CAL MARITIME COVID-19 HEALTH AND SAFETY PLAN
For Resumption of Instructional Operations
PHASE FOUR: FALL TERM

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1 Health and Safety Task Force Membership

- Academic Affairs:
  - Graham Benton (Co-Chair) – Associate Provost
  - Elizabeth McNie – Faculty Senate

- Student Affairs:
  - Rebecca Miller – Interim Health Center Director, MD
  - Heather Hutchinson – Nurse Practitioner
  - Kristen Tener – Associate Dean
  - David Taliaferro – Commandant
  - Danielle Pelczarski (Co-Chair) – Deputy Commandant
  - Malinda Balfour – Residence Life

- Administration & Finance:
  - Franz Lozano – Vice President
  - Michael Martin – AVP Human Resources/Risk Management
  - Barbara Reece – Human Resources
  - Donny Gordon – Chief of Police/EOC
  - Audun Aaberg – AVP Facilities
  - Ruby Grover – Enterprise Operations

- Athletics:
  - Karen Yoder – Athletic Director

- Marine Programs:
  - Lindsey Long – Captain’s Representative

- Public Affairs & Strategic Communications:
  - Jennifer Sonne – Web & Social Media Specialist

- Union Representatives:
  - Julie Chisholm/ Ali Moradmand – California Faculty Association
  - Andrew Bowling – CSU Employees Union

- Cadets:
  - Connor Crutchfield – Student Housing Director
  - Shannon Stel – Alternate
2 Introduction

This Health and Safety Plan,* developed by the CSUM Health and Safety Task Force, is meant to guide Cal Maritime when certain campus activities, including instruction, are reinstated. The purpose is to provide a framework for reducing the risk of infection and spread of COVID-19 when on-campus activity is renewed. Following the guidelines of this Safety Plan does not guarantee that COVID-19 infection cannot occur if there are activities involving multiple people on campus, but it does actively reduce risk to students, faculty, staff, and the public. This Plan assumes that there is no effective vaccine fully implemented in the population, and that managing a return to campus mandates an array of actions designed to reduce risk of infection through protocols detailed by federal and state health agencies combined with additional procedures that are more specific to the Cal Maritime campus. A return to some campus activities includes classroom and laboratory activities with students and faculty, administrative activities, facilities management and other select campus operations.

The plan does not guarantee that COVID-19 infections will not occur: after reviewing the steps needed for managing COVID-19 safely, Cal Maritime may not wish to continue certain activities, so the Plan does not guarantee that any particular activity may be maintained. There is also an essential element of personal responsibility for every individual who returns to campus to follow the COVID-19 safety protocols. Expanding on-campus activities cannot happen unless every individual assists the collective good and takes significant responsibility for their own protection and the protection of others. This includes mandatory training in COVID-19 safety, and an effort to work with the protocols.

The President can overrule any decision for activity on campus in the interest of health risk to anyone in the campus community. Disciplinary action may also be invoked for individuals who undermine the health of our campus community by not adhering to any requirements set by the Administration for safe return to campus and creating undue risk. As information from Federal and State authorities develops and changes, and as directives, regulations, and legislation progresses and changes over time, this plan will be updated as appropriate in response to new information and requirements.

The creation of this plan was predicated on three guiding principles, which have governed all campus planning during the COVID crisis:

1. Guard the health and safety of our campus community - faculty, staff, and cadets.
2. Keep cadets’ education on-track and on-time, completing instructional sessions of the Spring 2020 semester to facilitate summer instruction including training and commercial ship sea terms and develop safe educational programming for Fall 2020 and beyond
3. Constantly assess and re-assess the progression of the COVID-19 virus and make decisions based upon conditions and not the calendar.

There are other operational plans (including, but not limited to: cadet Move-In procedure, daily screening procedures, testing procedures, etc) that are much more detailed and will be issued independently. A condensed “quick reference guide” version of this plan will also be distributed. The safety guidelines articulated herein meet or exceed those guidelines published by the State of California on August 7th, 2020. https://files.covid19.ca.gov/pdf/guidance-higher-education--en.pdf

* This plan draws heavily from many sources, including National, State and County advisory reports, Sacramento State’s Draft Safety Plan, The American College Health Association’s COVID Report, and others – see “References” section.
3 Necessary Conditions for Arrival

The health and wellness of cadets, faculty and staff remain the highest priority. The local environment and surrounding area of Solano County must remain at, or improve, the conditions which allowed for Phase Two of the Governor’s Plan to go into effect. Cadets will sign an agreement, which outlines the essential and mandatory steps needed for success, such as wearing a face mask, social distancing, proper hygiene, daily temperature/survey requirements, and required isolation when needed. Faculty and Staff will not be required to sign any agreement. A Health screening form (Return to Campus Screening Form) is to be completed 3 days prior to return to campus.

The “Resumption of Instructional Operations,” includes four phases:

- **Phase 1:** Return of senior cadets to complete coursework for graduation
- **Phase 2:** Dockside steaming on TSGB for students to complete sea-time
- **Phase 3:** Return of all other cadets to complete spring 2020 courses to advance in class
- **Phase 4:** Return of students for Fall 2020 term.

*It is probable, and expected, that conditions and elements will change throughout the semester that will require changes to this health and safety plan. As of now, the rules, regulations, and provisions herein apply to the fourth phase – that of Fall Term 2020. Previous versions of the Health and Safety Plans are archived on the campus COVID website.*

Regarding Phase 3:
There will be a four period just prior to instruction in order to bring students on to campus in phased sequences to allow proper management of the move-in process. These days will also be used for COVID testing and PPE training as well as other orientation activities.

4 Health and Safety Campus Regulations

While many of these rules and regulations will be discussed in greater detail in the following sections, it is important to understand upfront that specific conditions have been put into place, and will be enforced, in order to maximize safety.

- **A.** All students, faculty, and staff who are authorized to return to campus for the instructional period must follow all PPE protocol as outlined in later sections of this Plan.
- **B.** All students, faculty, and staff who are authorized to return to campus for the instructional period must be tested for the COVID virus as detailed in Section 6.
- **C.** Any faculty or staff member that initially tests positive for the COVID virus will not be allowed to return to campus nor participate in the instructional program. Any student that initially tests positive for the COVID virus who does not live locally will have to be quarantined on campus and will not be allowed to participate in the instructional program.
- **D.** All students, faculty, staff, campus community and members of the public who are NOT authorized to return to campus for the instructional period will be restricted from entering campus for the duration of this period. Exceptions can be made on a case-by-case basis, provided the campus member does not interact with students, faculty, and staff engaged in the instructional program. If a campus community member needs to retrieve documents or material from campus, plans can also be made for delivery of material to a designated area (parking lot) for retrieval. In any case, requests for entering campus must be made through the appropriate vice-president. [See Section 22]
5 OSHA COVID Risk Exposure Levels

Cal Maritime will follow the Occupational Safety and Health Administration’s “COVID risk exposure levels” for health and safety planning purposes: “To help employers determine appropriate precautions, OSHA has divided job tasks into four risk exposure levels: very high, high, medium, and lower risk. Most American workers will likely fall in the lower exposure risk (caution) or medium exposure risk levels.”

It has been determined that faculty, staff, and students returning to campus would fall into the lower exposure risk and medium exposure risk levels. Cal Maritime protocol, therefore, will meet or exceed OSHA protocols for medium exposure risk levels.

From OSHA’s “Guidance on Preparing Workplaces for COVID 19”: Medium Exposure Risk jobs include those that require frequent and/or close contact with (i.e., within 6 feet of) people who may be infected with COVID-19, but who are not known or suspected COVID-19 patients. In areas without ongoing community transmission, workers in this risk group may have frequent contact with travelers who may return from international locations with widespread COVID-19 transmission. In areas where there is ongoing community transmission, workers in this category may have contact with the general public (e.g., schools, high-population-density work environments, some high-volume retail settings).

6 Return to Campus Period Prior to F2F Instructional Days

There will be a period prior to the Instructional Program in order to safely check students into the residence halls; provide orientation to campus health and safety procedures for students, faculty, and staff; and to administer COVID tests. Students will quarantine on campus while awaiting the results of their tests. A plan for different waves for check-in and PPE orientation will be created akin to the timed-entry plan previously used for students in Phases 1-3. Some health and safety orientations for faculty and staff will be online.

Health and Safety Orientation (both as a required online workshop and additional optional in-person trainings) will include the following:

- Instructions on use of PPE, including cloth/dust mask, glove, and eye protection campus requirements
- Instructions on daily surveys using a modified health screening
- Social Distancing protocol; including after-hours distancing
- Role of Health Center for urgent needs
- Limitations on social gathering and non-essential trips

7 COVID Testing Plan

COVID Testing is defined here as a viral test to determine if one currently has an infection. Viral tests check samples from the respiratory system (such as swabs of the inside of the nose) to tell you if you currently have an infection with SARS-CoV-2, the virus that causes COVID-19. Some tests are point-of-care tests, meaning results may be available at the testing site in less than an hour. Other tests must be sent to a laboratory to analyze, a process that takes 1-2 days once received by the lab.

COVID Screening is defined here as a series of questions asked to determine a person's risk for COVID-19 which include questions about symptoms being experienced, travel history in recent weeks, and exposure to someone who has been confirmed to have COVID-19. Screening also includes a temperature check.
Faculty/staff/students are allowed to bring in their own test results as long as they were signed by a physician and were conducted in the time frame previously agreed upon in the forthcoming testing memo prior to each Phase.

The testing protocol was developed in concert with Dr. Matyas of Solano County Public Health Department, Drs. Bruce Wilbur and Rebecca Miller of Cal Maritime, Avellino Laboratories, and Global Medical Resources. A more detailed testing protocol will be issued separately based on specific contingencies prior to each Phase.

In brief, all students, staff, and faculty will be tested upon arrival prior to the instructional period. Cal Maritime will provide COVID-19 testing for the incoming class of 2024, plus staff and faculty who were not tested during Phases I, II or III of Face-to-Face instruction. If campus employees previously tested in Phases 1 – 3 request re-testing prior to the Fall Term this will be accommodated. All faculty, staff, and students are authorized and invited to have their COVID test administered by the health care provider, the results of which would be shared with Human Resources. Additional testing throughout the semester will be made on an ad-hoc basis, contingent on changing CDC guidelines, state guidelines, or shifts in the internal or external environment.

Students will temporarily self-quarantine until results become available. Faculty and Staff and students living off campus will be allowed to return home, but are expected to adhere to appropriate Shelter-in-Place protocol. Those with negative tests can continue to ‘self-quarantine’ but start participation in F2F instruction with precautions including face coverings, social distancing when possible, and hand hygiene. Those with positive tests will not be able to participate in F2F instruction. Cadets will remain in isolation until cleared by the Solano County Health Department.

8 Daily Screening Protocol

All staff, faculty, and cadets on campus will be screened daily. Screening consists of temperature check and 3 wellness questions. The Health Center will address out-of-tolerance cases.

A key symptom of COVID-19 infection can be elevated temperature above 100 degrees Fahrenheit. Some individuals may be infected, but not have symptoms such as elevated temperature. Testing is not widely available and individuals with an elevated temperature may not have a COVID-19 infection. But if the temperature is elevated the chance of COVID-19 infection is too significant, and must be addressed by prohibiting access to campus. In other words, those with an elevated temperature must stay home, and away from campus.

It is in the interest of the entire campus community that persons with elevated temperature should not come to campus, or leave immediately if they develop the temperature while on campus. In order to manage this issue of interest, the University has many options to implement. Cal Maritime will enforce “rigorous control,” being defined as “anyone entering campus must go through a temperature checking station at some point, and have their temperature taken, and if elevated, turned away and sent home.”

In alignment with previous CDC guidelines and exceeding current CDC guidelines, students, staff, and faculty will self-screen for daily health. This exact details of this self-screening process will be sent under separate cover to all impacted personnel, but in brief it will consist of an email-generated app which will ask three health questions, including a request for temperature check. If the questions are answered in the affirmative, the student or employee will be cleared. Student responses will be sent to Student Affairs for accountability purposes, and can be shown to faculty as proof of the self-health screening. If students do not have their own thermometer, one will be provided to them.
While engineering and administrative controls are considered more effective in minimizing exposure to COVID, PPE will also be used to prevent certain exposures. While correctly using PPE can help prevent some exposures, it should not take the place of other prevention strategies.

Examples of PPE include: gloves, protective eye wear, face shields, face masks, and respiratory protection, when appropriate. According to OSHA, during an outbreak of an infectious disease, such as COVID-19, recommendations for PPE specific to occupations or job tasks may change depending on geographic location, updated risk assessments for workers, and information on PPE effectiveness in preventing the spread of COVID-19. Employers should check the OSHA and CDC websites regularly for updates about recommended PPE.

All types of PPE must be:

- Regularly inspected, maintained, and replaced, as necessary.
- Selected based upon the hazard to the worker.
- Properly fitted and periodically refitted, as applicable
- Consistently and properly worn when required.
- Properly removed, cleaned, and stored or disposed of, as applicable, to avoid contamination of self, others, or the environment

*All faculty, staff, cadets, administrators and contractors on campus will wear a face covering. Please note that masks with valves, bandanas, and gators are NOT acceptable face coverings.*

Gloves will be made available after the daily health screening and placed in instructional spaces. The use of gloves is contingent on the instructional space and the use of equipment in those instructional spaces. Additional orientation on the use of gloves can be provided.

**Definitions and Characteristics of some PPE**

*Paper dust mask.* Also called surgical masks, they are designed to stop liquid droplets and aerosols from coming out of the wearer’s mouth, not filter the air coming in.

*Face Covering.* Face coverings generally refer to a piece of material used to cover the nose and mouth, often in the form of a homemade cloth mask. The aim is to form a barrier to virus-filled droplets that are coughed, sneezed or simply breathed out when talking. Masks with valves, bandanas, and gators are NOT acceptable face coverings.

*Respirator.* A device designed to protect the wearer from inhaling hazardous atmospheres, including fumes, gases and particulate matter such as dusts and airborne microorganisms. There are two main categories: the air-purifying respirator, in which respirable air is obtained by filtering a contaminated atmosphere, and the air-supplied respirator, in which an alternate supply of breathable air is delivered. Within each category, different techniques are employed to reduce or eliminate noxious airborne contaminants.

*Latex gloves.* Offer best protection against bacteria and viruses.

*Nitrile gloves.* Made from a synthetic rubber compound for those who have a latex allergy. More puncture-resistant than latex gloves.

Glove Use: The CDC guidelines recommend glove usage by food servers and people engaged in cleaning/sanitation. There is no mention of general glove use in the University guidelines nor in the guidelines for Maritime Pilots. The wearing of gloves is not a general requirement of students and faculty. There may be specific classroom settings where gloves may be appropriate, but this should be up to the
discretion of the instructor. Gloves are not to be used in all situations. Gloves should be changed immediately when they are punctured. Please consult the PPE orientation for additional information.

Eye protection. The eye protection chosen for specific work situations depends upon the circumstances of exposure, other PPE used, and personal vision needs. There is wide variety in the types of protective eyewear, and appropriate selection should be based on a number of factors, the most important of which is the nature and extent of the hazard. Eye protection must be comfortable and allow for sufficient peripheral vision and must be adjustable to ensure a secure fit. It may be necessary to provide several different types, styles, and sizes. Selection of protective eyewear appropriate for a given task should be made from an evaluation of each activity, including regulatory requirements when applicable.

All coursework will ensure that labs and shipboard instruction have the regular safety gear required (i.e. coveralls, face shields, eye protection, ear protection). The use of eye protection is contingent on the instructional space and the use of equipment in those instructional spaces. Additional orientation on the use of eye-wear can be provided.

SEE APPENDIX C

10 Social Distancing

Social Distancing is one of the key requirements of the COVID-19 risk mitigation. A major form of transmission and infection are droplets that naturally emit from the nose and mouth of people when they breathe, sneeze, or cough. These droplets of varying sizes become airborne and can typically travel up to about 6 feet, according to Public Health Agencies. By keeping social distancing, individuals reduce the risk of being contaminated with these droplets.

The issue of social distancing and reducing risk is complicated by time. If the contact is for a long period of time, such as a continuous 15 minutes or more, there is a greater risk of transmission than if the interaction was brief, a few seconds in passing. But there is no evidence or information to assess the actual difference in risk in more than general terms. In most cases, if multiple people are going to be in the same room on campus, they must immediately and continuously practice social distancing, assisted through either floor markings, chair spacing, or other administrative means.

a. Space planning will be used to reduce the transmission of contagious diseases through social distancing.
b. Public safety codes, building codes, applicable laws, and security requirements will not be compromised to achieve social distancing.
c. Precautions and social distancing measures when possible:
   i. Circulation spaces - the direction of foot-traffic in main circulation paths: corridors, stairs, and entries all provide 6 feet of space for people to pass.
   ii. If 6 feet of passing space is not possible, consider One-way circulation routes
   iii. Mark increments of locally acceptable social distance on floors where groups form
   iv. Individual seating/desks spaced with 6 feet left-right, and front-back
   v. Close/forbid the use of some meeting and study rooms where social distancing is not possible
   vi. Calculate the maximum capacity of each room and post temporary signage
   vii. In locations where lines form, monitors must be present to assist in queuing and spacing markers must be on the floor
11 Residence Halls

For the Fall term all campus residents will be consolidated into a minimum number of residence halls (primarily Maritime North due to private bathrooms) – dependent on the number of single-occupancy rooms available.

