



SAINT VINCENT

# HEALTH AND SAFETY PLAN



**2021-22 Saint Vincent College and Seminary**



### **Saint Vincent College Mission Statement:**

Saint Vincent College is an educational community rooted in the tradition of the Catholic faith, the heritage of Benedictine monasticism and the love of values inherent in the liberal approach to life and learning. Its mission is to provide quality undergraduate and graduate education for men and women to enable them to integrate their professional aims with the broader purposes of human life. The programs, activities and encounters that make up student life at Saint Vincent College encourage the intellectual gifts, professional aptitudes and personal aspirations of students to mature harmoniously.



### **Saint Vincent Seminary Mission Statement:**

Saint Vincent Seminary is a Roman Catholic Seminary grounded in the Gospel of Jesus Christ and the living tradition of the Church in accord with the Magisterium, and shaped by the Benedictine heritage of liturgical prayer, study, hospitality and community. As such, the Seminary is a center for the spiritual formation, human development, and academic and pastoral preparation of candidates for the priesthood. Consistent with this primary mission and responsive to the contemporary needs of the Church, the Seminary provides programs for permanent diaconate candidates and offers degree programs to qualified men and women seeking a theological education.

## **Overview of Saint Vincent College and Seminary COVID-19 Response**

The return to face-to-face instruction and residential living requires a multifaceted strategy that includes health monitoring, isolation of those with COVID-19, quarantining those exposed, handwashing and other personal hygiene, physical distancing, wearing cloth face-coverings, and cleaning and disinfecting surfaces. The success of this strategy depends on the community adopting and implementing the behaviors described in this document. The expectations for the mitigation of COVID-19 infections will be communicated to all community members and visitors.

Metrics on COVID-19 infections and transmission on campus will be monitored daily by members of the President's Cabinet. In consultation with local public health officials and following state and federal guidelines, the President of the College and Rector of the Seminary may alter the processes and procedures outlined in the health and safety plan as conditions and information regarding the virus evolves.

## **Forward Together Advisory Committee**

To inform the leadership teams of the College and the Seminary, the Forward Together Advisory Committee was formed to bring together representative members of the Saint Vincent community. Members of this Committee, Dr. Aldo Prospero and Gretchen Flock, coordinate with local public health officials at Excelsa Health. The Committee is charged with continuously reviewing the guidance from federal, state, and local authorities, as well as the conditions on campus, in the local community, state, and nation. The Committee serves as an advisory body on questions related to the pandemic, including but not limited to the resumption and suspension of face-to-face instruction and residential living. In addition, the Committee has developed the campus guidelines informed by federal, state, and local authorities.

## **Community Guidelines for COVID-19 Prevention**

General preventative measures call for everyone to monitor their health, isolate those sick, quarantine those with possible exposure, employ physical distancing measures, frequent hand washing, and the wearing of cloth face coverings or masks.

### **Monitoring and Isolation**

In order to maintain a safe work environment, all members of the community conduct a self-assessment each day for symptoms related to the COVID-19 virus, which include but are not limited to fatigue, shortness of breath, cough, fever with a temperature of 100.4 or higher, and stomachache. This assessment should follow the Saint Vincent COVID-19 Monitoring Checklist (see appendix C).

**Faculty and staff** experiencing symptoms should notify their department chair or supervisor and should not come to campus. If symptoms begin while on campus, the faculty or staff member should immediately notify their department chair or supervisor via phone or email and leave campus. The department chairperson or supervisor will immediately notify the Director of Human Resources. In addition, they should notify their primary care physician and follow any instructions given with respect to testing,

treatment and follow up care. If someone residing in a faculty or staff member's home is exhibiting these symptoms, they should advise their department chair or supervisor and remain home.

Saint Vincent will respond to a potential exposure to a confirmed or probable case of COVID-19 (a probable case is defined as a person with symptoms who has been prescribed a COVID-19 test and the test results are not yet known) on campus by examining and considering the testing results for the faculty or staff member involved and any medical reports available issued by physicians. This information will be assessed against current Centers for Disease Control and Prevention (CDC) and Pennsylvania Department of Health (PADOH) guidelines in making a determination regarding quarantine duration and the safe return to work.

Saint Vincent will continue full pay for faculty or staff member during periods of quarantine instigated by Saint Vincent and the impacted individual will not be required to use any sick leave benefits that they otherwise have by virtue of their employment.

**Students** experiencing symptoms should promptly notify the Wellness Center via phone or email. For students living off campus, where the student or another person residing in the residence exhibits these symptoms, the student should advise the Wellness Center and remain home. When experiencing these symptoms while on campus, immediately notify the Wellness Center via phone or email and follow all instructions. After regular business hours, resident students should notify their prefect and/or residence hall director and commuting students should return home.

Individuals who have not submitted proof of vaccination will be included in a pool for random surveillance testing. The college will test 10% of unvaccinated individuals each week and the percentage may increase with changing conditions.

### **Isolation/Quarantine Plan for Campus Residents**

The Saint Vincent Wellness Center will screen students who are experiencing possible COVID-19 symptoms via phone during regular business hours. A student with the criteria for COVID-19 testing will be given a prescription from a campus physician to be tested at the Excela COVID-19 Clinic and isolated while awaiting results. If a student seeks medical attention after regular business hours of the Wellness Center for suspected COVID-19 symptoms, the student should notify their prefect or residence hall director as soon as possible.

If the student does not have a vehicle, transportation to the test site will be provided by the College. To reduce potential exposure to others, students should not seek transportation to the test site from other students. College staff providing transportation will be equipped with proper Personal Protective Equipment (PPE) and maximize distance within the vehicle. Upon return to campus, the vehicle will be disinfected in accordance with CDC and PADOH guidelines.

