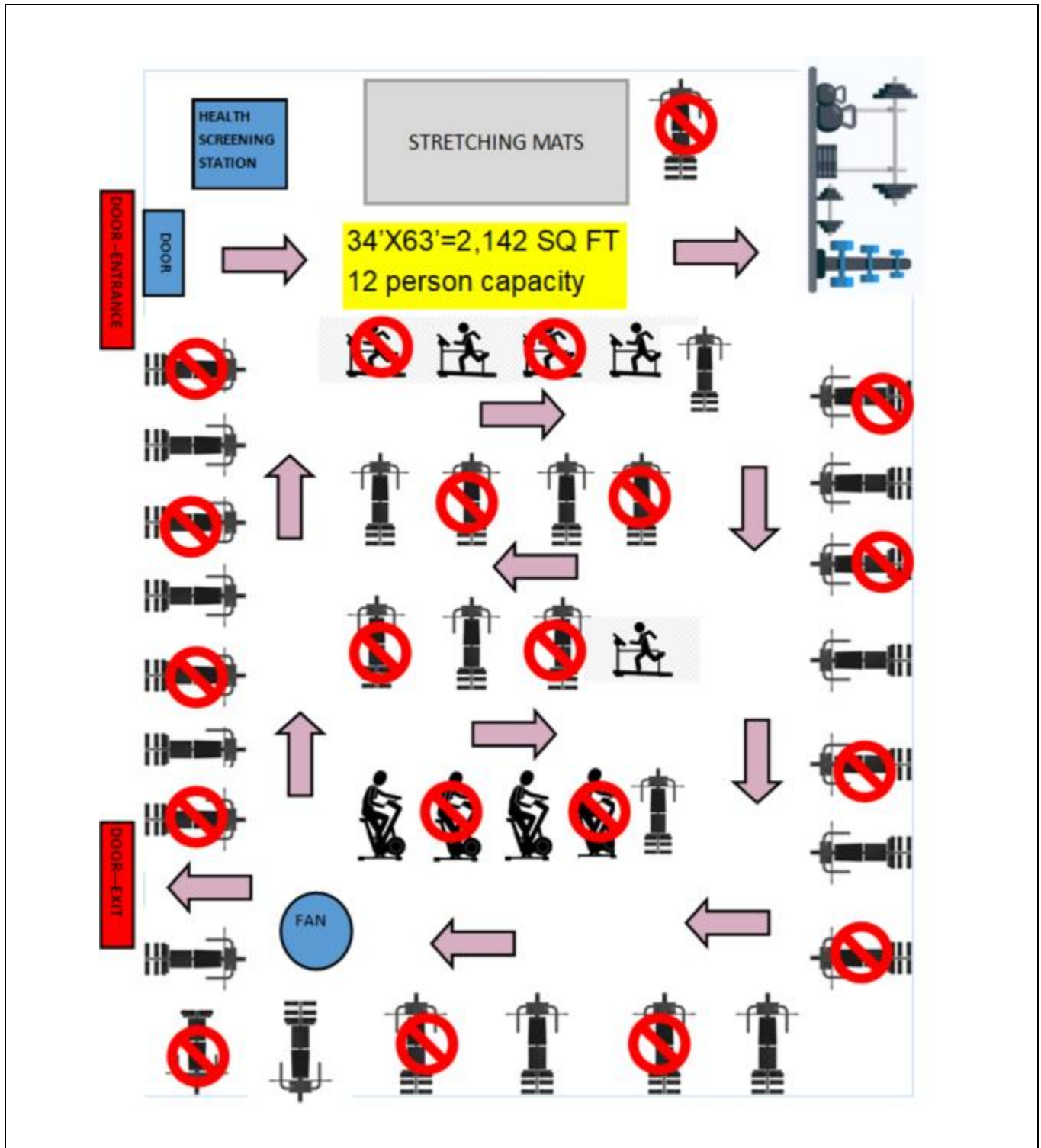
MAIN GYM DIAGRAM



BATTING CAGE DIAGRAM



FITNESS CENTER DIAGRAM



IMPLEMENTATIONS FROM THE NWAC



The NWAC has enacted several changes in response to the complexities and challenges brought on by COVID-19:

- Each institution will identify a “COVID-19 Supervisor” who will be responsible for forwarding relevant information through appropriate channels to facilitate a rapid and coordinated response in the face of a reemergence of COVID-19. Our NWAC COVID-19 liaison will also be in close contact with our institutional COVID-19 Supervisor indicated through the State Board of Community and Technical Colleges.
- The COVID-19 Supervisor will forward relevant information to our Shoreline Community College COVID-19 team.
- To avoid the reemergence of COVID-19 while allowing for adequate acclimatization to activity, return-to-sport will be implemented through a phased approach. These phases are separate from and limited by state assigned phases and are defined in this document.
- Adjustments have been made to the duration, contest volume, and start and end dates of each season.

Despite the challenges presented by COVID-19, investing in a collective and collaborative, multi-state effort will ensure student-athletes can continue to strive towards both academic and athletic excellence while developing adaptability and resilience during this unprecedented time.

Compliance and Eligibility Issues 2020-2021

7.16.20

The NWAC encourages student-athletes whose seasons have been moved from a fall start to a winter start to enroll in fall 2020 classes. Attending college for the first time can be quite daunting and overwhelming especially when you include competing in athletics as well. With your fall sport being moved to a winter start, enrolling in fall classes helps you get acclimated to your institution with very little to no pressure from athletics. Attending in the fall 2020 part-time and or full-time should prove beneficial to your overall academic plan and success. Proper planning may lead to a sophomore season with reduced credits. Also, it is important to note that NWAC is planning on the traditional sports calendar resuming for fall 2021. Student-athletes will need to meet the traditional second-year academic eligibility standards. Taking classes beginning fall 2020 will help meet second-year eligibility requirements.

Eligibility

1. Winter and spring term eligibility.

Fall term 2020 will be allowed to be used as a 2nd Summer Term (see below for summer school language). This means that student-athletes can improve their eligibility during fall term (add credits to meet the 36, increase GPA, add credits from spring and/or summer to meet the 10-credit previous term rule). This change is not intended to change the eligibility rules for the athletes that had their spring sports cancelled (see #3).

1.4.8 Summer School

By attendance at summer school, a student-athlete can regain qualification for meeting the provisions for the 10-credit previous quarter, the 36 credit - 2nd year participation and the 2.00 GPA eligibility

requirements. Any number of summer school credits can be earned at any accredited institution and can be added to complete the second year thirty-six (36) quarter credit rule or added to the previous quarter to fulfill the completion of the ten (10) quarter credit hour previous quarter rule.

2. **Early Graduation**

For the 20-21 academic year only, any student athlete who has attained their AA degree may enroll in less than twelve credits after the term they graduated to compete. NWAC student-athletes who are in this situation, will need to be enrolled in at least one credit during any term they are practicing or competing. Student-Athlete will need to show an official transcript denoting the completion of an AA degree.

3. **Spring 2020 athletes.**

A freshman spring sport student-athlete who was certified via winter quarter 2020 eligibility report, is still a freshmen athletically winter quarter 2021. There are no requirements for previous quarter, GPA, or total credits earned.

