

UT Tyler Campus Protocols

The University of Texas at Tyler continues to balance the real and perceived healthcare needs of our community members with the educational and physical mission of the University.

The information contained in this document is intended to guide the efforts of all students, faculty and staff to conduct themselves in a manner that creates a culture that sustains a healthy and safe campus environment.

Campus protocols will continue to be informed by external factors, including governmental directives; local public health data; guidelines from the Centers for Disease Control and Prevention (CDC); local education, community and business response status; and internal UT Tyler infection rate trends.

UT Tyler has developed a layered mitigation approach to allow an adapted response to local factors and incorporate the latest information (science) on how best to maintain the safest operations possible throughout the fall semester. This approach was designed for the maximum benefit of student learning with the intent of remaining face to face as much as possible. During times where infection rates are high in the community, the plan will help faculty, staff and students to change the response to the highest level of concern. The methods used for mitigation of spread are varied and outlined throughout this document in response to concerns about spread of the virus on campus. The best two ways to protect yourself and others near you is to get vaccinated and get tested if you have symptoms. This document is designed to help share the methods that will be used but may be subject to change as necessary to help control the spread of the virus that causes COVID-19.

Academic Calendar

The university will actively monitor campus and local conditions. Should conditions warrant, the university may determine a shift to remote learning or work environment to promote campus safety.

Space Guidelines

Space capacity varies based on CDC physical distancing guidelines. The UT Tyler Office of Environmental Health and Safety (EHS) continuously reviews space guidelines for compliance with CDC recommendations. Physical distancing is encouraged in all spaces.

- University facilities such as classrooms, meeting rooms, conference rooms and event spaces are only available through reservation.
- Furniture adjustments will be made in all rooms across campus, as needed, to adhere to physical distancing best practices.
- Furniture modifications, queuing adjustments and physical barriers may be placed in dining facilities.
- Common area furniture may be limited to prevent bottlenecks and provide adequate physical distancing space.
- Physical barriers (i.e. Plexiglas) may be installed at all service points on campus.
- Exercise facilities/equipment may be limited to comply with CDC physical distancing recommendations.

Meetings

- Community members are encouraged to meet virtually.
- Offer virtual options for all meetings, activities or events when meeting in person.
- Align meeting space with current CDC physical distancing guidelines. Facilities Management will assist with reconfiguration of spaces when in person meetings are necessary.

Signage Protocols

Signs are prominently displayed encouraging healthy practices such as physical distancing, face coverings and proper hygiene.

- Signage will reflect guidance from the CDC.
- Signage will be placed at every major entrance to campus buildings.
- Campus digital signage will be used.
- Signage will be created for spaces that require PPE (i.e. labs, team-based learning, etc.).
- Temporary signage will be provided to indicate the reduced occupancy limit for all rooms on campus, when necessary.

Campus Cleaning

- All campus spaces will be regularly disinfected with a CDC-approved disinfectant.
- Targeted disinfection will be done in identified areas of concern.
- Frequent disinfection will be done on high touchpoint surfaces (door handles, elevator buttons, computer lab keyboards, exercise equipment, etc.).
- Commercial disinfectant wipes and cleaning supplies will be provided in all classrooms.

Food Services

- Food service will operate normally but will follow recommended protocols for physical distancing.
- Mobile Ordering is available/encouraged when accessing campus food service to reduce wait times and to reduce crowding during peak service hours.
- Outdoor furniture will be positioned to allow for physical distancing while dining.

Travel (Students, Faculty and Staff)

Travel related to domestic or international involving Study Abroad, research, conference and travel to and from high-impact areas will be evaluated based on current CDC guidelines. It is recommended that discretionary, non-essential travel be curtailed until further notice.

- Domestic travel
 - Domestic travel will be allowed on a case by case basis. All domestic travel requests must follow the current process and approval from the appropriate dean or vice president should be attached to the travel authorization in PeopleSoft.
- International travel
 - All international travel (including Study Abroad) is considered high risk travel. International travel will be evaluated on a case by case bases. Requests must be submitted through the appropriate travel approval process for consideration by International Oversight Committee (IOC).

COVID-19 PREVENTION AND REPORTING

Face Coverings

Face coverings are expected indoors. The CDC recommends wearing face coverings as an additional layer of protection especially in areas with high or substantial transmission...

The following guidelines apply:

- Students, faculty, staff and visitors will be expected to wear face coverings when inside University buildings.
- Students, faculty staff and visitors will be strongly encouraged to wear face coverings when outdoors and physical distancing is difficult.
- Face coverings are not expected when alone in an office or in assigned residence hall rooms.
- Accommodations will be available for individuals with religious, medical or other concerns, which will be processed through the Office of Human Resources (faculty and staff), the Office of Student Accessibility and Resources for student medical/disability-related need and the Office of the Dean of Students for religious-related accommodation requests.

