



## **Intramural Sports Protocol [Updated February 22, 2021]**

Utilizing resources from Restore Illinois, the Center for Disease Control, and the National Intramural Recreational Sports Association (NIRSA), below is the proposed plan to reintroduce Intramural Sports to campus during Spring 2021. All activities are categorized by risk per the [Illinois Department of Public Health Sport Safety Guidance](#). Schedules and timing of all leagues/contests will be spaced out per [CDC guidelines](#). This will allow ample time to clean and disinfect the courts, facilities, and equipment between usages. The goal is to operate a robust campus recreation program schedule while adhering to changing guidelines and risk assessment.

### **General**

1. Participants will always wear face coverings over their nose and mouth. No Exceptions.
2. Participants will maintain physical distance of at least 6 feet when possible.
3. Hand sanitizer will be available and required to participants before and after competition.
4. Participants will be required to acknowledge and submit a waiver for in person participation
  - a. See Appendix I
5. Participants will follow #TogetherNC Guidelines.

### **Procedures for Game Play**

1. Leagues will be scheduled so that participants have one contest, per week, per league. Each league will run for 4-6 weeks.
2. When possible, the area of play will allow for at least 6 feet physical distancing between participants, both during active gameplay and for participants not actively involved in the activity.
3. There will be a separation of at least 30 feet between contests, with areas marked to discourage interaction and limit contacts between participants when not actively exercising in competitive play. This can also be achieved by skipping courts in higher risk sports.
4. Participants should arrive no more than 10 minutes before their scheduled contest. No spectators are allowed.
5. Game times will be staggered to minimize congregation of groups.
6. Teams will remain static, with no mixing of participants between teams for the duration of the season.
7. All participants will refrain from handshakes, high fives, fist bumps, hugs, "go team" hand raises, etc.
8. Participants will be prohibited from shouting, singing, or chanting.

### **Procedures for Cleaning and Disinfecting**

1. Clean and disinfect common areas and surfaces which are touched by multiple people.
2. Minimize sharing of high-touch equipment. If equipment is to be shared, staff will sanitize equipment before and after every use.
  - a. If practical, shared equipment will be sanitized during use (e.g., between sets/games) and frequent hand sanitizing will be encouraged, including during game play (e.g., between quarters, timeouts, when returning to the bench).

### **Staffing and Attendance**

1. All contests/events will be monitored by Campus Recreation Staff (CRS) to ensure College policies and protocols are enforced.
2. Staff will keep accurate attendance records of each contest in the event contact tracing is needed.
3. In collaboration with athletic facility attendants, CRS will be responsible for maintaining the number of individuals within the facility space to not exceed 50 individuals at any point in time – including other people in the facility not associated with intramural contests.

## Testing Strategies

1. Weekly SHIELD testing is required for all intramural participants and CRS.
2. Participants will be tested a minimum of 48 and maximum of 72 hours before their scheduled weekly contest.
3. Upon signing in for that day's contest, participants will have to produce documentation of a negative test to campus recreation staff. This can be done via smart phone or showing a print out. We will not be maintaining any actual test results, just visual confirmation of a negative test.

## Compliance

- Campus Recreation is responsible for recording, maintaining and tracking non-compliance.
- Campus Recreation will utilize the COVID-19 Compliance Form and submit information for the following situations;
  - An individual attends an activity and did not complete the necessary testing (1<sup>st</sup> Offense = Warning, 2<sup>nd</sup> Offense = Temporary suspension from organization, 3<sup>rd</sup> Offense = Prohibited to participate for the remainder of the semester)
  - The Campus Recreation staff does not confirm negative test result requirement prior to the start of the activity. (1<sup>st</sup> Offense = Warning, 2<sup>nd</sup> Offense = Suspension of activity and/or removal from shift)
- All participants are encouraged to report concerns if any of the above protocols, including the #togetherNC guidelines, are not being followed during an activity.

## Activity Classifications

Sport Rubric				
All Intramural Contests Must Follow #TogetherNC Guidelines				
	Low Risk	Medium Risk	High Risk	Not Allowed
IDPH All Sports Guidance	Badminton 16" Softball	Volleyball Kickball Spikeball	Not currently offered.	N/A

The following sports would be played indoors in either Res/Rec or Merner Field House:

- Badminton, Spikeball, Volleyball, Kickball

The following sports would be played outdoors in BW Stadium:

- 16" Softball

## Considerations

- Intramural Sports activities may be suspended if:
  - College administration deems appropriate based on other COVID related factors.
  - If an individual intramural team has a positivity rate of 5%, that team will temporarily be suspended from participation.
  - SHIELD testing was to become unavailable to the campus community.
- The goal is to implement the aforementioned activities; however, facility/staffing/participation may prohibit activities from occurring.

## ***Appendix I: Intramural Sports Participation Waiver***

### **RELEASE OF ASSUMPTION AND LIABILITY:**

**In consideration of my participation in North Central College's Campus Recreation activities, I agree to assume all risks of accident or injuries sustained from whatever cause in connection with my actions, and release North Central College and its officers, agents, and employees from any and all liability for such accident or injury.**

**I understand that North Central College has no provisions for accident/medical insurance for anyone participating in any activity sponsored by Campus Recreation.**

**I acknowledge participation extracurricular Campus Recreation activities is voluntary. I understand that the coronavirus known as Covid-19 has been declared a worldwide pandemic and is contagious and can be spread by person-to-person contact. As a result, federal, state and local health agencies recommend social distancing and other measures to reduce the spread of the virus. North Central College will conduct various extracurricular activities in accordance with health and safety protocols appropriate for the activity and for the conditions at the time. I understand that participation in activities during the Covid19 pandemic can lead to increased risk of exposure. The College will implement plans to reduce these risks, however, none of these mitigation efforts can guarantee complete safety. Students participating in the activity will be required to follow these protocols and will be immediately removed from the activity if they do not fully comply. I am aware of the health and safety procedures being implemented by the College I have been advised of the risks of participation.**