A sophomore spring 2020 student-athlete who was certified via winter quarter 2020 eligibility report is still a sophomore athletically winter quarter 2021. There is no requirement for previous quarter requirement but must have a 2.0 GPA and pass 36 credits.

Freshmen and sophomore spring student-athletes who were not certified via the winter quarter 2020 eligibility report can meet the 10-credit previous quarter requirement by passing 10 credits in the winter 2020, or a total of 10 combined credits between the spring, summer, and fall 2020 quarters to be eligible for winter 2021. Sophomores also need to meet the 2.0 GPA and 36 credits accumulated requirements.

FAQ's

Q: If a student athlete only needs 5 credits to graduate can they attend fall & winter and not spring and still play on a team that is still participating spring quarter?

A: If a student-athlete has their AA degree (earned by winter 2021) they would enroll in a minimum of one credit for spring quarter 2020 and are eligible to compete. It is important to check with the institution of they have other stipulations.

Q: Can fall quarter count towards eligibility for winter and/or spring quarters?

A: Fall term 2020 will be allowed to be used as a 2nd Summer Term (see summer school language). This means that student-athletes can improve their eligibility during fall term (add credits to meet the 36, increase GPA, add credits from spring and/or summer to meet the 10-credit previous term rule). This change is not intended to change the eligibility rules for the athletes that had their spring sports cancelled (see #3).

Q: During the gray phase, do student-athletes living in surrounding counties, at home, and commuting to attend a campus in another county, must quarantine in the member college county area in gray Phase?

A: Student Athletes will quarantine in the residence they will be living while participating in athletics for 14 days prior to moving to the red phase.

Q: Can a student-athlete compete in two sports at the same time? For example, a female student-athlete wants to play basketball and soccer during the same season. Is this allowed?

A: NWAC policies allow a student-athlete to compete in two sports at the same time.

Q: How will sophomore 2021-2022 eligibility be handled?

A: NWAC is planning on the traditional sports calendar resuming for fall 2021. Student-athletes will need to meet the traditional second-year academic eligibility standards.

Talking Points

Health Color Phases for Return to Play

- I. For fall 2020 return to play, Cross Country and Golf are the priority. The following protocols must be followed:
 - Gray Phase: Student Athletes will quarantine in the residence they will be living while participating in athletics for 14 days beginning August 1, 2020.
 - They will then move into the next phase of protocols as explained in the NWAC Return to Play Guidelines.
 - No overnight stays though exemptions may be available as approved by member college presidents and the NWAC Executive Board.
 - Maximum of two activities/scrimmages are allowed.

- Sports as deemed necessary may alter any rules and/or protocols to adhere to physical distancing and other safety precautions.
- II. If individual member colleges allow student-athletes and/or teams back on campus for fall 2020, the following Out of Season protocols must be followed for Soccer, Basketball, Volleyball, Baseball, Tennis and Track & Field:
- Out of season calendar begins the first day of school and concludes November 20, 2020. This is an institutional decision to allow out of season participation.
 - No activities will commence prior to the first day of school. College administrators do not want student-athletes that are participating in non-eligible sports on campus doing any type of athletic activity until the first day of the quarter. It is an institutional decision on how much if any non-eligible sports activity is allowed.
 - Gray phase: Student Athletes will quarantine in the residence they will be living while participating in athletics for 14 days prior to moving to the red phase.
 - The red phase begins the first day of the quarter and no earlier. The health color phase approach principles must be adhered to during Out of Season.
 - No overnight stays and two maximum activities/scrimmages are allowed.
 - Minimal amount of activity should be the goal.
 - Allowable contact with student-athletes by institutional coaches during the Out of Season segment will not exceed 12 hours per week and 5 days a week.
- III. Winter sports will begin their gray phase on 1/2/21. Reasons for the change is:
- In talking with NWAC Sports Medicine Team Members, it will be easier to manage when all teams for winter sports are starting in the gray phase at the same time.
 - We will provide additional weeks in the green phase which helps in case games gets canceled for health reasons and or weather, etc. Though more weeks may be added, additional games will not.

NWAC PHASE DESCRIPTIONS

GREY PHASE: Re-entry Plan (2 weeks)

- NWAC recommends in accordance with national guidelines (CDC) that all athletes shelter in place and/or quarantine in the county of their institution 14 days prior to the red phase.
- NWAC student-athletes/teams will follow the “color phase” protocol when returning to play (see information below on dates and phases. Before entering the “color phase protocol,” each NWAC member college will provide the NWAC with their respective return to campus protocol.
- Information to include: Identification of Covid-19 team and the Covid-19 liaison; Authority from local health authority and are following state and local health authority guidelines.
- Plan for sanitization, acquiring PPE’s, handling a positive/symptomatic individual, monitoring symptoms, contact tracing, and education plan for student-athletes, staff, and coaches, and game management.

RED PHASE: Limited Group Practice

- Student Athletes and athletics staff have completed the COVID19 Addendum and the recommended quarantine.
- Vulnerable individuals shelter in place and continue individual workouts with precaution.
- Small group training should occur based on local health authority restrictions.
- Gatherings of no more than 10 are allowed.
- Virtual meetings.
- Gyms and common areas where student-athletes and staff are likely to congregate and interact, should remain closed unless strict distancing and sanitation protocols can be implemented.
- Nonessential travel should be minimized, and Centers for Disease Control and Prevention guidelines regarding isolation after travel should be implemented.

YELLOW PHASE: Modified Group Practices

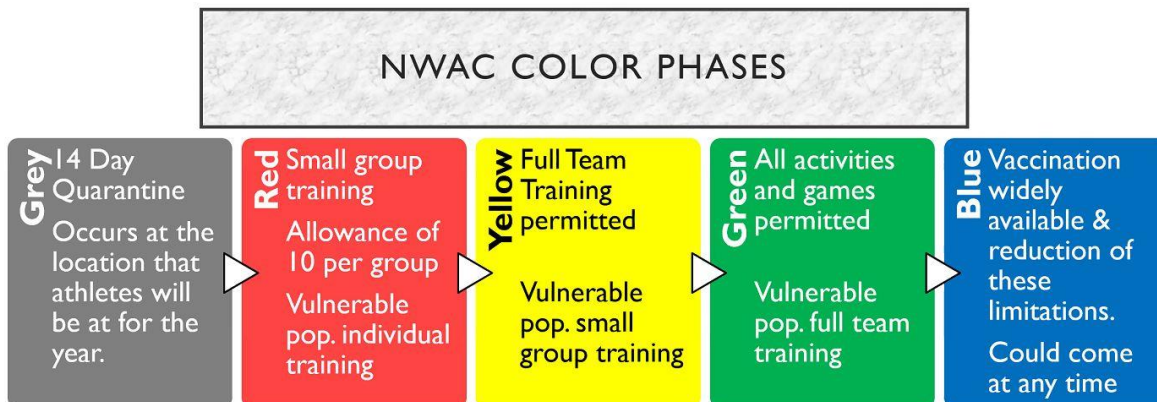
- Vulnerable individuals should continue to shelter in place and continue individual workouts with precaution. Vulnerable individuals may perform workouts with coaches on an individual basis, with physical distancing measures.
- Gatherings of more than 50 people should be avoided unless precautionary measures of physical distancing and sanitization are in place.
- Full team practices (excluding vulnerable individuals) can take place with physical distancing measures in place.
- Nonessential travel should be minimized, and Centers for Disease Control and Prevention guidelines regarding isolation after travel should be implemented.

