# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>A Phased Approach</td>
<td>3</td>
</tr>
<tr>
<td>Phase 1: June 15</td>
<td>3</td>
</tr>
<tr>
<td>Phase 2: Target date of June 22</td>
<td>3</td>
</tr>
<tr>
<td>Phase 3: Target Date of July 15</td>
<td>3</td>
</tr>
<tr>
<td>Phase 4: Week of August 3</td>
<td>3</td>
</tr>
<tr>
<td>General Safety Practices</td>
<td>4</td>
</tr>
<tr>
<td>Face Masks</td>
<td>4</td>
</tr>
<tr>
<td>Physical Distancing</td>
<td>4</td>
</tr>
<tr>
<td>Personal Sanitation Measures</td>
<td>4</td>
</tr>
<tr>
<td>Cleaning and Disinfecting Protocols</td>
<td>4</td>
</tr>
<tr>
<td>Additional Safety Protocols</td>
<td>4</td>
</tr>
<tr>
<td>Preparticipation Medical Assessment</td>
<td>5</td>
</tr>
<tr>
<td>COVID-19 Screening</td>
<td>5</td>
</tr>
<tr>
<td>Guidelines for Returning Student-Athletes</td>
<td>5</td>
</tr>
<tr>
<td>New Student-Athletes Return to Campus</td>
<td>5</td>
</tr>
<tr>
<td>Athletic Training Room (ATR) Protocols</td>
<td>6</td>
</tr>
<tr>
<td>Daily Screening Requirements</td>
<td>6</td>
</tr>
<tr>
<td>COVID-19 Ongoing and Daily Screening Guidelines</td>
<td>6</td>
</tr>
<tr>
<td>Scheumann Stadium, Venderly Football Team Center, and</td>
<td>6</td>
</tr>
<tr>
<td>Briner Sports Complex Access</td>
<td>7</td>
</tr>
<tr>
<td>Worthen Arena Access</td>
<td>7</td>
</tr>
<tr>
<td>Facilities</td>
<td>8</td>
</tr>
<tr>
<td>Weight Room Protocols</td>
<td>8</td>
</tr>
<tr>
<td>Facility and Equipment Access for Voluntary Activities</td>
<td>8</td>
</tr>
<tr>
<td>Locker Rooms</td>
<td>8</td>
</tr>
<tr>
<td>Laundry</td>
<td>9</td>
</tr>
<tr>
<td>Meals/Beverages</td>
<td>9</td>
</tr>
<tr>
<td>Housing</td>
<td>9</td>
</tr>
<tr>
<td>Mental Health</td>
<td>10</td>
</tr>
<tr>
<td>Cardinals Care Pledge</td>
<td>10</td>
</tr>
</tbody>
</table>
Ball State’s policies and plans to bring our student-athletes back to campus for practices are aligned with the latest guidance from government agencies, public health officials, and the Centers for Disease Control and Prevention (CDC). Additionally, policies developed for University athletic activities are primarily informed by the references noted below. This pandemic presents a constantly-evolving and dynamic situation, and the University’s policies and plans are continually monitored and updated.

Core Principles of Resocialization of Collegiate Sport: NCAA, Sport Science Institute
Resocialization of Collegiate Sport: Action Plan Considerations, NCAA Sports Science Institute
Coronavirus Disease 2019 (Covid-19): Considerations for the Competitive Athlete
NSCA; Covid-19 Return to Training, Guidance on Safe Return to Training for Athletes
Ball State University's Return to Campus Plan

I. A Phased Approach

Ball State Athletics will follow a phased approach in returning student-athletes to campus, allowing for a controlled increase in density. All athletic activity permitted in these phases will occur within the safety guidelines outlined throughout this document.