A move-in plan to transit students into single-room occupancy in the res halls will be communicated to impacted cadets.

Lounged and community spaces will be closed and locked to prevent social gathering. Signage in residence halls will be posted for social distancing and proper handwashing information.

See Appendix D for Custodial Re-opening Cleaning Plan

12 Library

For fall 2020 semester, the Library will follow the service procedures described below. These services and procedures may change if health and safety conditions on campus or in the region dictate a shift to expanded or contracted operations.

Phase 2 Library Services and H&S Procedures Summary

- Only library employees are permitted to work in the library building. No more than two library employees + one library student worker will be working in building at one time. All staff will wear PPE when not in their office.

- Research consultations, information requests, and other professional librarian assistance will be provided virtually, via email, phone, Zoom (business hours) and chat reference (24/7).

- E-book and digital periodicals collection and use encouraged and prioritized over print.

- For campus members studying and working on campus, access to physical library materials such as books, DVDs, and equipment will be provided via check-out at the library’s front doors, Monday – Friday, 0800-1600 (tentative).

- Appointments to pick up materials are encouraged, by email (library@csum.edu) or phone (654-1090).

- CSU+ and other interlibrary borrowing services available but average fulfillment times will be longer.

- Student equipment loan period will be extended to three days. Late fees will be suspended.

- All lending equipment will be sanitized upon return. All print books will be quarantined for three days upon return.
• The library’s front doors will be kept closed and locked at all times.

• Student study and collaboration space will be provided outdoors, pending furniture delivery early in fall semester. Cleaning/sanitizing procedures are per campus guidelines: users are responsible for “clean at arrival, clean at departure.” Library will monitor and assure availability of cleaning supplies near outdoor study areas.

• Print reserves loan period will be extended to 24 hours. Late fees will be suspended in fall semester.

• Digitizing of print course reserve materials available to faculty per copyright guidelines.

• Campus History Archives access: Research-related visits to the Anchor Center shall be made by appointment, with no more than one visitor at a time. Before and after all visits, tables, chairs and other items in the research room will be disinfected.

• Archival Materials: Physical Campus History materials used by researchers will be quarantined for three days.

• Digital access to some campus history materials is available.

• Printing service to students is TBD

• Book delivery service to remote students is TBD

13 Instructional Spaces

Instructional spaces vary widely on campus in the square footage and the type of equipment used. All protocol for social distancing, when possible, will be followed. All appropriate PPE will worn. The instructor has the authority to make more stringent safety protocol as he or she deems necessary. Instructors may have students disinfect (with wipes and sprays provided) the equipment prior to, and after each use. Care needs to be taken when using wipes around sensitive electronic equipment, so the appropriate type of cleaning produces will be provided. See Section 14 for sanitizing protocol in instructional spaces. There will be cleaning kits placed in every instructional space, and contact information for access to more supplies or to report unhygienic spaces

14 Dining Services

The following process and protocols inform the Dining Services during the return to instructional period:

Residential dining has been reconfigured from an “all you care to eat” self-serve dining hall into individually served portions in an a la carte style format. Three full meals a day Monday through Friday, two meals per day Saturday and Sunday; all residential meal plans. Meals will follow academic calendar, if classes are offered on Saturday, we will provide three meals on those days. Retail will be minimal and provide only to-go items. Service will be facilitated through a combination of on-site and online ordering with meal service pickup at selected locations. Service improvements will include the implementation of meal kits, meal prep, and pantry offerings which can be prepared and enjoyed back in the cadet’s private room.
Dining Center:
- Metered Entry into Dining Center, cadets can dine in or pick up online order
- 6’ distance markers on exterior leading to the entrance of dining buildings
- Limited dine-in seating with a takeout option available
- Additional outdoor seating to increase dining space and maintain social distancing guidelines
- Social distance seating with chairs removed and placed 6’ apart
- Cadets enter through front entrance and exit through southwest door in rear of Dining Center to avoid potential comingling with diners entering Dining Center and Morrow Cove
- Cadets retain backpacks and personal belongings to avoid returning to the lobby/storage area and mitigate any cross-traffic with diners entering the building
- All food items served on disposable service ware, pre-boxed for quick service or wrapped
- Prefixed limited menu options
- Beverages made available in beverage barrels except for attended coffee station
- Dining staff monitor floor and sanitize all points of contact throughout and after each service including all tables and chairs after each use
- Social distancing enforced on all floors of Dining Center during service time

Morrow Cove retail location:
- Secondary location for online order pickups
- Metered Entry into Morrow Cove, Grab & Go retail
- 6’ distance markers on exterior leading to the entrance of dining buildings
- All food items pre-boxed or wrapped
- Removal of self-serve panini grill
- Social distance seating with chairs removed and placed 6’ apart
- Expanded pantry and quick-serve food options stocked

The Bistro retail location:
- Limited hours of operation
- Metered Entry for Grab & Go experience
- Exterior traffic barriers as guides and 6-foot distance markers
- All food items pre-boxed or wrapped
- No dine-in option available
- Exterior Bistro/coffee Express Location provided for quick service
- The Bistro will be open with limited hours, a metered entry and provide all “to go” items. In addition, there will be an outside coffee cart, weather permitting, for express service.

15  Intercollegiate Athletics, Physical Education, Recreation, and Aquatics

Due to the unique nature of athletic, recreational, aquatic, and related physical activity programming on campus, a separate and unique health and safety plan has been created to address these particular environments. While this plan may be changed due to conditions set and altered by athletic leagues and other regulatory bodies, the entire plan can be found in Appendix I.

16  Cleaning & Sanitizing

As with other Phases, for the beginning of the Fall Term:
• Custodians will initiate a “Start of a New School Year” cleaning and sanitizing program of classrooms, laboratories, offices, rest rooms, PEAC, shops etc.
• The cleaning and sanitizing evolution will be in accordance with CDC’s recommendations.
• Custodians will wear personal protective equipment (PPE) as recommended by the Manufacturer Safety Data Sheets (SDS) when using cleaning materials.
• Additional personal protective equipment (PPE) might be required based on the cleaning/disinfectant products and the mitigation of “splash-back” onto personnel.
• Increased safety measures will be taken if cleaning and disinfecting buildings or facilities if CDC recommendations are changed.
• Handrails, doorknobs, and light switches are cleaned daily.
• Contact information for requests for additional cleaning, or additional cleaning supplies, or additional PPE, will be posted in every instructional space.

• The bathroom doors [when possible] shall be propped to prevent people from touching the door.

In addition, as per APPENDIX D (which articulates particular cleaning processes in more detail):

Residence Halls/Classrooms/Office Spaces:

• Disinfect all hotspots, including but not limited to, doorknobs, handrails, light switch covers, and water fountains
• Disinfect elevators, including buttons, handrails, and walls
• Disinfect community space furniture, including but not limited to, all table tops and chairs
• Apply germicidal disinfectant cleaner in all restrooms and restroom fixtures
• Check and restock all soap and paper dispensers in all restrooms
• Check and refill hand sanitizing stations

Dining Center:

• Disinfect all hotspots, including but not limited to, doorknobs, handrails, and light switch covers
• Disinfect elevators, including buttons, handrails, and walls
• Apply germicidal disinfectant cleaner in restrooms and restroom fixtures daily
• Check and restock all soap and paper dispensers in all restrooms
• Machine dispenser wipe down before and after each meal period
• Disinfect POS stations before and after each shift
• Check and refill hand sanitizing stations

Other Recommended Personal Hygiene Protocol:

• Conduct proper personal hygiene
  o Always wash hands for 20 seconds immediately after removing gloves and after incidental contact with any person.
  o Hand sanitizer: If soap and water are not available and hands are not visibly dirty, an alcohol-based hand sanitizer that contains at least 60% alcohol may be used. If hands are visibly dirty, washing hands with soap and water is preferred.
  o Handwashing needs to happen:
    ▪ After touching a shared item with exposed skin (e.g., refrigerator, microwave, door handle)
- At the end of a break/lunch if left station at any time
- When leaving the restroom
- Before putting gloves on and after removing and disposing of gloves
- *Reminder – handwashing is a superior sanitizing method than hand sanitizer and it is easier to stay supplied with soap.*

Other Recommended Individual Sanitizing Processes:

Each workstation shall have a canister of disinfecting wipes and hand sanitizer, as well as facial tissue
- Personal workstations should be wiped down with disinfecting wipes at the beginning and end of each person’s day or immediately after use if to subsequently used by someone else.
- Entire desktop
- Entire chair (arms, back, seat – top and bottom, front and back)
- Phone (including headset cord)
- Mouse
- Keyboard
- Computer Monitors – protective screen and plastic parts of monitors.
- Door handles
- Wipes canister, hand sanitizer bottle, and Kleenex box
- Shared spaces/items
- To be wiped down when used:
  - Printers/Copies
  - Dry erase board pens/eraser
  - Shredders, scissors, tape dispenser, and other shared office tools
  - Conference room when used as a workspace (door, tables, chairs, computer, etc.)
  - Any other table or cabinet not regularly used/listed here
- Shared items in class settings such as oars, simulators, and other equipment

17 Waste management - Sustainability

- Proper disposal of gloves and masks, sanitizing wipes. Standard trash, not bio-hazard waste.
- Disinfecting Wipes cannot be flushed
- Campus restrictions on various plastic utensils and similar regulations may need to be relaxed temporarily

18 Daily Health Services

The Student Health Center remains open during the summer. Due to the COVID-19 pandemic, we are scheduling phone appointments rather than in-person appointments whenever this is appropriate. The Student Health Center continues to see cadets for primary care, urgent care, physicals, and labs. The SHC provides prescription and over-the-counter medications at the provider’s discretion.

If a cadet develops symptoms suggesting a possible COVID-19 infection, a provider from the Health Center is available for a phone appointment. Please call SHC at (707) 654-1170. Student Health Center office hours are 8:30 am to 5:00 pm Monday through Friday, closed from 1 to 2 pm for lunch. For after-hours urgent medical or psychological concerns/symptoms, call (707) 654-1170 and select option 1 to be connected to an advice nurse.

If necessary, the Student Health Center will help cadets to access care from nearby providers. Additionally we have updated the SHC website with information regarding COVID-19 and how to access information and care.

https://www.csum.edu/web/health-services/

Solano County COVID-19 Warmline for advice (707) 784-8988.
Solano County Family Health Services: (707) 553-5509
Mental Health Support

Resources

Counseling & Psychological Services (CAPS)
For Cal Maritime students, CAPS is working to provide webinars, mindfulness/stress reduction sessions, and webcam/telephonic counseling.

- **Webinars:** Coming soon to the CAPS webpage.
  - Topics include: Mindfulness practices, stress reduction, sleep hygiene
- **Mindfulness/Stress Reduction Sessions:**
  - Mindfulness Mondays often are scheduled on Mondays via Zoom from 1200-1230
  - Stress Reduction with the MakerSpace via Zoom
- **Counseling:**
  - Both 1:1 as well as group sessions are available via webcam/telephonically. Cadets can contact Student Health Center at 707-654-1170 to book an initial appointment for 1:1 counseling.
  - If cadets have already been seen by a CAPS counselor, please contact Andrea Schneider, LCSW at aschneider@csum.edu for 1:1 / group support.
  - CAPS Hours For Summer and Fall 2020: Monday – Friday, 8:30am-5pm, but closed for lunch 1-2pm

Additional Resources

- **Health Center:** For Health Related concerns, cadets can contact Student Health Center at 707-654-1170
- **Academic Advising:** For academic advising, leaves, or withdraws cadets can contact Katie Hansen (khansen@csum.edu) or Krystal Loera (kloera@csum.edu)

Resources for faculty/staff who are concerned about a cadet

- **CARE Team:** The CARE (Campus Assessment, Response and Education) Team is a multidisciplinary group of professional staff & faculty members that come together to provide support and resources to students. The goal of the CARE Team is early intervention for at-risk individuals through collaboration and effective communication with campus departments.
  - The CARE Team reviews, assesses and responds to student issues that may present barriers to their personal and academic success, such as food and housing insecurity, emotional distress, health concerns, or other personal challenges.
  - The CARE Team also responds to referrals involving individuals that may be exhibiting concerning behaviors that may be disruptive, erratic, or threatening. The role of the CARE Team is to provide a supportive resource for students, address student concerns, and maintain a safe campus environment.
  - The CARE Team should be contacted about individuals who may be exhibiting behaviors of concern in relation to their personal, physical or emotional wellbeing, as well as individuals whose behavior may be negatively impacting others.
- To make a referral, faculty/staff/cadets can email Kristen Tener (ktener@csum.edu), submit a student of concern report through Maxient, or submit an alert in The Passport (see info below).
• The CARE Team should not be contacted first if there is an immediate threat or concern for someone’s health or safety. If there is an emergency please call 911.

Prevention and Support Strategies

Although the social distancing and sheltering-in-place are designed to keep everyone healthy and safe, it can feel isolating to not be able to connect with friends and fellow students in the manner in which we were accustomed.

Mindset

- Keep in mind that this pandemic, and subsequently, the time of social distancing/shelter-in-place is temporary.
- Try to compartmentalize your stress. Focus on what you can control and release that which you cannot. You can control how you protect yourself from exposure to germs by social distancing and wearing a mask. You can focus on book-ending your day, from the moment you wake up to the moment you go to bed. That's what you have, right in front of you.
- Keep your mind on long term goals post-pandemic. Envision what life will look like with your degree in hand and job opportunities on the horizon in that future chapter ahead. You are well trained at Cal Maritime for an amazing career.

Recommended Strategies

- Practice mindfulness based strategies to stay in the here and now, like deep breathing, yoga and meditation. Many of these can be found on Youtube.
- Get outside and get some sunshine -- the Vitamin D is good for your immune system, and so are the endorphins from exercise.
- Maintain good nutrition, exercise, and good sleep - these helps restore serotonin in the brain...which in turn prevents depression and anxiety.
  - Stay active and exercise every day – even going for a walk or stretching
  - Stay hydrated and well nourished. Don't over-do with caffeine, alcohol or other substances.
  - Get good sleep and practice good sleep hygiene
- Make time for creative expression to release stress. This could be listening to music, playing an instrument, sketching/drawing, knitting. Expressive arts have the same meditative value as yoga and other mindfulness based endeavors.

If you feel like you are struggling emotionally, you are not alone. Going through a global pandemic is a global trauma, no matter what age you are. Contact CAPS for emotional support. If you think you have a mental health emergency, call 9-1-1. National Suicide Prevention Lifeline: 1-800-273-8255 National Domestic Violence Hotline: 1-800-799-7233

How to Issue an Alert on a Student Using The Passport

Staff or faculty can issue an alert on a student at any time. Alerts are a way to notify a department of a student who might need additional support for a variety of reasons (i.e. attendance concerns, financial aid questions, tutoring support, etc.). Below is a list of reasons staff or faculty may issue an alert for a student and the department that receives the alert:

- Academic and Resources Support (University Advisors)
- Attendance Concern (University Advisors)
- Basic Needs (Student Engagement)
- Career Services
- Corps Support (Commandant’s office)
- Financial Aid
- Residential Life/Housing
• Social or Engagement Concern (Care Team – confidential)
• Tutoring Support (Tutoring Coordinator)

Issuing an Alert

To issue an alert, log into your Passport account. Once logged in, search for the student you’d like to issue the alert for using the magnifying class icon in the upper right corner.

On the student’s overview page, select the blue “Issue an Alert” link under menu on the right side.

Select the reason for the alert and if the alert is regarding a specific course (optional). Add comments and details that will be helpful for the assigned department to know when they reach out to the student.

Please remember: Any information saved in The Passport is part of the student’s official file, and can be pulled at any time for audit purposes.

Once you have completed the alert form, click submit, and the alert will be sent to the assigned department for follow-up.

20 Employee travel/Field Trips

All University travel during the Fall instructional period is currently restricted to that authorized by Vice Presidents. All field trips are currently prohibited.

21 Contractor COVID-19 Safety Plan

The Health and Safety Task Force recommends that all contractors coming to campus for any purpose self-certify on a daily basis that their employees are free of symptoms and they know and will follow our safety protocols.

22 COVID Outbreak Containment Plan

If a student, faculty, or staff member tests positive upon returning to campus in the three-day period prior to the beginning of the instructional program, the student and/or faculty/staff member will be quarantined per Section 6 of the Health and Safety Plan.