GREEN PHASE: Full Team Practices and Games

- Vulnerable individuals can resume in-person interactions, but should practice physical distancing, minimizing exposure to settings where such distancing is not practical.
- Gyms and common areas where student-athletes and staff are likely to congregate and interact can reopen if appropriate sanitation protocols are implemented, but even low-risk populations should consider minimizing time spent in crowded environments.
- Unrestricted staffing (video, table, game management, etc.) may resume with sanitation protocols in place.
- Consideration of spectator modifications (i.e. no spectators, physical distancing, etc.) to ensure safety of student-athletes, support staff and spectators

BLUE PHASE: All Clear

- Is dependent on the successful development of a safe, effective, widely available vaccine.
- Reduction of spectator modifications (i.e. no spectators, physical distancing, etc.).
- Return to normal practice



In all phasing, masks and social distancing measures must be taken to prevent any potential transmission, even during higher level phases.

Phasing in occurs during both pre-season activities and for regular season.

Additionally, we must observe downward trends in your area to progress.



NWAC 2020-2021 SPORTS CALENDAR

Fall Sports	Gray Phase	Red Phase	Yellow Phase	Green Phase	Championships	Championship Location
Cross Country	See below	8/15/20	8/29/20	9/12/20	11/14/2020	Chambers Bay, University Place, WA
Soccer	See below	2/3/21	2/17/21	3/3/21	6/4-6/2021	Championship Site TBD
Volleyball	See below	2/27/21	3/13/21	3/27/21	6/4-6/2021	Championship Site TBD
Golf	See below	8/15/20	8/29/20	9/12/20	Spring 21	
Baseball						
Softball						
Winter Sports		Red Phase	Yellow Phase	Green Phase	Championships	Notes
Basketball	See below	1/16/2021	1/30/2021	2/13/2021	5/28-30/2021	Championship Site TBD
Spring Sports	Gray Phase	Red Phase	Yellow Phase	Green Phase	Championships	Notes
Baseball	See below	2/13/21	2/27/21	3/13/21	5/27-31/2021	Lower Columbia College, Longview, WA
Softball	See below	2/13/21	2/27/21	3/13/21	5/21-23/2021	Championship Site TBD
Golf	See below	2/8/21	2/22/21	3/8/21	5/16-17/2021	Championship Site TBD
Tennis	See below	2/8/21	2/22/21	3/8/21	5/7-8/2021	Championship Site TBD
T&F	See below	2/15/21	3/1/21	3/15/21	5/24-25/2021	Mt. Hood Community College, Gresham, OR
T&F Multi- Events					5/3-4/2021	Championship Site TBD

***Gray phase:** Student Athletes will quarantine in the residence they will be living while participating in athletics for 14 days beginning August 1, 2020. For more information on the color phase protocol please see: <https://nwacsports.com/SportsMedicine>

***In season modifications:** No overnight stays though exemptions are available as approved by member college presidents and the NWAC executive board. Maximum of two activities/scrimmages are allowed. Sports as deemed necessary alter any rules and/or protocols to adhere physical distancing and other safety precautions. The color phase principles must be adhered to during in season. More information on in-season modifications are forthcoming.

***Out of season modifications:** No overnight stays and two maximum activities/scrimmages are allowed. *Out of season begins the first day of school and/or when your institution in accordance with the local health district allows students on campus.* The color phase approach principles and standards must be adhered to during Out of Season. More information on out of season modifications are forthcoming.

*Non- traditional sports seasons (e.g. fall baseball, etc.) and showcases will not be conducted in 2020-2021.

*Winter and Spring sports dates may be subject change-based health and safety concerns.

The NWAC office in partnership with the NWAC Sports Medicine Committee and Dr. DeGooyer, has provided a comprehensive plan of health and safety protocol recommendations for member colleges to implement for practice, competition, and championships events. Each institution is to follow state, local, NWAC, and institutional guidelines as they relate to bringing back to student-athletes to campus, as well as the health and safety of all participants.

As the NWAC prepares for the 2020-2021 academic year, NWAC has tried to create a strong foundation and is fully aware that the vastness of the unknown is outside of our control and can change in an instant. As we monitor daily this fluid situation NWAC prepared to respond and adjust our plan. Returning safely is our priority!

What do I need to do before I can participate in team activities?

- Athletic Packet (Eligibility paperwork)
- Physical
- Identify if you are in a high-risk population, communicate with a school official
- COVID Addendum
- Assumption of Risk/Release form
- Bring appropriate preventative measures with you when you move in: Face coverings (disposable or reusable), disinfectant/cleaning products, and hand sanitizer
- Review and/or complete NWAC "Student-Athlete Education Session" with your institution
- Take additional precautions during this time to prepare for moving in with roommates
- Begin recommended 14-day shelter in place
- Highly suggest COVID-19 testing within this phase
- No campus facility uses or team activities
- Be prepared for virtual meetings with your team during this phase
- Successful completion of this phase allows progression to red phase

What CAN I do during quarantine?

- Go to the grocery store
- Go to class
- Go to work
- Do home workouts and neighborhood runs

Unsure how to get tested? Reach out to your institution's Athletic Trainer or Athletic Director

You cannot begin this phase until the previous two phases have been successfully completed

- Continue virtual team meetings during this phase
- Start small group training
- Avoid contact with members of other small groups and teams during this time
- Continue to take additional precautions outside of sport
- Complete daily symptom checklist and report any symptoms to your coach and Athletic Trainer

When should I take them?

Any time you are in a public space or around those who are outside of your "bubble"

What should I do?

- Wear a face covering
- Follow physical distancing guidelines
- Follow hand hygiene guidelines

Additional Precautions:

Stay in your Bubble! 1-2 Weeks before arriving to campus, Starting Grey Phase, Starting Red Phase

Remember you have a personal responsibility to your team!

- Continue to take additional precautions while in public spaces to protect yourselves, your teammates, coaches, and support staff
- Avoid unnecessary contact with members of other teams
- Complete daily symptom checklist and report any symptoms to your coach and Athletic Trainer

Student-Athlete COVID-19 Screening

NWAC Pre-Participation Examination COVID-19 Addendum

To ensure the safety of all student-athletes within the Northwest Athletic Conference (NWAC), all incoming and returning student-athletes are required to complete the following screening prior to participation in any team related activities. **THIS SHOULD BE COMPLETED WITHIN ONE OR TWO WEEKS PRIOR TO ARRIVAL ON CAMPUS.**

Student-Athlete Information

Name (Last, First MI):	
Student ID#:	Date of Birth (MM/DD/YYYY):
Local Address:	
Permanent Address:	
Cell Phone:	Sex (circle one): <input type="checkbox"/> Male <input type="checkbox"/> Female

COVID-19 Screening

Please complete the following information to assess your risk of exposure and symptom experiences related to COVID-19.

