ATHLETICS, PHYSICAL EDUCATION AND RECREATION PLAN – FALL 2020

The health, safety, and wellbeing of participants, coaches, teachers, support staff, and the greater community guide our planning.

RETURN TO CAMPUS

No special exceptions are being made for returning student-athletes. Club and varsity team members should follow the guidelines established by the COVID-19 Task Force as outlined in the Return to Campus Guide for Students. No group sport, fitness, or wellness activity will be permitted during the first week of classes, but students are welcome to exercise individually provided they follow guidelines.

TRAINING, PREPARATION AND PARTICIPATION

All coaches will undergo training and education for COVID-19 policies, procedures, and best practices. Additionally, PPE, distancing, and masking protocols will be reviewed. Similar training and education will be provided to participating student-athletes by the sports medicine staff. Participation in any of the various offerings (e.g., varsity athletics, club sports, physical education, recreation, fitness, and wellness) is completely voluntary. Because intramural play requires advanced phasing (full play), we will not be offering intramurals this semester.

ATHLETIC FACILITIES

The Athletics Department plans to make all athletic facilities available to the campus community as long as all New York State and NCAA safety guidelines are met. Members of the College community will have access to available outdoor and indoor spaces. Certain facilities, such as the Alumni Gym and a section of the Scott Field House will not be available. (Part of the Scott Field House will be used for dining, and the Alumni Gym has been repurposed as an academic space. The McKenna Conference Room in the Blood Fitness and Dance Center has also been repurposed as a classroom.)
Availability of other indoor facilities, including the Blood Fitness and Dance Center, the Bristol Pool, Sage Rink, and the Little Squash Center will be based on state guidelines. Specifically, the fitness center opening will depend on guidance from the state. Current planning includes relocating fitness center strength and conditioning equipment and activities to a tent adjacent to the New Field House (on the site of the former tennis courts near the field house parking lot). All athletic spaces will have COVID-19-specific occupancy limits.

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ATHLETIC FACILITY USE

Organized activities taking place in the athletic facilities, such as those for varsity and club sports, recreation, and wellness programming, will require staff or student supervision and will be governed by guidelines provide by New York State, the NCAA, and Hamilton College.

Spontaneous recreational use of the athletic facilities will also be subject to all guidelines established by the College for social distancing, face masks, and sanitizing equipment. Certain facilities such as the pool or the tennis courts may require reservations, and time limits on fitness equipment may be required in order to ensure availability for all potential users.

Recreational equipment will be provided at the check-out desk in the field house, and users will be expected to take responsibility for sanitizing equipment after use. Student monitors will be trained and assigned to oversee the proper sanitization of all equipment (including fitness machines and free weights) and will provide oversight to ensure all safety guidelines are met for recreational use in the indoor facilities.
The availability of both team and general locker rooms is still being determined. Due to state guidance, and health and safety best practices, locker room restrictions are likely.

The occupancy of the sports medicine facility will be reduced before students return. Each athletic trainer will be assigned a specific area of the training room. Trainers will work individually with students as necessary, and reservation protocols will be implemented.

Use of the equipment room and the laundry service are yet to be determined. Similar to the situation regarding locker rooms, we anticipate restrictions and disruption of normal service.

**PHYSICAL EDUCATION**

Physical Education programming will continue. Due to New York State, CDC, NCAA, and campus guidelines, some traditional fall classes have been canceled. Classes will be held in-person, remotely, or blended. The swim test will be offered at some point during the fall semester, and the times will be announced at a later date. Unfortunately, due to physical spacing guidelines, “Learn-to-Swim” classes will not be offered in the fall. The Fitness Assessment will continue to be conducted during scheduled Physical Education classes.