



Business & Administrative Affairs

**ATHLETICS
FALL 2020 RETURN AND OPERATIONS PLAN**

As of July 27, 2020

Delgado's Athletics Department has devised this plan of action to ensure the safe return of student-athletes and Athletics staff in support the College's COVID-19 Return Strategy.

- I. OVERVIEW
- II. ATHLETIC PROTOCOLS / RETURN TO PLAY
- III. IMPORTANT DATES
- IV. HEALTH AND SAFETY PROTOCOLS/ TESTING
- V. FACILITIES
- VI. ACADEMICS AND ELIGIBILITY
- VII. STUDENT-ATHLETE SCHEDULE AND HOUSING CONSIDERATIONS
- VIII. STAFF SUPPORT

I. OVERVIEW

Like colleges across the country, Delgado Community College is working through challenging circumstances surrounding the novel Corona Virus, more commonly known as the COVID-19 pandemic. The past five months have forced us to re-evaluate our daily operations and procedures with the health and safety of our student-athletes, staff, families, and fans our top priority. Throughout the summer, our staff has monitored the constantly changing situation and after consultation with our administration, our partners at Ochsner Sports Medicine, the National Junior College Athletic Association, we feel the following policies and procedures will best serve our student-athletes and their families. All policies and procedures listed below will follow the direction of Delgado Community College's master plan and operating procedures within the framework of the City of New Orleans and State of Louisiana.

On March 11, 2020, the Delgado Baseball team played Delgado's last athletic contest prior to the start of the pandemic. By March 13, play was suspended and as the pandemic progressed, a state stay-at-home order was issued and the NJCAA officially suspended the Spring 2020 baseball season. All academics were shifted to remote instruction. Since then, Delgado student-athletes have remained dormant athletically and away from campus in order to maintain a safe environment for everyone involved with the program. Coaches remained in close contact and players continued personal conditioning and physical activity. Because basketball season concluded in February, the basketball program was not affected by the spring sports cancellation. All student-athletes remained in close contact with coaches to ensure academic integrity, progression, and advising for summer and fall classes.

II. ATHLETIC PROTOCOLS / RETURN TO PLAY

Delgado Community College is a member of the National Junior College Athletic Association and as such, must follow the direction of the NJCAA national office as it relates to athletic competition. Since March 11, Delgado and the NJCAA National Office have been in constant communication to ensure that our program is operating in the safest manner possible.

As of August 1, the City of New Orleans is only allowing non-contact sports to take place, with no contact sports being permitted to prevent the spread of COVID-19. Group size is currently limited to 25 people indoors and 50 outdoors. At Delgado, this means that baseball is permitted and basketball is not permitted under the current city guidelines. As the city progresses in its phased reopening, these restrictions will eventually be lifted and Delgado can ease back into its athletic practices and increased student-athlete participation.

The National Junior College Athletic Association (NJCAA) has issued guidance for its athletic programs related to 2020-2021 athletic participation.

BASKETBALL

Competition, which traditionally begins in November, will not begin until January 2021. Practices and scrimmages will be permitted for sixty days in the fall (between September and November). According to the City of New Orleans guidelines, as a contact sport, basketball is not permitted in the city during the current phase. Delgado practices and scrimmages will not proceed until the city allows the sport to commence later this fall.

BASEBALL

Spring baseball season dates are currently not changed as a result of the NJCAA announcement. Fall baseball is permitted for a sixty-day period (between September and November) as defined by the College and city guidance. Currently, baseball is permitted in the city as a non-contact sport, however gathering sizes may have an effect on the start of fall baseball.

A student-athlete's participation in Delgado Athletic program will be voluntary. All participants must meet and follow all of the College's health and safety protocols as outlined in this plan.

III. IMPORTANT DATES

Dates are subject to change, but Delgado Athletics' schedule timeline is as follows:

August 5	Suggested report to city, normal schedule for athletes
August 10-11	Suggested dates for student-athlete COVID-19 testing
August 15	First Day of Classes / Athletic Physicals
September 5-November 15	Fall baseball practice is allowed by NJCAA (60-day max) - start date to be determined by city phase
September 15-December 15	Fall basketball practice is allowed by NJCAA (60-day max) - start date to be determined by city phase
January 10	Baseball practice permitted to begin
January 11	Basketball practice permitted to begin
January 22	Baseball and Basketball competition permitted to begin

Schedule updates will be available on delgadoathletics.com

IV. HEALTH AND SAFETY PROTOCOLS / TESTING

Ochsner Sports Medicine is the Delgado Athletic Department's health and training partner. The following guidelines have come after constant consultation and continued conversations with the College's Ochsner partners.