QUESTION	YES	NO
Have you been diagnosed with COVID-19?		
Do you have medical documentation to support your diagnosis and treatment of COVID-19?		
Date of Diagnosis (MM/DD/YYYY):	Did hospitalization occur with diagnosis?	
Physician Name/Contact Information:		
Have you been in contact with anyone diagnosed with COVID-19 in the past 14 days?		

Have you experienced any of the following symptoms in the last 14 days?

SYMPTOM	YES	NO	DATE OF LAST SYMPTOM EXPERIENCE
Fever			
Extreme Fatigue			
Dry Cough			
Shortness of Breath			
Body/Muscle Aches			
Loss of Taste of Smell			
Pain or Difficulty Breathing			

I certify that I have provided true and accurate information to the best of my knowledge.

Student-Athlete Signature: _____

Date: _____

Physician Evaluation

Cardiac History/Symptom Review	<input type="checkbox"/> Normal	<input type="checkbox"/> Abnormal
Respiratory History/Symptom Review	<input type="checkbox"/> Normal	<input type="checkbox"/> Abnormal
Is this individual at high risk for complications?	<input type="checkbox"/> No	<input type="checkbox"/> Yes

Additional Notes/Recommendations:

Do you recommend further COVID-19 or follow up testing? Yes No

Student-athlete is: Not cleared for participation until follow up complete

- OR - Cleared to return to participation in accordance with the institutions return to activity

Physician's Name _____ Physician's Phone: _____

Physician's Signature: _____ Date: _____

ACKNOWLEDGEMENT

In the interest of health and public safety during the COVID-19 pandemic, I acknowledge that I have truthfully and accurately disclosed the above information regarding my health status, including any symptoms and exposure to COVID-19 in order for INSTITUTION to evaluate before allowing my return to campus. I further acknowledge that, if additional evaluation or assessment is required and requested by the institution, I hereby consent and will cooperate.

In addition, if any of the symptoms mentioned above appear after I am allowed to return to campus, I agree to stay at home and to immediately report my change in status to the proper medical authorities at the INSTITUTION and to complete a new Assessment, Acknowledgement and Consent form for approval before returning to campus. At all times while on campus, I agree to follow all safety protocols and physical distancing guidelines established by INSTITUTION, the City of _____, _____ County, and the State _____.

Student--Athlete Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

Signature may be that of a student or athlete over 18 years of age.
If under 18, this form must be signed by the Parent or Guardian.



Northwest Athletic Conference COVID-19 ASSUMPTION OF RISK AND RELEASE

I acknowledge that I have voluntarily chosen to use the athletics facilities and equipment and to participate in the intercollegiate athletics activities and programs of _____ College sponsored through the Northwest Athletic Conference (NWAC), hereafter "the program" or "program activities".

A. COVID-19 ASSUMPTION OF RISK

I understand that my participation in program activities may involve foreseeable as well as unforeseeable risks to my health or safety (including death), or the health and safety of others, as a result of the worldwide spread of the novel coronavirus known as COVID-19.

COVID-19 is highly contagious and is spread by coming into personal contact with others or using shared facilities and equipment. Participating in intercollegiate athletics, including practices, competitions, physical activity or conditioning classes, may increase the risk of contracting the disease or spreading it to others, including teammates, family, and friends. Any participant may be unknowingly carrying the disease and capable of infecting others without experiencing any symptoms. Participating in competitive events with other schools, as well as traveling to such events, may also involve an enhanced risk of exposure to the virus.

COVID-19 is described by the Centers for Disease Control (CDC) as a mild to very severe respiratory illness that can result in hospitalization, respiratory or organ failure, exacerbation of underlying health conditions such as diabetes or heart or lung disease, and death. The risks of exposure can also include, but are not limited to, quarantine, social isolation and stress, medical and other expenses, loss of work and income, and disruption of educational studies. For information about COVID-19, including symptoms and prevention, visit the CDC website at www.cdc.gov/coronavirus/2019.

I understand and agree that it is my responsibility to follow NWAC and College guidelines or directives relating to my participation, including any guidelines or directives relating to physical distancing, proper hygiene and handwashing practices, and the use of personal protective equipment (PPE) such as face masks and eye protection. I understand and agree that I am solely responsible for determining my ability to participate in the program and for notifying College athletics staff of any medical or other health condition that would limit my ability to participate safely. I understand and agree that NWAC, the College and its staff cannot and has not promised to guarantee or insure my health or safety. I understand that it is my responsibility to obtain any appropriate insurance coverage and to pay any medical or other expenses relating to my participation in the program.

By my signature below, I acknowledge and voluntarily assume the above described risks of participating in the program, including but not limited to the risks of traveling to or from participation sites.

B. RELEASE OF CLAIMS

If I am age 18 or over, as a condition of my being permitted to participate in intercollegiate athletics, and for and in consideration of the services provided by NWAC and the College’s athletics department, I hereby waive and release any claims that I or my estate may have against NWAC, the College, or their trustees, directors, officers, employees, volunteers, or agents based on any loss, illness or injury (including death), that I may sustain arising from, in connection with, or incidental to my participation, whether such loss, illness or injury is caused by my own acts or omissions or by those of other program participants, NWAC or College staff or volunteers.

If I am signing as a parent/guardian of a participant under age 18, as a condition of my student’s being permitted to participate in intercollegiate athletics, and for and in consideration of the services provided by NWAC and the College’s athletics department, I hereby waive and release any claims that I or we may have against NWAC, the College, or their trustees, directors, officers, employees, volunteers, or agents based on any loss, illness or injury (including death) that my student may sustain arising from, in connection with, or incidental to my student’s participation, whether such loss, illness or injury is caused by my student’s own acts or omissions or by those of other program participants, NWAC or College staff or volunteers.

I have read and understand this *COVID-19 Assumption of Risk and Release*. I further understand and agree that the foregoing Assumption and Release is intended to be enforceable to the fullest extent permitted by law.