The following actions will take place if someone falls sick or tests positive after the beginning of the instructional period. Any student who suspects they may be ill should contact Health Services as noted in previous sections. Any faculty or staff who suspects they may be ill should contact their supervisor and their private physician or health care provider as noted in previous sections. Once the case is confirmed as a COVID-19 case OR if the Health Service has sufficient reason to believe that a suspected case warrants it, the following actions will be taken:
• Contract tracing performed by Solano County Health Department
• Isolation & Quarantine protocols begin
• For quarantined cadets, F2F would be discontinued
• Additional COVID-19 testing for cadets impacted
• If staff or faculty have been impacted:
  • They would leave campus
  • They would see their private physician for treatment and care

Cal Maritime will also adhere to the practices as outlines in the CDC’s “Considerations for Institutions of Higher Learning” (https://www.cdc.gov/coronavirus/2019-ncov/community/colleges-universities/considerations.html)

**Advise Sick Individuals of Home Isolation Criteria**
Sick faculty, staff, or students should not return to in-person classes or IHE facilities, or end isolation until they have met CDC’s criteria to discontinue home isolation.

**Isolate and Transport Those Who are Sick**
Make sure that faculty, staff, and students know they should not come to the IHE if they are sick, and should notify IHE officials (e.g., IHE designated COVID-19 point of contact) if they become sick with COVID-19 symptoms, test positive for COVID-19, or have been exposed to someone with COVID-19 symptoms or a confirmed or suspected case.

Immediately separate faculty, staff, and students with COVID-19 symptoms (such as fever, cough, or shortness of breath). Individuals who are sick should go home or to a healthcare facility, depending on how severe their symptoms are, and follow CDC Guidance for caring for oneself and others who are sick. IHEs may follow CDC’s Guidance for Shared or Congregate Housing for those that live in IHE housing.

Work with IHE administrators and healthcare providers to identify an isolation room, area, or building/floor (for on-campus housing) to separate anyone who has COVID-19 symptoms or tests positive but does not have symptoms. IHE healthcare providers should use Standard and Transmission-Based Precautions when caring for sick people. See: What Healthcare Personnel Should Know About Caring for Patients with Confirmed or Possible COVID-19 Infection.

Establish procedures for safely transporting anyone who is sick to their home or to a healthcare facility. If you are calling an ambulance or bringing someone to the hospital, try to call first to alert them that the person may have COVID-19.

**Clean and Disinfect**
The following actions will take place will take place to clean and disinfect areas used by someone diagnosed with COVID-19:

Cleaning and disinfecting your building or facility if someone is sick:
1. Close off areas used by the person who is sick.
2. No need to close operations, if they affected areas can be closed off.
3. Open outside doors and windows to increase air circulation in the area.
4. Wait 24 hours before we clean or disinfect.
5. If 24 hours is not feasible, wait as long as possible. Clean and disinfect all areas used by the person who is sick, such as offices, bathrooms, common areas, shared electronic equipment like tablets, touch screens, keyboards, remote controls, and ATM machines.
6. Vacuum the space if needed. Use vacuum equipped with high-efficiency particular air (HEPA) filter, if available. Do not vacuum a room or space that has people in it. Wait until the room or space is empty to vacuum, such as at night, for common spaces, or during the day for private rooms.
7. Consider temporarily turning off room fans and the central HVAC system that services the room or space, so that particles that escape from vacuuming will not circulate throughout the facility. Once area has been appropriately disinfected, it can be opened for use.

8. Workers without close contact with the person who is sick can return to work immediately after disinfection.

9. If more than 7 days since the person who is sick visited or used the facility, additional cleaning and disinfection is not necessary. Continue routing cleaning and disinfection. This includes everyday practices that Cal Maritime normally uses to maintain a healthy environment

**Notify Health Officials and Close Contacts**
In accordance with applicable federal, state and local laws and regulations, IHEs should notify local health officials, faculty, staff, and students immediately of any case of COVID-19 while maintaining confidentiality in accordance with the Americans with Disabilities Act (ADA)external icon, FERPA or and other applicable laws and regulations.

Inform those who have had close contact with a person diagnosed with COVID-19 to stay home or in their living quarters and self-monitor for symptoms, and follow CDC guidance if symptoms develop.

Furthermore, the Solano Co. Public Health Department would provide guidance and contact tracing related to those who test positive or show symptoms of COVID-19

For Cal Maritime’s Isolation Plan, see Appendix B

### 23 Return to Work Protocol Following a Positive COVID Test

Cal Maritime will follow the CDC protocol for students and/or employees returning work after having symptoms or having tested positive. ([CDC Guidelines For Return](https://www.cdc.gov/coronavirus/2019-ncov/novelsigns-symptoms/return-to-work.html))

Cal Maritime guidelines will be modified as CDC guidelines are modified. As of August 10th, 2020 the following actions will be taken:

**Persons who have had COVID-19 symptoms may return to campus:**

1. 10 days since symptoms first appeared and
2. 24 hours with no fever without the use of fever-reducing medications and
3. COVID-19 symptoms have improved (for example, cough, shortness of breath).
4. For students who received a positive test, please coordinate with the Health Center so they can best monitor your health.

Most people do not require testing to decide when they can be around others; however, if your healthcare provider recommends testing, they will let you know when you can resume being around others based on your test results.

**Persons who tested positive for COVID-19 but had no symptoms:**

Must isolate for 10 days. If you continue to have no symptoms, you can be with others after 10 days have passed since you had a positive viral test for COVID-19.

Note that these recommendations do not apply to persons with severe COVID-19 or with severely weakened immune systems (immunocompromised). People who are severely ill with COVID-19 might
need to stay home or in isolation longer than 10 days and up to 20 days after symptoms first appeared. Persons who are severely immunocompromised may require testing to determine when they can return to be around others. Student, faculty and staff will communicate with the Campus Health Center and/or healthcare provider for more information.

For more detailed information refer to the CDC guidelines: https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html

24 Campus Access & Policy

Subject: Campus Temporary Policy: Restricted Access during COVID-19 Pandemic

Upon recommendation of the COVID-19 Planning Group and until further notice access to Cal Maritime campus grounds and facilities will be restricted to authorized persons performing essential work only. Authorization to enter the grounds of Cal Maritime, including any campus building or structure on the property, requires an employment or educational need to have physical access to the campus at this time. All persons seeking to enter the campus must provide an authorization email of having been granted permission to enter and remain on campus or in any campus facility. In addition, to enter, every person must comply with the following requirements:

- The proper wearing of Personal Protective Equipment (PPE) that minimally includes; a face cover that covers the mouth and nose, and eye wear if necessary. If you do not have PPE available, it will be provided to you
- Adherence to the rules of physical distancing (maintaining 6 feet of distance between persons, as a means of minimizing the transmission of pathogens) whenever possible
- If asked, must provide approved campus Portpass and/or government issued identification.

Authority for this directive may be found in CA. EC 89031, PC 602.6, PC 626.4, PC 626.6, Title 5 CCR 42200, 42353.1, 42354. Employees and students who violate the restricted access mandate will be asked to comply immediately. Those who refuse will be directed to leave campus and may be subject to disciplinary action. For members of the public, a refusal to comply with this policy will be subject those persons to expulsion from campus property and/or criminal prosecution for Trespassing (CA. PC 602.6). Requests for further information about this policy should be directed to Cal Maritime Chief of Police.

25 COVID-19 Emergency Response Team

The COVID-19 Emergency Response Team is an on-campus group who prepare for and respond to an emergency incident, such as an interruption of campus business operations. A team will consist of operational, communications, safety and managing supervisors. In conjunction with COVID-19 incidents, the team will work with internal and external entities to address and maintain campus health and safety by utilizing guidelines from State and local officials, along with CDC, Public Health and Solano County.

26 Shelter in Place Plan and Procedures

Should a Shelter in Place Order (SIP) be issued at the Federal, State, or County Level, the following actions will take place:
a) Immediate stoppage of F2F instruction  
b) Muster campus  
c) Campus messaging regarding Shelter in Place  
d) Police Department will assist with stoppage and conduct rounds as needed  
e) Uniformed exit by cadets, staff and faculty  
f) Cadets requiring later scheduled departure (flights, family/friend pick up, etc.) will be allowed to stay on campus  
g) Residence Life will ensure cadets will remove all personal property from dorm rooms  
h) Cadets requesting to stay will submit formal request  
i) Campus messaging regarding repopulation  
j) Long Range Planning Group evaluates impact and develops way ahead  
k) Health & Safety Task Force evaluates impact and develops way ahead
27 From Planning to Implementation

This plan has articulated requirements and regulations for the return of instruction and has made recommendations for particular practices. The process of moving from planning to practice involves the identification and coordination of specific individuals, groups, and departments – the “who, what, where, and when” to make health and safety a reality. The previous sections covered many different areas necessary for continued health and safety; this section identifies specifics form implementation.

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Appendix A: Campus Arrival Protocol Summary For Testing

1. Step 1: Enter Lot O
   PPE Check and Confirm Appointment
2. Step 2: Park & walk to steps 3-5
3. Step 3: Temp Check (AMR)
4. Step 4: Res Hall Check in Information + Temp Port Pass Pick Up
5. Step 5: COVID Test Registration (AMR - 2 stations)
6. Step 6: COVID Test (AMR - 2 stations)
7. Step 7: Depart Lot O

Entrance to Campus

Maritime North

Parking

Pedestrian Zone

Country Lane

Maritime Academy Drive

Facility Drive

PEAC

Police Bldg

Driving

Walking
Appendix B: Isolation Protocol
Use of Cloth Face Coverings to Help Slow the Spread of COVID-19

How to Wear a Cloth Face Covering

Cloth face coverings should—

• fit snugly but comfortably against the side of the face
• be secured with ties or ear loops
• include multiple layers of fabric
• allow for breathing without restriction
• be able to be laundered and machine dried without damage or change to shape

**CDC recommends** wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), **especially** in areas of significant community-based transmission.

CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

**FAQs**

Should cloth face coverings be washed or otherwise cleaned regularly? How regularly?

*Yes. They should be routinely washed depending on the frequency of use.*
How does one safely sterilize/clean a cloth face covering?

*A washing machine should suffice in properly washing a face covering.*

How does one safely remove a used cloth face covering?

*Individuals should be careful not to touch their eyes, nose, and mouth when removing their face covering and wash hands immediately after removing.*

Content source: National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases
Use Personal Protective Equipment (PPE) When Caring for Patients with Confirmed or Suspected COVID-19

Before caring for patients with confirmed or suspected COVID-19, healthcare personnel (HCP) must:

- **Receive comprehensive training** on when and what PPE is necessary, how to don (put on) and doff (take off) PPE, limitations of PPE, and proper care, maintenance, and disposal of PPE.
- **Demonstrate competency** in performing appropriate infection control practices and procedures.

Remember:

- PPE must be donned correctly before entering the patient area (e.g., isolation room, unit if cohorting).
- PPE must remain in place and be worn correctly for the duration of work in potentially contaminated areas. PPE should not be adjusted (e.g., retying gown, adjusting respirator/facemask) during patient care.
- PPE must be removed slowly and deliberately in a sequence that prevents self-contamination. A step-by-step process should be developed and used during training and patient care.

**Preferred PPE – Use N95 or Higher Respirator**
- Face shield or goggles
- N95 or higher respirator
- One pair of clean, non-sterile gloves
- Isolation gown

**Acceptable Alternative PPE – Use Facemask**
- Face shield or goggles
- Facemask
- One pair of clean, non-sterile gloves
- Isolation gown

[Image of PPE guidelines]

www.cdc.gov/coronavirus

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Donning (putting on the gear):
More than one donning method may be acceptable. Training and practice using your healthcare facility’s procedure is critical. Below is one example of donning.

1. **Identify and gather the proper PPE to don.** Ensure choice of gown size is correct (based on training).
2. **Perform hand hygiene using hand sanitizer.**
3. **Put on isolation gown.** Tie all of the ties on the gown. Assistance may be needed by another HCP.
4. **Put on NIOSH-approved N95 filtering facepiece respirator or higher (use a facemask if a respirator is not available).** If the respirator has a nosepiece, it should be fitted to the nose with both hands, not bent or tented. Do not pinch the nosepiece with one hand. Respirator/facemask should be extended under chin. Both your mouth and nose should be protected. Do not wear respirator/facemask under your chin or store in scrubs pocket between patients.*
   - **Respirator:** Respirator straps should be placed on crown of head (top strap) and base of neck (bottom strap). Perform a user seal check each time you put on the respirator.
   - **Facemask:** Mask ties should be secured on crown of head (top tie) and base of neck (bottom tie). If mask has loops, hook them appropriately around your ears.
5. **Put on face shield or goggles.** Face shields provide full face coverage. Goggles also provide excellent protection for eyes, but fogging is common.
6. **Perform hand hygiene before putting on gloves.** Gloves should cover the cuff (wrist) of gown.
7. **HCP may now enter patient room.**

Doffing (taking off the gear):
More than one doffing method may be acceptable. Training and practice using your healthcare facility’s procedure is critical. Below is one example of doffing.

1. **Remove gloves.** Ensure glove removal does not cause additional contamination of hands. Gloves can be removed using more than one technique (e.g., glove-in-glove or bird beak).
2. **Remove gown.** Untie all ties (or unsnap all buttons). Some gown ties can be broken rather than untied. Do so in gentle manner, avoiding a forceful movement. Reach up to the shoulders and carefully pull gown down and away from the body. Rolling the gown down is an acceptable approach. Dispose in trash receptacle.*
3. **HCP may now exit patient room.**
4. **Perform hand hygiene.**
5. **Remove face shield or goggles.** Carefully remove face shield or goggles by grabbing the strap and pulling upwards and away from head. Do not touch the front of face shield or goggles.
6. **Remove and discard respirator (or facemask if used instead of respirator).* Do not touch the front of the respirator or facemask.
   - **Respirator:** Remove the bottom strap by touching only the strap and bring it carefully over the head. Grasp the top strap and bring it carefully over the head, and then pull the respirator away from the face without touching the front of the respirator.
   - **Facemask:** Carefully untie (or unhook from the ears) and pull away from face without touching the front.
7. **Perform hand hygiene after removing the respirator/facemask** and before putting it on again if your workplace is practicing reuse.

*Facilities implementing reuse or extended use of PPE will need to adjust their donning and doffing procedures to accommodate those practices.
When to wear gloves

For the general public, CDC recommends wearing gloves at these times.

When cleaning
When you are routinely cleaning and disinfecting your home.

- Follow precautions listed on the disinfectant product label, which may include:
  - wearing gloves (reusable or disposable) and
  - having good ventilation by turning on a fan or opening a window to get fresh air into the room you’re cleaning.
- Wash your hands after you have removed the gloves.

When caring for someone who is sick
If you are providing care to someone who is sick at home or in another non-healthcare setting.

- Use disposable gloves when cleaning and disinfecting the area around the person who is sick or other surfaces that may be frequently touched in the home.
- Use disposable gloves when touching or having contact with blood, stool, or body fluids, such as saliva, mucus, vomit, and urine.
- After using disposable gloves, throw them out in a lined trash can. Do not disinfect or reuse the gloves.
- Wash your hands after you have removed the gloves.

When gloves aren’t needed
Wearing gloves outside of these instances (for example, when using a shopping cart or using an ATM) will not necessarily protect you from getting COVID-19 and may still lead to the spread of germs. The best way to protect yourself is to regularly wash your hands with soap and water for 20 seconds or use hand sanitizer with at least 60% alcohol.

Other ways to protect yourself
COVID-19 is a respiratory virus and is mainly spread through droplets created when a person who is infected coughs, sneezes, or talks. You can protect yourself by keeping social distance (at least 6 feet) from others and washing your hands with soap and water for 20 seconds (or using a hand sanitizer with at least 60% alcohol) at key times, and practicing everyday preventive actions.

Gloves in the workplace
Guidelines and recommendations for glove use in healthcare and work settings will differ from recommendations for the general public.

Page last reviewed: May 5, 2020
Content source: National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases
Technique for donning and removing non-sterile examination gloves

When the hand hygiene indication occurs before a contact requiring glove use, perform hand hygiene by rubbing with an alcohol-based handrub or by washing with soap and water.

I. HOW TO DON GLOVES:

1. Take out a glove from its original box
2. Touch only a restricted surface of the glove corresponding to the wrist (at the top edge of the cuff)
3. Don the first glove
4. Take the second glove with the bare hand and touch only a restricted surface of glove corresponding to the wrist
5. To avoid touching the skin of the forearm with the gloved hand, turn the external surface of the glove to be donned on the folded fingers of the gloved hand, thus permitting to glove the second hand
6. Once gloved, hands should not touch anything else that is not defined by indications and conditions for glove use

II. HOW TO REMOVE GLOVES:

1. Pinch one glove at the wrist level to remove it, without touching the skin of the forearm, and peel away from the hand, thus allowing the glove to turn inside out
2. Hold the removed glove in the gloved hand and slide the fingers of the ungloved hand inside between the glove and the wrist. Remove the second glove by rolling it down the hand and fold into the first glove
3. Discard the removed gloves

4. Then, perform hand hygiene by rubbing with an alcohol-based handrub or by washing with soap and water
Appendix D: Custodial Cleaning Memo for Reopening Campus

May 5, 2020

To: Franz Lozano, VP & CFO Administration and Finance

From: Mark Goodrich, Associate Vice President Enterprise Services
Audun Aaberg, Associate Vice President Facility Services

Re: Custodial Cleaning Plan for Re-Open

Monday, May 4th, after the students have completed their move out, we will begin cleaning (including sanitizing and disinfecting) all student rooms. We will complete cleaning no later than Friday, May 8th. Once students move back onto campus, we will resume the work below on a daily basis. Along with cleaning, all staff will be required to wear the proper PPE, including but not limited to:

- Face Coverings. Face coverings must comply with Center for Disease Control (CDC) applicable Federal, State and Local requirements. Face covering may include disposable masks, washable masks or bandanas. Face coverings must be assigned to individual staff and shall not be shared.
- Eye Protection. Eye protection is required during cleaning activities and may consist of face shields or goggles.
- Hand Protection. Disposable gloves are required and may consist of either nitrile, rubber or latex.