A. Phase 1: June 15
   • Voluntary workouts (Fisher Football Training Complex)
     ▪ Football — initial group of approximately 30-35 student-athletes (those currently residing in Muncie)

B. Phase 2: Target date of June 22
   • Voluntary workouts (Fisher Football Training Complex)
     ▪ Football — Begin allowing an additional 20-30 football student-athletes per week.
   • Voluntary workouts (Worthen Arena)
     ▪ Initial group of approximately 30-45 athletes (basketball and fall sports provided first opportunity)

C. Phase 3: Target Date of July 15
   • Team pre-season practice — Football
   • Voluntary workouts (Worthen Arena)
     ▪ Allow additional 30-45 athletes (fall sport and local participants from winter and spring sports teams)

D. Phase 4: Week of August 3
   • NCAA preseason practices — fall sports (volleyball, soccer, field hockey and cross country)
   • Voluntary Workouts (Worthen Arena)
     ▪ Consider allowing additional opportunities for winter and spring sports.

NOTE: All target dates are subject to change based on medical guidance. All participation is considered voluntary until otherwise permissible per NCAA rules.
II. General Safety Practices

A. Face Masks
Based on CDC guidance, all participants should wear face coverings (i.e. masks) at all times, especially when physical distancing measures are difficult to maintain.

- Student-athletes and staff must wear a face mask while in all athletic facilities unless participating in physical activity or otherwise directed by the athletic training staff.
- Student-athletes will be provided with a minimum of two face masks for their daily use.

B. Physical Distancing
Based on CDC guidance, all student-athletes and staff must practice physical distancing (at least six feet apart) at all times.

C. Personal Sanitation Measures
Based on CDC guidance, all student-athletes will be reminded to wash their hands as much as possible, especially prior to and after using equipment, receiving medical treatment, and before and after workouts. Alcohol-based hand rub (ABHR) sanitizer should be used frequently when hand washing is unavailable and will be readily available throughout all athletic facilities.

D. Cleaning and Disinfecting Protocols
The University has implemented significant cleaning and disinfecting measures which will be coordinated for Athletics by Sports Recreation and Facilities staff.

- Deep cleaning has recently occurred in all campus facilities.
- All athletic facilities and equipment will be cleaned and disinfected on a daily basis and at regular intervals throughout the day in high-use areas.
- An electrostatic disinfecting sprayer is used where appropriate in locker rooms, shower areas, weight rooms, and other facilities.
- Additional cleaning measures will be taken if the University is notified that an individual with a positive diagnosis of COVID-19 was, or currently is, on campus.

E. Additional Safety Protocols

- All CDC and State of Indiana guidelines regarding group gathering size and maximum room capacity, based on physical distancing, should be followed.
- Student-athletes should be trained in cohorts, and documentation of groupings should be kept for contact tracing.
- All athletic-related activities should be scheduled in a way to reduce interactions between multiple groups, and to limit the number of individuals entering and exiting in the same time period.
- All student-athletes, coaches, and staff should refrain from physical contact such as high-fives and handshakes.
- All student-athletes and staff members will be required to sign the Ball State Cardinals Care Pledge, committing to practice all safety guidelines prior to participation. The Pledge is available to review at the end of this plan.
III. Preparticipation Medical Assessment

A. COVID-19 Screening
A physician from the on-campus Amelia T. Wood Health Center (Health Center), and members of the athletic training staff, will conduct COVID-19 screenings that will:

1. Determine if the participant has been sick or is currently sick.
2. Evaluate the likelihood that the participant has been exposed to COVID-19.
3. Determine if the participant has been tested for COVID-19 and if the test was negative or positive.
4. Determine where the participant has recently traveled, where they traveled from prior to returning to Muncie, and what mode of transportation was used.
5. Determine if the participant is at high risk for severe illness if they contract the virus and whether additional precautions should be in place for the participant or if medical clearance should not be provided.