Participant Name (Print): _____

Participant Signature: _____

Date: _____

If the student participant is under the age of 18, this *COVID-19 Assumption of Risk and Release* must be signed both by the student and by the student’s parent or legal guardian:

Parent/Guardian Name (Print) _____

Parent/Guardian Signature: _____

Date: _____

AAG 06.19.20

Crosswalk Shoreline, NWAC and Local & State Health Authorities

<p style="text-align: center;">Recommendations from Campus Reopening Guide – Higher Education</p>	<p style="text-align: center;">Shoreline</p> <p style="text-align: center;">Will follow all institution, NWAC, local and state guidelines</p>	<p style="text-align: center;">NWAC</p> <p style="text-align: center;"><i>NWAC student-athletes/teams will follow the “color phase” protocol when returning to play (Before entering the “color phase protocol,” each NWAC member college will provide the NWAC with their respective return to campus protocol.</i></p>	<p style="text-align: center;">Washington State Government</p> <p style="text-align: center;">Safe Start Washington guidelines</p>
<p>Adhere to federal, state and local public health and safety guidelines</p>	<p>Formed an COVID-19 Action Team Members: Steve Eskridge Sydney Hinnebusch Raquel West Rodney Walker Shaun Warner Ashley Carter Stacie Attridge Megan Toney The COVID-19 action team will be responsible to make sure our Athletics department Adhere to federal, state and local public health and safety guidelines. The committee will meet often to go over any updates in guidelines and communicate updates to student-athletes and other coaching staff. Created this COVID-19 Handbook for reference.</p>	<p>Information to include: Identification of Covid-19 team and the Covid-19 liaison (Steve Eskridge); Authority from local health authority and are following state and local health authority guidelines.</p>	<p>Develop comprehensive plans for each phase of reopening in accordance with WA State guidelines and local health guidelines</p>
<p>Work from Home</p>	<p>Work remotely as much as possible.</p>	<p>Vulnerable individuals shelter in place and continue individual workouts with precaution. Virtual meetings when at all possible. Vulnerable individuals should continue to shelter</p>	<p>For operations able to be performed remotely and institutions will follow WA State returning to work guidance for its personnel</p>

		<p>in place and continue individual workouts with precaution. Vulnerable individuals may perform workouts with coaches on an individual basis, with physical distancing measures.</p> <p>Vulnerable individuals can resume in-person interactions, but should practice physical distancing, minimizing exposure to settings where such distancing is not practical.</p>	
Maintain minimum physical distancing	Ordering signage – distance markers for building 3000. Check with Plant Operations department.	Follow local and health care guidelines with the 6 feet apart.	Between all on-campus personnel, including with visitors
Gathering sizes	Our coaches will limit to multiple groups of 5 and will not mix the groups the entire practice. These groups will be physically distance (at least 6-feet apart).	<p>Small group training should occur based on local health authority restrictions.</p> <p>Gatherings of no more than 10 are allowed.</p> <p>Gatherings of more than 50 people should be avoided unless precautionary measures of physical distancing and sanitization are in place. Full team practices (excluding vulnerable individuals) can take place with physical distancing measures in place.</p> <p>Consideration of spectator modifications (i.e. no spectators, physical distancing, etc.) to ensure safety of student-athletes, support staff and spectators</p> <p>Reduction of spectator modifications (i.e. no</p>	Limit to multiple groups of 5 at a time with one instructor/coach as long as the groups don't mix and physical distancing of at least 6-feet is maintained among participants.

		spectators, physical distancing, etc.). Return to normal practice.	
Ensure frequent and adequate hand washing	Will allow more bathroom breaks to allow adequate hand washing. Make sure all outside facilities have available sinks for student-athletes and employees to wash their hands more frequently. Only one person in the bathrooms at a time.	Follow institution, local and state guidelines for washing hands	Policies and include adequate maintenance
Routine sanitization	Will have hand sanitizer and sanitizing wipes available at all gatherings, to insure we wipe down all shared surfaces, and sports equipment.	Follow CDC, local and state health authorities' guidelines	Of high-touch surfaces and shared resources (doorknobs, railings, vending machines, etc.)
Ask students/personnel to self-certify	Can request a Formstack form be put together, for student-athletes and employees to fill out before each practice, or if they enter campus.	Follow institution, local and state guidelines, and NWAC screening test	Self-certify that they have experienced no COVID-19 symptoms since last visit to campus facility.
Ask students/personnel to stay home and seek medical guidance if they are experiencing COVID-19 symptoms	If a student-athlete or employee experiences symptoms, the Coach will enforce quarantine and remain isolated for at least 2 weeks and until next steps are clear. We will follow our symptomatic flow chart.	Follow institution, local and state guidelines	Remain isolated until diagnosis and next steps are clear.
Self-quarantine per local public health guidelines if Confirmed COVID-19	If a student-athlete or coach is confirmed positive for COVID-19, there will be a strict rule that self-quarantine will be enforced for at least 2 weeks.	Following CDC guidelines	Following CDC guidelines
Response protocols	If symptoms are confirmed, we follow the symptomatic flow chart stated above in this document.	NWAC symptomatic flow chart based on CDC best practices.	Develop response protocols for students, personnel, and visitors reporting symptoms and have confirmed they have COVID-19
Non-essential travel	Nonessential travel should be minimized, however if we were to travel please see travel	Nonessential travel should be minimized, and Centers for Disease Control and Prevention guidelines	Avoid non-essential travel by school personnel and propose self-quarantine per local public health and

	procedure above in this document.	regarding isolation after travel should be implemented. Nonessential travel should be minimized, and Centers for Disease Control and Prevention guidelines regarding isolation after travel should be implemented.	worker safety guidelines after any high-risk travel as defined by the CDC
Log students, and personnel visits	Formstack completed by each student-athlete and coach before they come onto campus. In addition, they will log in and log out at the Health Screening station. When logging in they will get their temperature checked.	Follow local and health guidelines.	Follow WA State guidelines for logging onsite personnel
Available contact to report concerns	Shoreline CC has a form people can fill out to report concerns regarding COVID-19 https://shoreline.formstack.com/forms/coronavirus_covid19_exposure_report_form	Weekly (WED) report sent to NWAC for updates. NWAC will report out to College Presidents, VPs and Commissioners	Available contact for all students/personnel to report concerns and/or potential violations of the Safe Back-to-Play plan
Regular self-monitoring and updates	Student-athletes and coaches will be required to self-monitor and update their health weekly (or everyday if they return-to-play).	Follow CDC, local and state guidelines	Regular self-monitoring and updates of the Safe Back-to-Play plan
Communication of Safe Back-to-Play plan	Our COVID-19 Action team will be in clear communication regularly to inform all students and personnel of any updates regarding Coronavirus.	NWAC student-athletes/teams will follow the “color phase” protocol when returning to play. Before entering the “color phase protocol,” each NWAC member college will provide the NWAC with their respective return to campus protocol.	Clear communication to all students and personnel including any future modifications
Designate specific spaces for isolating	Will designated 3000 building (or another building) on campus for students and employees to quarantine in.	Follow institution, CDC, local and state guidelines	Designate specific spaces for isolating campus personnel and/or students on-campus as needed (e.g.

