Sport Clubs COVID-19 Protocols

Student COVID-19 Self-Certification:
In order to be an approved sport or recreation club member, you must have completed your COVID-19 Self Certification in your Student Center certifying that you are fully vaccinated or have an exemption approved by the University. Find more information on how to complete your self-certification by watching the COVID 19 Self-Certification Video (https://www.youtube.com/watch?v=EhFZYd4uZ2M)

In order to participate in in-person club activities, on or off-campus, students must be fully vaccinated against COVID-19 or have an approved University exemption.

Coach/Instructor COVID-19 Self Certification:
In order to be an approved coach or instructor, you must be fully vaccinated against COVID-19 or have an approved University exemption and have completed your COVID-19 Self Certification in your Employee Center (https://my.csus.edu/).

If you test positive for COVID-19, here is the protocol:
- Stay home and isolate
- Complete and submit the Student COVID-19 Report Form
  - Student Health & Counseling Services will then contact you. Students will be asked to self-quarantine and will be provided instructions on how to access medical care and other next steps
- Once you test negative, you will be able to resume club activities per direction and guidance from Student Health & Counseling Services.

If you have close contact with someone who tested positive, here is the protocol:
- You are not required to isolate unless you have symptoms or test positive.
- You should wear a mask when around others, but are not required to wear a mask while participating in sports.
- If you have any of the following symptoms, test for COVID-19
  - Fever or chills
  - Cough
  - Shortness of breath or difficulty breathing
  - Fatigue
• Muscle or body aches
• New loss of taste or smell
• Sore throat
• Congestion or funny nose
• Nausea or vomiting
• Diarrhea

• If you test positive:
  o Stay home and isolate
  o Complete and submit the Student COVID-19 Report Form
    ▪ Student Health & Counseling Services will then contact you. Students will be asked to self-quarantine and will be provided instructions on how to access medical care and other next steps
  o Once you test negative, you will be able to resume club activities per direction and guidance from Student Health & Counseling Services.

Travel Safety Guidelines During COVID-19

*Information pulled from https://www.csus.edu/administration-business-affairs/internal/accounts-payable/covid-19.html*

**Travel Guidance**

• Apply hand sanitizer or wash hands with soap and water for 20 seconds upon exiting airplanes, buses, trains, or vehicles and maintain a 6-foot distance from others whenever possible.

• Check that all necessary supplies are available before travel. For instance, all travelers should have enough face coverings, hand sanitizer, and disinfecting wipes for daily use. Consider packing extra supplies in case of unexpected delays.

• Do not touch your face or face covering without first disinfecting your hands.

• Do not travel if you are sick or awaiting COVID-19 test results.

• Maintain physical distancing, whenever possible, when you enter and exit airplanes, buses, trains, or any area with crowds or lines.

• Stay informed of any current travel restrictions from the CDC and any implemented by local authorities for your intended destinations.

• Use touchless payment methods for reimbursable expenses, when possible.

• Avoid touch-surfaces commonly touched by others.

• Verify any requirements for isolation after travel to or from your destination. Also, verify routes and facilities that you will use are open, including gas stations, hotels, and restaurants.

• Avoid using public transportation during peak hours when possible.

**Rental Cars**

• Disinfect commonly touched surfaces before and after vehicle use, including cup holders, door handles, gearshift, lock and window controls, mirrors, seatbelts, steering wheel, stereo, and air conditioning controls, etc.
• Limit the number of occupants so that social distancing can be maintained. A face covering should be worn.

• Increase ventilation through the vehicle by opening windows or not recirculating air from the air conditioner.

• Use disinfecting wipes on all surfaces that will be touched before performing tasks, such as filling the vehicle with gas.

**Airplanes**

Note: Disinfecting wipes and up to a 12-ounce hand sanitizer are permitted in carry-on luggage.

• Avoid sitting next to another passenger when possible. In open-seating situations, select a seat to maintain social distancing when possible. If seat selection is minimal, try to sit where social distancing can be maintained.

• Disinfect all surfaces of the seating area with disinfecting wipes. Disinfect all surfaces you will touch, including armrests, tray tables, seats, and airflow controls.

• Limit the number of carry-on items that will be removed for security checkpoints. Disinfect any items that are removed from bags and placed in bins before returning to your carry-on luggage.

• Maintain social distancing from others when checking in for flights, especially in security checkpoint lines, open waiting areas, and lines for boarding the flight.

• Upon claiming checked baggage, disinfect handles and exterior surfaces with disinfecting wipes.

• Use electronic tickets to check-in when possible. If not possible, clean kiosks with disinfecting wipes before use and apply hand sanitizer following use.

• Verify requirements for face coverings when visiting airports and while on airplanes.

**Dining and Hotels**

• Avoid restaurant dine-in services. Use curbside pickup or drive-thru takeout when possible.

• Verify your chosen hotel’s cleaning standards to ensure that rooms are disinfected between guests and are held for 72 hours between guests. Common hotel chains are reportedly utilizing these precautions.

• Maintain physical distancing while traveling and staying overnight. Use the stairs when elevators are crowded or wait for the next elevator.

**What to do When Returning from Business Travel**

Those who have recently traveled throughout the state and the greater U.S. should decide whether they need to self-isolate based on state and local travel restrictions and the rate of community spread to which they have been exposed. Up-to-date information and travel guidance are available from state and local health departments.

If you are ill and have traveled out of the country or to a high-risk location in the last two weeks:

• Notify your local health care provider as soon as possible.
• Stay home and do not come to campus for classes or for work.
• Students with fevers, cough, or severe illness should call their appropriate Student Health & Wellbeing Services team before visiting their Student Health Centers.
• Staff and faculty should contact their health care providers or seek medical attention as applicable.

References


This PDF will continue to be updated as things change and/or develop throughout the academic year.