The Intramural Sports Program at the University of Kentucky is committed to providing a fun, fair and safe environment for the university community. The developed COVID-19 protocols for the Intramural Sports Program are in association with Center for Disease Control (CDC), University of Kentucky Playbook for Fall 2020, National Intramural Recreational Sports Association (NIRSA), National Association of Collegiate Athletics (NCAA), National Federation of High Schools (NFHS) and Kentucky High School Athletic Association (KHSAA).

The Intramural Sports Program will do everything it can to ensure the health, safety and well-being of intramural participants and intramural staff by minimizing risks and following the lead of the University of Kentucky in “Protect. Respect. Do Your Part.”

Any changes toward a safe return of team sports and contact sports within the Intramural Sports Program will depend on national trajectory of COVID-19 spread, CDC guidelines and University of Kentucky protocols. Resumption of activities or stoppage of activities will be based on local public health conditions, institutional guidelines and what is best for the program.

These guidelines are intended to allow a return to Intramural Sports at the University of Kentucky and are not intended and should not be interpreted as a clinical practice guideline or legal standard of care.

**Guidelines for Intramural Sports Program: Minimize Risks & Follow Guidelines**

1. **Not offer team sports, contact sports or sports that involve close, sustained contact, lack protective barriers and high probability of transmitted respiratory particles between participants**
   a. Examples are as follows but not limited to: Basketball, Flag Football, Soccer, Volleyball

2. **Offer sports that encourage physical distancing, minimal or no sharing of equipment, low/decreased probability of transmitted respiratory particles between participants. Consider team concepts through individual participation.**
   a. Examples are as follows but not limited to: Drills Competition/Team Showcases in Basketball, Football, Soccer, Volleyball, Cornhole (Doubles/Singles), Homerun Derby, Tennis (Doubles/Singles), Soccer Tennis, Field Days

3. **Offer esports in conjunction with in-person sports throughout the semester**

4. **Provide social/physical distancing set-ups to minimize transmission of respiratory particles between individuals**

5. **Not provide previous accepted shared clothing (towels, shorts, pennies/jerseys, etc.) for individuals/participants**

6. **Provide signage, directions, reminders and hand sanitizers throughout events**

7. **Follow Guidelines for Individual(s)/Participant(s): Full Guidelines on Page 2**

<table>
<thead>
<tr>
<th>Individual/Participants Do’s Summary</th>
<th>Individual/Participants Don’ts Summary</th>
</tr>
</thead>
<tbody>
<tr>
<td>Complete UK’s daily 4.0 self-assessment if symptomatic/sick stay home</td>
<td>If symptomatic/sick stay home</td>
</tr>
<tr>
<td>Wear face coverings/masks entering or exiting facility and when waiting to compete/participate</td>
<td>Not wear a face covering/mask or wear a plastic face shield covering because it increases the risk of injury to participant</td>
</tr>
<tr>
<td>Follow and maintain 6 feet social/physical distancing</td>
<td>Not follow or maintain 6 feet social/physical distancing</td>
</tr>
<tr>
<td>Avoid touching your eyes, nose, mouth with unwashed hands</td>
<td>Touch eyes, nose, and mouth with unwashed hands and give high fives, handshakes, fist bumps or hugs</td>
</tr>
<tr>
<td>Cover your nose &amp; mouth by using a tissue or inside of your elbow; sanitize hands immediately</td>
<td>Touch or remove university property, sports equipment, disinfecting equipment or items necessary for intramural staff to perform work duties</td>
</tr>
<tr>
<td>Follow posted signs and sanitize hands</td>
<td>Not follow signs and not sanitize hands</td>
</tr>
<tr>
<td>Follow guidelines, policies and rules associated with the Intramural Sports Program and UK’s Code of Student Conduct</td>
<td>Not follow guidelines, policies and rules associated with the Intramural Sports Program and UK’s Code of Student Conduct</td>
</tr>
</tbody>
</table>

8. **Follow Guidelines for Intramural Spectator (s)/Non-Participant (s) and Intramural Staff: Full Guidelines on Page 3**