Event Guidelines and Checklists

- To host student events on campus, hosts must:
 - Require students, faculty and staff to check-in with their UT Tyler ID via Patriots Engage. Check-in alternatives can be submitted to the Department of Student Engagement.
 - Student Organizations must be fully registered before event can take place.
 - Request space through Astra.
 - Utilize CDC recommended best practices: maintain physical distancing, the use of face covering is expected, use hand sanitizer frequently and frequent hand washing
- Food policies
 - Pre-packaged meals
 - No self-serve options
 - Food will be distributed by the host organization or department. Gloves and face coverings are expected.
 - Food stations must be thoroughly cleaned before and after food distribution.
- The Department of Student Engagement in collaboration with Environmental Health and Safety may impose additional safety measures for student events based upon the scope of the event or activity.
- The university reserves the right to cancel an activity at any time in the event there is a health & safety concern.

Other Preventative Measures

- Touch-free hand sanitizer stations are located across campus in all major buildings; please use when handwashing is not available.
- Plexiglas barriers are installed at service areas across campus and are available upon request for employees who regularly interact with people at their workstations.
- Physical distancing (at least 3 feet) should be observed in queuing locations.

Training Protocols

- The university will provide as necessary training for all community members regarding best practices and recommendations from the CDC and local and state health authorities. Additional public health awareness information will be readily available on the COVID-19 Procedure website.
 - How-to modules (i.e. short, specific videos), selected and maintained by the Office of Environmental Health and Safety.
 - How to employ/utilize personal protective equipment effectively
 - How to recognize COVID-19 symptoms in self and others
 - How to maintain appropriate physical distance
 - How students can keep living areas clean and sanitized
 - How University employees can maintain safe work areas
 - Appropriate University response for reported COVID-19 exposure
 - Specific how-to guidelines for University personnel responsible for sanitizing areas for which a COVID-19 exposure has been reported
 - Best practices training modules
 - Maintaining appropriate distancing in the classroom and common areas
 - When is it appropriate to wear a face covering?
 - Tips and tools for employees working remotely
 - Effective approaches to managing a remote workforce
- Access The University of Texas Educational Assistance Program UTEAP training and resources by logging on to uth.edu/uteap/employees/index.htm resources center.
- Continue development of training protocols for specific areas (i.e. visitors to campus, University Academy, etc.), as conditions change, as new CDC guidelines are issued and as new University policies are established.
- Continue development of specific training content for managers, department chairs and supervisors on establishing effective work accommodations for faculty and staff by the Office of Human Resources.

Recognizing Signs and Symptoms

COVID-19 cases continue in our area with the omicron variant being the most common cause. Unvaccinated people remain the greatest concern and are at greatest risk for illness and disease complications.

- All employees and students will perform a self-check for COVID-19 symptoms prior to reporting to class or work. Symptoms of COVID-19 include:
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea

- Individuals who exhibit COVID-19 symptoms should contact the COVID Hotline at 903.565.5999 or submit the online report at covid.uttyler.edu.
- Persons in quarantine due to exposure to COVID-19 will perform daily self-checks for symptoms and contact medical help to be tested if they suspect symptoms are developing.

Testing

- UT Tyler will make testing available to students, faculty and staff who exhibit symptoms or who believe they have come in contact with someone diagnosed with COVID-19.
- Test site information may be found at uttyler.edu/coronavirus.

Contact Tracing

- UT Tyler maintains a centralized contact tracing program, which involves identifying individuals who may have come in contact with an infected person, documenting information and notifying individuals of exposure so appropriate quarantine measures can be implemented. The Intake Team coordinates the contact tracing protocol, which includes:
 - Centralized campus program administration for all COVID-related reporting to prevent and manage cluster events.
 - Mandatory contact tracing training, for all contact tracers, selected members of the Office of Human Resources and all members of the Covid-19 Response Team (CRT).
- Students will be assisted by the Dean of Students and Case Management during the period of isolation or quarantine.

Protocol for Unvaccinated Individuals

Reporting Positive Test Results

- Students, faculty and staff who test positive for COVID-19, whether from a test at an on-campus or off-campus location, should immediately self-report this information via the COVID-19 hotline, 903.565.5999, or by completing the reporting form at covid.uttyler.edu.
- Students who test positive should self-report. The report is received by the Intake Team in Contact Tracing.
- Employees who test positive will self-report and then should work with their supervisor to address employment duties and expectations. Employees may also consult with Human Resources.
- When positive results are reported, the contact tracing process will begin.
- All supervisors will share equal responsibility for reporting known cases immediately, as well as all possible exposure to Contact Tracing.

Voluntary Isolation: Symptomatic Without Test Results or Direct Contact

- Individuals who feel they may be experiencing symptoms and have not had contact with a positive case or tested positive themselves should self-report and immediately begin a voluntary isolation process at home until a negative test result is received.

