

Health & Safety Guidelines for Skidmore *Club Sports* In-Person Gatherings

Based on the Campus Life and Engagement Spring 2021 Plan, club sports must act in accordance with the following guidelines:

Phase 1: February 1-14, 2021*

Safer start and rebuilding the bubble.

- No in-person club meetings, events, or practices.
- All SGA and OLA sponsored, off-campus travel will be suspended for the Spring 2021 semester.

Phase 2: February 15-28, 2021*

We will begin to expand the co-curricular experience, while still closely monitoring the impact of those decisions on the campus community.

- Club sports may begin to train together in person, but **cannot practice or engage in play. Use of shared objects is prohibited. No competition or travel is permitted.** Club Sports should refer to the Fall 2020 Club Sports Guidelines (outlined below) throughout Phase 2.

Phase 3: March 1, 2021-end of Semester*

We will continue to expand the co-curricular experience, while closely monitoring the impact of those decisions on the campus community.

- Club Sports may begin to engage in in-person practice and play with pre-approval. Use of shared objects is permitted with a pre-approved plans for sanitizing equipment. Participants must continue to be masked and maintain a distance of at least 6 feet while practicing/playing. **No competition or travel is permitted.**

Examples of the difference between *practice* and *fitness training* can be found below. This is not an exhaustive list; when in doubt, reach out to the Office of Leadership Activities before proceeding. Please note that these are just the Club Sports specific guidelines. **You should also review the CLE Spring 2021 plan for more detail on protocols for all clubs.**

Fall 2020/Spring 2021 Phase 2 Club Sports Guidelines:

- Groups training together must be small (no more than 20, or fewer depending on space capacity)
- Socially distances by at least 6 feet, but ideally up to 12 feet apart
- Masks must be worn at all times
- No individual contact
- No shared objects (i.e. balls, frisbees, etc).

Practice v. Fitness Training

Fitness Training (**Permitted beginning February 15th***)

(In all examples below, participants must be properly masked and social distanced by 6-12 feet)

- Plyos
- Burpees
- HIIT Workouts
- Push Ups
- Running Stairs

Practice (**Permitted until March 1st***)

- 60-120 minute sessions
- Closer contact (i.e. 6 ft apart, plays, throws, cuts, talking, etc).
- Shared objects (i.e. balls, frisbees, etc.)
- Groups practicing together must be small (no more than 20, or fewer depending on space capacity)

* We will advance through these phases only if we remain at Alert Level 1 or 2. If we move to Alert Level 3, we will review Phases.

- <https://www.skidmore.edu/campus-planning/alerts.php>

Please note that all guidelines are subject to change at any point in the semester. If there are any changes as we move forward, the Office of Leadership Activities will share those updates with clubs as promptly as possible.