			specific building campus personnel and/or students can quarantine in).
Adhere to state and federal law for Health and Safety during COVID-19	COVID-19 action team will continue to adhere and communicate the federal law for health and safety during our COVID-19 phases.	Follow local and state guidelines	Including WA State's "Safe Start" guidelines
Provide students/personnel with PPE	Equipment requested for practices and team meetings: Gloves, masks, hand sanitizer, cleaning solutions for all sports equipment, cleaning wipes, hand held thermometer.	Plan for sanitization, acquiring PPE's, handling a positive/symptomatic individual, monitoring symptoms, contact tracing, and education plan for student-athletes, staff, and coaches, and game management.	PPE such as gloves, goggles, face shields, and masks as appropriate or required for students/personnel not working alone
Identify available alternative arrangements	Will provide non-mandatory workouts instead of in person workouts	n/a	Arrangements for students/personnel upon requests or refusals to work due to concerns related to campus safety.
Educate students/personnel on symptom detection.	COVID-19 Action Team will provide updates in this area, and Educational NWACC Power Points are available for training	NWAC Educational power points that were shared with head coaches who share with their student athletes.	Educate on symptom detection, sources of high risk to COVID-19, prevention measures, and leave benefits/policies.
Visitor Expectations	Limit or prohibit visitors. If a visitor has to visit for an emergency, then they will be required to log in (via all campus Formstack check-in form). Will have signage at all the entrances.	NWAC established best practices via CDC, local and state guidelines	Limit or prohibit visitors. Visible entry point signage for students, personnel, and visitors on shared on-campus responsibilities.
Encourage proper hygiene & health practices	Will conduct temperature checks every practice for all student-athletes, and employees.	Follow CDC, local and state guidelines	Encourage students/personnel to do regular temperature checks at home before participating Avoid non-essential person-to-person contact (handshakes)
Health screenings and testing	Daily check-in's and check-out's when entering campus and health screening station	Following CDC, local and state guidelines	Routine temperature checks & screens on-premise

	checking temperature before each practice.		Work with institutions within the same county to coordinate testing efforts
Enable tracking and tracing	Head Coaches, and COVID-19 Action Team will be tracking everyone who enters campus and will respond immediately if we hear of an individual that develops symptoms. Will keep all confidentiality of those who are sick. Follow CDC, local and state guidelines for best practices	Follow institution, CDC, local and state guidelines.	Notify and isolate all students/personnel in contact with an individual that develops symptoms while maintaining confidentiality of those who are sick. Disinfect areas where students/personnel who was sick touched Have the ability to log visitors that come on-campus
Sanitation procedures	Our health screening station will have PPE equipment and will be at the entrances of each practice. All sports equipment, and high touched surfaces will be sanitized often by the coaching staff. We put in a request for sanitation products to keep on hand at all times: Gloves Masks Hand Sanitizer Cleaning solutions for all sports equipment A sink and soap near by	Follow institution guidelines for sanitation procedures	Provide hand sanitizer at entrances/exits Encourage personnel to wash hands regularly (bathroom breaks) Provide disinfectant wipes Ensure frequent cleaning of high touch or shared equipment Sanitize/quarantine deliveries/packages Perform regular deep cleaning Provide soap and running water, when running water is not available provide portable washing stations.
Limit shared resources	Limit shared resources. Only keep teams together, and limit their interaction with other student-athletes and individuals on campus.	Follow CDC, local and state health authorities' guidelines	Limit shared desks/workspaces Reduce use of shared office supplies/resources Limit shared food Limit cafeteria capacity and services Limit public kitchens/vending
Methods to enact distancing procedures	We will order signage to post all over our building: Room capacity limit signs Wash your hands signs	Gyms and common areas where student-athletes and staff are likely to congregate and interact,	Implement reduced maximum capacity limits

	<p>physical distancing signs Signs for direct traffic.</p> <p>Will work with Plant Operations to acquire signage needed for facility</p>	<p>should remain closed unless strict distancing and sanitation protocols can be implemented.</p> <p>Gyms and common areas where student-athletes and staff are likely to congregate and interact can reopen if appropriate sanitation protocols are implemented, but even low-risk populations should consider minimizing time spent in crowded environments.</p>	<p>Stagger arrivals into campus spaces to avoid congestion Limit ingress/egress points in campus buildings/facilities while maintain fire exits Stagger entry into buildings/facilities One-way facility aisles Use distance markings at places of congregation Enact plexiglass protection between workstations Virtual meetings even when on campus Re-organize floor layouts to permit physical distancing Stagger usage of common areas Avoid sitting face-to-face Create isolated work cells/teams for on-campus personnel where possible Identify choke point and high-risk areas where personnel typically congregate where distancing will need more control/monitoring To the extent practical, allow only one group/class at a time at the same location/lab/classroom</p>
<p>Ensuring governance & accountable roles over plan</p>	<p>COVID-19 Action Team/Coaching and Athletic Staff to manage, enforce, update and communicate COVID-19 Plan</p>	<p>NWAC COVID-19 Liaison (Steve Eskridge) will be ensuring governance and reporting between the NWAC and our institution.</p>	<p>Appoint team/lead to manage ongoing Safe Back-to-Play plan and monitor ongoing health of personnel at on-campus locations Designate a hygiene leader for facility who is responsible for protocol audits Regular reporting of student and personnel</p>

			sentiment and tracking of public health trends
On-Going Training to meet health guidelines	Will provide weekly or bi-weekly trainings for all our coaches, athletic staff and student-athletes. to discuss important updates regarding to COVID-19.	n/a	Host pre-return training and track attendance/completion Educate students/personnel in the language they understand best about COVID-19 and how to prevent transmission and the institutions COVID-19 policies.
Ongoing communication to workforce	COVID-19 action team will provide content and clear communication to whole department.	NWAC sends weekly newsletters to each athletic director on updates and information regarding NWAC and COVID-19	Provide content for vulnerable students/personnel to help navigate back-to-play
Enacting modified working models for personnel	We have modified fall quarter with the focus on academics (academic plan).	n/a	Job shares that allow for reduced hours Offer partial workforce or alternate day of week operating model Different in-office working hours
Expanded/extended work from home & leave policies	Update as needed, will be a continual assessment of the COVID-19 situation. Adjustments will be made as needed	n/a	Provide one-time home office supply voucher Tiered PTO Create workforce relief/aid fund and adopt policy on how funds will be distributed Create policies to encourage students/personnel to stay home when feeling sick or came into contact with positive case.
Decreasing commute risks & pressure on public transport	Shoreline CC is not responsible for anyone's commute to campus.	n/a	Promote and enable individual commutes (e.g. subsidized biking/parking) Institution-sponsored buses/transit options Alternative hours to limit transportation during high public traffic hours

<p>Providing additional training and resources</p>	<p>COVID-19 Action Team will provide additional training (from CDC, local and state health authorities) as guidelines are updated, and post in visible areas where it is easily available for our whole department.</p>	<p>NWAC has hosted a couple webinar's that outline training and resources.</p>	<p>Provide guidance on virtual and in-person teams Provide career planning and resources Train Staff to support new back-to-Play model Post, in areas visible, required hygienic practices</p>
<p>Building morale and virtual culture</p>	<p>Coaches will consistently meet with their student athletes via virtual meetings. They will provide any necessary engagement on morale.</p>	<p>NWAC Fireside Chats will be available to all student-athletes monthly. Details have been distributed to SCC student-athletes</p>	<p>Create virtual HR office hours and/or HR hotline Virtual companywide meetings Create networks for workers to connect/share remote working best practices Sponsor well-being challenges geared to staying physically and mentally healthy</p>
<p>Supporting mental health needs</p>	<p>Reminding all student-athletes about the resources that Shoreline Community College offers on mental health needs. Also training the student athletes on mental health best practices via CDC.</p>	<p>NWAC Fireside Chats will be available to all student-athletes monthly. Fireside Chats were developed for student athletes only to have discussions on various topics, and to bring positive energy to one another.</p>	<p>Access to reduced cost and/or free counseling Access to reduced cost and/or telemedicine consultations Benefit extensions for household members Access to meditation/mindfulness content Digital support groups to decrease isolation and share ideas Virtual play dates for families with children or similar ages Expand virtual health and counseling and continue to provide virtual options after reopening.</p>
<p>Ensuring equitable outcomes</p>	<p>Provide links to education our coaches and student-athletes in this area and implement necessary measure needed to ensure equitable outcomes</p>	<p>NWAC has been having conversations with minority administrators to see how this area can be addressed. On-going work needed.</p>	<p>Consider and mitigate any disproportionate impacts on a given population (e.g. due to instructional decisions).</p>