Students who are referred for a COVID-19 test by their primary care physician or health care provider, other than through the Saint Vincent Wellness Center, must notify the Wellness Center of the results of the test.

Students should return home for isolation, if possible. If a student is unable to return home for isolation, the College will provide an isolation room. Appropriate residences have been designated for this purpose. Students on these floors will be supported with remote medical care and education and delivered meals. Close contacts identified via contact tracing (persons who have been within six feet for more than 15 minutes) will be quarantined until the test result is known. These students in quarantine will be supported with remote medical care and excused absences from class and will use the take-out meal option for meals. They will be authorized to leave their rooms to pick up meals and should work with their instructors to keep up with their coursework.

- If the test is negative, the student will be released from isolation and close contacts will be released from quarantine.
- If the test is positive, the close contacts will be quarantined according to CDC guidelines. Excelsior Health will notify the Westmoreland County Department of Health.

The student testing positive who remains on campus will remain isolated with meals, medical care, and cleaning products delivered. Close contacts who are quarantined will have the option to return home or to remain in their residence hall with the aforementioned supports. Students will be able to continue classes remotely.

Upon discovery of a confirmed or probable case of COVID-19 at Saint Vincent, contact tracing will take place in accordance with CDC guidelines and impacted students, faculty and staff will be notified of possible exposure and provided with further instructions. Staff from the Wellness Center and the office of Event and Conference Services have been trained to conduct contact tracing for the College. Saint Vincent will not share the identity of a student or employee who has tested positive for COVID-19, except to the extent necessary to provide care and assistance.

Students quarantining in place who have a roommate must wear a mask at all times, other than when they are eating and drinking. The windows in the room should be kept open as much as possible to improve ventilation and the college will provide an air filter for the room during the quarantine period.

### **Physical Distancing**

Physical distancing, also referred to as “social distancing,” means keeping space between yourself and other people outside of your residence. Physical distancing is an important preventive measure, but masking provides valuable protection in situations where distancing is difficult or impossible. Saint Vincent Community members are encouraged to practice physical distancing when possible. To practice social or physical distancing:

- Stay at least 6 feet (about 2 arms' length) from other people.
- Do not gather in groups.
- Stay out of crowded places and avoid mass gatherings.

Where possible, measures to promote social distancing when walking on campus will be implemented. For example, 6-foot spacing and/or grids on commonly used outdoor paths and in commonly traversed and populated areas (e.g., Carey Center, library, galleries, hallways) will be marked. Avoid close interactions, such as hugs, handshakes or high fives, with others.

### **Cloth Face Covering**

**When on campus, everyone must always have a cloth face covering with them.** Cloth face coverings must be worn in all indoor public spaces and common areas, shared workspaces and classrooms, and restrooms by students, faculty and staff. They should also be worn outdoors in areas where social distancing measures are difficult to maintain, such as on paths and at entries and exits. Cloth face coverings are adequate (surgical or N95 masks, while also acceptable, are not necessary). The garment should cover the nose and mouth and allow for continued unlabored breathing.

Face coverings or masks are not required to be worn in private office areas unless individuals are conducting an in-person meeting, in a student's residence hall neighborhood, or outside where physical distancing is maintained.

Employees and students may choose to bring their own masks or face-coverings from home. Cloth face coverings for employee use are available through the Human Resources (HR) office and for purchase at the bookstore. Anyone in need of a face covering may email or phone HR to arrange for acquiring a mask.

Fully vaccinated faculty members or speakers at campus events may remove their masks for teaching and speaking while they are in the front of the room, distanced from students. They may opt to wear a face shield to minimize spread of respiratory particles.

Saint Vincent community members, when meeting in groups of fewer than ten persons indoors when everyone in the group is confirmed to be vaccinated through submission of a vaccine card to the College, may remove their masks.

Employees unable to wear a mask or face-covering due to a medical condition are asked to please provide a physician's note to HR, and Saint Vincent will meet with the individual to determine if reasonable accommodations are available to protect the individual and the Saint Vincent community.

## **Handwashing**

Students, faculty, and staff should wash their hands frequently and thoroughly (for at least 20 seconds). Faculty and staff should wash their hands upon arriving on campus. If handwashing is not possible, employees should use hand sanitizer.

## **Activities, Events, and Gatherings**

The Benedictine Hallmark of hospitality plays a vital role in community development at Saint Vincent. During the COVID-19 pandemic, safety precautions will necessitate change in how this occurs. Visitors and guests must follow the Community Guidelines for COVID-19 Prevention. In addition, visitor participation or attendance at events, activities, and gatherings may be limited due to size requirements as determined by the Commonwealth of Pennsylvania. Spectator attendance at intercollegiate athletic competitions may also be limited in accordance with directives and guidance from the Presidents' Athletic Conference.

## **Guidelines for Cleaning and Disinfecting**

At this time, a variety of vendors (including Janitors Supply, Colker Janitorial Supplies, Steratore Janitorial Supplies, and Allegheny Supply) have indicated that a supply chain for sufficient cleaning and disinfecting is available for the 2021-22 academic year. Saint Vincent will continue routine cleaning to remove dirt and germs from surfaces in accordance with CDC guidelines. High touch surfaces will be routinely cleaned, then disinfected using an EPA-approved disinfectant.

When notified of a positive or probable COVID-19 case, enhanced cleaning and disinfecting of affected living area or workspaces will be initiated.

## **COVID-19 Education and Communication**

Education and communication on the preventative measures to limit the spread of COVID-19 are paramount. Education and communication should flow from the mission and charisms of Saint Vincent. Messaging about the guidelines should be positive, and built around caring for the community, loving our neighbors, stewardship, and hospitality.