B. Guidelines for Returning Student-Athletes
- Complete the Athletic Training System (ATS) Survey (general medical), XLNTbrain baseline concussion assessment, and the Ball State Travel/Exposure form up to two weeks prior to planned return to campus activities. Submission of an additional form upon arrival may be required.
- Health Center physicians and athletic training staff will conduct a COVID-19 screening.
- Any testing, quarantine, or other restrictions recommendations will be determined by a Health Center physician.
- Current Indiana guidelines require 14 days of self-quarantine for those arriving from international locations. Following the quarantine period, student-athletes will be reassessed by a Health Center physician or a member of the Ball State athletic training staff.

C. New Student-Athletes Return to Campus
All new incoming Ball State student-athletes are required to receive a physical from the Health Center.

Due to COVID-19, those procedures are as follows:

- All student-athletes have been emailed directions to complete an athlete profile in ATS, IU Health Virtual Visits app, Ball State Travel/Exposure form, and the XLNTbrain baseline concussion assessment.
- Once all the above requirements have been met and reviewed by the Ball State athletic training staff and the Health Center staff, the student-athlete will be contacted by the Health Center to schedule a virtual visit.
- The virtual visit will consist of a review of a general medical history questionnaire and a review of family medical history, including but not limited to a history of mental health disease and disorders, cardiopulmonary disease and disorders, orthopedic injury, vision disease and disorders, and women’s health disease and disorders.
- Once the student-athlete has cleared initial COVID-19 screening, the Health Center will schedule in-person physical examinations with priority given to the July 1 and July 15 incoming athletes. The Health Center will dictate the specific procedure for entrance, registration, and exam. At this appointment, a Ball State athletic trainer will administer an EKG test, to be reviewed by Dr. Michael Emory of the Cleveland Clinic, and administer the XLNTbrain baseline test.
The new incoming student-athlete will then be cleared for participation, barring any COVID-19 high-risk factors or any other medical risk factors identified by the Health Center.
- Any testing, quarantine, or other restrictions recommendations will be determined by a Health Center physician.
- Current Indiana guidelines require 14 days of self-quarantine for those arriving from international locations. Following a quarantine period, student-athletes will be reassessed by a Health Center physician or athletic training staff member for clearance to return to activity.

IV. Athletic Training Room (ATR) Protocols
- Due to the locations of the ATRs inside the Fisher Football Training Complex and Worthen Arena, an additional temperature check will be required to enter an ATR. Additional questionnaires will not be required.
- A temperature of 100.4 or above indicates a student-athlete will not be permitted to participate in athletic activity and additional medical guidance will be provided.
- Once inside the ATR, the student-athlete will be given the proper Personal Protection Equipment (PPE) surgical mask, if necessary. Physical distancing protocols will be followed unless medical treatment dictates otherwise.
- Each ATR facility will follow the appropriate capacity recommendations.
- Appointments will be scheduled in 45-minute blocks, with a 15-minute cleaning window.
- Appointments should be made prior to lifting and practice times.
- Maps that show a specific travel path upon entry and, until exit, are provided in educational materials, and participants must pay attention to directional signage developed to promote physical distancing.
- All daily cleaning and sanitization will be completed in accordance with CDC guidelines.

V. Daily Screening Requirements
All athletic staff, student-athletes, or other individuals entering an athletic facility will be required to have their temperatures and symptoms monitored daily prior to entering the facilities.

In the event that any student-athlete, at any time, reports COVID-19 symptoms with or without an abnormal temperature, the Health Center will be notified. Student-athletes should NOT come to any campus facility until receiving further instruction from the Health Center. A virtual appointment will determine further evaluation, reporting, and quarantining update recommendations.

A. COVID-19 Ongoing and Daily Screening Guidelines
- Prior to entering the designated facilities, a daily health screening will be required including temperature checks. Each individual will be verbally screened by a staff member at the designated entry point. Individuals will receive authorization to enter the facility or referral to the Health Center.
- A temperature of 100.4 or above indicates a student-athlete will not be permitted to participate in athletic activity and additional medical guidance will be provided.
- If there is a potential or identified risk from the screening, we will follow the plan set forth by local public health and/or medical direction.
• Testing for COVID-19 will be coordinated by the Health Center if there is a suspected case.
• If there is a confirmed case, confirmed exposure, potential exposure, or illness associated with COVID-19, the person’s on- and off-campus history will be tracked and reported.
• No visitors to athletic facilities will be allowed until a future agreed upon date.