<p>Transportation/Travel Guidelines</p>	<p>Travel will be minimized. No overnight trips this FY 2020-21. Travel guidelines are outlined above in this document.</p>	<p>Nonessential travel should be minimized, and Centers for Disease Control and Prevention guidelines regarding isolation after travel should be implemented.</p> <p>CDC recommends travelers practice usual health precautions recommended for their destination.</p> <p>CDC recommendations on protecting yourself and others during travel: Clean your hands often. Avoid touching your eyes, nose, or mouth Avoid close contact with others Wear a cloth face covering in public Cover coughs and sneezes Pick up food at drive-throughs, curbside restaurant service, or stores.</p>	<p>Cleaning and sanitizing:</p> <ul style="list-style-type: none"> -After each journey, complete thorough and detailed cleaning of all surfaces, with focus on high-contact areas that would be touched by both employees and passengers -Make hand sanitizer readily available and create frequent opportunities for coaches and students to wash their hands. -Provide disposable disinfectant wipes on buses -Set aside time to deep clean after each use. -Coaches wear disposable gloves during cleaning process. <p>Physical Distancing and PPE:</p> <ul style="list-style-type: none"> -Skip a seat, to help physical distance -limit contact between employees and passengers. <p>Coach and Student-athlete personal hygiene:</p> <ul style="list-style-type: none"> -Require all people with COVID-19 symptoms to remain home -provide all persons with masks <p>Train all persons with COVID-19 prevention measures</p> <p>Vehicle safety:</p> <ul style="list-style-type: none"> -Log all people that come on board van -Ensure adequate storage of necessary materials to meet PPE
--	---	--	---

NWAC NORTHERN REGION COLLEGES - COUNTIES

Bellevue College	King County
Edmonds College	Snohomish County
Everett Community College	Snohomish County
Olympic College	Mason County
Peninsula College	East Jefferson County
Skagit Valley College	Skagit County
Whatcom Community College	Whatcom County
Shoreline Community College	King County

STATE AND LOCAL HEALTH GUIDELINES

- Office of the Governor of the State of Washington
https://www.governor.wa.gov/sites/default/files/proclamations/proc_20-25.5.pdf
- Washington State Department of Health
<https://www.doh.wa.gov/Emergencies/Coronavirus>
- King County Health Department
<https://www.kingcounty.gov/depts/health.aspx>
- Washington State Higher Education
<https://wsac.wa.gov/colleges-and-institutions-washington>
- CDC guidelines for higher education
<https://www.cdc.gov/coronavirus/2019-ncov/community/colleges-universities/index.html>

STUDENT ATHLETE MENTAL HEALTH RESOURCES

Now that we are living in the COVID-19 pandemic era there is a need to make sure that we are recognizing that our student-athletes are experiencing many challenges with not competing as usual, and navigating through the racial injustices, inequities, and the mental health challenges they are facing every day. It is important that we provide insights and resources on how to cope with these unfortunate challenges facing our student-athletes today.

- **Coping with Stress - CDC**
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>
- **Health equity considerations and racial and ethnic minority groups**
<https://www.cdc.gov/coronavirus/2019-ncov/community/health-equity/race-ethnicity.html>
- **NWAC Fireside Chats Conversations**
NWAC athletes across the conference have an outlet to discuss issues on racial injustices, equity, diversity, mental health and a variety of other subjects facilitated by Dr. PC Woods, and Nate Woods. Meeting dates and times have been distributed to our student athletes.
- **Shoreline Community College Campus Mental Health Resources**
<https://www.shoreline.edu/counseling-center/resources.aspx>

COMMON COVID-19 TERMINOLOGY

- **Shelter-in-place:** A period where individuals are only permitted to perform essential activities. These individuals do not have symptoms and are not suspected of having COVID-19 (NO EXPOSURE).
*The CDC specifically defines quarantine as separating and restricting those who have had known exposure to a contagious disease <https://www.cdc.gov/quarantine/index.html>.
- **Travel self-quarantine:** Required out of the abundance of caution. No known exposure to COVID-19 but traveled to or from outside the approved region.
- **Self-quarantine:** Feeling ill, may have been in a large gathering, traveled in state to a region with a rapidly increasing number of cases, or other family member is exhibiting signs of illness. This is not a Department of Health direct recommendation or required action.
- **Directed quarantine:** Required due to known exposure to a positive case of COVID-19, pending results of a COVID-19 test, or directed by the Department of Health.
- **Isolation:** Required for anyone known to be positive with COVID-19 or any other contagious illness. Directed by Department of Health.
- **King County:** terminology and definitions <https://www.kingcounty.gov/depts/health/covid-19/FAQ/glossary.aspx>

QUARANTINE VS. ISOLATION

QUARANTINE

Separating people and limiting movement of people who have or may have been exposed to COVID-19 to see if they become ill

ISOLATION

Separating people who are ill from others to keep the disease from spreading

CDC ON PLAYING SPORTS

What you need to know

- Stay home if sick.
- Players should bring their own equipment, like gloves and bats.
- Reduce physical closeness and keep 6 feet of space between players.

- Wear a mask.
- Players should clean their hands before and after practices, games, and sharing equipment.
- Tell a coach or staff member if you don't feel well.

This information is not designed to provide guidance to adult sports leagues or organizations who plan or manage competition. CDC does not currently have guidance for adult sports leagues, however organizations and administrators can reference the [Considerations for Youth Sports](#) to find strategies for reducing exposure risks during sports competition.

Make a game plan to reduce risk

You can take several steps to help lower the risk of COVID-19 exposure and reduce the spread while playing sports.