<table>
<thead>
<tr>
<th>Intramural Spectator (s)/Non-Participant Summary</th>
<th>Intramural Staff Summary</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spectator (s)/non-participant (s) is a non-player, captain, coach, manager, spectator or anyone representing a participant (s)</td>
<td>Complete their UK daily 4.0 self assessment before arriving to work and complete daily symptom checks before working</td>
</tr>
<tr>
<td>All spectator (s)/non-participant (s) will wear masks</td>
<td>Wear face coverings/masks</td>
</tr>
<tr>
<td>Follow and maintain 6 feet of social/physical distancing</td>
<td>Sanitize hands before and after performing work duties</td>
</tr>
<tr>
<td>Cover your nose &amp; mouth by using a tissue or inside of your elbow; sanitize hands immediately</td>
<td>Clean &amp; Disinfectant frequently touched surfaces and equipment in between uses and activities</td>
</tr>
<tr>
<td>Spectators/non-participants will not be in groups more than ten (10) people. Indoors spaces will not allow spectators if social/physical distancing cannot be accomplished</td>
<td>Ensure guidelines are followed (masks &amp; 6 feet), control the environment based on what is best for program operation and facility capacity</td>
</tr>
</tbody>
</table>
Intramural Sports Program reserves the right to rule on any instances not specifically covered in these guidelines

Individual (s)/Participant (s) Do’s Guidelines:
1. Do UK’s daily 4.0 self-assessment for possible symptoms, if symptomatic or sick stay home
2. Wear face covering/mask entering or exiting facility
3. Wear face covering/mask when waiting to compete/participate
   a. During competition or participation an individual may wear a face covering/mask
   b. There is no need to require or recommend “medical grade” masks for athletic activity
      i. High intensity aerobic activities or strenuous activities with a mask can increase body temperature and restrict breathing
4. Avoid touching your eyes, nose, and mouth with unwashed hands
5. Cover your nose & mouth by using a tissue or inside of your elbow; wash or sanitize hands immediately
   a. Wash your hands often with soap and water for at least 20 seconds especially in public place, or after blowing your nose, coughing, or sneezing and when not available use provided sanitizer
6. Follow and maintain 6 feet of social/physical distancing throughout facility
7. Sanitize hands before and after touching equipment
8. Upon arrival to and leaving recreational facility:
   a. Follow posted entrance signs and exit signs for the facility
   b. Individual (s)/Participant (s) are required to sanitize their hands
   c. Avoid touching your eyes, nose, and mouth with unwashed hands
   d. Check-in with designated recreation staff and answer questions, “Are you participating in the event?”
   e. If one answers “yes,” they will be asked to follow the “Participant Walking Path”
   f. Only individuals/participants and intramural staff will occupy “Participant Walking Path”
   g. Follow and maintain 6 feet of social/physical distancing guidelines/signage within facility
   h. Follow and maintain 6 feet of social/physical distancing when waiting to compete and during competition
      i. Equipment usage once arrived to competition area
         i. Pick-up equipment from designated equipment pick-up areas
         ii. Return used equipment to designated areas; equipment is disinfected before next use
         j. Check-out with designated recreation staff to report results (times, scores, etc.)
   i. Individual (s)/Participant (s) are required to sanitize their hands
   l. Follow posted entrance signs and exit signs for the facility
9. Wear their own appropriate workout clothing
10. Wash and clean individual clothing/towels after every activity or workout
11. Shall bring their own water bottle
12. Alert Intramural Staff if water in our water coolers is low or empty or hand sanitizers are low or empty
13. Follow guidelines, policies and rules associated with the Intramural Sports Program and UK’s Code of Student Conduct