Saint Vincent will utilize signage and informational flyers provided by the CDC and PADOH. Key policies will be posted in public places, included in information sent home to parents and students. Consistent messaging and communication will be reiterated on the Saint Vincent College website and internal portal. These pages will include answers to frequently asked questions (FAQs) such as information on availability of testing, masks, gloves, and other important information. Educational materials can include videos and orientation sessions for students upon campus move-in. These materials will be developed by the Office of Marketing and Communication in consultation with the appropriate offices.

## **Guidance for College-Sponsored Academic and Recreational Travel**

At this point, Saint Vincent is not restricting travel for academic and athletic events. Athletic teams will follow the guidelines established by the Athletics Department, the PAC, and the NCAA. All participants in non-athletic Saint Vincent sponsored travel must adhere to all health and safety guidelines during the travel period. This includes, but is not limited to:

- Wearing a mask when indoors, including during transportation;
- Monitoring their health and reporting any COVID-related symptoms to the Wellness Center and following their instructions;
- Distancing when possible;
- Maximizing ventilation in vehicles by opening windows and/or not recirculating air; and,
- Washing hands or sanitizing regularly.

For groups travelling outside of the range of Saint Vincent vans, additional requirements apply:

- Trip coordinators must provide a list of all participants to Events and Conference Services who will provide the trip coordinator with a list of all students who would need to complete a COVID test before travelling, based on the information they have provided to the College. The trip coordinator will be responsible for collecting evidence of a negative PCR test result from a test taken within 72 hours of the trip for each participant on the testing list and submitting these results to Events and Conference Services. Participants are responsible for arranging their own testing. Any participant on the list who does not meet the testing criteria should not be allowed to travel.
- The trip coordinator must verify that all trip participants have met the vaccination or testing criteria.
- As an additional screening measure, trip participants should complete a COVID-19 instant test upon their return. This will be provided by the Wellness Center. This test would not be considered to be a definitive negative, but would provide an additional level of screening.

### **COVID-19 Instructional Contingencies**

All courses must be prepared for the possibility that face-to-face instruction may be limited or suspended during the semester. In addition to all instructors utilizing a common suite of instructional tools that promote remote access, every course will be planned and structured for minimal disruption of the learning objectives if face-to-face instruction must be further limited during the semester.



## **Saint Vincent Strategy for Residence Halls and Dining Services**

### **Residence Halls**

Residence halls will be sanitized before move-in, cleaned throughout move-in, and common areas cleaned three times daily throughout the semester.

Residence Life staff will organize resident students into neighborhoods according to their residence hall structures (e.g., pods in Saint Benedict Hall, floors with shared bathrooms, etc.) and these neighborhoods would be considered the students' "immediate family" for the purposes of physical distancing and face covering guidance in indoor spaces. Students in neighborhoods would be able to eat, study, and work together at relaxed physical distancing standards in their neighborhood, if they are comfortable doing so.

Beds in double rooms are not permitted to be bunked and should remain positioned as distant as possible. Residents will be requested to sleep with their heads facing in opposite directions to increase physical distancing. Guidelines for bathroom and shower use and other educational material will be posted for easy reference. All residents are encouraged to only use their assigned residential bathrooms and showers.

Face coverings are expected outside of the resident's neighborhood, including general access hallways, stairwells, elevators, lobbies and other public spaces in the residence hall. Residents are required to follow the physical distancing guidelines outside of their neighborhood.

Common areas in the residence halls will have furniture arranged to follow the physical distancing guidelines. FMO will provide cleaning and disinfecting products in common areas, high traffic areas and bathrooms so they can be cleaned by users before and after use.

### **Resident Move-In**

Each student may be accompanied by no more than two persons to help. Please bring PPE such as masks and gloves and practice safe social distancing as much as possible while moving in. Waste receptacles will be provided for any move in boxes and used PPE. The orientation team or prefect will direct students to those.

## **Dining Services**

### **Dining Team Training and Procedures**

Prior to beginning or returning to work, all team members must participate in a mandatory meeting. All team members are required to have virtual and in-person training on CDC and PADOH recommended safety procedures, as well as training on the new guest experience practice. Team members returning to work, start times, and break periods will be staggered. All team members will complete a Daily Health Awareness Acknowledgment Checklist and participate in daily pre-shift meetings to review safe practices.

Increased frequency of handwashing will be implemented as well as touchless towel dispensers. Team members will use the PPE recommended by the CDC and PADOH. Barriers will be installed to reduce contact. Mobile ordering and touchless transactions will be implemented. Physical distancing of at least six feet in food production will occur when possible.

### **Dining Areas**

All dining areas will be cleaned and disinfected following the CDC guidelines with EPA-approved disinfectant.

### **Maintaining the Salad Bar/Bufferet/Self Service Stations**

- Have process in place to change out utensils frequently (set timer for reminder)
- Follow detailed cleaning and disinfection procedure for these areas

Beverage stations will be touchless.

Frequency of cleaning and disinfecting will be increased and will occur throughout meal periods.

Mobile ordering and remote pickup will be available. Meals will be packaged and delivered for those isolated on campus. Non-isolated quarantined will place orders using Mobile ordering and pick their meals at the TOGO window.