The use of an all-purpose cleaner will be used on a daily basis on most high touch surfaces consisting of wiping counter tops, desktops, floors, walls, etc. The product used will be Product Central 130 Peroxide Multi-Surface Cleaner.

If a degreaser is necessary, the product that will be used will be Stetson Product Central 106 Citrus Degreaser or other EPA approved disinfectants. The application of this product can be used on floors/walls, desktops and counters. There will be no rinsing required of this product after application; direct spray and wipe is the application method.

Glass items will be cleaned using Product Central 101 Neutral and Glass Cleaner product or other EPA approved disinfectants. This product is to be applied to only glass surfaces and will remove grease, grime, soap film, finger marks and smoke. As with the degreaser, no rinsing is required with this product, direct application and wipe is the preferred application method.

For disinfecting, we will use Product Central 103 Disinfectant or other EPA approved disinfectants. This is a broad spectrum hospital grade product used for shower stalls, general bathroom sanitizing, desktops when required and floors. As with other products, no rinsing is required, the preferred method of application is direct application and wipe.

For areas where odors are in need of absorption, we will use Saving Scent 24x11oz or other EPA approved disinfectants. This product will be directly applied to soiled surface and extracted through either a vacuum or carpet extractor.

Specifically for the residence halls in the areas of dishwashers, steam tables and surfaces which are prone to lime build up, we will be using a product Kaboom Pro Descaling Cleaner or other EPA approved disinfectants. Direct application is applied from this product and strict manufacture directions will be followed to remove scales.

On a regular cycle, we will perform the following tasks in an effort to ensure cleanliness and sanitation.
Clean minimal hand-contact hard surfaces:
- Clean hard surfaces that have minimal contact with a disinfectant
- Methods for disinfecting hard floors include wet mopping and wet vacuuming.
  - Disinfectant solutions used for mopping must be replaced regularly, after every three or four rooms, at no longer than one-hour intervals.
  - Replace soiled cloths and mop heads with clean ones every time the disinfectant solution is replaced, after every three or four rooms.
  - A source of contamination in the cleaning process is the cloth or mop head. Never leave cloths or mop heads to soak in dirty cleaning solutions.
  - Cloths and mop heads must be decontaminated by immersing in 10 percent bleach solution for a contact time of 20 minutes. Then rinse mop heads and cloths with cool water and allow to dry completely before use.
  - Single-use, disposable cleaning cloths and mop heads can also be used as an alternative. If using disposable cleaning cloths and mops, place into a plastic bag before disposal.
- After cleaning, remove all disposable PPE and place into a plastic bag before disposal.
- Wash hands and forearms thoroughly, or scrub, for at least 20 seconds with soap and warm water after removing PPE.

Disinfect frequent high hand-contact surfaces:
- For counters, doors, handrails, bathrooms and other hard surfaces such as plastic, glass or metal, pour an EPA-registered disinfectant gently into a cleaning cloth or use disinfectant wipes and wipe down the surfaces. Allow the surfaces to dry completely.
- Place disposable wipes in plastic bags for disposal.
- After cleaning or disinfecting, remove all disposable PPE and place in a plastic bag for disposal.
- Wash hands and forearms thoroughly, or scrub, for at least 20 seconds with soap and warm water after removing PPE.

Cleaning soft surfaces
- Surfaces that are soft or made of cloth, such as furniture can be cleaned using an EPA disinfectant applied using a hand or back-back type of sprayer.
- The cloth surfaces are spayed and allowed to dwell per manufacturers recommendations. Excess disinfectant may be removed after the specified dwell time has been achieved.

Trash and recycling receptors
- PPE is required to empty trash and recycling receptors.
- Do not reach into the receptacles, but carefully dump the contents of the receptacle into the waste collection bag.
- Replace plastic liners only when soiled or otherwise needed.
- Wipe clean receptors with a disinfectant
- Note: Remove lunch trash immediately following lunch.

For all other areas, the following daily, weekly and monthly schedule is anticipated:

Entryways and corridors should be swept as often as necessary to avoid buildup of dirt. Entryway floor mats must be cleaned periodically with an extractor running the rinse cycle 1-3 times. Fans need to be on during this process to speed drying.

Daily:
- Empty waste receptacles, remove debris.
- If floor is resilient tile, dust mop the floors. Pick up soil from floor dustpan. With a lightly dampened mop, spot-mop floors as necessary to remove soil.
- Vacuum carpet areas and mats; remove gum and soil spots.
- Disinfect drinking fountains. (see following procedures)
• Clean entrance door glass and handles.

**Weekly:**
• Dust the tops of fire closets, extinguishers and window casings. (Low dusting, below 5 feet.)
• Clean glass partitions, display cases, and interior door glass.
• Spot-clean, using a disinfectant, finger marks and smudges on walls, door facings, and doors.
• Dust furniture.
• Restore floor finish on non-carpeted floors.

**Monthly:**
• High dust vents, lights, pipes, venetian blinds, over doorways, hanging light fixtures and connecting and horizontal wall surfaces. (High dusting, above 5 feet.)
• Note: When cleaning stairways, on a routine schedule clean out the corners and the edges of each step. Remove gum, etc. with a putty knife. Damp mop or spot clean, as necessary.

Attachment: (1) Checklist for Routine Schedules
Pc: Ruby Grover, Operations Manager
Jalil Austin, Custodial Manager

**Check List for Routine Schedules:**

*Residence Halls/Classrooms/Office Spaces:*

- [ ] Disinfect all hotspots, including but not limited to, doorknobs, handrails, light switch covers, and water fountains
- [ ] Disinfect elevators, including buttons, handrails, and walls
- [ ] Disinfect community space furniture, including but not limited to, all table tops and chairs
- [ ] Apply germicidal disinfectant cleaner in all restrooms and restroom fixtures
- [ ] Check and restock all soap and paper dispensers in all restrooms
- [ ] Check and refill hand sanitizing stations

*Dining Center:*

- [ ] Disinfect all hotspots, including but not limited to, doorknobs, handrails, and light switch covers
- [ ] Disinfect elevators, including buttons, handrails, and walls
- [ ] Apply germicidal disinfectant cleaner in restrooms and restroom fixtures daily
- [ ] Check and restock all soap and paper dispensers in all restrooms
- [ ] Machine dispenser wipe down before and after each meal period
- [ ] Disinfect POS stations before and after each shift
- [ ] Check and refill hand sanitizing stations
Appendix E: Watchstanding Protocol

COVID-19 STUDENT SECURED WATCH ADDITIONAL PROTOCOL

While campus is closed during COVID-19, cadet watch standers on the *TS Golden Bear* must follow additional procedures before, while on, and after duty, every time a watch is stood, found below. These additional protocols must be reviewed prior to standing the cadet’s first watch with the CM/CHENG. These protocols are for the health and safety of all onboard.

I. BEFORE ASSUMING THE WATCH
   a. Continually monitor personal health. **IF YOU FEEL UNWELL OR EXPERIENCE COVID-19 SYMPTOMS, DO NOT COME TO WATCH.** Symptoms typically include, but are not limited to, “fever, cough, and shortness of breath.” Some people infected with the virus have reported experiencing other non-respiratory symptoms. Other people, referred to as *asymptomatic cases*, have experienced no symptoms at all” (OSHA). According to the CDC, symptoms of COVID-19 may appear in as few as 2 days or as long as 14 days after exposure.
   b. Monitor personal temperature. If you have an **elevated temperature, DO NOT COME TO WATCH.**
   c. **Shelter in place** and avoid unnecessary interaction with others.
   d. Sanitize hands before boarding the ship.

II. ON WATCH
   a. Maintain a **vigilant secured watch** as normal.
   b. Maintain **social distancing guidelines**, remaining **6 feet apart** from others.
   c. When **not able to socially distance**, like during watch relief and during the 0730-0800 start and 1600 end of work days, **wear a mask**.
   d. **Wear gloves** when interacting with high-touch areas, such as the logbook, keyboards/mouse/computer accessories, door handles and dogs, alarm panel buttons, railings, light switches, etc.
   e. **Sanitize hands** often, whether by hand sanitized or washing hands with antibacterial soap for at least 20 seconds. Avoid touching your nose, eyes, and mouth.
   f. **Sanitize high touch areas**, including pens for the logbook, keyboards/mouse/computer accessories, door handles and dogs, alarm panel buttons, railings, light switches, etc, once you have completed watch.
   g. Practice **respiratory etiquette** including covering sneezes and coughs.

III. AFTER COMPLETING WATCH
   a. Sanitize hands after leaving the ship.
   b. **Shelter in place** and avoid unnecessary interaction with others.

I [watchstander] have discussed *TSGB* COVID-19 watch standing protocol with the CM/CHENG (circle supervisor) and understand the steps to take while on and off watch to limit disease spread and exposure.

**WATCHSTANDER_____________________________ SIGNATURE ____________, DATE

______________________________________________
Appendix F: Disinfection Protocol Post-Infection

Cleaning and Disinfection After Persons Suspected/Confirmed to Have COVID-19 Have Been in the Facility.

Procedure:

- Close off areas visited by the ill persons. Open outside doors and windows and use ventilating fans to increase air circulation in the area. Wait 24 hours or as long as practical before beginning cleaning and disinfection.
- Cleaning staff should clean and disinfect all areas such as offices, bathrooms, common areas, shared electronic equipment (like tablets, touch screens, keyboards, remote controls, and ATM machines) used by the ill persons, focusing especially on frequently touched surfaces.
- Close off areas visited by the ill persons. Open outside doors and windows and use ventilating fans to increase air circulation in the area. Wait 24 hours or as long as practical before beginning cleaning and disinfection.

How to Clean and Disinfect:

Hard (Non-porous) Surfaces

- If surfaces are dirty, they should be cleaned using a detergent or soap and water prior to disinfection.
- For disinfection, most common EPA-registered household disinfectants should be effective.
- A list of products that are EPA-approved for use against the virus that causes COVID-19 is available [here](http://example.com). Follow the manufacturer’s instructions for all cleaning and disinfection products for concentration, application method and contact time, etc.
- Additionally, diluted household bleach solutions (at least 1000ppm sodium hypochlorite) can be used if appropriate for the surface. Follow manufacturer’s instructions for application, ensuring a contact time of at least 1 minute, and allowing proper ventilation during and after application. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted.
  - Prepare a bleach solution by mixing:
    - 5 tablespoons (1/3 cup) bleach per gallon of water or
    - 4 teaspoons bleach per quart of water

Soft (Porous) Surfaces

- For soft (porous) surfaces such as carpeted floor, rugs, and drapes, remove visible contamination if present and clean with appropriate cleaners indicated for use on these surfaces. After cleaning:
  - If the items can be laundered, launder items in accordance with the manufacturer’s instructions using the warmest appropriate water setting for the items and then dry items completely.
  - Otherwise, use products that are EPA-approved for use against the virus and that are suitable for porous surfaces

Electronics

- For electronics such as tablets, touch screens, keyboards, remote controls, and ATM machines, remove visible contamination if present.
  - Follow the manufacturer’s instructions for all cleaning and disinfection products.
  - Consider use of wipe able covers for electronics.
  - If no manufacturer guidance is available, consider the use of alcohol-based wipes or sprays containing at least 70% alcohol to disinfect touch screens. Dry surfaces thoroughly to avoid pooling of liquids.
Appendix G: OSHA COVID Planning

Jobs Classified at Medium Exposure Risk: What to Do to Protect Workers

In workplaces where workers have medium exposure risk, employers should follow the guidance for “Steps All Employers Can Take to Reduce Workers’ Risk of Exposure to SARS-CoV-2,” on page 7 of this booklet and implement control measures described in this section.

Engineering Controls

■ Install physical barriers, such as clear plastic sneeze guards, where feasible.

Administrative Controls

■ Consider offering face masks to ill employees and customers to contain respiratory secretions until they are able leave the workplace (i.e., for medical evaluation/care or to return home). In the event of a shortage of masks, a reusable face shield that can be decontaminated may be an acceptable method of protecting against droplet transmission. See CDC/NIOSH guidance for optimizing respirator supplies, which discusses the use of surgical masks, at: www.cdc.gov/coronavirus/2019-ncov/hcp/respirators-strategy.

■ Keep customers informed about symptoms of COVID-19 and ask sick customers to minimize contact with workers until healthy again, such as by posting signs about COVID-19 in stores where sick customers may visit (e.g., pharmacies) or including COVID-19 information in automated messages sent when prescriptions are ready for pick up.

■ Where appropriate, limit customers’ and the public’s access to the worksite, or restrict access to only certain workplace areas.

■ Consider strategies to minimize face-to-face contact (e.g., drive-through windows, phone-based communication, telework).

■ Communicate the availability of medical screening or other worker health resources (e.g., on-site nurse; telemedicine services).

Personal Protective Equipment (PPE)

When selecting PPE, consider factors such as function, fit, decontamination ability, disposal, and cost. Sometimes, when PPE will have to be used repeatedly for a long period of time, a more expensive and durable type of PPE may be less expensive overall than disposable PPE. Each employer should select the combination of PPE that protects workers specific to their workplace.

Workers with medium exposure risk may need to wear some combination of gloves, a gown, a face mask, and/or a face shield or goggles. PPE ensembles for workers in the medium exposure risk category will vary by work task, the results of the employer’s hazard assessment, and the types of exposures workers have on the job.
Appendix H: Pool Protocol and Marine Survival Courses

Marine Survival Program
Aquatics Re-Entry Plan

Preparing to Re-Open CSUM Aquatics Center:

Major Pool Operation Equipment
Additional pool water disinfection system recommended by CDC/Model Aquatic Health Code
- UV
- Ozone
- SALT

Materials
Signage
- Upon entry
- On deck
  - Program specific
    - MS/SPEL
    - Masters
    - Lap Swim
- Upon exit
- Dressing Rooms
- Outside gate

Multiple Disinfection Stations
- Upon entry
- On deck
- Upon exit
- Dressing Rooms

Pool Disinfection
Recommendations for Facilities Department re: pool water disinfection chemicals/procedures exceeding CDC and Model Aquatic Health Code Requirements

Locker Rooms (optional)
- Entry access (two way-this is a Covid Safety Issue)
- Disinfection
  - Dedicated custodial to meet disinfection needs

Restrooms
- 2 Porta Potties
- Porta Sink on deck-Hand drier?
- Facing and opening towards deck wall (leave doors propped open and spaced 6 feet apart for better ventilation/sanitation)

Showers
- Two on deck

Dressing tents-2
- On deck (under platform)
- Female and Male separate tents
- Signs
- Tents have a front entrance and a back exit
- Astroturf floors-2

On Deck Disinfection
- Disinfection stations on deck
Marine Survival Protocol for COVID19
The following procedures will need to be implemented for marine survival classes at the pool during the COVID19 period. These procedures will unavoidably lengthen the duration of the class to some degree. Aquatics staff will do everything possible to minimize delays. We ask that students review these instructions to make this a smooth process and ensure that safety measures are enforced.

Basic Requirements
• One instructor and a maximum of 10 students.
• Minimum of 6 aquatics staff per class
  o 1 or 2 rescue swimmers (as appropriate for lesson)
  o 2 lifeguards on deck
  o 2 relief/emergency lifeguards
  o Additional lifeguards may be required based upon the number and duration of classes each day (including any makeup lessons)
• 24 hours ahead of time, instructor provides written roster and instructor name to the aquatics staff
• Students bring only what is required for class:
  o Swimsuit as their bottom clothing layer
  o Flotation clothes and shoes if required
  o A change of clothes for after the class and shoes
• Students will stand at distance markers on sidewalk outside the pool deck and wait for instruction
• No one can enter the deck without appropriate PPE (mask at a minimum). PPE will not be provided.
• Showers are required before and after class
• No observers or additional instructors on the deck during the class
• Student will pick up a PFD and an immersion suit off the deck to take with them to the training area
• PPE: Masks are required for anyone on deck
• The number of students allowed in the training area (deep end of the pool) is limited to the minimum quantity needed to perform a specific training task.