B. Scheumann Stadium, Venderly Football Team Center, and Briner Sports Complex Access
• The only entry point and screening location for football, soccer, field hockey, or track facilities will be located in a tent outside Gate 4 of Scheumann Stadium.
• This location will serve as the daily health screening location for any student-athlete or staff entering these facilities.
• Entrance to a facility will only be allowed for student-athletes during designated days and times based on training days and times.
• An athletics staff member will conduct the required daily screening and temperature check. A sign-in log will be kept for contact tracing purposes.
• After receiving authorization to enter the facility or field space, student-athletes will immediately wash their hands at the designated location before proceeding.
• Maps that show a specific travel path upon entry and, until exit, are provided in educational materials, and participants must pay attention to directional signage developed to promote physical distancing.
• Face masks should not be worn while engaged in physical activity. They are required to be worn at all other times while inside the athletic facility and outdoors when physical distancing guidelines are not practical.

C. Worthen Arena Access
• The only entry point and screening location for use of any space within Worthen Arena will be located in a tent outside the north doors at Gate 1.
• This location will serve as the daily health screening location for any student-athlete or staff entering the facility.
• Entrance to the facility will only be allowed for student-athletes during designated days and times based on training days and times.
• An athletics staff member will conduct the required daily screening and temperature check. A sign-in log will be kept for contact tracing purposes.
• After receiving authorization to enter the facility or field space, student-athletes will immediately wash their hands at the designated location before proceeding.
• Maps that show a specific travel path upon entry and, until exit, are provided in educational materials, and participants must pay attention to directional signage developed to promote physical distancing.
• Face masks should not be worn while engaged in physical activity. They are required to be worn at all other times while inside the athletic facility, and outdoors when physical distancing guidelines are not practical.
VI. Facilities

A. Weight Room Protocols

- All athletes must wash their hands immediately prior to entering the facility. Hand sanitizers will also be available throughout the facility to be used during training.
- Weight room access will be by group-assigned times slots or appointment only, and appropriate physical distancing and group gathering guidelines will be followed.
- Each piece of equipment will be cleaned following each use, and 15 minutes between training groups should be allowed for sanitization.
- Outdoor training space will be utilized whenever possible to include field space and the use of outdoor tents.
- All staff are required to wear face masks in the facility and outdoors when working with student-athletes.

B. Facility and Equipment Access for Voluntary Activities

- Only student-athletes identified and screened as part of the return to campus activities can participate in voluntary activities on University grounds or in University facilities.
- Voluntary workouts are only permitted at designated and scheduled times.
- Student-athletes will enter at designated entry points and complete the daily health screening process.
- Student-Athletes must wash their hands immediately prior to engaging in the activity.
- Only activities that allow for physical distancing guidelines to be followed are permitted until further guidance is issued.
- All equipment and facilities will be appropriately cleaned and sanitized daily and between uses in accordance with CDC guidelines.

C. Locker Rooms

- All locker rooms, with the exception of football, will remain closed during the voluntary workout period, prior to the commencement of team practice.
- The football locker room will remain open and used as the designated restroom for student-athletes in that building.
  - Showering at the facility will be prohibited until further guidance is provided.
  - Physical distancing guidelines must be followed, and masks will be worn at all times.
  - Student-athletes may use their assigned locker to store their cell phone, keys, or other personal items during workouts.
  - No loitering in the locker room will be permitted.
- Locker rooms will be sanitized daily in accordance with CDC guidelines.
VII. Laundry

- All towels and apparel will be washed in accordance with recommended CDC guidelines.
- Bins will be designated for dirty laundry in select locations, and laundry chutes at both equipment room locations may be used.
- Daily laundry service in Worthen Arena will only be provided for student-athletes once team practices are permitted.
  - Student-athletes will be directed to change clothes in the designated location at the facility that allows for physical distancing or change clothes at their place of residence and return their laundry loop the following day.
- Laundry service will be permitted at the Fisher Football Training Complex during the voluntary workout phase.
  - Student-athletes will be directed to change clothes in the designated location at the facility that allows for physical distancing or change at their place of residence and return their laundry loop the following day.