Quarantine: Close Contact with COVID Positive Individual

- Individuals who have been in close contact with a COVID positive individual should self-report. They will then be contacted by the Intake Team and immediately begin the quarantine process. These individuals should monitor their health for any symptoms of COVID and call the COVID hotline if symptoms present.
- The Intake Team will provide direction to vaccinated individuals regarding quarantine, testing and the timeframe for returning to normal activities.

Isolation Procedures: Positive Test Results

- Students residing off campus and employees who test positive will be sent home to complete the isolation period.
- On-campus resident students who test positive and cannot go home to isolate will be relocated if space is available for the duration of their isolation period and given instructions about food, laundry and best practices.
- Individuals who have tested positive may only return to normal activities once they have completed the isolation period, have been fever free for at least 24 hours without the use of fever reducing medication, and their overall symptoms have improved.

Protocol for Vaccinated Individuals

- Individuals who are fully vaccinated as defined by the CDC and have been in close contact with someone who has tested positive for COVID should monitor their health closely for any symptoms and get tested 5-7 days after their exposure. Even if they don't have symptoms it is recommended that they wear a mask indoors in public for 14 days following exposure.
- If test results come back positive, normal isolation procedures will be followed.

Hospitalization Procedures for Students

- UT Tyler will monitor the progress of hospitalized resident students and provide various assistance through the Dean of Students and Residence Life.
(UT Tyler faculty and staff will not be responsible for the transportation of any symptomatic or positive-tested individuals. Ambulance transports will be used as needed.)

Flexible Access

To maintain a safe campus community, UT Tyler will provide options for students, faculty and staff at [higher risk for severe illness](#) (including older adults and people of all ages with certain underlying medical conditions) to limit their exposure risk (e.g., telework and modified job responsibilities or virtual learning opportunities). Employees should contact Human Resources to discuss telework opportunities. Students should contact the Student Accessibility Resource office to seek guidance regarding accommodations. Consistent with applicable law, policies are in place to protect privacy regarding underlying medical conditions in compliance with applicable federal and state privacy and confidentiality laws.

Plans for Essential Positions/Functions

- Back-up staffing and remote work plans will be developed at the unit level.
- Absenteeism of students and employees will be monitored.
- Staff will cross-train, and there will be a roster of trained back-up staff.

Flexible Sick Leave Policies and Practices

- Students, faculty and staff will stay home or isolate when they are sick, quarantine when they have been exposed to COVID-19 or must care for someone who is sick.
- Policies will be examined and revised as needed for excused absences and virtual learning (students) and leave, telework and employee compensation (employees).
- Leave and excused absence policies will be flexible, not punitive, for taking time off and will allow sick students and employees to stay home and away from others. Leave and excused absence policies will also account for students and employees who need to stay home with their children if there are school or childcare closures or to care for sick family members.

Resources for Physical and Mental Well-Being

- Resources are available to help students, faculty and staff who are feeling overwhelmed, including resources for managers to help support their team members.
- Healthy habits for eating, exercising, sleeping and finding time to unwind will be encouraged.
- Students and employees will be informed of such resources as the national distress hotline, 1-800.985.5990; Disaster Distress Helpline, text TalkWithUs to 66746; EAP and Student Counseling Center Crisis Line, 903.566.7254.

ACADEMICS AND INSTRUCTION

The CDC considers several teaching-related factors that influence an individual's risk for COVID-19. These include, but are not limited to, classroom capacity with physical distancing, class schedules (rotating schedules), teaching modalities (face-to-face, hybrid, online) and classroom materials/supplies. In addition, the types of course experiences may vary greatly between degree programs and may require special considerations and/or use of personal protective equipment (PPE).

Physical Distancing Protocols for Academic Spaces

- In classrooms where physical distancing is not feasible for pedagogical purposes, (i.e. team-based active learning, simulation labs, skills labs), the use of personal protective equipment and physical barriers will be required.

Classroom Supplies and Materials to Enhance Health and Safety

- When feasible, supplies will be provided to prevent students from sharing materials (e.g. art supplies, demonstration devices).
- If separate supplies are not feasible, enhanced cleaning and/or use of personal protective equipment (PPE) will be used.
- Commercial disinfectant wipes will be provided in all classrooms.

Department- and College-Level Course Delivery Plans

- Faculty are given discretion to conduct in-person classes at a reduced density (50% to 75%) for the first two weeks of the semester, while ensuring that all students enrolled in an in-person or hybrid course have one in-person experience per week in each course during this time.
 - Faculty may discuss class density reduction with the faculty member's Department Chair.