# SAINT VINCENT COLLEGE BEARCATS

**Saint Vincent Strategy for Return to Varsity Athletics**

## **Saint Vincent College Return to Sports During COVID-19**

REVISED August 11, 2021

### **Introduction**

This document is a guideline of standards to be followed by the athletic department in order to permit the resumption of collegiate athletic participation in the fall of 2021. These recommendations are based on the updated NCAA Resocialization of College Sport:2021 Fall Training and Competition (August 4, 2021) which is based on information from the NCAA COVID-19 Medical Advisory Group, the American Medical Society for Sports Medicine Working Group and the Autonomy 5 Medical Advisory Group and takes into consideration available recommendations from the Centers for Disease Control and Prevention. However, even with such expert backing, we cannot guarantee the prevention of COVID-19 nor any other illness or infection. Playing contact sports and participating in activities with numerous people does increase the risk of contracting COVID-19.

All state and federal guidelines that are in effect for COVID-19 must still be followed. As the COVID-19 pandemic is constantly changing with scientific discovery and education, these guidelines are subject to updates. Continuation of knowledge released by the CDC and PA Health Department must be followed closely and these recommendations updated as needed. In addition, these guidelines are consistent with the guidance put together by the Saint Vincent College Forward Together Committee, are in addition to the provisions of the Saint Vincent College Health and Safety plan and in collaboration of the team physician.

These recommendations are in place to decrease the chance of contracting COVID-19 while promoting social distancing, personal hygiene, and personal protective equipment (PPE). Saint Vincent College is not liable for any student-athlete (S-A) that contracts COVID-19 or any other illness or infection while participating in any Saint Vincent College related athletic activity. By participating in varsity athletics at Saint Vincent College, all S-As, support staff, and coaches agree to do their part and abide by the provisions in this document. This is extremely important as unlike the original COVID-19 virus, the delta variant is affecting the younger, unvaccinated population specifically those under the age of 50 with the highest case rate in 18-29 years old (CDC covid data tracker demographics overtime).

## **Fully Vaccinated vs Unvaccinated Definition**

### **Fully Vaccinated Student Athletes**

- Student-Athletes who are at least 14 days past their final COVID-19 vaccine dose AND have submitted their vaccine card to the athletic training staff and [immunization@stvincent.edu](mailto:immunization@stvincent.edu)

### **Unvaccinated Student Athletes**

- Student-Athletes who have not received a COVID-19 vaccine, are less than 14 days past their final vaccine dose, or who have not submitted proof of the COVID-19 vaccine card to the athletic training staff and [immunization@stvincent.edu](mailto:immunization@stvincent.edu).

## **Student-Athletes Returning to Campus**

For returning to campus for the Fall 2021 semester, the following guidelines are in place for S-As.

### **Fully Vaccinated Student Athletes**

- Exempt from any return-to-campus testing.

### **Unvaccinated Student Athletes**

- Should self-quarantine as much as possible in the two weeks before returning to campus.
- Will be required to show proof of a negative COVID-19 test result (either PCR or rapid test) performed within 72-hours prior to coming to campus for fall camps or moving into the residence halls for winter and spring athletes.
- All students are expected to arrange their own testing prior to coming to campus.
- Student-athletes that do not show proof of a negative COVID-19 test within the 72-hour timeframe, will NOT be admitted to screenings or able to participate in any team activities until testing is completed.
- FALL SPORTS ONLY: Once on campus with proof of a negative test within the 72-hour timeframe, the unvaccinated S-A will be again tested. This test must also be negative to continue with the move in process.

## **Athletic Participation COVID-19 Policies**

This information will be updated according to the CDC and NCAA guidelines. Please check frequently for these updates.

### **Testing and Management**

The following information is directly from NCAA COVID-19 Management Considerations and adopted by the Presidents' Athletic Conference.

Table 1. COVID-19 Management Considerations for Tier 1 Individuals.

		NOT FULLY VACCINATED	FULLY VACCINATED OR DOCUMENTED INFECTION IN THE PAST 90 DAYS (or more than 90 days if allowed by local authorities)
<b>TESTING</b>	Upon Arrival to Campus, or Return to Campus from a Summer Break	<p>Single polymerase chain reaction/nucleic acid amplification test within three to five days of arrival, or two antigen tests on non-consecutive days within three to five days of arrival.</p> <p>No team training or competition until single PCR/NAAT or both antigen tests are negative.</p>	No testing unless symptomatic, or based on a risk assessment of a documented close contact with COVID-19.
	Surveillance Testing	<p>Based on level of community immunity, community spread, and local public health official recommendations.</p> <p>If community spread is <u>substantial</u> or <u>high</u>, weekly PCR/NAAT testing or three-times-week antigen testing.</p>	No testing unless symptomatic, or based on a risk assessment of a documented close contact with COVID-19.
	During Competition Season	<p>Weekly PCR/NAAT testing or three-times-a-week antigen testing when no competition is scheduled.</p> <p>PCR/NAAT test within three days of first competition of the week or antigen test within one day of each competition.</p>	No testing unless symptomatic, or based on a risk assessment of a documented close contact with COVID-19.
	Sustained Increased Transmission	<p>If sustained increased transmission on a team, test all symptomatic individuals or individuals with close contacts, or apply a similar risk mitigation strategy.</p> <p>Sustained increased transmission is likely occurring if:</p> <ul style="list-style-type: none"> <li>• Team of <math>\leq 50</math>: Concurrent positive cases of three or more.</li> <li>• Team of <math>&gt; 50</math>: Concurrent positive cases of five percent or more.</li> </ul>	