EVERYONE HAS A ROLE TO PLAY TO PREVENT THE SPREAD.

Risks associated: Participating in any group activity increases your chances of exposure to COVID-19.

- Most common symptoms include:
 - Cough, shortness of breath
 - Fever, chills, muscle aches
 - Loss of sense of smell or taste, GI disturbances
- At-risk individuals:
 - Elderly (65 years and older)
 - Underlying health conditions

Processes: Despite phases, the following processes will be in place for all participants and fans.

- Proper hygiene
- Social distancing
- Personal protective equipment (PPE)
- Temperature screening
- Symptom screening
- COVID-19 testing and isolating
- Contact tracing after an individual's positive test for COVID-19
- Sanitation

➤ **SOCIAL DISTANCING:** Social distancing, also called "physical distancing," means keeping space between yourself and other people outside of your home. To practice social distancing:

- Avoid close contact* with other people
- Stay at least 6 feet (about 2 arms' length) from other people
- Do not gather in groups
- Stay out of crowded places and avoid mass gatherings (bars, clubs)

**For COVID-19, the Center for Disease Control (CDC) defines close contact as any individual who was within 6 feet of an infected person for at least 15 minutes starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to positive specimen collection) until the time the patient is isolated.*

- **PERSONAL PROTECTIVE EQUIPMENT:** Personal protective equipment, commonly referred to as "PPE," is equipment worn to minimize exposure to hazards that cause serious workplace injuries and illnesses. A homemade mask (purchased online, scarf, shirt) is sufficient
 - Masks
 - Will be used to help protect others in case they are asymptomatic carriers
 - Athletic Trainers - required to wear masks at all times
 - Coaches and staff – recommended during all phases
 - Student athletes - should wear masks if not exercising or training
 - Gloves are recommended for use with handling sanitation supplies for equipment cleaning.

- **SCREENINGS:** All student-athletes will have their temperature screened prior to entering the athletic facility.
 - Student athletes with temperatures **100.4** or greater will not be allowed to enter the facility. The student-athlete will return to their student athlete housing to wait for the athletic trainer to set up an appointment with an Ochsner primary care provider.
 - Symptoms: Student-athletes will fill out a symptom checklist each morning prior to heading to the athletic facility.
 - If any answer is "yes," the student athlete will not be permitted to participate. The athletic trainer, coaches, and administrations will be notified to help facilitate healthcare to a primary care provider.

- **TESTING:** All student-athletes will be required to complete a COVID-19 test prior to reporting to campus for the fall semester, prior to athletic physicals. Once the medical staff receives the results from the PCR (Polymerase Chain Reaction) testing, athletes will be notified of the results:
 - If **negative test** (passed), then the student-athlete will be allowed to obtain pre-participation sports physicals on the morning of August 15th.
 - If **positive test**, OSMI (Ochsner Sports Medicine Institute) will implement standardized follow up plan.
 - Antibody (blood draw) test – will consider ordering this test at the same time as PCR testing for those athletes with a prior history of a positive COVID-19 infection.
 - Need to start obtaining information on athletes that have tested positive at home NOW
 - Recommend a 7-14 day self-quarantine at home prior to return.
 - This helps to decrease the risk of exposure prior to traveling to New Orleans/campus

➤ **TYPES OF TESTING**

- pAntibody test make take 1-3 weeks to become positive
- PCR testing recommended at day 8 after exposure (if at all) OR when symptoms begin

TEST RESULTS – IMPACTS ON ATHLETIC PARTICIPATION

PCR	Antibody	Rapid Antigen
Nasal swab	Blood test	POCT
Accurate	Accurate?	Not as accurate?
Acute infection confirmation	Exposed to the virus at some point, does not confirm active infection	Acute infection confirmation
Results in 12-72 hours	Results in 12-72 hours	Results in minutes