- Faculty are also encouraged to take every opportunity in and out of the classroom environment to educate our students of the benefits of vaccination, masking, physical distancing, and other appropriate safety measures for their own health and the health of their families and their classmates.
- If you need a modification for your classroom, please Dr. Andrew Krouse contact Dr. Andrew Krouse, Director of Facilities Management.
- Examples of modifications include
 - Use of larger classroom to allow for physical distancing of all students.
 - Use of two smaller classrooms and simultaneously offer the course to both classrooms through technology.
 - Use of outside spaces for classwork or move the entire class outside when course content allows (e.g., arts, music, and ecology).
 - Use of multiple, smaller independent sections.
 - Modify course schedule to include evening and/or Saturday classes.
 - Use of PPE when physical distancing is not feasible.
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- Conversion of face-to-face courses to online courses.
 - Faculty and anyone teaching a course should be prepared to shift all course content online if circumstances warrant.
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Opportunities to Select Courses that Best Meet Learning Styles and Personal Preferences

- UT Tyler will update courses in myUTTyler to reflect the final course delivery method, i.e. face-to-face, hybrid or online
- Students will be notified via instructor and CANVAS regarding attendance requirements (i.e. which days they are expected to be present in class)

Clinical Work and Preceptorships in Health-Related Fields

Clinical coursework is a cornerstone of several programs including pharmacy, nursing, occupational therapy and psychology. Healthcare students and faculty complete clinical coursework in a variety of practice settings and regions both within and outside of Texas. COVID-19 recommendations for healthcare providers and healthcare students can change rapidly based on guidelines, clinical site recommendations and local transmission/recovery data.

Programs will consider multiple resources when developing and updating COVID-19 guidelines for clinical rotations including national guidelines (CDC); state and local regulations; clinical site contracts; site specific policies, standards and expectations; professional associations; state licensing boards; and accreditation agencies.

The following precautions related to clinical work and preceptorships will be followed:

- Programs will communicate program-based restrictions for student contact with patients with active confirmed COVID-19 to students and partnering clinical sites.
- Students will adhere to site-specific COVID-19 policies and procedures.
- There will be strict use of PPE as recommended by the program and clinical site.
- Self-screening tools will be used to identify COVID-19 signs/symptoms.

- COVID-19 training will be required that includes but is not limited to, signs/symptoms, transmission, self-screening of symptoms and use of protective personal equipment in the healthcare setting.

Internships and Clinical Work for Non-Health-Related Fields

Internships: UT Tyler-associated internships vary widely. The guidelines listed below are recommended regardless of whether academic credit is received or if the internship is associated with a stipend or wage.

Clinical Work: UT Tyler students also participate in a variety of clinical work, such as the field experience and clinical teaching activities within the School of Education. The School of Education internships and clinical experiences differ from other departments in that these must follow the Texas Administrative Code that stipulates the requirements for our students to acquire state certification.

The following precautions related to internships and clinical work this fall will be followed:

- To the greatest extent possible, internships and/or clinical work will be placed in the first portion of the fall semester.
- Students will follow guidelines established by the company, school or on-campus department where internships/clinical work is being completed.
- Students with signs or symptoms of COVID-19 will not attend internship or clinical work and will follow the program's recommendations regarding when internships and/or clinical work can resume.

Simulation and Skill Labs

The use of simulation labs and skill labs are an essential part of several healthcare-related programs.

The following precautions related to simulation labs and skill labs this fall will be followed:

- Simulation and skills labs will be strategically placed within the semester to allow for optimal student participation in clinical rotations, simulations and skill labs.
- Physical distancing will be practiced when possible (i.e. clinical introductions, theory, debriefs).
- When physical distancing is not possible, the appropriate PPE will be required.
- The Office of Facilities will help ensure appropriate cleaning of devices and models.

Off-Campus Instructional Sites

- Palestine and Longview Campus
 - Academic spaces include classrooms, laboratories and simulation/skill labs and will follow the guidelines for classrooms, laboratories, simulations/skills labs developed for the main campus.
 - All classes, including Kilgore College classes held at the Longview University Center, will follow UT Tyler policies.
- Houston Engineering Center (HEC)
 - Based on the Houston Community College (HCC) campus, the HEC will follow HCC guidelines.

- HEC students, faculty and staff will follow any additional UT Tyler guidelines that are not addressed by HCC.

Technology Support for Faculty

The Office of Information Resources (IT) will provide the following support.

- Technical support for faculty members transitioning to hybrid and online courses.
 - Room equipped with the technology required for live streaming and/or recording classes
 - Appropriate equipment and training to live stream and/or record coursework
- Technical support for faculty members who are delivering coursework simultaneously to multiple classrooms.
- Technical support for both faculty and students using online proctored exams.
- Technical support to provide students and faculty members isolating at home to actively participate in courses.

Faculty Office Hours

Given the challenge of maintaining physical distance in faculty office spaces, faculty have the right to individually determine whether to conduct office hours in their office, at another location on campus or online.

While faculty have the freedom to determine the best way to conduct their office hours, they are still expected to hold their regularly scheduled office hours at the allotted time of their choice, following their departmental guidelines on office hours.

Also:

- Consider an alternative method for students isolating to communicate during office hours. This could be by phone, email, video conferencing, etc.
- If conducting face-to-face office hours, practice physical distancing and/or use face coverings.