		NOT FULLY VACCINATED	FULLY VACCINATED OR DOCUMENTED INFECTION IN THE PAST 90 DAYS (or more than 90 days if allowed by local authorities)
QUARANTINE & ISOLATION	Close Contacts	Quarantine in accordance with local public health authority guidance for close contact with another individual with confirmed positive COVID-19.  <u>Previous considerations</u> regarding activity during quarantine (e.g., individual exercise if it does not cause cardiopulmonary symptoms) continue to apply.	Masking in public indoor settings for 14 days with discontinuation if a COVID-19 test is performed three to five days after exposure and is negative, or if assessment does not reveal high risk.
	Positive Test Protocol	Isolation for 10 days and at least 24 hours have passed since resolution of fever without the use of fever-reducing medications and other symptoms have improved.  No exercise during isolation. Post-isolation exercise consistent with <u>previous recommendations</u> , including <u>cardiac considerations</u> .	
ATHLETIC ACTIVITIES	Training and Competition	No restrictions.	
	Team Travel**	Masking during travel.	
	Other Athletic Activities (e.g., team meetings)**	Universal masking and physical distancing.	Masking in indoor settings.
NONATHLETIC	Nonathletic Activities	Universal masking and physical distancing.	Masking in public indoor settings.  Large crowd avoidance or masking where community immunity is unknown or vaccination status cannot be determined.
	In-Person Interactions	Universal masking and physical distancing.	Masking in indoor settings.

\*\*Set guideline according to institutional campus and athletic policies

## **Social Distancing**

Limiting face-to-face interaction with people reduces not only the transmission of COVID-19 but most respiratory viruses and infections. Distancing yourself from others is known as social distancing or physical distancing. To successfully social distance everyone should follow these simple steps:

- Stay at least six (6) feet or two arms' length away from other people
- Do not gather in groups, especially while indoors
- Stay away from crowded places
- Avoid mass gatherings
- Staying home or in room when you are sick
- Consider the capacity of rooms/buildings and consider a reduction in this number
- Consider spacing in the cafeterias, weight rooms, athletic training rooms, locker rooms, and other on-campus venues
- Place locker room use on a group schedule for vaccinated and unvaccinated groups
- Require appointments for use of athletic training rooms and weight rooms
- House no more than two S-As together on overnight trips
- Hold team meetings virtually when possible or in smaller position groups
- Any unnecessary contact should be avoided

## **Fully Vaccinated**

- When possible, during all indoor situation (classrooms, cafeteria, lounges, etc.)

## **Unvaccinated**

- While in all indoor spaces
- Outdoors during practices and competition except when actively participating
- When on sidelines or not participating currently in a drill
- During all team meetings regardless of inside or outside

## **Personal Protective Equipment**

Currently face coverings must be worn indoors regardless of vaccination status as stated by the Saint Vincent College COVID-19 Health and Safety Information. All S-As must follow campus policy. Student-Athletes regardless of vaccination status will be required to mask in the athletic training room and in locker rooms.

## **Fully Vaccinated (Currently)**

- While participating in practices or training in all indoor spaces
- In athletic training room, weight rooms and locker rooms
- In team meetings except for those held outside



- If a team reaches 100% vaccination rate, masking will not be needed for this team except for in the athletic training room

### **Fully Vaccinated (Without SVC Mandated Indoor Masking)**

- In athletic training room and locker rooms
- In team meetings except for those held outside
- If a team reaches 100% vaccination rate, masking will not be needed for this team except for in athletic training room

### **Unvaccinated**

- While in all indoor spaces
- Outdoors during practices and competition except when actively participating
- When on sidelines or not participating currently in a drill
- During all team meetings regardless of inside or outside

### **Signs and Messages**

Friendly reminders and educational signage will be highly visible in all athletic locations where possible. Signs will promote everyday precautionary measures, social distancing, proper hygiene, how to use PPE, and symptoms.

### **Hydration and Sanitization**

Each S-A will be provided his or her own water bottle. Student-Athletes will be responsible for filling their own hydration device prior to and at practices. Sanitation items will be available at water coolers to sanitize spout prior to and after filling the device. This may require additional and/or longer water breaks.

Each sport will have a cooler marked with their sport. This is the only cooler they are to use unless given permission by ATC. When S-A bring coolers back to ATR, they must be cleaned with Clorox Clean-Up and rinsed thoroughly prior to putting on the shelf. For away trips, teams will be required to take their own water bottles or cups. Host teams will not be providing water bottles and/or cups. The coach will need to communicate with their ATC when cups are needed.

### **Daily Screenings**

Student-Athletes will be asked to self-monitor for symptoms of COVID-19. Symptoms include but are not limited to fever, body aches, sore throat, headache, etc. The COVID-19 screening on SWOL will remain available for S-As to access.

If the S-As believes they are symptomatic, they are to contact the Wellness Center at (724) 805-2115 and speak to a nurse. If symptomatic on weekend, contact coach or athletic trainer. Symptomatic S-A is to wear a cloth mask over nose and mouth until cleared.

## **Illness Protocol**

The positively tested S-A may not return to play without team physician evaluation. The evaluation will take place after a minimum of 10 days of isolation from onset of symptoms along with nonfebrile for 24 hours.

If a S-A who is referred for a COVID-19 test from outside Saint Vincent College or who undergo testing on their own, must notify the College of the results of the test. A copy of a positive or negative test result must be presented to the athletic training staff.

## **Competition and Travel Considerations**

Competition and traveling are high-risk activities due to the difficulty of social distancing. Additional buses for larger teams will permit social distancing and decrease the spread if someone is infected. Standing or sitting on the sideline or bench at six feet apart will also decrease the spread. Having an entire team dressed or not dressed and present on the sideline or bench could be a danger.

The use of minivans and 15 passenger vans are prohibited for teams unless teams reach a 100% vaccination rate. When traveling on a charter bus, PPE must be utilized regardless of vaccination status. All must be masked and seated as far apart as possible. All travel party members are encouraged to wash hands prior to loading and after departing the vehicle.