PCR (Nasal swab)	Antibody (blood draw)	Decision	c
Negative	Negative	Play	No infection/exposure
Negative	Positive	Play	Past infection, not currently infectious
Positive	Positive	Play	Antibodies present means old infection. PCR positive not likely acute.
Positive	Negative	Isolation	Active COVID-19 infection

➤ TEST RESULTS

Negative Test Results:

- Allowed to begin on-campus activities if they are asymptomatic
 - Cleared for their physical
 - Cleared to start team activities
 - Increase in virtual activities
- Repeat testing
 - Will be completed between day 8-10 for those athletes coming from a “high risk area”
 - Johns Hopkins Reports
 - Controlled surveillance

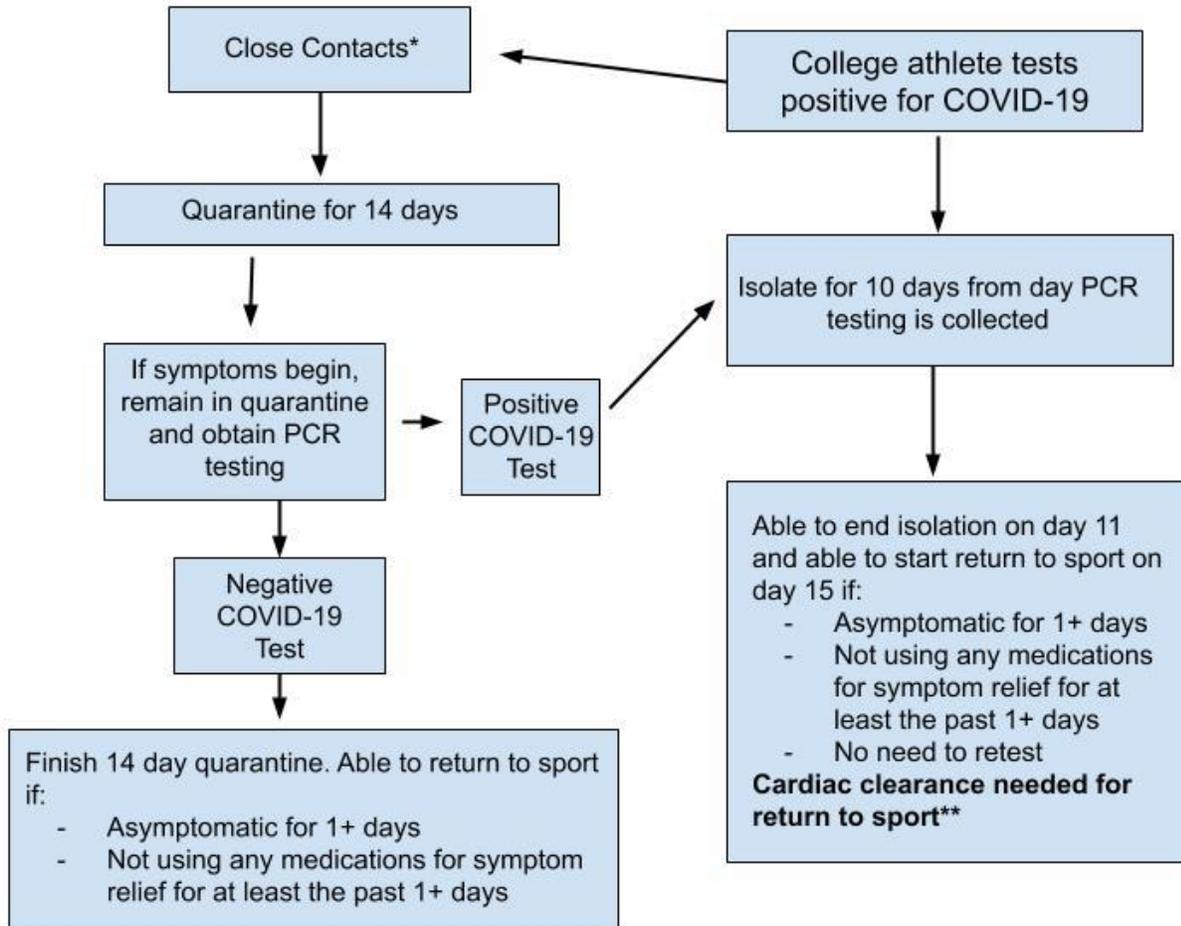
Positive Test Results:

- Start 10-day isolation
 - Begins on the day that symptoms start or the day that isolation is started (the day of testing)
- Will not be allowed to participate in any in-person activities until 10+3
 - Isolation for at least 10 days
 - Symptom free for at least 3 days
- No exercise/athletic activity for 14 days
- Cardiac clearance needed

➤ POSITIVE TEST FOLLOW-UP

- **Requires Daily check in by team’s lead Certified Athletic Trainer (ATC)**
- Weekly visit (virtual preferred, phone acceptable) with OSMI Primary Care Sports Medicine Physician (PCSM)
- Cardiac testing/clearance with OSMI PCSM
 - Evaluation is **mandatory** – testing will be based on symptoms during course of infection
- Myocarditis Concern
 - Would need to shut down for a minimum of 2-4 weeks if EKG and/or echo are consistent with this diagnosis
 - Slow return back to sports is needed
- At this time athletes will NOT NEED a negative test to return
 - The CDC has determined that as long as >10 days has passed, the risk of transmitting the virus is very low
 - Some positive test results may last for up to 90 days

TESTING DETERMINATIONS



V. FACILITIES

As mentioned above, Delgado’s athletic facilities will follow the College’s protocol and the city of New Orleans guidelines in relation to opening, capacity, and activity. This includes athletic offices, locker rooms, training room, the Michael Williamson Center, and Kirsch-Rooney Stadium. Once reopening, the following rules and policies will be mandated for all players, coaches, staff, fans, and guests.

- Those who feel ill or have been in contact with someone who has been recently ill, please do not enter the facility.
- Social distancing should be maintained at all times. Please follow all signage and instructions.
- The Athletics webpage has been established and will be shared with all guests. The page can be found online at delgadoathletics.com/safety
- When seated in the stands, guests and fans should only be seated with members of their immediate family.
- Dugout coolers and team water bottles will not be permitted. Each athlete should have their own water bottle.
- Seeds, tobacco, and gum are not permitted.

VI. ACADEMICS AND ELIGIBILITY

Delgado Community College Athletics continues to maintain its commitment to academic excellence in its student-athletes. Throughout the pandemic and throughout distance learning, coaches and the academic advisor will be in touch to monitor student-athletes' performance in the classroom. Each student-athlete's academic plan and schedule will be personally maintained by the student-athlete advisor.

In relation to eligibility, special circumstances may be introduced for third-year student-athletes who were impacted by the cancellation of the spring 2020 season. All student-athletes, with a few exceptions, should maintain a minimum of twelve hours per semester. The College must maintain all NJCAA mandated academic and eligibility standards.

VII. STUDENT-ATHLETE SCHEDULE AND HOUSING CONSIDERATIONS

The pandemic-induced distance learning will create special circumstances for our student-athletes, especially when it comes to daily schedules. Student-athletes will be advised to maintain their usual morning academic schedule, afternoon practices when applicable, and evening study hall. Current college and state mandates will determine the ultimate athletic department's operating schedule.

Because the College does not offer housing as part of its scholarships, housing costs are covered by the student-athlete and their family. Because instruction will continue remotely in the fall, student-athletes will be permitted to live at home with their family and commute to campus for academic reasons, athletic activities, practices and team meetings when they resume. Commuting to campus does not excuse a student-athlete from tardiness or missing academic or athletic activities. Housing with their families will likely reduce the amount of social contact and assist in preventing the spread. In the event a student-athlete becomes infected with COVID-19, it is the responsibility of the student and their parents to determine when and if they should return home. The Athletic trainer and coach should remain in constant contact with any student-athlete in such a circumstance.

VIII. STAFF SUPPORT

Delgado's Athletic staff remains committed to the College's mission and the success and safety of our student-athletes. Given the many changes caused by the pandemic, the staff has been in constant contact with the College, NJCAA, Ochsner Health, and necessary precautions to ensure the proper operation. The staff is committed to hosting the athletic program within the safety guidelines of Delgado, the City of New Orleans, and the State of Louisiana.