Library

- Signage will be placed in key locations to promote physical distancing and face coverings.
- Employees will model safe physical distancing and use of face coverings.
- Plexiglas barriers will be used at counters/stations that require face-to-face interactions.
- Open library hours will be structured to reflect student use patterns (high use times), staffing requirements and student needs.
- Online access to library materials and library services will be communicated.

Computer Labs

- Computers will be rearranged or removed/disabled to meet physical distancing requirements. Computers available for use will be clearly marked computers to indicate those available for use.
- Follow enhanced cleaning schedules.
- Provide disinfectant in each computer lab along with appropriate instructions to allow students to disinfect keyboards and other contact surfaces prior to each use.

Accommodating students

- The Student Accessibility Resource Office (SAR)
 - Assist students seeking accommodations for conditions impacted by the SARS-CoV-2 virus
 - The SAR office will work with faculty to determine the best accommodation for the students
- Faculty may work directly with a student to address their need. Faculty are encouraged to meet with students virtually or by phone.
- Safety protocols for testing:
 - Tests will be completed by appointment only.
 - Testing stations will be sanitized after each use.
 - Physical distancing will be practiced in testing rooms per CDC guidelines.
- Students will be informed via an online instructional guide regarding COVID policies and procedures in the testing center.
- Immunocompromised students
 - Immunocompromised students will be referred to the [COVID-19 Information webpage](#) for more information about how to apply for COVID-related accommodations through the SAR office. They may also contact the SAR office directly at 903-566-7079 with any questions about the accommodation process.
 - Requests will require medical documentation.

STUDENT ENGAGEMENT

Providing an opportunity for students to connect with one another and experience enriching opportunities outside the classroom is vital for the success of the University. The following strategies balance this need with the real and perceived healthcare needs of students, faculty, and staff.

Student Housing

- UT Tyler housing facilities will operate at full housing occupancy, with each suite/apartment at maximum occupancy.
- Residents will be allowed to have guest in their rooms; however, we ask that residents limit the number of guests to no more than one guest per resident at a time. Residents will be required to register their guest, for contact tracing.

Residential amenities may be limited to reduce the possibility of transmission of COVID-19.

Move-In

- Check-in times will be assigned to limit traffic in hallways, stairs, lobbies, and elevators. Personal contact will be limited when completing check-in procedures, we ask that only residents enter clubhouses or desk area when student is checking-in
- All staff will wear face coverings when processing move-ins.
- Staircases may be designated as either up or down to prevent crossing paths.
- We ask that the number of family or other move-in helpers will be limited to no more than two people per resident.

Ongoing Precautions

- Frequent cleaning of public areas, including regular sanitizing of elevator buttons, door handles, etc. will be done.
- Students will be responsible for maintenance of their own spaces.
 - Standards will be increased for student self-maintenance of their personal living environment.
 - Resident Assistants (RA) will conduct monthly health and safety checks of occupied rooms/apartments.
 - There will be more focus on health/cleanliness when checking rooms/apartments.
- Campaign will be created to promote cleanliness and personal sanitation self-care.
 - Emails, flyers, bulletin boards
- Face coverings and gloves will be provided for any staff needing to enter student spaces.
- Roommate agreements will be required that include cleaning schedules and responsibilities.
- The use of face coverings, physical distancing in public areas and good hygiene behaviors will be expected.
- Educational outreach on self-care and care for others will be increased.
- Residents will leave the immediate area (go to another room or leave the unit) when standard maintenance/work orders are being completed.
- Disinfecting supplies/equipment will be provided to maintenance staff.
- Student staff interactions will be limited (fewer numbers and non-shared spaces for essential personnel only).
- Nonessential staff will alternate office/remote schedules, and essential staff will limit contact.
- Staff will frequently wipe down staff areas at the beginning and end of every shift (phones, desk, staplers, door handles, light switches, etc.).
- The number of staff will be limited in any given area at the same time.
- Modified programming opportunities and requirements will be provided.
 - Each RA will be required to present a minimum of four programs per semester.
 - Programs will be a mixture of face-to-face, virtual and non-interactive/passive.
 - Attendance will be limited to no more than 10 people per event for in-person events.

Isolation/Quarantine Procedures

- If a student is suspected to have been exposed to COVID-19, they will quarantine for 5 days.
 - Students are to remain in their rooms if they choose to not return home.
 - Meals will be delivered to student.
 - Two meals per day (lunch and dinner)
 - If a student requests more food/snacks, they may make arrangements with the Housing office.
- If resident tests positive, they will enter isolation.
 - Student may be removed from on-campus housing to an on or off-campus location that has been identified by the University as isolation location.
 - Meals will be delivered to student.
 - Two meals per day (lunch and dinner).
 - Students will follow the direction provided by the COVID Response Team regarding the period of isolation, necessary testing, and release for return to normal activities.