Entrance Procedure
• The instructor has (prior to arrival to the pool) distributed the Health Questionnaire’s to the students, collected them and presented them to the AQ Staff to be filed at the pool. The instructor/AQ staff will take the Cadet’s body temperature at the gate. If no fever is detected (over 100 degrees per Dr. Wilbur), the instructor proceeds to Station A (marked on deck)
• Questionnaire’s collected from the instructor and the body temperature of each student is taken.
• One at a time, students enter the deck area through designated gate. Distances between students are maintained
• Equipment required for the class will be on deck at Station A
• Upon entering the facility, students are given a number indicating the location on deck where they are to wait for instruction
• Student chooses a PFD and immersion suit immediately upon entering
• Traffic flow will be specified by labels on the deck (diagrams to follow and will be provided to instructors, students, and aquatics staff):
  o Station A: Stand in queue outside the pool deck at 8-foot intervals and have temperature taken
  o Station B: Pick up PFD
  o Station C: Pick up immersion suit and 2 storage bags
  o Station D: Students go to assigned number location on the deck
    ▪ Put PFD on deck
    ▪ Put Immersion suit on deck, unzipped
    ▪ Put change of clothes into a black storage back
    ▪ Wait for further instruction
  o Station E: Class overview provided by instructor
    ▪ Description of each lesson and requirement
    ▪ Description of class flow process to avoid potential contamination
    ▪ Students remove flotation clothing and place it on deck
  o Station F: 2 Students shower and proceed to the next appropriate station
  o Station G through Station J:
    ▪ Students stand at indicated locations on the deck and wait for further instruction
    ▪ When directed, Students return to their designated locations

Lesson Procedure
NOTE: Lessons that require students to be in proximity will not be taught, this includes formations in immersion suits and formation swimming

Floating/Treading Water/ Clothing used as flotation
Configuration: 5 students on each side of the pool

• Lesson 1: Treading water
  o Requirements: 1 rescue swimmer and 1 lifeguard on deck for every 5 students
  o Students enter the water in front of their station and hold the wall
  o Students listen to instructor and leave the wall and approach the rescue swimmer
  o Students spread out in an arc around rescue swimmer so that nobody is within 6 feet of another person
  o Rescue swimmer engages students and monitors progress
    ▪ Instructor/Aquatics staff verify skill executed
    ▪ Students return to their designated station

• Lesson 2: Using clothing for flotation
Students retrieve their flotation clothing from their station and put it on
Students enter water and hold the wall in front of their station and await instruction
Requirements: 1 rescue swimmer and 1 lifeguard on deck for every 5 students
  • Required procedure described to students
    • (picture(s) of procedure shown to students)
  • Students execute the required skill
  • Instructor/Aquatics staff verify skill executed

Lesson 3: PFD
Requirements: 1 rescue swimmer and 1 lifeguard on deck for every 5 students
  • Note PFD or immersion suit are required for all additional lessons
  • On deck, don PFD and verify PFD is appropriately fitted
  • In water:
    • Required procedure described to students
      • (picture(s) and demonstration shown to students)
    • Doff PFD
    • Swim underwater and tow PFD
    • Don PFD in water
    • Instructor/Aquatics staff verify skill executed
    • Student returns to designated location

Lesson 3: Enter raft from Jacob’s ladder
Requirements: 1 Rescue Swimmer, 1 lifeguard on deck, 1 tower guard
  • Student maintain 3-points of contact when descending ladder
  • Student enter raft and move to the back of the raft
  • Student verifies the water behind raft is clear of persons
    • Student exits raft into pool
    • Student returns to designated location
    • Instructor/Aquatics staff verify skill executed

Lesson 4: Enter raft from water
Requirements: 1 Rescue Swimmer and 1 lifeguard on deck
  • Required procedure described to students
    • Students climb into raft
    • Students move to the back of the raft
    • Students exit raft to deck
    • Students return to their designated location
    • Instructor/Aquatics staff verify skill executed

Lesson 5: Jump from tower and enter raft from water
Requirements: For every 5 students, 1 rescue swimmer/1 lifeguard on deck and 1 tower guard
  • Required procedure described to students
    • Instruction includes proper procedure to leave tower
      • Student uses walkway to ascend tower
      • Student receives direction from tower guard
        • Tower guard ensures only 1 student at a time
      • Student adopts appropriate exit position (Note: pictures)
        • Student step off tower
        • Student approach inverted raft
• Student grabs raft ladder
• Student puts foot into rung
• Student pulls ropes and climbs raft
• Student stands erect, holds ropes, and leans back
• As raft flips, student maintains hold on ropes
  o Student does not roll over under raft
  o Student does not release ropes
  o Student exits at appropriate location
  o Student climbs into raft
  o Student deploys sea anchor
  o Student exits raft into pool
  o Student returns to designated location
• Instructor/Aquatics staff verify skill executed
• Student waits for additional instructions

Additional Safety recommendations for Marine Survival course:

• Limit the number of students in the raft
• Will social distance, when possible (e.g. waiting on pool deck); Otherwise, students are in the pool as much as possible.
• Limit the number of sections at the same time (usually, two instructors per section);
  o Option: 3 hours session to combine two sections;
  o Need to stagger due to limited numbers in the raft
• Suits will be sanitized due to chlorinated water of pool
• Usually two lifeguards - one in water and one on the deck; Limit number of people on pool deck

Note:
  o Approximately 30 minutes total time of student interaction (e.g. caterpillar swim, climbing down ladders, raft)
• Faculty will use discretion to ensure health and safety of students and faculty in accordance with Health and Safety requirements.

Pool Flow Diagram
APPENDIX I- Intercollegiate Athletics, Physical Education, Recreation, & Aquatics

Phase IV Proposal
8/3/2020

The purpose of this document is to outline the procedures for the Department of Intercollegiate Athletics, Physical Education, Recreation, and Aquatics to safely return for the fall 2020 Phase IV. The health and safety of our cadets, faculty, staff, and administrators is the top priority. These procedures are subject to change as new information becomes available and will be reviewed regularly to ensure that the most up to date information is utilized.

Education

It is important to educate throughout all phases of return to sport including prior to return to campus. It is also imperative to note that this is unprecedented and daily new research and data are being collected. The purpose of this education will be to provide staff and student-athletes with pertinent information on how to deal with and limit spread of illnesses, specifically COVID-19.

1. Who will be educated?
   a. Athletic administrators, SID, ATC’s, Admin. assistant, Aquatics staff
   b. Athletic Coaches, paid and volunteers
   d. Student assistants to include weight room supervisors, lifeguards, team managers, athletic training student assistants, and game day student assistants.
   e. Cadets.

2. How will we educate?
   b. A pre-participation form will be required for each student athlete to sign in order to get cleared to participate. The form will have pertinent information on COVID-19, signs and symptoms, transmission, prevention strategies, athletic procedures, as well as personal responsibility. This form will be housed in SportsWare.
   c. All student athlete cadets will sign an “Assumption of Risk” pertaining to the risks of COVID-19 associated with participating in collegiate athletics.
   c. We will require an educational piece to given to student athletes during an initial team meeting. This can be done with a PowerPoint or video, or a combination of the two.
   d. Coaches will be encouraged to reinforce education throughout the athletic season.
   e. We will utilize monitors in the training room to provide continuing education regarding COVID-19, proper hygiene techniques, and personal responsibility.
   f. Signage will be placed throughout the PEAC and Bodnar Field to reinforce COVID education.

3. Training
   a. Individuals who will be authorized to take student athlete temperatures for daily pre-screening will be required to undergo training from the Sports Medicine staff to properly administer the thermal check and how to properly document the result.
   b. Athletic administrators and coaches will be required to complete training on action plans should a student athlete test positive for COVID, show signs or symptoms for COVID.
   c. All staff and student athlete cadets will be educated and trained on proper use of PPE and when to utilize it.

Equipment and Facility Sanitation

1. PEAC “Contingent on approved reopening”
   a. Cardio Room - All equipment will be cleaned after each use with an approved disinfectant. This will include rails, touch screens, handles, running boards, seats, backrests, and any area that is frequently contacted. No fans will be used in this area to prevent spread of droplets. A hand sanitizer unit will be placed at the entry of the room. Anyone who enters the cardio room will be required to wash their hands with hand sanitizer prior to signing in. All doors will be propped open during open hours. A thorough wipe down of all cardio room equipment will be done at the end of each employee’s shift.
   b. Weight Room - All equipment will be cleaned after each use with an approved disinfectant. This will include all weights, rails, touch screens, handles, seats, backrests, and any area that is frequently
contacted. No fans will be used in this area to prevent spread of droplets. A hand sanitizer unit will be placed at the entry of the room. Anyone who enters the weight room will be required to wash their hands with hand sanitizer prior to signing in. All doors will be propped open during open hours. A thorough wipe down of all weight room equipment will be done at the end of each employee’s shift or class.

c. **Training Room** - All equipment will be cleaned after each use with an approved disinfectant. This will include treatment tables, taping tables, all weights, bands, recovery modalities, touch screens, handles, seats, backrests, and any area that is frequently contacted. A hand sanitizer unit is located at the entry of the training room and hydrotherapy room. Anyone who enters the training room will be required to wash their hands with hand sanitizer prior to signing in. The main door to the training room will be an entrance only and the door from the hydrotherapy room will be exit only. All doors will be propped open during open hours. A thorough wipe down of all training room equipment will be done at the end of each employee’s shift.

d. **Restrooms** – Touchless faucets in the restrooms for hand cleaning. Recommended that toilets, urinals, and drying methods be touchless as well. Close off urinals to allow for social distancing. Post signage that if social distancing cannot be maintained in the restroom, users should wait outside restroom. Hand sanitizer station outside the restroom door.

e. **Water fountains** - Shut off/tape off water fountains both upstairs and downstairs. Continue to use hydration stations for hands free access to water. Encourage individuals to bring a water bottle with them to work out with.

f. **PEAC Lobby** - All furniture, including the bench that lines the weight room, will be cleaned with an approved disinfectant during every weight room supervisor’s shift. Hand sanitizer next to all doors inside the building (main door, small gym, back door, main gym) and outside building at entrances.

g. **Stair rails and building doorknobs** - Will be regularly cleaned with an approved disinfectant. Utilize weight room supervisors to clean doorknobs and rails each shift. Hand sanitizer stationed at top and bottom of stairs.

h. **Elevator** – Limit use for those with mobility issues and when moving heavy items. Limit passenger capacity due to inability to socially distance.

i. **Locker Rooms** - Limit number of people allowed in showers at a time to maintain social distancing.

j. **Team Rooms** - Limit number of people allowed in showers at a time to maintain social distancing.

k. **Laundry Room** - Laundry room / Equipment manager(s) will ensure all laundry is washed and dried in a timely fashion. Laundry bins will be cleaned daily with an approved disinfectant. Equipment managers will be provided disposable gloves when handling dirty laundry. All surfaces will be cleaned with an approved disinfectant at the end of each employee’s shift.

l. **Press box** - All equipment and counter surfaces will be cleaned before and after use with an approved disinfectant.

m. **Training Equipment** - All equipment used for training will be cleaned pre and post practice with an approved disinfectant. This includes, but is not limited to, balls, cones, jump ropes, pads, etc.

**Aquatics / Pool Area**

a. **Lifeguard room** - All equipment and counter surfaces will be cleaned before and after use with an approved disinfectant. Hand sanitizer stationed here.

b. **Pool deck** – See Aquatics documentation.

c. **Water / filtration** – See Aquatics documentation.

**Bodnar Field**

a. **Field House** - All equipment will be cleaned after each use with an approved disinfectant. A hand sanitizer unit will be located at the entry of the field house.

b. **Shed** - All equipment will be cleaned after each use with an approved disinfectant.

c. **Press Box** - All equipment and counter surfaces will be cleaned before and after use with an approved disinfectant.

d. **Restrooms** – Limit one person in the restroom at a time. Recommend switching to touchless faucets and toilets. Hand sanitizer outside the restroom.
Pre-Participation Procedures

1. **PPE and Medical History Screening**
   a. Incorporate additional medical history questions about COVID-19 to include:
      i. Have you been around anyone who was diagnosed with COVID-19?
      ii. Have you previously been diagnosed with COVID-19?
      iii. Are you currently experiencing any of the following: shortness of breath, fever, sore throat, unusual fatigue, loss of appetite, taste or smell?

2. We do not perform pre-participation examinations for athletics on campus, we do not have control over when a student athlete cadet or incoming 1st year student receives his/her physical.
   a. Add health history questionnaire in SportsWare requiring student athletes to fill out this form when getting cleared through Sports Medicine department.

Pre-Screening Procedures

1. **Who gets screened?**
   a. Student-Athlete Cadets. All student-athlete cadets will need to get screened before they participate in any organized athletic practice or competition.
   b. Coaches, assistants, volunteers. All coaches, assistants, and managers will be required to get screened prior to any organized practice or competition.
   c. Staff to include facilities and custodial personnel.

2. **How do we screen?**
   a. Daily temperatures
      i. Non-contact thermometers will be used
      ii. Re-take temperature if temperature if within +/-0.5 of 100.4 degrees Fahrenheit
      iii. Red flag if temperature is 100.4 degrees Fahrenheit or above
   b. Health history questionnaire (Per NAIA COVID doc): Red flag for any “yes” answers.
      i. Any shortness of breath?
      ii. Do you have a sore throat?
      iii. Any unusual fatigue?
      iv. Loss of appetite or loss of taste and/or smell?
      v. Body chills?
      vi. Persistent cough?
      vii. Pain/difficulty breathing?
      viii. Unexplained headache?
      ix. Body/muscle aches?
      x. Change of vision/eye discharge?
      xi. Diarrhea?

3. **Who can do the screening?**
   a. Sports medicine staff
   b. Coaches

4. **How do we document?**
   a. Online documentation utilized for all events (practice and competitions) at Cal Maritime. This will be accessible by athletic trainers and coaches. This will ensure real-time documentation between both parties.
   b. Any student-athlete cadet or staff member that presents with ANY red flags will be removed from practice/game/work.
      i. If screening was completed by the coach, the coach will then notify the athletic trainer.
      ii. Once athletic trainer is notified (by coach or from positive screening), athlete/coach/staff will be removed from the environment and the SHC will be notified.
1. If SHC is closed, the individual will be isolated. For staff, they will be sent home with recommendations of isolation until they can be seen by primary care. For students, follow institutional policy. For students and staff, follow institutional policy.

5. When do we do the screening?
   a. Within 3 hours of practice.

6. Training Room
   a. Temp check, hand sanitizer, and review of standardized questions prior to gaining access to ATR.
   b. Athletes will be required to wait outside the ATR, spaced 6 feet apart until they are admitted to the training room.

7. Weight / Cardio Pre-screening
   a. Students will be provided standardized questions and have temperature taken before signing into weight/cardio room
   b. Only able to sign in if no red flags
      i. Red flags will be referred to athletic trainers, follow procedure listed above

Return to Athletic Participation / Transitioning from Inactivity

This would occur starting the second week of the fall semester if approved by the HSTF for all 14 intercollegiate teams. Each team has detailed COVID protocols from their respective sport organization and can be provided to the HSTF.

1. First 2-4 weeks of training needs to focus on acclimatization to increased sport demands.
   a. Follow CSCCa-NSCA Joint Consensus for training volumes, intensity, and work-to-rest ratios as upper limits to protect against catastrophic injury.
   b. Avoid high volume submaximal exercises to fatigue or performed within a limited time frame.
   c. Emphasize 10-20 minutes of dynamic warm-up daily for reestablishing sport-related movement patterns.
   d. Favor efficient training methods, limiting workouts to 2-3 non-consecutive days per week with gradual increase in volume as tolerated by athletes.
   e. Consider grouping athletes based on conditioning status.
   f. Plan and adjust workouts to match environmental factors. (i.e., high heat, humidity)
   g. Communicate regularly with medical staff about at-risk athletes. (i.e., cardiac abnormalities, sickle cell, asthma, diabetes, etc.)
   h. Do not perform physically exhausting drills for the purpose of developing “mental toughness.”
   i. During this period, refrain from using punitive physical activity.

Social Distancing Considerations

1. Each coach will be responsible for planning practices/training with appropriate numbers and social distancing.
2. Social distancing challenges / procedures for the fitness rooms.
   a. Weight room – may need to look at scheduling times for individuals to sign up in order to maintain proper numbers in weight room. Evaluate spacing of weights and machines to determine safe distancing.
   b. Cardio room - may need to have a sign-up process to maintain proper numbers. Evaluate spacing of cardio units to determine safe distancing.
3. Training Room
   a. Masks or face shields will always be required in the training room.
Go to an appointment schedule for treatment times.
Walk-ins will be permitted for acute injuries.
Illnesses and non-orthopedic issues will be screened via tele-medicine.
Treatment tables will be spaced to accommodate proper distancing.
Utilize satellite spaces for easier social distancing. Can be done in the corner of the PEAC gymnasium and Bodnar Field in the Fieldhouse or on the field.

Quarantine / Isolation Procedures

1. Need to align with campus policy
   a. Work with Health Services and Housing
   b. Quarantine policy for individuals living off campus

2. Department of Athletics & Physical Education will have an isolation area at Bodnar Field and PEAC for individuals that exhibit symptoms while we notify chain of command.
   a. Athletic training staff when possible will initiate protocol.
   b. If unavailable, the coaching staff will notify chain of command.

3. Contract tracing will be utilized via institutional policy.
   a. Athletic training staff will complete Certified Contact Tracing training via Johns Hopkins University.