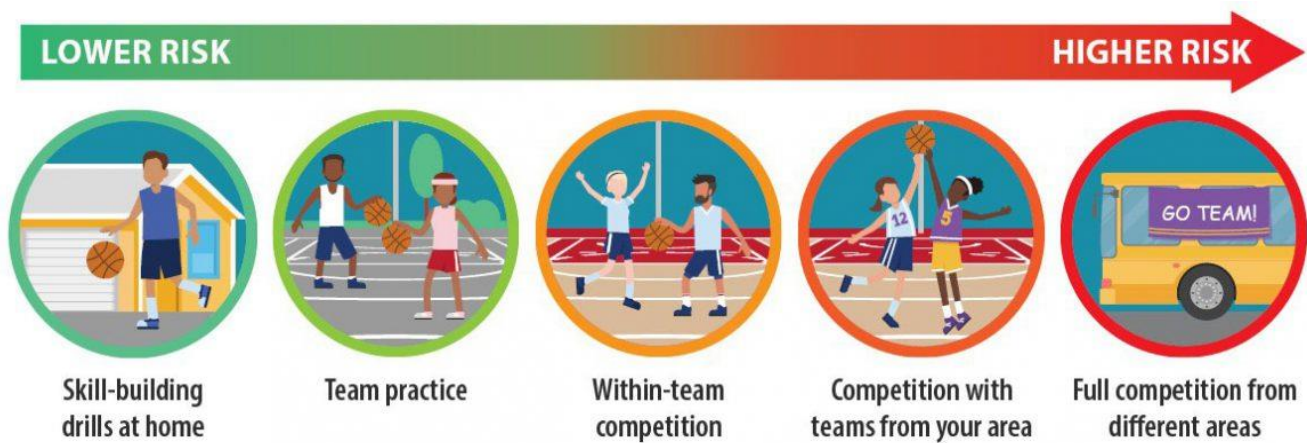
The more people a participant interacts with, the closer the physical interaction, the more sharing of equipment there is by multiple players, and the longer the interaction, the higher the risk of COVID-19 spread.

Therefore, **risk of COVID-19 spread can be different, depending on the type of activity.**

- **Lowest Risk:** Performing skill-building drills or conditioning at home, alone or with members of the same household
- **Increasing Risk:** Team-based practice
- **More Risk:** Within-team competition
- **Higher Risk:** Full competition between teams from the same local geographic area (e.g., city or county)
- **Highest Risk:** Full competition between teams from different geographic areas (e.g., outside county or state)

If organizations are not able to keep safety measures in place during competition (for example, keeping participants six feet apart at all times), they may consider limiting participation to within-team competition only (for example, scrimmages between members of the same team) or team-based practices only.

Similarly, if organizations are unable to put in place safety measures during team-based activities, they may choose individual or at-home activities, especially if any members of the team are at [an increased risk for severe illness](#).



Prepare before you participate in sports

- Bring supplies to help you and others stay healthy—for example, [masks](#) (bring extra), hand sanitizer with at least 60% alcohol, broad spectrum sunscreen with SPF 15 or higher, and drinking water.
- Prioritize participating in outdoor activities over indoor activities and stay within your local area.
 - If using an indoor facility, allow previous groups to leave the facility before entering with your team. Allow time for [cleaning and/or disinfecting](#).
- Check the league’s COVID-19 prevention practices before you go to make sure they [have steps in place](#) to prevent the spread of the virus.
- If you are at an [increased risk for severe illness](#) or have existing [health conditions](#), take extra precautions and preventive actions during the activity or choose individual or at-home activities.

Take steps to protect yourself and others

Stay home if sick

- If the participant has [symptoms of COVID-19](#), has been diagnosed with COVID-19, is waiting for COVID-19 test results, or may have been exposed to someone with COVID-19, they should stay home and not participate in any sports.

Have smaller team sizes

- Sports with many players on a team may increase the likelihood of spread compared to sports with fewer team members.

- Limit your team to a core group of participants, by restricting non-team players from joining when your team is short players and not adding new members during the season.

Keep space between players in practice areas

Reduce physical closeness between players

- Maintain at least 6 feet between yourself and your teammates, other competitors, and officials while actively participating in the sport.
- Focus on building individual skills, like batting, dribbling, kicking, and strength training.
- Avoid high fives, handshakes, fist bumps or hugs.
- Keep space between players in the practice areas, including on the sideline, dugout, and bench.
- Wait in car or away from the playing area until just before the warm-up period or the beginning of the game.
- Avoid congregating in the parking lot or near the field before or after games.
 - If it is not possible to avoid congregating, practice physical distancing by ensuring there is at least 6 feet between participants.

Space out spectators by 6 feet

- Limit nonessential visitors, spectators, and volunteers. Ensure they wear [masks](#) and maintain [physical distancing](#).

Wear a mask

- Wear a [mask if feasible](#), especially when it is difficult to stay less than 6 feet apart from other people or indoors, for example in close contact sports such as basketball.
- **Lower intensity sports:** Emphasize wearing masks and practicing physical distancing for lower intensity sports.
- **Higher intensity sports:** People who are engaged in high intensity activities, like running, may not be able to wear a mask if it causes difficulty breathing.
 - If unable to wear a mask, consider conducting the activity in a location with greater ventilation and air exchange (for instance, outdoors versus indoors) and where it is possible to maintain physical distance from others.
- In situations where individuals might raise their voices, such as shouting or chanting, we strongly encourage wearing masks.
- **For youth athletes,** parents, coaches, and sports administrators should decide if the kids need to wear a mask.
- It is not known if [face shields](#) provide any benefit as source control to protect others from the spray of respiratory particles. CDC does not recommend use of face shields for normal everyday activities or as a substitute for masks.

Minimize sharing of equipment or gear

- Encourage players to bring their own equipment
- Encourage players to bring their own equipment, like gloves, balls, and helmets.
- Limit the use of frequently touched surfaces on the field, court, or play surface.
- Bring your own water to minimize use and touching of drinking fountains.
- Clean and disinfect shared items between use.
- Don't share towels, clothing, or any items used to wipe your face or hands.
- Avoid sharing food, drink containers (e.g., coolers), and utensils.

Minimize spitting. Cover your coughs and sneezes.

- When coughing or sneezing, use a tissue or the inside of your elbow. Used tissues should be thrown away and hands washed immediately with soap and water for at least 20 seconds or use hand sanitizer with 60% alcohol.
 - If soap and water are not readily available, hand sanitizer that contains at least 60% alcohol can be used.

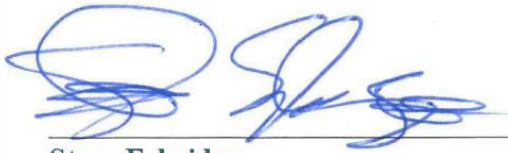
Wash hands

- Wash your hands with soap and water for at least 20 seconds or use hand sanitizer with 60% alcohol.
 - Before and after you play.
 - Before adjusting your mask—review information about [proper use, removal](#), and [washing of masks](#).

Limit travel outside of your area

- Consider competing against teams in your local area (neighborhood, town, or community).

Once you approve this COVID-19 handbook, please sign below:



Date 10/26/20

Steve Eskridge

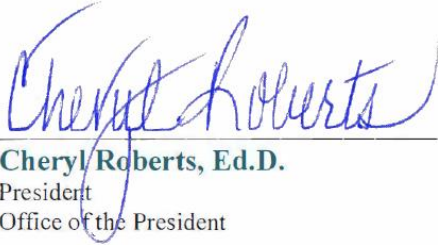
Director of Athletics, Intramurals, Wellness, and Physical Education
Athletics



Date 10/28/2020

Dr. Marisa L. Herrera

Vice President
Students, Equity, and Success



Date 10/29/2020

Cheryl Roberts, Ed.D.

President
Office of the President