VIII. Meals/Beverages

- Until official preseason practice begins, daily meals remain the responsibility of the student-athlete.
- Supplemental, occasional, or preseason meals will be provided, individually boxed or prepackaged. No buffet or self-service options will be permitted.
- Fueling stations may only contain prepackaged snacks, supplements, and beverages. No snacks and beverage distribution is permitted in locker room areas.
- Community coolers, water fountains, or beverage dispensers will be prohibited.

IX. Housing

- Student-athletes with on-campus housing contracts will be permitted to move in per the following:
  - No earlier than July 1, and in accordance with the phased Return to Practice Plan, student-athletes in the sports of football and basketball returning for summer practice activities will be allowed to move in to their assigned dorm.
  - Student-athletes participating in fall sports will have their move-in date aligned with the start of preseason training camp.
  - All other student-athletes will follow the University’s freshman Orientation plan.
  - All move-in dates and room assignments will be coordinated through the assigned athletic staff member.
  - Student-athletes with housing contracts arriving from international locations who are required to quarantine for 14 days per CDC and Indiana guidance, will be permitted to move in upon arrival.
- Student-athletes who reside off-campus will review living arrangements with their assigned athletic trainer and will receive general safety education to support a safe living environment. Additional education will be provided for student-athletes arriving from international locations who will be required to self-quarantine.
X. Mental Health
All mental health issues that may arise from a student-athlete will be handled through the student-athlete’s own mental health counselor or the Ball State Counseling Center and Health Center. Telehealth visits with the Counseling Center are currently being offered and can be scheduled as needed. Per the Student Athlete Resource Group (SARG), any student-athlete that presents to an athletic trainer, sport coach, or strength and conditioning coach with a mental health issue will be referred per current SARG protocols. Members of the SARG team can be contacted for assistance with any mental health issue.

XI. Cardinals Care Pledge
Consistent with the Beneficence Pledge, guided by our enduring values, and grounded in more than 100 years of history, Ball State University is committed to social responsibility. We view social responsibility as our collective and individual obligation to behave and act in ways that are in the best interest of others in our communities and our society.

Now more than ever, it is important for all of us to focus on civility, courtesy, compassion, and dignity, and seek to understand one another by genuinely caring for each other.

With our nation confronting the COVID-19 pandemic, we must rise to the occasion by being responsible for ourselves and each other during these unprecedented times.

We are asking all members of the Ball State community to take the Cardinals Care Pledge.

I pledge to:

Care for Myself
- I will monitor my health on a daily basis and, when appropriate, I will seek professional care to prevent and treat COVID-19 symptoms.
- I will cover my cough and my sneeze, and I will wash my hands often.
- If I suspect I have symptoms of COVID-19, I will promptly communicate with staff and healthcare professionals who can help me manage my health.

Care for Other Cardinals
- I will wear a mask to help mitigate the spread of COVID-19 and to protect others.
- I will maintain physical distancing and stay home if I feel sick or if I believe I’ve been exposed to someone who has COVID-19.
- I will inform my instructors and fellow students who may be counting on me to complete courses and academic goals.

Care for Our Campus and Community
- I will educate myself regarding regulations, requirements, and guidelines that I need to be aware of as part of the campus and community.
- I will abide by protocols set by businesses and other organizations to help mitigate the transmission of COVID-19.
- I will participate in educational programs to help take care of myself and others and demonstrate respect and compassion for those around me.