MS/SPEL Course Protocol
Covid-19 Safety Procedures
Pool Entry-Deck-Exit

The following procedures will to be implemented for MS/SPEL classes during the Covid-19 pandemic. These procedures will unavoidably change to meet current Covid-19 protocols issued by the CDC and the Solano County Health Department.

In order to minimize the lengthened duration of the class Aquatics staff will do everything possible, including setting up, cleaning and stowing the equipment. We ask that Instructors and, if possible, Cadets/Students review these instructions to ensure an organized and safe process.

- **Instructor Cadet/Student ratio:**
  - One MS/SPEL Instructor with a maximum of 10 students

- **Classes:**
  - Maximum 2 classes per day
  - No overlapping classes
  - One half hour minimum between classes for required cleaning protocols

- **Staffing:**
  - Minimum 6 aquatics staff per class
    - 2 Rescue Swimmers
    - 2 Lifeguards on deck
    - 1 ‘Covid-19’ Lifeguard
    - 1 Emergency Response/Break Lifeguard
    - Additional lifeguards may be required based on the number of participants, and the required skills for the class

- **Cadet/Student requirements for class:**
  - Swimsuit as their bottom clothing layer
  - Flotation clothes and shoes if required
  - A change of clothes to wear after the class
• Towel
• Cadets/Students choose a PFD and Survival Suit (if necessary) and return to designated instructional area
• Masks are always required for instructors and cadets while on the deck and locker rooms

• Entry:
  o No deck entry without appropriate PPE (face mask at a minimum)
  o The instructor’s temperature is checked at entry gate then proceeds to instructional area
  o All Cadets/Students/Others temperature is checked at entry gate
  o Equipment required for the class is preset up
  o After entry cadets/students are directed to appropriate deck area and waits for instructions
  o Swimmer flow is specified by the diagrams (updated diagrams forthcoming)

• Deck:
  o Equipment required for class is preset up
  o 6 foot minimum required always including while in pool

• Dressing Rooms:
  o 3 separate changing areas in each locker room (3 persons maximum)

• Restrooms:
  o 2 restroom changing areas in each locker room (2 persons maximum)

• Showers:
  o 2 outdoor showers (2 persons maximum)

• Exit:
  o After changing, exit at far gate by diving boards

Aquatics Covid-19 Marine Survival Protocols
Fall/Spring DL-105 Class Flow
Session 1

Maximum Cadets
10 per class

Staffing
Covid-19 DL-105 Classes require 6 Lifeguards
  ● 2 Lifeguards
  ● 2 Rescue Swimmers
  ● 1 Emergency Responder/Break Lifeguard
  ● 1 Covid-19 Lifeguard

Covid-19 Safety Procedures
  ● Required procedures are demonstrated/described to cadets
  ● Masks are worn until cadets are directed to enter the water
  ● Cadets are separated by a minimum of 6 feet

Skills
Treading Water
Pass Criteria
  The cadets head must remain above the water for the duration of the test.

Process
  ● Required procedures are demonstrated/described to cadets
  ● Cadets enter pool feet first
  ● Cadets are directed to leave the wall and stay afloat for the duration of the test
  ● Rescue swimmers ensure a 6-foot distance between cadets is maintained
  ● At the conclusion of the test, cadets return to their designated location
Using Clothes as Flotation

Pass Criteria
The cadets inflate specified clothing using an approved inflation method and uses the clothing for flotation

Process
- Required procedures are demonstrated/described to cadets
- Cadets enter water feet first
- Cadets remove garment(s) used in the drill
- Cadets inflate garment
- Cadets use garment for flotation

Using A PFD
Pass Criteria
The cadet properly dons the PFD on deck and in water. The cadet successfully swims a designated distance underwater while towing a PFD

Process
- Required procedures are demonstrated/described to cadets
- Cadets don PFD
- The PFD is verified it fits properly
- Cadet enters water feet first and waits at wall for instructions
- Cadets doff PFD
- Cadets hold PFD aloft to verify it is removed
- Cadets swim underwater and tow the PFD the designated distance
- Cadets don the PFD in water
- Instructor verifies skill was properly executed
- Cadets return to designated location

Enter water from Platform wearing PFD
Pass Criteria
The cadets must use an appropriate method of stepping off the platform and enter water feet first while maintaining control of the PFD

Process
- Required procedures are demonstrated/described to Cadets
- Cadets are separated by a minimum of 6 feet
- Cadets secure the PFD to keep it from riding up their body with their arms and hands
- Cadets look straight ahead
- Cadets step off platform
- Cadets enter pool feet first
- Upon surfacing, cadets float on their back and return to the designated location

Aquatics Covid-19 Marine Survival Protocols
Fall/Spring DL-105 Class Flow
Session 2

Maximum Cadets
10 per class

Staffing
Covid-19 DL-105 Classes require 6 Lifeguards
- 2 Lifeguards
- 2 Rescue Swimmers
- 1 Emergency Responder/Break Lifeguard
- 1 Covid-19 Lifeguard
Covid-19 Safety Procedures
- Required procedures are demonstrated/described to cadets
- Masks are worn until cadets are directed to enter the water
- Cadets are separated by a minimum of 6 feet

Skills

Swim in Survival Suit
Pass Criteria
The cadets lie back on water and paddle successfully across the pool (50 yards)
Process
- Required procedures are demonstrated/described to cadets
- Cadets enter pool feet first
- Cadets are directed to paddle to the other wall and return
- Rescue swimmers ensure distance between students is 6 feet
- At the end of the test, cadets return to their designated location

Formation Swim in Immersion Suit
Pass Criteria
The cadets link appropriately to other student in caterpillar formation and paddle successfully across the pool (50 yards)
Process
- Required procedures are demonstrated/described to cadets
- Cadets enter pool feet first
- Cadets link to each other, ankle to armpit
- Cadets paddle width of pool and return
- At the end of the test, cadets return to their designated location

Descend Jacob’s Ladder in Immersion Suit
Pass Criteria
The cadets descend the Jacob’s Ladder and enter the raft safely
Process
- Required procedures are demonstrated/described to cadets
- Cadets climb down the ladder into raft
- Students avoid putting hands on rungs
- At the end of the test, cadets return to their designated location

Exit Platform into water
Pass Criteria
The cadets step off platform and maintain proper posture
Process
- Required procedures are demonstrated/described to cadets
- Cadets ascend tower
- Cadets stop off and enter pool feet first
- Cadets surface and enter raft at designated location
- At the end of the test, cadets return to their designated location

Students flip and enter raft
Pass Criteria
The cadets successfully flip the raft and climb in
Process
- Required procedures are demonstrated/described to cadets
- Cadets enter pool
- Cadets flip the raft
- Cadets properly exit from under raft
- Cadets enter boat
- Cadets exit boat
- At the end of the test, cadets return to their designated location
Aquatics Covid-19 *SPEL Protocols

Class Flow

Maximum Students
10 per class

Staffing

Covid-19 DL-105 Classes require 6 Lifeguards
- 2 Lifeguards
- 2 Rescue Swimmers
- 1 Emergency Responder/Break Lifeguard
- 1 Covid-19 Lifeguard

Covid-19 Safety Procedures
- Required procedures are demonstrated/described to students
- Masks are worn until students are directed to enter the water
- Students are separated by a minimum of 6 feet

Skills

Treading Water
Pass Criteria
The students head must remain above the water for the duration of the test

Process
- Required procedures are demonstrated/described to students
- Students enter pool feet first
- Students are directed to leave the wall and stay afloat for the duration of the test
- Rescue swimmers ensure a 6-foot distance is maintained between students
- At the conclusion of the test, students return to their designated location

Using Clothes as Flotation
Pass Criteria
The students inflate specified clothing using an approved inflation method and uses the clothing for flotation

Process
- Required procedures are demonstrated/described to students
- Students enter water feet first
- Students remove garment(s) used in the drill
- Students inflate garments
- Students use garment for flotation

Using A PFD
Pass Criteria
The students properly don a PFD on deck and in the water. The student successfully swims a designated distance underwater while towing a PFD

Process
- Required procedures are demonstrated/described to students
- Students don PFD
- The PFD is verified it fits properly
- Students enter water feet first and waits at the wall for instructions
- Students doff PFD
- Students hold PFD aloft to verify it is removed
- Students swim underwater and tow PFD the designated distance
- Students don PFD in the water
- Instructor verifies the skill was properly executed
Students return to designated location

Enter water from platform wearing PFD

**Pass Criteria**
The student must use an appropriate method of stepping off the platform and enter water feet first while maintaining control of the PFD

**Process**
- Required procedures are demonstrated/described to student
- Students are separated by a minimum of 6 feet
- Students secure the PFD to keep it from riding up their body with their arms and hands
- Students look straight ahead
- Students step off platform
- Students enter pool feet first
- Upon surfacing, students float on their back and return to the designated location
- The student links appropriately to other student in caterpillar formation and paddles successfully across the pool (50 yards)

Don Survival Suit

**Pass Criteria**
The students don the immersion suit in under 60 seconds

**Process**
- Required procedures are demonstrated/described to students
- Students put on immersion suit in the approved manner
- After test, students return to the designated location

Formation Swim in Immersion Suit

**Pass Criteria**
The students correctly execute Formation Swim

**Process**
- Required procedures are demonstrated/described to students
- Students enter pool feet first
- Students link to each other, ankle to armpit
- Students paddle width of pool and return
- After test, students return to the designated location

Step off tower in PFD or Immersion Suit

**Pass Criteria**
The student steps off platform using approved method

**Process**
- Required procedures are demonstrated/described to students
- Students ascend ramp, maintaining 6 foot spacing
- Students step off tower
- Students enter water safely
- Students swim to raft and enter
- After test, students return to the designated location

Students flip and enter raft

**Pass Criteria**
The student successfully flips the raft and climbs in

**Process**
- Required procedures are demonstrated/described to students
- Students enter pool
Students flip the raft
Students properly exit from under the raft
Students enters raft
Students exit raft
After test, students return to the designated location

Intramurals and Recreation

**Participant Protocols:**

- All participants should be wary of social distances during contests and should try to maintain as much social distancing as possible during play at breaks in play.
- Masks **must** be worn in group gathering areas (e.g. in dugouts, by coaches, by spectators.)
- Masks are recommended for players / participants during play to reduce exposure.
- Participant’s hands must be washed immediately before competition and immediately after competition.
- Hand sanitizer breaks during competition will be scheduled at intervals depending on activity.
- All athletic equipment will be cleaned at prescribed intervals, time-outs, breaks in play and at beginning and conclusion of contests by officials.
- Contest supervisors should always wear masks and carry a supply of hand sanitizer.
- Participant’s temperature will be taken immediately prior to contest by contest official. If individuals participating in sporting activities show symptoms, have a temperature of 100.4 degrees or higher, or are sick, they must be sent home.
- Do not share snacks or water, except in emergency situations.
- Use personal equipment such as bats, mitts, rackets, etc., as much as possible.
- No spitting, sunflower seeds spitting, and purposeful expulsion of body fluids is allowed on the field of play.
- Any bodily fluid spilled on play surface or team gathering area must be immediately cleaned and disinfected before further play.
- All athletes, coaches, and officials must bring their own water bottles to team activities. Team water coolers for sharing through disposable cups **are not allowed.** Fixed water fountains will be used.
- No handshakes, fist bumps, or high fives before, during or after games and practices. Limit unnecessary physical contact with teammates, other athletes, coaches, officials, and spectators.

A variety of outdoor programming is being explored based on safe space, equipment, and cadet interest from a survey that is being prepared in collaboration with ASG.

**Intercollegiate Sailing and Recreational Boating**

**Covid-19 Return to Activity Guidelines for Fall 2020**

Cal Maritime’s Department of Sailing and Recreational Boating plans to adopt a model of extreme flexibility as we navigate returning to on the water activities with respect to the challenges of Covid-19.

In order to accommodate health and safety concerns while providing access to the joys of spending time on the water we recommend the information, suggested modifications/investments, and proposed protocols detailed in this document guide a return to these activities on campus.

The following bodies govern the sport of sailing, as well as advise on recreational boating. Their documents and organizational decisions have guided all suggestions in this proposal. Cal Maritime Sailing and Recreational Boating, inclusive of coaches, staff, and cadets, will comply with all guidelines provided at the time by the sport’s governing bodies as well as those determined by the CSU System and the Cal Maritime campus.

- **Intercollegiate Sailing Association (ICSA)**
  - Document: College Sailing Recommendations for return to Fall Sailing 2020
It is no secret that sailors are a social bunch. For many, the greatest draw to the sport comes from the multigenerational network it engenders and lifelong access to high level Corinthian competition. Special consideration has been made to provide cadets with a social outlet through the lens of sailing while taking advantage of the benefits of its low contact “socially distanced” nature.

My favorite word, as many Cal Maritime sailors are well aware, is hwyl. This Welsh colloquialism has no direct English translation and instead references a feeling: the mutually shared joy and excitement of being under sail, together. It is the goal of Cal Maritime Sailing and Recreational Boating to continue to foster this feeling among cadets and the greater campus community through access to activities on the water, as well as virtual engagement when necessary, in the spirit of hwyl during this unpredictable time.

Assuming on the water activity is approved, the following general guidelines will apply to all Sailing and Recreational Boating activities:

- All faculty, staff, and cadets will comply with state, local, and campus Covid-19 health and safety requirements for hygiene, social distancing, and face coverings at all times, on and off the water.
- In addition to daily campus screenings, those engaging in sailing or recreational boating will be asked to self-screen symptoms and document any off campus travel before participating.
- The Sailing Container, which acts as locker room, storage, remote department office, and workshop, will:
  - be off limits to cadets for personal storage of gear.
  - Cadets will be asked to come to the waterfront ready to sail and expected to store their gear (foulies, pfds, shoes, gloves etc.) in their rooms when not in use.
  - be marked with appropriate signage limiting capacity to comply with social distancing and reminders of campus Covid-19 hygiene protocol.
  - be opened fully for adequate ventilation when in use and securely locked when not in use.
  - have hand sanitizer readily available for cadets and staff you use upon arrival, and often, while participating in activities where washing with soap and water is not readily available.
- All high touch areas of the Sailing Container will be wiped and disinfected daily upon opening and closing of the area.

General Guidelines for J22 Keelboat Use:
- The decks and high touch areas on the J22s will be cleaned and rinsed before and after each use.
- Sails, gas can, and required safety equipment will be assigned to its respective vessel and be stored onboard.
- No more than three souls will occupy a J22 in a normal situation at a time in order to accommodate social distancing measures on board.

General Guidelines for Coach Boat/Safety Boat (RIB) Use:
- The RIB (and/or Whaler, when in use) will be rinsed before and after each use.
- No more than two souls will occupy the RIB in a normal situation and no more than three souls will occupy the Whaler in a normal situation in order to accommodate social distancing measures on board.
General Guidelines for Dinghy Use:
- All blades and tillers for dinghies will be assigned and stored in their respective boats so not to incur additional contact with more individuals and to diminish the need for storage in and access to the Sailing Container.
  - Boats, blades, and tillers will be cleaned and rinsed before and after each use.
  - All rigging will be staggered to accommodate social distancing on the docks so that no two neighboring boats are being rigged by skipper and crew simultaneously. This practice will apply inversely when returning to the dock for de-rigging.
  - Dinghy sails will continue to be stored in the Sailing Container to prevent UV damage to the fabrics. Specific storage locations will be assigned to avoid confusion and to avoid excessive handling.

Additional Notes/Details:
- There will be no fleet rotation during on campus events, unless a multi-day event allows for a new boat draw every day of a series.

Intercollegiate Sailing:
In compliance with the ICSA and PCCSC there will be no inter-sectional or in-conference competition for the Fall 2020 collegiate sailing season. All Fall 2020 National Championships at this time have been moved to occur alongside the Spring 2021 National Championship schedule.

On campus training is approved by the ICSA/PCCSC at the discretion of the institution. Assuming on the water training is approved, in addition to the general guidelines listed above, the following guidelines will apply for Sailing Team practice during Fall 2020:

Dinghy (cFJs)
- Sailors (skippers and crews) will be assigned as a pair to a specific boat in the fleet for the entire season so contact and cleaning can be monitored.
- If paired sailing is not approved, the cFJs will be re-rigged to accommodate singlehanded sailing.
- Practice times will be spread out between days of the week and time to increase the opportunity to get time on the water with your partner and to decrease the overlap with other pairs during rigging and de-rigging on land.

Match Racing
- When match racing in dinghies there will be no change in pairings. Assigned dinghy pairings will remain the same.
- When match racing in J22s (this is preferable for skill development) teams of three will be assigned for the entire semester with effort to keep dinghy pairs together.

Team Racing
- Assigned dinghy pairs will remain the same for team racing practices.
- Team racing practice will be deliberately scheduled and dock traffic during rigging and de-rigging will be directed and monitored for social distancing and adherence to campus health and safety protocols.

Singlehanded
- It is my suggestion that the school invests in 3-5 lasers to increase access to on the water and allow for high level on campus competition.
- Sailors would be assigned to a specific boat for the season to monitor cleaning any overlap in usage.
- Singlehanded practice will be scheduled to avoid overlap and dock traffic and accommodate social distancing.