## **Athletic Training Room**

There will only be one point of entry into the athletic training room (ATR). A hand sanitation station will be made available prior to entry of the ATR. Everyone will be instructed to use. All individuals must enter the facility with a face mask on. They will then wait for the athletic trainer (ATC) to instruct them where to go. Athletic trainers are to wear face masks when in close contact with others in the ATR and outside when treating and/or evaluating a S-A.

### **1. Athletic Training Room Office**

The office of the ATR will have restrictions to reduce risk. Athletic trainers will socially distance when possible. Schedules will be staggered when possible. No S-As will be permitted to enter the office of the ATR. If privacy is needed for a confidential discussion, the physician's office is available for use.

### **2. Student-Athlete Scheduling Treatment/Rehabilitation/Evaluation Times**

Student-Athletes must schedule an appointment for any type of treatment, rehabilitation, evaluation, and taping. All appointments must schedule the day before. This will be done via email ([athletic.training@stvincent.edu](mailto:athletic.training@stvincent.edu)) to ensure guidelines for social gatherings and distances can be followed.

Student-athletes are no longer permitted to just “drop-in” for taping or stretching. If rehabilitation due to a surgery/injury is required, they will have precedence to scheduling the necessary appointment. Maintenance treatments of taping and modalities may not be available or at the least limited. Student-athletes will be encouraged to wear bracing and do preventative treatment (heating pad, stretching, foam rolling) on their own, in their rooms.

The number of treatments during a specific timeframe will be limited in number, depending on the type of treatment needed, availability of the ATC, and social gathering limitations. The ATR will not run at maximum capacity and all individuals being treated are expected to social distance if possible. Once practices start, no additional treatments will be administered to anyone.

Self-service of items from the ATR is discontinued for the time being. Student-athletes needing items must seek permission from the ATC.

All S-As are expected to be on time. If S-As are late, they may be asked to leave. This is to prevent overcrowding in the athletic training room areas and fairness to those that are on time. If S-As are early, they will be directed to wait in the Carey Center lounge area or outside, social distancing must be always observed. No food or drinks are permitted in the ATR unless directed for a medical condition. Once treatment session is over, the S-A will be mandated to leave the facility immediately.

Intense cardio workouts in ATR will be minimal during rehabilitation due to fact of an increase in forced air intake and exhalation during intense workouts. These cardio workouts should be done outdoors.

Use of modalities including whirlpools many be limited depending on community and campus spread.

### **3. Student Workers**

Student workers will follow the same guidelines as S-A. Student workers must be masked at all times in the ATR. Masking is also required if unvaccinated when covering practices and/or competitions. Hand sanitizer will be given to each student worker at the beginning of the year. They are to be responsible to ask for more when supply is depleted.

## **Saint Scholastica Weight Room**

There will only be one point of entry into the Student Activity Center Weight Room (SACWR). This will monitor traffic in and out of the SACWR. This will reduce the risk of someone that is symptomatic of entering the facility. Total occupancy will be reduced to a manageable and safe number. This may require the reconfiguration of the space, which may involve blocking off or

removing equipment. Visible signage should be present to remind all about social distancing and hand washing. A hand sanitation station will be made available at the entry of the SACWR that all individuals will be instructed to use. All individuals must enter the facility with a face mask on. Unless the S-A is doing high impact cardio activities, face mask should always remain on for all S-As. All staff and coaches are to always wear face masks.

### **Fully Vaccinated (Currently)**

- While in the SSWR

### **Fully Vaccinated (Without SVC Mandated Indoor Masking)**

- Mask will not be required

### **Unvaccinated**

- While in the SSWR, unless the S-A is doing high impact cardio activities

### **Locker Rooms**

Locker rooms use is limited to in-season sports only. You may begin to use your locker room one month prior to your first game. This does not include scrimmages. Masking is mandatory for all, regardless of vaccination status. Masks are not required in the shower. Social distancing should always be practiced in the locker rooms. LOCKERS CANNOT BE SHARED.

The locker room floors must be free of clothing, shoes, and debris. All personal items are to be kept in lockers. All practice clothing must be washed daily. All equipment should be wiped down after practice. Coaches are to monitor locker rooms for cleanliness. If teams repeatedly leave locker room dirty, locker room privileges will be revoked.

### **Fully Vaccinated**

- Mask will be required at all times except when showering

### **Unvaccinated**

- Mask will be required at all times except when showering

### **Sports Practice Procedures**

When reporting to practice, it is imperative that all social gathering/distance guidelines, all self-hygiene protocols, masking protocols and rules submitted by the Saint Vincent College Athletic COVID-19 Protocol be followed. The main goal is to provide the highest quality of care possible to the S-A while maintaining safe practices. **This is very important for everyone – from the S-A to staff members.** **If you are sick, do not come to practice or work.**

The following restrictions will be followed:

- Preventative taping will not be done. Wearing a brace is a better option to provide support for prevention of non-significant injuries.
- Injury taping will only be done by appointment, which is made the day prior. Social distancing will be performed during any waiting period during taping or treatment sessions.
- It is expected that the S-A must be punctual for their allotted time slot.
- Student-athlete must wear a face mask and abide by all athletic training room rules.
- Treatments will **NOT** be given once practices have begun.
- If S-A requires other treatments using modalities (stim, ultrasound, probe, etc.) they must schedule an appointment following the guidelines. These will be provided at the discretion of the athletic trainer. No maintenance modalities will be permitted.
- Post practice treatments will be limited to a “grab and go” style format. This means that ice bags will be placed in a cooler in a designated area for S-A to take with them as they leave. They must sign in prior to taking ice. This will alleviate over-crowding issues of S-A coming in ATR after practice to get iced and congregate.
- Student-athletes must limit all close proximity treatments to injury only status. This means S-As must stretch on their own when possible.
- **AFTER ALL PRACTICES AND HOME COMPETITIONS, ALL STUDENT-ATHLETES MUST** shower before entering the athletic training room, going to eat, or going to class.