Athletics and Rec Sports

Student-Athlete Return to Campus

- Student-athletes will be expected wear face masks or cloth face coverings when not in outdoor training sessions or involved in physical activity.
- All who are not fully vaccinated student-athletes and staff will be tested a minimum of once a week via PCR test.
- For the purposes of NCAA Guidelines, “fully vaccinated against COVID-19” is defined as:
 - Within two months of having completed the primary series of the J&J vaccine.
 - Within five months of having completed the primary series of the mRNA Pfizer vaccine.
 - Within six months of having completed the primary series of the mRNA Moderna vaccine.
 - Following a booster vaccine for those who are:
 - Beyond two months of the J&J vaccine primary series.
 - Beyond five months of the mRNA Pfizer vaccine primary series.
 - Beyond six months of the mRNA Moderna vaccine primary series.
- Student-athletes will transport themselves to and from training sessions (no carpooling outside of household).
- Student-athletes coming from out-of-state and Texas counties that have experienced an increase in COVID-19 cases will be required to follow CDC guidance with regarding quarantine and testing.
- Sufficient time must be given between sessions to allow for sanitation of equipment and surfaces.
- Student-athletes will be encouraged to avoid nonessential socialization outside of sport-specific activities.
- Individuals who are considered high risk will be informed that they are not at an increased risk for infection but are at an **increased risk for severe symptoms and reactions**.
- Virtual meetings will be used whenever possible or feasible.

Policies and Procedures for Positive COVID-19 Cases in the Athletics Department

Prior to participation in any strength and conditioning or team activities, student-athletes must report and COVID-19-like symptoms to a staff athletic trainer.

If the screening reveals any of the following, the student-athlete will be removed from that session, along with any individuals with whom they have come in contact in the past 48 hours.

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat

- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- Contact with a known COVID-19 case within the past 14 days

The student-athlete's primary athletic trainer will be contacted to initiate the following process.

- Inform the student-athlete to report to the PHE Testing Center at the earliest possible time for testing and call the university COVID hotline immediately.
- Inform coaching staff and head athletic trainer via telephone.
- The head athletic trainer will inform the athletic director, compliance coordinator and senior women's administrator.
- Follow up on telephone communications via email.

In the event that the student-athlete does have a positive COVID-19 test, or is presumed positive, the following individuals will also enter a 10-day isolation period.

- All unvaccinated coaching staff that have come in direct contact with the individual (to be determined by team physician in association with the health department).
- Any other unvaccinated student-athletes living with that individual.
- Any other unvaccinated student-athletes who have come in direct contact with the individual (ex. members of their skills/workout session group).
- Any unvaccinated athletic trainers who have had direct contact and exhibit one or more symptoms of COVID-19 (to be determined by team physician in association with the health department).
- Any unvaccinated individuals exposed to respiratory droplets or bodily secretions from the student-athlete.
- Any other unvaccinated individuals that the student-athlete reports coming into indirect contact with subject to consultation with the team physician.
- Any unvaccinated individuals with direct contact that develop COVID symptoms and have a positive PCR test.

Any individual entering isolation will only be allowed to return to contact with other individuals at the approval of the team physician. Individuals will then have to complete a gradual return to activity protocol to last no less than five days.

In order to be cleared to return to contact with other individuals, student-athletes who have tested positive for COVID-19 must:

- Remained free of fever for 72 hours without the aid of fever reducing medications.
- Be a minimum of 2 days out from the onset of symptoms to begin the at home portion of the return to play protocol.
- Received clearance from team physicians if severe or prolonged symptoms occurred to return to vigorous physical activity and competitionSports if required by UT Tyler team physicians.
- Complete a return to play protocol coordinated by the sports medicine department lasting no shorter than five days.

General Outdoor Practice Guidelines

- Student-athletes and coaching staff must report any potential COVID symptoms.
- Coaching staff are expected to be masked during practice at all times.
- Student-athletes and coaching staff not actively involved in physical activity are expected to be masked and physical distanced at all times.
- Student-athletes must bring their own refillable water bottles.

General Indoor Practice Guidelines

- Student-athletes and coaching staff must report any potential COVID symptoms.
- Coaching staff are expected to be masked during practice at all times.
- Student-athletes and coaching staff not actively involved in physical activity are expected to be masked and physical distanced.
- Student-athletes must bring their own refillable water bottles.

Team Travel Guidelines

- Transportation
 - All members of the travel party must report any COVID symptoms prior to boarding any transportation vehicle for team travel.
 - All members of the travel party are expected to remain masked during travel aboard any transportation vehicle.
 - Seating on charter buses must be assigned and staggered to allow for maximum physical distancing.
- Restroom breaks
 - Restroom breaks must be taken at large, regularly cleaned facilities.
 - Masks are expected to be worn in facilities at all times.
- Meals
 - Meals must be limited to pick-up or delivery.
 - Meals need to be individually packaged (box or bag) and eaten on the bus or in an area that allows physical distancing (parks, hotel room, etc.)
- Accommodations
 - Room assignments will pair current housing mates whenever possible.
 - Masks are expected to be worn in common areas.
 - No more than one individual per bed.
 - No outside visitors in hotel rooms (parents included).