Offshore
- All Fall 2020 ICSA/PCCSC, local US Sailing, and World Sailing events Cal Maritime Sailing has traditionally participated in during the fall semester have been postponed. Although isolated, I am not of the opinion that this activity would be able to allow for social distancing at this time.

Women’s
- There will not be additionally assigned women’s pairings for the Fall 2020 semester.

Chalk Talks/Team Meetings/Workouts
• All weekly chalk talks, presentation, workouts and team meetings will take place either outdoors with respect to social distancing or in the zoom format.

**Recreational Boating:**

Assuming recreational activity is approved, in addition to the general guidelines listed above, the following guidelines will apply for recreational boating during Fall 2020:

**Open Sail / Check-out**

- Campus community members qualified through the sailing director to sign out boating equipment (j22s, kayaks, stand up paddleboards etc.) for recreational use may do so during open sail time.
- All cadets, faculty, and staff must go through a thorough orientation of campus Covid-19 Health and Safety procedures for use of recreational equipment following the guidelines listed above before they renew their eligibility to sign-out equipment for the 2020-2021 school year.
- Sign-out, symptom checks, cleaning, maintenance, and scheduling records will make note of all pairing combinations with the expectation that pairs identify themselves and sail exclusively together throughout the semester.
- Kayaks and SUPs and paddles available for individual use will be rinsed before and after use.

**Beginner Sailing Course Offering:**

- Beginner Sailing has traditionally been a Fall and Spring Course offering on campus available to all cadets. The course in the past has listed space for 8 cadets with a minimum of 3 cadets enrolled for the class to run.
- Seeing as with social distancing measures in place the maximum number of suggested sailors per J22 is three, I would suggest that learn to sail opportunities for the Fall 2020 be migrated to a non-academic option that mirrors something more similar to a volunteer community sailing program.
- A pair of cadets who have shared schedule availability would register with the Sailing Director and schedule a time with either the Sailing Director or a fellow student who is a qualified skipper on campus and holds a US Sailing Level 1 certification to commit to their mutually available time week to week to go for a sail together. I feel this not only would safely allow for connection and sustaining of personal value during this time of isolation, but also allow cadets to share their knowledge and passion for the sport with each other.
- This structure would also allow cadets to request lessons in dinghies which has not been available outside of the sailing team in the past.

**Flexible and Virtual Options:**

In addition to approved on the water activities and in the event on the water activities are not approved we are prepared to offer the following virtual activities related to Sailing and Recreational Boating on the Cal Maritime Campus:

- **Basic Keelboat Lecture Series (zoom)**
  - Offer classroom portion of the US Sailing curriculum for cadets interested in learning the basic of sailing so they are prepared when return to recreational on the water activity is approved.
- **Weekly Chalk Talk (zoom)**
  - Weekly on the water tactical scenario sessions discussed and debated through the racing rules of sailing. Sailors get heated and love debating the rules that govern our novel self-policing sport. All sailors interested in better understanding the Racing Rules of Sailing and how to perform when you are called in front of the protest committee, can learn from these sessions.
- **Evening Virtual Regatta Series “Moonlight Madness”**
  - 10pm weeknight zoom & virtual regatta series.
    - We held a zoom and regatta series throughout the spring semester which was a hit! Even without the restriction of Covid-19 I get the impression from all of the requests that cadets would like to keep this going. The weekly virtual event garnered invitation requests from other campus faculty, alumni, non-sailing roommates, parents, and the occasional younger sibling all who missed the comradery of post sailing banter of the yacht club docks.
Intercollegiate Crew Teams
Covid-19 Return to Activity Guidelines for Fall 2020

This plan includes guidelines only for the fall semester and only for Marine Engineers, Facility Engineers, Mechanical Engineers, and Marine Transportation majors who will be learning virtually and face to face. Business, Global Studies, and Oceanography majors will be learning virtually in the fall, though they will be involved in workouts remotely to maintain team morale and continuity.

With regards to crew, Cal Maritime only practices and races in team boats (pairs, fours, and eights), so any resumption of on-the-water rowing will have to follow the campus, county, and state guidelines. This document borrows from US Rowing guidelines, as well as guidelines in place for other boathouses, with variations, available at https://usrowing.org/sports/2020/3/4/usrowing-coronavirus-information-and-updates.aspx.

*Until team boats are allowed on the water, I would recommend moving the ergs to campus to the small gym in PEAC. Students carpool to the boathouse, and they are typically encouraged to fill the cars to reduce the number of cars driving. There is no way to social distance in those carpools, and masks may not provide the full level of protection that they necessary to limit the spread of COVID-19. Moving the ergs to campus would eliminate the need to carpool to practice.

General Guidelines

- Training will focus on a “get in, train, get out” approach, minimizing unnecessary contact.
- Individuals will maintain physical/social distancing of at least six feet in all areas when physical/social distancing is required. If possible, separate entrances and exits will be created to optimize social distancing.
- Masks will be worn in and around the boathouse and on the dock and in any other crew training facilities. Masks can be removed when working out or once on the water (once allowed) but will be put back on when completing a workout or returning to the dock. Masks will be worn in addition to physical/social distancing. Students can bring plastic Ziplock bags for on-the-water storage of masks.
- Athletes, coaches and staff will arrive to the practice facility wearing a mask and wear masks when not engaged in practice activity. We will follow all campus and local requirements regarding the wearing of masks.
- Coaches will maintain physical distancing as much as possible while coaching, and will wear face masks for the duration of practice except when riding alone in coaching launches (when on-the-water rowing is allowed).
- Athlete, coach and staff health will be monitored according to campus policies.
- All athletes, coaches and staff will sanitize or wash their hands with soap for at least 20 seconds upon arrival and will follow hand-washing protocols regularly.
- Communal spaces (such as bathrooms), will still be available, but anyone using them will wash or sanitize hands when entering and leaving those spaces. Commonly touched areas, such as door handles, locks, hoses, water spigots, etc., will be disinfected regularly.
- Athletes will be encouraged to carry small containers of hand sanitizer to use after touching potentially contaminated surfaces if no soap or water is available.
- Personal items will remain in the individuals’ vehicle or be spread out in the boathouse or other facility so as not to touch others’ personal items. Any racks or shelves used to store personal items will be disinfected before and after every use.
- The coaches will manage the number of athletes attending practice to ensure that social distancing guidelines are met.

Health Monitoring

- Any individual (athletes, coaches, and staff) returning to the boathouse or to a training environment will follow campus clearance protocol prior to participating in any workout.
• Any individual known to have been exposed to a person who has been sick and/or diagnosed with COVID-19 must self-report to a coach if the rower was physically present at the boathouse within the prior 14 days, and the individual must follow campus protocol and be cleared before returning.
• All individuals should self-monitor for symptoms of COVID-19 daily and follow campus protocol to be cleared to participate. If their temperature is 100.4 degrees or over, or if they display any other symptoms, the person should not come to the boathouse.
• Coaching staff should be provided with one or two no-contact thermometers for additional checks, if required.

On-the-Water Training (When Allowed)

• As physical/social distancing guidelines are relaxed, the crew team will use the following standards published by US Rowing and by the campus.
• US Rowing recommendations are:
  o Training in team boats may resume when the local infection rate is less than 50 new cases per 100,000 people in total for the last seven-day period. US Rowing recommends that organizations determine their rate by county. The best way to calculate this number is to divide the total number of cases in the last seven days by the county’s population and then multiply by 100k.
  o If Solano County’s infection rate is near the recommended case limit and in an upward trend, Cal Maritime crew will consult with school officials before moving to rowing in team boats.
  o To the extent possible, crew team members will row in the same training groups each day to limit cross-group exposure.
• The crew team will follow state and/or local guidelines pertaining to the marina and waterway in the operation of on-the-water training.
• There are two options for carrying oars to and from the dock. 1) The athlete will carry their specific oar to and from the dock. 2) Designated rowers will take oars to and from the dock in bulk to reduce the number of people in the boat bay.
• Athletes will minimize the use of shared equipment. In the case of shared equipment, such as cox boxes, the equipment will be wiped down with disinfectant before and after use.
• All oars should be wiped down with disinfectant before and after use.
• When launching/landing, physical/social distancing will be maintained when possible, particularly with people not on that specific boat.
• Contact points on the shell (oarlocks, seats, riggers, etc.) will be wiped down with disinfectant after every use.

Indoor Facility Use

• The operation of our boathouse or any other indoor facility used primarily by the crew team will follow campus and local guidelines.
• The operation of the weight room, and any other general facilities, will follow protocol established by the campus.
• Ergs and any other indoor equipment will be spaced at least twelve (12) feet apart and will be staggered so athletes are not in the slipstream of someone directly in front of them.
• All ergs and equipment will be wiped down with disinfectant before and after every use. No exceptions. To assist in this, each erg will have its own container of disinfectant stationed nearby to reduce groups of athletes going to one area for disinfectant.
• When possible, doors and windows will be opened to increase ventilation in rooms. The use of fans will be avoided.
• Athletes will come prepared to work out and leave the facility when finished. Personal gear (e.g., bags, clothes, water bottles, etc.) will be placed close to the erg to eliminate a common bag area.
• When meeting with coaches, physical/social distancing will be maintained. Masks should be worn by all parties.
• If possible, one entrance will be used for access to facility and another one for exit.
• Hand sanitizer (preferably automatic dispensers) should be provided at all entrances and exits.
Additional Details/Issues

- Allow for two shifts of rowers, particularly for erg workouts, so that every athlete has an erg. This may mean two afternoon shifts, or one morning shift and one afternoon shift.
- Plainly number each erg and assign each athlete to a particular erg to use throughout the season. There will be instances where an erg is used by more than one person, but the assignment of ergs should reduce the chances of cross-contamination.
- Oars will be individually numbered and assigned to rowers. There will be instances where an oar is used by more than one person, but the assignment of oars should reduce the chances of cross-contamination.
- Develop both F2F and virtual workout plans to be able to provide options for virtual athletes and to stagger the number of people in F2F workouts.
- Utilize a team workout app, or google sheet, to monitor F2F and virtual workout.
- Have team captains and boat leaders to help develop accountability for each group of rowers.
- Assign coxswains to specific groups of rowers, if possible, to develop better boat camaraderie and respect.
- Organize regular Zoom meetings with boats to help analyze workouts, build teamwork, and keep morale high.
- Put together video review sessions, particularly for erg workouts, to critique and compare technique.
- If enough ergs, have a loan program for those learning virtually and living outside commuter distance from campus.
- If no fall racing on the water, arrange erg competitions with other schools, either through Concept 2 or live, if possible.
- Will recommend that everyone takes at least a brief mental health training at the beginning of the year.

Intercollegiate Water Polo Teams
Covid-19 Return to Activity Guidelines for Fall 2020

Until required, conditioning, individual ball skills, individual skills are the focus of practices. Shooting at goals/goalies and passing between teammates will be limited and focus upon wet passes (not direct from player-to-player) to limit handling of balls between players.

As COVID stages and schedules allow, shooting and passing become normalized and form a major part of the practice, as we approach zero cases of infected individuals.

There must be a minimum distance of 6 feet between individuals. If this is not possible the maximum number of individuals in the pool will be decreased until proper social distancing is reached. Vulnerable individuals should not participate in workouts/activities. Equipment must be cleaned and disinfected, when feasible, before and after use.

Video Examples of Drills Easily Modified for COVID distancing:
https://americanwaterpolo.org/training-tip-of-the-week/

Support for Water Polo Safety:
While the risk of disease transmission can never be zero, studies have shown water polo is the least risky of team sports, as indicated by the following study:


“Italian university Politecnico di Torino has collaborated with the Italian National Olympic Committee (CONI) to release a more-than-400-page report detailing its findings about which sports are safest in a coronavirus-plagued world and which are most dangerous. The study lists 387 sport disciplines that have been categorized from 0 to 4 depending on the risk of COVID-19 spread. On the scale, 0 represents non-existent risk, 1 weak rise, 2 medium risk, 3 high risk, and 4 very high risk. Among the factors considered are the conditions for training, competition, and public presence.

According to the study, sports that fall into the 0 category, with ‘almost no possibility’ of spreading the infection, are disciplines like sailing, open water swimming, golf, and tennis.
Categories 0 and 1, the lowest-risk sports, are all individual sports, though some of these sports that are a 0 during training are rated as a 3 during competition due to the number of athletes that participate.

In terms of team sports, water polo, in category 2, has been deemed to have the lowest risk of spreading the virus. The study says that the presence of chlorine, while not eliminating the risk (since the virus can spread directly from player to player without contacting the water), does make it the least-risky team sport. Chlorine kills the coronavirus.”

**US Water Polo Association Statement:**

USA Water Polo recognizes that the coronavirus has been affecting different parts of the country in different ways and with different timing. Therefore, we understand that clubs in some cities and states may be able to return to the pool sooner than others. Return to practice is the first step towards the new normal.

No matter the scenario, there will most likely be restrictions to team sports. With regards to water polo as a team sport, any resumption of practices or competition need to follow the state, county and campus guidelines.

**Adjustments to Fall 2020 Season Scheduling from CWPA:**

- CWPA Practice Permitted Start Date for Fall Sports Men’s Water Polo TBD
- CWPA Competition/Games Permitted Start Date for Fall Sports TBD
- Number of Tournaments Reduced TBD
- Championship Tournament Date TBD

CWPA has not announced whether there will be a Fall Water Polo season. Mid-August is the current timeline for a decision.

**Practice Protocol:**

All players must arrive/transport themselves in a mask/protective face covering when walking to/from the Aquatics Center for practices or meetings. Upon arrival, each cadet will have his/her temperature checked (<100.4°F) and COVID questionnaire administered for record keeping, by a trained professional. If a temperature is >100.4 or symptoms are detected, staff or athlete will not be allowed to practice or train and must self-quarantine and seek medical attention at the Cal Maritime health center. The cadet will remain out of training/competition until the medical staff advises that he/she can return.

Hand sanitizer should be used upon entry and exiting the aquatics center. A personal hand sanitizer is recommended and should be used upon entering and exiting the Aquatics center. We can have a station for general use, but the recommendation is that players and staff carry their own supply.

**Pool Set-up & Training Content for Social Distance Training/Return to Play/Injury Prevention:**

Local CDCs and other Water Polo governing bodies recommend 3-4 weeks of training in a set group to establish a consistent social bubble. The training should emphasize injury prevention and return to play protocols; since many athletes may not have trained in an individual or team environment for several months due to COVID restrictions. A maximum of two players in each lane for swim sets, each player ending up on opposite ends of the pool. Team water bottles are no longer issued to any player or team. Each player should bring their own water bottle (filled) and place the water bottle at the edge of the pool deck. Each player will be designated their own personal water polo ball to use during the return to play social distance/technical training ie; technical drills. The coach is responsible for the placement and pick up of all water polo equipment. Steps will be taken to disinfect all equipment at the end of/prior to the start of each training session. (Includes water polo balls, caps and goals).

The coach will run drills that encourage injury prevention while building a cardio base for return to play. Dynamic/Static stretching, conditioning and technical drills with/without the water polo ball; designed to help players return to game play in a gradual manner. Return to play practices will incorporate tactical drills while maintaining the social distance protocols; minimum of 6 feet apart. The players will wear a mask/face covering to the edge
of the pool, remove the mask/face covering and place into a plastic bag (personal), then enter their designated lane assignment. When exiting the pool, the player will don the face mask/face covering and exit the Aquatics center. **All COVID guidelines the Aquatics Center has in place, will be followed.**

After 2 weeks of social distance return-to-play and injury prevention training, we can begin to incorporate the following: Implement non-contact exercises like passing and shooting drills that use a *shared water polo ball*. All equipment will be sanitized by the coach, post-training. All arrival and departure protocols will remain in place including masks during transport, temperature checks, questionnaire and self-hydration.

After 2 weeks of social distance training involving a shared ball, we can begin to incorporate more contact drills and situational water polo drills; to assist in the preparation for return to competition. Any equipment used that is shared such as water polo balls and caps will be sanitized daily by the team and coach. All arrival and departure protocols will remain in place.

**Team Meetings:**

Players should arrive/transport themselves in a mask/protective face covering when walking to/from the meeting site. Team meetings will be held outdoors with social distancing protocols in place whenever possible. When/if social distancing cannot be maintained; the players and coach will wear a mask/face covering.

If a team meeting must be indoors, the following protocol will be employed:
Upon arrival, daily individual player and staff temperature checks and COVID questionnaire for record keeping and contact tracing. If a temperature >100.4 or symptoms are detected, the coach or athlete will not practice or attend meeting and will self-quarantine and seek medical attention at the Cal Maritime health center. The cadet will remain out of training/competition until the medical team advises that he/she can return to play.

Players will be pre-assigned to a socially distanced desk spot in the Keelhauler Conference room/Wet room for all meetings taking place; such as film sessions, team tactical discussions or home tournament game day preparation. The meeting room and individual stations will be sanitized before and after team use.