If these policies and procedures are repeatedly violated by same individual(s), the individual(s) will be removed from practice and directed to the Athletic Administrators and/or other appropriate College officials for possible disciplinary action.

### **On the Field Protocols**

Once practices start, treatments will not be available to S-A during this time. Ice will be available.

The following restrictions are to be followed:

- All coaches, staff, and S-A should abide by the closing period rule mentioned above.
- Hand sanitizer stations should be placed in areas that are out of play at each venue.
- Hydration is a very large concern for controlling contamination. **WATER BOTTLES CANNOT BE SHARED.** With respect to water bottles:
  1. Every S-A will be responsible to fill their own bottle and carry it with them when moving to different areas on the field of play.
  2. All bottles must be marked with the S-A last name, their number, and sport so that it can be easily identified.
  3. If permitted by state, there may be water coolers on site for the purpose of refill only. No one should be drinking directly out of the cooler. This will cause contamination.
  4. After practice, the S-A will be responsible for dumping out their water bottle, cleaning it and storing it in a safe location. Student-athletes may want to store their water bottles in a sealed plastic bag in order to prevent possible contamination.

5. Again, it is the responsibility of the S-A to maintain a clean water bottle and to NOT share water bottles with others.
6. On warm, humid days, water breaks should occur more frequently.
7. Coaches may want to consider adjusting the time for practice since the S-A may have to run to a location further than normal to get his/her bottle.

### **Miscellaneous Considerations**

The following are recommendations and issues that should be considered:

- Installing signage as a reminder to wear a mask, as well as where masks are recommended and required
- Host teams should be contacted 24 hours prior to game or competition to determine needs and availability of facilities
- Officials are to provide documentation of vaccination or testing to host institution prior to competitions. Host institutions are NOT responsible for testing of officials.

## **Saint Vincent Strategy for Resumption of Administrative Office Operations**

All Saint Vincent College administrative departments and offices were asked to review the Forward Together Guidance materials and provide information as to how each administrative area intended to resume operational activities consistent with that guidance during the Commonwealth of Pennsylvania's Yellow and Green phases, with particular attention being paid to the scheduling of staff, welcoming external visitors, and office environment.

### **Scheduling of Staff**

During the Yellow phase in 2020, almost all Saint Vincent administrative offices embraced highly flexible work environments for staff, with most employing a work-from-home (WFH) strategy (42 offices) or a staggered in-office presence (nine offices). This will continue during the 2021-22 academic year. All administrative offices will be providing flexibility and allowing changes to work schedules and opportunities as needed throughout the academic year and will consider changes to individual work schedules/locations as needed throughout the course of the year. Supervisors should provide the Executive Vice-President with flexible work change requests/needs as they arise to ensure the efficient and smooth operations of the College administrative offices.

### **External Visitors**

Office should notify the Entrance Booth ([guestparking@stvincent.edu](mailto:guestparking@stvincent.edu) or ext. 2401) of any expected visitors to campus, preferably at least 24 hours before the visit. The Entrance Booth will provide all visitors coming through that entrance with information pertaining to the College's COVID-19 protocols. In addition, offices should request that all visitors perform a health and wellness check prior to coming to campus, and that the visitor should remain home if experiencing any symptoms of illness. Offices should provide all expected visitors with the College's health and wellness checklist, social distancing, and face covering requirements prior to the visit. **Masks are required of all external visitors to campus.**

It is recommended that all offices keep a sign-in sheet that includes contact information for all external visitors and request that external visitors notify Saint Vincent College if they test positive for COVID-19 within 14 days of the visit to campus.

Offices for which external visitors are common (e.g., Office of Admission, Alumni Office, McCarl Coverlet Gallery, Verostko Center) should take steps in advance to inform potential external visitors of the requirements for social distancing, face coverings and any additional requirements specific to that office/area. This can be done through email, social media postings, mailings, and/or postings on the office/area sections of the Saint Vincent website.

### **Office Environment**

To assist with cleaning and disinfecting of workspaces and high-touch surface areas within the office environment, all offices have plans to wipe down and clean their workspaces and have hand sanitizer available for staff and visitor use. This is in addition to, not as a replacement for, the College's regular cleaning and disinfecting protocols. Cleaning and disinfecting supplies are available by request through the Facilities Management Office and offices may also procure supplies on their own and be reimbursed with receipts.



## **Appendix A**

### **Saint Vincent Forward Together Advisory Committee**

### **Being Safe – Staying Bearcats**

#### **Charge**

The Saint Vincent Forward Together Advisory Committee Taskforce is charged to examine specific issues and questions posed by the President of the College, Rector of the Seminary, and members of President’s Cabinet related to safely resuming face-to-face instruction and residential living at Saint Vincent. Staying abreast and using the published guidance of federal, state, and local health officials, the Committee is to present options regarding how this guidance may be implemented at Saint Vincent.

#### **Guiding Principles for the Forward Together Advisory Committee**

1. We are charged with identifying the key external guidance that must be followed and presenting and reviewing options for implementation of that guidance at Saint Vincent.
2. Our work begins with our mission: our overarching goal is to sustain this mission through the pandemic.
3. The committee is a conduit for campus dialogue to ensure clear communication to all stakeholders.
4. As a group, we will be an example for the entire campus community in our commitment to continual improvement, creativity, and adaptability.
5. We will engage and learn from each other, peers in our community, and other institutions.