Spectators at Athletic Events

- Spectators must check in at a singular point of entry and provide information for contact tracing purposes.
- Marked seating sections will be created reflecting current physical distancing recommendations. Ushers will assist spectators and monitor sections.
- Hand sanitizer stations will be available throughout the venue.
- Restrooms and high touch areas will be disinfected frequently.
- Digital game programs will be accessible via QR code.

The University of Texas at Tyler Athletics

COVID-19 Return to Play Protocol:

Asymptomatic and Mild Symptom Cases

Following the new cardiac algorithm, the NCAA has created four categories for individuals to follow depending on their symptoms. This includes changes to allow asymptomatic or mild cases can begin exercise during isolation. These are general guidelines, that may be amended on a case-by-case basis depending on demands of sport and fitness of student-athlete.

Qualifications for this accelerated return to play protocol includes:

- Asymptomatic positive case.
- Mild symptoms: (common cold-like symptoms [without fever], GI symptoms, or loss of taste/smell).

RTP can begin 2 days after positive or onset symptoms. The individual will remain in isolation for days 3-5 but can perform protocol in their room. After isolation will perform a 2-day modified RTP program with the team.

Protocol

Throughout this protocol, the student-athlete should be monitored to ensure that the workload does not exceed their capabilities at any time, as their risk for injury and exertional related illness is increased due to a period of inactivity. Daily changes in training volume, max effort, and rest periods should be made at the start and during each individual workout to ensure safe return to activity for all student-athletes while remaining in isolation.

- **Day 1- begins on day 3 of isolation: 50% workload**
 - 10 Squat Jumps
 - 15 Walking Lunges
 - 30 sec high knees
 - 30 sec Hollow Hold
 - Rest 1 minute
 - Repeat x2
- **Day 2- begins on days 4 of Isolation: 70% workload**
 - Modified Tobata Workout Example:
 - Round 1
 - 20 sec squat jumps
 - 15 sec rest
 - 20 sec jumping jacks
 - 15 sec rest
 - Round 2
 - 20 sec Mountain Climbers
 - 15 sec rest
 - 20 sec High knees

- 15 sec rest
 - Round 3
 - 20 sec Abs Bicycle Kicks
 - 15 sec rest
 - 20 sec flutter kicks
 - 15 sec rest
- **Day 3- begins on day 5 of isolation:** 90% workload
 - Tobata Workout Example
 - Round 1
 - 20 sec Burpees
 - 10 sec rest
 - 20 sec Jumping Jacks
 - 10 sec rest
 - Round 2
 - 20 sec Mountain Climbers
 - 10 sec rest
 - 20 sec High knees
 - 10 sec rest
 - Round 3
 - 20 sec Squat Jumps
 - 10 sec rest
 - 20 sec Skaters
 - 10 sec rest
 - Round 4
 - 20 sec Abs Bicycle Kicks
 - 10 sec rest
 - 20 sec flutter kicks
 - 10 sec rest

Clearance from Isolation and Return to Team Activities

- **Day 2-** fitness test/Non-contact practice
 - Fitness test (before practice)
 - Example: Half Gassers x6- 20 sec time limit
 - 60 second rest period
 - At this time, the student-athlete may also return to weightlifting as a separate training session with adequate rest between each workout.
 - Non-Contact Sport Specific Drills
- **Day 2-** Contact/Full Practice
 - Day 2 should consist of a full practice for the student-athlete from start to finish. Modifications should be made if necessary and agreed upon by all involved staff.

If at any time during the return to play protocol the student-athlete is unable to perform the workload scheduled, involved staff (medical personnel, strength & conditioning staff, coaching

staff) should consider prolonging protocol to ensure that the student-athlete can safely and effectively compete in their sport.

Rec Sports

The Herrington Patriot Center and Rec Sports will follow minimum standard health protocols for gyms and exercise facilities as distributed by the [Governor's Strike Force to Open Texas](#). These include:

- Train all employees and contractors on appropriate cleaning and disinfection, hand hygiene, and respiratory etiquette.
- Screen employees and contractors before coming into the gym or exercise facility.
 - Send home anyone with symptoms of COVID-19.
 - Do not allow employees or contractors with new or worsening symptoms to return to work until they meet qualifications.
- Have employees and contractors wash or sanitize their hands upon entering the gym or exercise facility.
- Have employees and contractors maintain physical distancing from other individuals.
- Space workout equipment to provide for at least six feet separation between patrons.
- Regularly and frequently clean and disinfect any regularly touched surfaces.
- Disinfect any items that come into contact with users.
- Provide equipment cleaning products throughout the gym for use on equipment, including free weights.
- Make hand sanitizer, disinfecting wipes, soap and water available to employees, contractors, and users.
- Place readily visible signage to remind everyone of best hygiene practices.
- Encourage users to:
 - Maintain physical distancing.
 - Self-screen before coming to the gym for COVID-19 symptoms.
 - Disinfect equipment before and after use.
 - Wash hands upon entering the gym.
 - Wear gloves that fully cover from the wrist to the fingers while exercising.