**Cardio/Weight Room Training:**

Whenever possible, cardio or weight room training sessions can and should be modified to be outside on the pool deck or modified strength workouts to include body weight exercises with a HIIT/Plyometric focus.

If an indoor cardio/weight room facility must be used, then the social distancing protocols of that facility will be implemented including but not limited to standard arrival protocols of all players and staff to include temperature checks and COVID questionnaire. All external equipment and stations used should be sanitized before and after use. Efforts to maintain social distancing; will be enforced by the Cardio/weight room staff.

**Team Home Games:** *(Upon approval)*

Team meeting protocols as described above will be employed for all pre-game activity. Game day temperature checks (>100.4) and COVID questionnaire will be administered for both home and away tournament games. Temperature checks and COVID questionnaires administered for all referee’s/student staff entering the Aquatics center, for game day services.

At this juncture, until further information from the CWPA can be provided, we imagine games will remain without fans unless proper COVID protocols are administered to all fans entering the facility and proper social distancing measures are employed in all fan areas at the Aquatics center. At this time, fans are not allowed to attend any tournament games.

**Team Travel:**

Currently, the Sierra Pacific Conference does not have a schedule for tournament play. A normal season consists of two regular season tournaments and one championship tournament.
Normally, one tournament is hosted at Cal Maritime and the other two at different school locations.

Team travel occurs in rental vans, to and from the tournament site. Game day travel protocol would follow training day protocol, with temperature checks and COVID questionnaire for accurate record keeping. It may be necessary to keep face coverings in place while riding or driving the vans. Maintaining social distancing while traveling in vans, will require more van rentals, which is an added expense to Cal Maritime Water Polo.

Plan for Virtual Training, in the Event that Fall Sports Are Cancelled or moved to the Winter:

In the case that the Fall 2020 sports season is cancelled or pushed back to winter or spring seasons, virtual meetings will be administered. These sessions could be two to three virtual physical training sessions incorporating technical work, injury prevention, strength and plyometric training that are water polo specific, as well as an avenue for student/athlete discussions. These virtual sessions can be led by the coach or through an approved YouTube training video, specific to Water Polo. We normally practice five days a week, we could meet virtually between 1-2 times per week.

These virtual meetings will provide an avenue for team building and an emotional outlet for the student/athletes. The coach will update all athletes concerning return to play protocols and timelines. The coach will set up training videos or assign Water Polo dryland training segments, weekly to all players.

Intercollegiate Cross-Country Teams
Covid-19 Return to Activity Guidelines for Fall 2020

This plan is being developed with the assumption that cross country will be allowed to compete during the Fall 2020 season. It is contingent on campus, county, state, and conference approval. This plan is subject to change as new information regarding COVID-19 is developed. The top priority of this plan is and will continue to remain the health and safety of our student athletes, staff, and administration.

General Guidelines:

- All student-athlete cadets and coaches will be required to follow campus and department policies in order to mitigate the risk of disease transmission
- All student-athlete cadets and coaches will be educated and trained on campus and department policies, general hygiene strategies, signs and symptoms of COVID-19, and personal responsibility to ensure the safest possible environment in which to train and compete
- All cross-country personnel will wear a face mask when engaged in team activities apart from physical training. Any individual showing up for a practice or competition without the proper PPE will be sent home
- Warmups and team announcements / discussion will be done with proper distancing between individuals (minimum 6 feet distance)
- Social distancing while running will be strictly adhered to. We will stagger our practice starts to allow for proper spacing. Student-athlete cadets will be allowed to pass each other during training but will not be allowed to run side by side.
- Individuals will be required to bring their own personal water bottle to practice. Sharing water bottles will be strictly prohibited. Individuals showing up to practice or competition without their water bottle will be sent home.
- Personal items will be spaced such that when student-athlete cadets retrieve their belongings, they will maintain proper social distancing.

Travel Considerations:

Practice Options

- If transportation is limited to competitions only-
  - Training will be limited to Cal Maritime campus and surrounding area
• Bridge runs into Crockett to access trail runs will be based on time availability due to the distance needed to get to the trails
  • If Transportation is allowed within 10-15-minute drive from campus
    • The team will travel via state funded vehicles or personal owned vehicles (POV’s)
    • Masks will be required of all drivers and passengers
      • Consider the need for passengers to wear face shields as well to further mitigate risk
      • Driver would not be required to wear a shield due to possible driving impediment
    • The team will utilize trails at:
      • Benicia State Park
      • Benicia Community Park
      • San Pablo Trail on Mare Island
      • Pier Park in Crockett

Intercollegiate Basketball Teams
Covid-19 Return to Activity Guidelines for Fall 2020

**Conditioning/Training:**

• All equipment will be disinfected and sanitized before and after every practice.
• All players will wear a mask into the gym and can only remove when training begins.
• All players will wash their hands before entering the gym. There will be hand sanitizer available at the entrance.
  • Each player will get one ball for skill work, no balls will be shared.
  • Skill work and/or conditioning stations will be spread out around the court to maintain social distancing. 1 player per station.
  • When doing shooting drills, 1 player per basket.
  • Outdoor conditioning—we will maintain social distancing. Masks will be worn before and after conditioning.

**Practice:**

• All equipment will be disinfected and sanitized before and after every practice.
• All players will wear a mask into the gym and can only remove when practice begins.
• All players will wash their hands before entering the gym. There will be hand sanitizer available at the entrance.
• Skill work and/or conditioning stations will be spread out around the court to maintain social distancing. 3 players per station max.
  • Skill work, passing drills, group work will limit 3 to a group.
  • Shooting drills, 3 players per basket.
  • Will spend more time working on plays visually, playbooks.
  • Will work on plays with no defense.
  • Will limit full contact, 5 on 5, to less than 30 minutes a practice.
  • Film will be watched in a space with where social distancing is able and all players will wear masks.

Intercollegiate Soccer Teams
Covid-19 Return to Activity Guidelines for Fall 2020

This plan for women’s and men’s soccer is developed in preparation for any of three options for soccer in the fall 2020 semester:
All students have face-to-face classroom instruction
Only a percentage of students have F2F instruction, with others learning virtually
All students are learning virtually

No matter the scenario, there will most likely be restrictions to team sports. With regards to soccer as a team sport, any resumption of on-the-field practices or competition will have to follow the campus, county, and state guidelines. This document borrows from US Club Soccer, NAIA, NCAA and ECNL return-to-play protocol as well as guidelines designed by the CSU Maritime Athletic Training Staff. The guidelines indicated below will be adjusted according to campus, local, and state requirements at the time, and are applicable to coaches, staff, and athletes.

**Adjustments to Fall 2020 Season Scheduling from NAIA:**

NAIA Practice Permitted Start Date for Fall Sports/W/M Soccer: August 15, 2020
NAIA Competition / Games Permitted Start Date for Fall Sports/W/M Soccer: TBD
Number of Competitions / Games Reduced for Soccer to 14
Post-Season & Championship Play is being planned for Spring 2021

**Field Practice Protocol:**

- Players should arrive / transport themselves in a mask / protective face covering when walking to/from practice site
- Upon arrival, daily individual player and staff temperature checks (<100.4°F) and Covid questionnaire for record keeping and contact tracing.
- If a temperature or symptoms are detected, staff or athlete will not train and self-quarantine and seek medical attention at the CSUM health center and will remain out of training / competition until medical team advises they can return.
- Hand sanitizer should be used upon entry and leave-taking of the field. We can have a station for general use, but it will be recommended that players and staff carry their own supply.

**Field Set-up & Training Content for Social Distance Training / Return to Play / Injury Prevention:**

- Local CDCs and other soccer governing bodies recommend 3-4 weeks of training in a set group to establish a consistent social bubble. This training should emphasize injury prevention return to play protocol since athletes may not have training in an individual or team environment in several months due to the Covid break.
- Each player will have their own gear station at the field, 10 yards from other players marked by a cone. This will serve as the player’s spot to drop / change into gear.
- Players will be escorted to Bodnar Field House in social distance format to fill up personal water bottles for the training session. We will no longer use team water bottles. Each player will be issued their own water bottle to use for the season (Customary), but we will no longer use a team jug for refilling purposes. Each player will refill and maintain their own bottle.
- After water / hydration is secured, players / staff will return to gear spot and remove / secure their facial coverings for training.
- Players will be designated their own personal ball to use during the return to play social distance / technical training
- Coaching staff will be responsible for placement and pick-up of all cones and field gear. Steps will be taken to disinfect all equipment at the end of / prior to the start of each training. [Includes balls, bibs, cones, any flags or field markers].
- Initial social distance training will allot for each player to have they own technical area 10 yards in between them and the next player
- Coaches will run drills that will encourage injury prevention while building a fitness base to return to play. Dynamic stretching, technical footwork with and without the ball, running with the ball over short and longer distances, core work, speed, agility and quickness, and plyometric exercises designed to help players return to game play in a gradual manner.
• Return to play sessions can also incorporate tactical / game shape exercises that will help the athletes return to the
tactics of the game while maintaining a social distance framework of at least 10 yards apart.
• At the end of the sessions, players will return to their gear spot to change / pack up their own gear.
• After 2 weeks of social distance return-to-play and injury prevention training, we can begin to incorporate the
following amongst the now-established social bubble of the team:
• All arrival and departure protocol will remain in place including masks during transport, temperature checks and
questionnaire, self-hydration, and gear drop.
• Slowly implement non-contact exercises like passing in lines, passing patterns, and combination drills, crossing,
finishing, clearing, etc. that use a shared ball.
• All equipment will be sanitized by staff post-training.

After 2 weeks of social distance training involving a shared ball, we can begin to incorporate more contact play and small
sided game play in order to prepare for a return to competition after September 5, but more likely mid to late September
or early October per the new Cal Pac schedule. Each player will have multiple colored bibs assigned to them for their
personal use throughout the session. These will be distributed at each player’s gear spot at the start of the session. Any
equipment used that is shared such as bibs or balls will be cleaned and sanitized daily by the staff. All arrival and
departure protocol will remain in place. Team will avoid close huddles and circles of players that are not socially
distanced (use center circle as guide). Team will not give high-fives and avoid hugs or other familiar or celebratory
contact to maintain proper social distancing.

Team Meetings:
• Players should arrive / transport themselves in a mask / protective face covering when walking to/from practice
site
• Team meetings will be held outdoors with social distancing protocol in place whenever possible--either using the
center circle as a guide or player’s gear drop spots.
• If a team meeting must be indoors, the following protocol will be employed:
• Upon arrival, daily individual player and staff temperature checks and Covid questionnaire for record keeping and
contact tracing.
• If a temperature or symptoms are detected, staff or athlete will not train and self-quarantine and seek medical
attention at the CSUM health center and will remain out of training / competition until medical team advises they can
return.
• Players will be pre-assigned to a socially distanced desk spot in the Keelhauler Conference room for all meetings
taking place there such as film sessions, team tactical talks or home game day preparation. The room and individual
stations will be sanitized before and after team use.

Cardio / Weight Room Training:
• Whenever possible, cardio or weight room training sessions can and should be modified to be outside on the track
and / or modified strength workouts to include body weight exercises with a SAQ / Plyometric focus with very
limited use of external equipment.
• If an indoor cardio / weight room facility must be used, then the social distancing protocol of that facility will be
employed including but not limited to: standard arrival protocol of all players and staff to include temperature checks
and Covid questionnaires.
• All external equipment and stations used should be sanitized before and after use.
• Efforts to maintain social distancing and space between participants and spreading out in the facility or using
stations or circuit training will be employed in the design of the session.
• Using small group vs. whole team training models should a practice need to be indoors.

Planning for ALL Virtual Instruction & Virtual Team Training, in the Event that Fall Sports Are Suspended

In the case that F2F instruction is not resumed for fall or spring at CSUM, our Cadet-Athletes with a traditional fall
season will be immediately and directly affected in their ability to participate in co-curricular activities and have access
to their usual physical, social and emotional outlets of support on campus. It will become the role of the coaching staff to
help monitor the physical, mental and emotional health of their teams in the wake that we cannot resume in-person
practice or play for Fall-Spring 2020. I highly recommend that team training, both physical, tactical, mental and psychological continue in the virtual / Zoom realm. While we usually practice or compete in 6 days of the week, we could keep a similar cadence and at least meet over zoom between 4-6 times per week. These sessions could be two to three virtual physical training sessions incorporating technical work, SAQ, Injury prevention, strength and plyometric that are sport specific and led by the coach. Two of the sessions could incorporate tactical training or learning and teaching the game via virtual presentations on white board, chalk talks, tactical analysis involving watching film, etc. A third component could be to focus on the mental and emotional well-being of the team and focus a session on team and leadership development or other group activities that stress the importance of mental and emotional health and focus on team building and effective leadership within a team. This ongoing connection is essential to maintaining the viability of team sports here at Cal Maritime and specifically to Women’s Soccer in its infancy, and the introduction of a new head coach still TBD on the men’s side. This ongoing contact and team building will be necessary to maintain the recruits we have and provide a framework in which to operate so we can be functional when we DO return to the field.

**Intercolligate Rugby Team**

**Covid-19 Return to Activity Guidelines for Fall 2020**

**Rugby levels of contact:**
- No contact practices.
- Flag Rugby (no/low contact).
- Limited Contact Practice (when allowed).
- Full Rugby Practice and Games (high contact, when allowed).

**Participant Safety:**
- All participants should be wary of social distances during contests/practices and should try to maintain as much social distancing as possible. 3-meter distance separation will be maintained.
- Players will practice in set pods of 5 and 10 in order to limit team-wide exposure.
- Participant’s temperature will be taken immediately prior to contest/practice by designated official before entering Bodnar Field. If individuals participating in sporting activities show symptoms, have a temperature of 100.4 degrees or higher, or are sick, they must be sent home. The name of the individual will be taken and forwarded to Director of Athletics immediately.
- Practice time starts will be staggered if needed in order to accommodate large number of athletes.
- Masks must be worn in group gathering areas. (e.g. on sidelines, by coaches, players,)
- Masks are recommended for players during play/practice to reduce exposure.
- Participants hands must be washed immediately before competition/practice and immediately after.
- Hand sanitizer breaks during competition/practice will be scheduled at intervals depending on activity.
- Hand sanitizer will be provided but each participant should carry their own supply.
- All athletic equipment will be cleaned at prescribed intervals, time-outs, breaks in play and at beginning and conclusion of contests/practice.
- Contest supervisors/coaches should always wear masks, nitrile gloves and carry a supply of hand sanitizer.
- Do not share snacks or water.
- Use personal equipment as much as possible.
- No spitting and purposeful expulsion of body fluids is allowed on the field of play.
- Any bodily fluid spilled on play surface or team gathering area must be immediately cleaned and disinfected before further play.
- All student-athlete cadets, coaches, and officials must bring their own water and drinks to team activities. Team water coolers for sharing through disposable cups are not allowed. Fixed water fountains should not be used.
- Avoid shaking hands, fist bumps, or high fives before, during or after games and practices. Limit unnecessary physical contact with teammates, other athletes, coaches, officials, and spectators.
Flag Rugby Game and Contest Protocols:

- All flag rugby contests will be limited to 7-minute halves and have no more than 5 players per side to help with disease exposure.
- 1/2 the typical rugby field will be used for the flag rugby game.
- All activity equipment must be disinfected after contest by contest officials/coaches.

Intercollegiate Golf Team
Covid-19 Return to Activity Guidelines for Fall 2020

This plan is being developed with the assumption that cross country will be allowed to compete during the Fall 2020 season. It is contingent on campus, county, state, and conference approval. This plan is subject to change as new information regarding COVID-19 is developed. The top priority of this plan is and will continue to remain the health and safety of our student athletes, staff, and administration.

General Guidelines:

- All student-athlete cadets and coaches will be required to follow campus and department policies in order to mitigate the risk of disease transmission.
- All student-athlete cadets and coaches will be educated and trained on campus and department policies, general hygiene strategies, signs and symptoms of COVID-19, and personal responsibility to ensure the safest possible environment in which to train and compete.
- All golf personnel will wear a face mask when engaged in team activities apart from physical training. Any individual showing up for a practice or competition without the proper PPE will be sent home.
- Warmups and team announcements / discussion will be done with proper distancing between individuals (minimum 6 feet distance)
- We will stagger our tee starts to allow for proper spacing.
- Individuals will be required to bring their own personal water bottle to practice. Sharing water bottles will be strictly prohibited. Individuals showing up to practice or competition without their water bottle will be sent home.
- Personal items will be spaced such that when student-athlete cadets retrieve their belongings, they will maintain proper social distancing.

Travel Considerations

Practice Options:

- Off campus practice:
  - Training will be limited to approved golf courses.
- If Transportation is allowed within 10-15-minute drive from campus:
  - The team will travel via state funded vehicles or personal owned vehicles (POV’s)
  - Masks will be required of all drivers and passengers
    - Consider the need for passengers to wear face shields as well to further mitigate risk
    - Driver would not be required to wear a shield due to possible driving impediment.
References


Center for Disease Control “Considerations for Institutions of Higher Learning.”


Institution for Health Metrics and Evaluation. “COVID-19 Resources”
http://www.healthdata.org/projects


Sacramento State Draft COVID Planning Guide