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## **Appendix B**

### **Reference Documents**

**Primary Documents for Reference**

**CDC:**

**Considerations for Higher Education**

<https://www.cdc.gov/coronavirus/2019-ncov/community/colleges-universities/considerations.html>

<https://www.cdc.gov/coronavirus/2019-ncov/community/colleges-universities/ihe-testing.html>

**Shared or Congregated Housing**

<https://www.cdc.gov/coronavirus/2019-ncov/community/shared-congregate-house/guidance-shared-congregate-housing.html>

**Cleaning and Disinfecting**

[https://www.cdc.gov/coronavirus/2019-ncov/community/pdf/Reopening\\_America\\_Guidance.pdf](https://www.cdc.gov/coronavirus/2019-ncov/community/pdf/Reopening_America_Guidance.pdf)

**Considerations for Businesses**

<https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html>

<https://www.cdc.gov/coronavirus/2019-ncov/community/office-buildings.html>

**Implementation of Mitigation Strategies for Communities with Local COVID-19 Transmission**

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/community-mitigation-strategy.pdf>

**PA Department of Education:**

<https://www.education.pa.gov/Documents/K-12/Safe%20Schools/COVID/GuidanceDocuments/PDE%20Preliminary%20Reopening%20Guidance%20Postsecondary%20and%20Adult%20Education.pdf>

<https://www.governor.pa.gov/covid-19/sports-guidance/>

**PA Department of Health:**

<https://www.pa.gov/guides/responding-to-covid-19/#ForBusinesses>

<https://www.education.pa.gov/Schools/safeschools/emergencyplanning/COVID-19/Pages/default.aspx>

## Secondary Documents Referenced

### **OSHA Guidelines for Preparing Workplaces for COVID-19**

<https://www.osha.gov/Publications/OSHA3990.pdf>

### **American College Health Association (ACHA) Guidelines: Considerations for Reopening Institutions of Higher Education in the COVID-19 Era**




[https://www.acha.org/documents/resources/guidelines/ACHA\\_Considerations\\_for\\_Reopening\\_IHEs\\_in\\_the\\_COVID-19\\_Era\\_May2020.pdf](https://www.acha.org/documents/resources/guidelines/ACHA_Considerations_for_Reopening_IHEs_in_the_COVID-19_Era_May2020.pdf)

### **Schools for Health Risk Reduction Strategies for Reopening Schools Harvard T.H Chan School of Public Health**

<https://schools.forhealth.org/wp-content/uploads/sites/19/2020/06/Harvard-Healthy-Buildings-Program-Schools-For-Health-Reopening-Covid19-June2020.pdf>

## Appendix C Covid-19 Symptom Monitoring Flyer

**KNOW THE SYMPTOMS OF COVID-19**

 **FEVER**       **COUGH**       **SHORTNESS OF BREATH**

[spreads through close contact]

### TAKE EVERYDAY PRECAUTIONS



WASH YOUR HANDS



DON'T TOUCH FACE



AVOID SICK PEOPLE

INFORMATION + UPDATES:  
[HEALTH.PA.GOV](http://HEALTH.PA.GOV)

 **pennsylvania**  
DEPARTMENT OF HEALTH  
Created 02/25/2020

#### Saint Vincent COVID-19 Symptom Monitoring Checklist

Every day before leaving your room or coming to campus, please check for the following . . .

- Do you currently have a fever over 100.4°F, or have you had a fever over 100.4°F in the past 24 hours?
- Do you have a new cough, new muscle ache, recent loss of taste or smell, or onset of sore throat?
- Do you have a shortness of breath, chills, shaking chills, or onset of headache?
- Have you been in contact, lived with, or otherwise been exposed to a person who has tested positive for COVID-19?

#### If you have any of the symptoms above:

**Faculty and Staff** – stay home, notify chairperson/supervisor via phone or email, contact your primary care physician

**Commuting Students** – stay home, notify Wellness Center via phone or email

**Resident Students** – stay on Floor/Pod, notify Prefect and Wellness Center via phone or email



**SAINT VINCENT  
COLLEGE**

Wellness Center 724-805-2115 | [SVCWellness@stvincent.edu](mailto:SVCWellness@stvincent.edu)

9957-6/2020

## **Appendix D**

### **Implementation and Enforcement of Health and Safety Plan**

#### **Saint Vincent Community Standards**

It is the responsibility of all students, faculty and staff to adhere to the standards set forth in the Health and Safety Plan of the Saint Vincent College and Seminary. Each of us must demonstrate a commitment to the health and safety of ourselves and all members of the community.

Where individuals fail to adhere to these standards, the primary method of enforcement will be specific admonitions aimed at increased education on the importance of such adherence.

However, willful, reckless or repeated violations of these standards will subject the individual to disciplinary sanctions.

#### **Administrative Directive**

The Health and Safety Plan of the College and Seminary is an important document which we must seek to implement until we determine that it is no longer necessary.

To that end, each Vice President of the College must insure that:

1. Adequate signage exists in your area to remind individuals of the important safety features they must follow;
2. Individuals are regularly reminded to adhere to the standards set forth in the Plan;
3. Individuals who violate the Plan are educated on the need to adhere to the Plan;
4. Individuals who willfully, recklessly or repeatedly violate the Plan are disciplined.

Every two weeks, each Vice President of the College submits a report to the Forward Together Advisory Committee answering the following four questions:

1. Has adequate signage been maintained in your area to remind individuals of the important safety features they must follow?
2. Have you reminded the faculty, staff and students in your area of the need to adhere to these standards?
3. Have you had the need to educate any person on the need for better adherence to the Plan?
4. Have you disciplined anyone for Plan for willful, reckless or repeated violations of the Plan?