COMMUNITY ENGAGEMENT

Require compliance with CDC guidelines

All events on campus, whether they are University events, joint sponsored events or rentals of University property will follow current CDC and NET Health guidelines, campus policies, and government orders.

Event Logistics

- The number of attendees will be limited to the maximum number of people for the venue, as determined by EHS, and will follow university occupancy guidelines.
- Attendance records of attendees will be maintained to assist with contact tracing if it becomes necessary.
- Face coverings will be expected for indoor events and strongly encouraged at outdoor events where physical distancing is difficult.

- Face coverings will be provided for guests at all university-sponsored events.
- Signage regarding face coverings, physical distancing and good hygiene practices will be displayed in prominent places throughout event.
- Hand washing and sanitizer stations will be available throughout the event venue.
- A validation/documentation process will be used at all event entrances.
- Every guest will be documented regardless of role or duration of visit.
- Records of all attendees will be provided to the University's contact tracing team upon completion of the event. (Name and contact phone number at minimum, areas on campus visited, event participation, etc. when possible.)

Food Service

- Boxed or plated food service will be required. Self-serve buffet-style will not be used.
- All food service employees must be documented to assist with contact tracing if it becomes necessary.

Questions to consider when planning an event

- How will attendance be tracked?
- Will you be offering PPE for your event? If so, what type and who is providing the equipment?
- Will hand sanitizer be available for event attendees, faculty, staff and vendors?
- Will you offer a health screening prior to entry to your event for all attendees, faculty, staff and vendors? (temperature check, health questionnaire)
 - If so, who will be conducting the health questionnaire?
- What is your plan for not admitting those who do not pass the health screening?
- What is your plan for physical distancing and traffic flow during your event? How will you enforce these protocols?
- How will you accommodate those who cannot attend due to capacity limits and/or health concerns?
- Will food be served as part of the event? If so, how will the food be distributed and presented?
- What are your cleaning protocols during the event? (i.e. meeting spaces, classrooms, bathrooms, door handles and other high touch surfaces)
 - What is your back-up plan in case the in-person event must be cancelled?

Appendix I
Housing Addendum
(Student Resident Agreement for University-Owned Facilities)

Vaccination is still the best defense against contracting COVID-19 according to the Center for Disease Control.

You can reduce your risk by taking the same measures as you would to prevent infection from the flu and the common cold:

- Wash hands often with soap and water for a least 20 seconds.
- Use hand sanitizer, with 60-95% alcohol if soap/water is not available.
- Avoid touching your eyes, nose or mouth with unwashed hands.
- Avoid contact with people who are sick.
- **Stay home while you are sick and avoid close contact with others.**
- Cover your mouth and nose with your elbow or a tissue when coughing sneezing and immediately dispose of the used tissue.

I understand that, if I exhibit any signs or symptoms of COVID-19, as enumerated by the U.S. Center for Communicable Diseases (CDC) at <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>, or if I have been **in close contact with someone who has tested positive for COVID-19**, it is my responsibility to contact a medical provider within one (1) business day and isolate. Isolation means NO human contact with ANYONE, including family, friends and especially going out into the public. Remember, if your symptoms are mild this does not mean you cannot spread the virus to someone else and put others at severe risk. Even if you have mild symptoms, you should still isolate. If you test positive you are still contagious regardless of the severity of symptoms.

I understand, if I need to isolate, I will complete the [COVID-19 Reporting Form](#) within one day.

I understand and affirm that, in the event of a medical emergency, I will call 911, and that I should notify the operator that I have, or think I might have, COVID-19. If possible, I will put on a cloth face covering before medical help arrives.

I understand that, as a result of the coronavirus pandemic, I may be required to move to another room, hall or other location in the event of required quarantine or isolation by the Texas Department of Health.

I understand that, as a result of the coronavirus pandemic,

- Guest privileges are limited and may be removed at any time. If any policies are violated, the resident may be required to vacate their facility and

leave the premises within 24 hours. Maintenance will only be entering apartments/rooms in case of emergency.

- Recreational and physical housing areas may be closed (rec room, fitness room, community kitchen, swimming pool, etc.)

I understand that Residence Life may find it necessary to take specific actions to protect the public health of residents, which may include other communicable diseases besides COVID-19.

I understand that physical distancing is important in keeping COVID-19 cases down. I understand that I have a responsibility to protect myself, roommate, neighbor, classmates, faculty and staff and the greater East Texas community with whom I may interact.

Additional information is available at: <https://www.uttyler.edu/coronavirus/>