Individual (s)/Participant (s) Don’ts Guidelines:
1. Not attend activities/events if you are exhibiting symptoms, if symptomatic or sick stay home
2. Not wearing a face covering/mask when entering or exiting facility
   a. Not wear plastic shield covering the entire face during activities/events; increases the risk of unintended injury to the person wearing the shield
3. Not touch your eyes, nose, and mouth with unwashed hands
4. Not sanitize hands before and after touching equipment
5. Not follow sneeze or cough etiquette = not using a tissue or not using the inside of your elbow
6. Not follow and maintain 6 feet of social/physical distancing throughout facility
7. Not share items that are difficult to clean, sanitize or disinfect
   a. Not share athletic equipment (sports specific equipment) between individuals/participants
   b. Not share clothing or gear (masks, towels, clothing, shoes, sunglasses, water bottles, etc.)
   c. Not share water bottles
8. Not separating your belongings from others belongings = not piling bags/backpacks together
9. Avoid high fives, handshakes, fist bumps or hugs
10. Not occupy areas designated for Staff Only
11. Not touch or remove designated university property, sports equipment or disinfecting equipment
12. Not follow policies or rules associated with the Intramural Sports Program, not following Individual (s)/Participant (s)
   Do’s Guidelines, not follow/adhere to staff directives or not follow UK’s Code of Student Conduct can result in but not limited to:
   a. Forfeiting their spot in competition
   b. Being asked to leave the recreational facility
   c. Possible meeting with Intramural Ejection Board if actions dictate this path
   d. Submitting name (s) to UK’s Community of Concern of UK’s Office of Student Conduct
   e. Contacting University of Kentucky Police Department (UKPD) if deemed necessary
Intramural Staff Guidelines:

1. Complete their UK daily 4.0 self-assessment before arriving to work
   a. Sanitize hands before and after performing work duties
   b. Complete daily symptom checks before working
      i. Staff that does not pass symptom checks or are exhibiting symptoms prior to work will be sent home
   c. Wear face coverings/masks throughout Intramural activities/events
      i. Avoid touching your eyes, nose, and mouth with unwashed hands
      ii. Cover nose & mouth by using into a tissue or inside of your elbow; sanitize hands immediately
      iii. Wash hands often when not available use provided sanitizer
   d. Ensure guidelines are being followed: Wearing face coverings/masks and 6 feet physical distancing
      i. Based on the UK’s Playbook: Return to Reinvented Operations
         1. Masks will be required unless individuals are alone in a room, eating, drinking, or exercising or when it interferes with required curricular activities
         2. Social distancing practices will be required
         3. Individuals should be at least six feet apart unless required by specific curricular activities
   e. Control the environment (room facilities) based on what is best for program operation and facility capacity
   f. Develop a schedule for increased, routine cleaning and disinfection
      i. Ensure adequate ventilation when using disinfectant products
      ii. Clean and disinfect frequently touched surfaces between uses and as much as possible
      iii. Clean and disinfect equipment in between individual uses or activities
2. Will make decisions in the best interest of the Intramural Sports Program

Intramural Spectator (s)/Non-Participant (s) Guidelines:

1. Not attend activities/events if you are exhibiting symptoms or you feel sick; you should stay home
2. A spectator (s)/Non-participant (s) is a non-player, captain, coach, manager, spectator or anyone representing a participant (s)
3. All Spectator (s)/Non-participant (s) will wear masks and follow social/physical distancing standards
   a. Spectator (s)/Non-participant (s) will not be in groups more than ten (10) people and must follow 6 feet social/physical distancing
   b. Based on the UK’s Playbook: Return to Reinvented Operations
      i. Masks will be required unless individuals are alone in a room, eating, drinking, or exercising or when it interferes with required curricular activities
      ii. Social distancing practices will be required at least six feet apart
4. Avoid touching your eyes, nose, and mouth with unwashed hands
5. Cover your nose & mouth by using a tissue or inside of your elbow; wash or sanitize hands immediately
   a. Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing
   b. If available wash hands in washing facilities and when not available use provided sanitizer
6. Failing to follow guidelines will result in:
   a. Spectator (s)/Non-participant (s) being asked to leave the recreational facility
7. Not occupy areas designated for Staff Only
8. Not touch or remove designated university property, sports equipment or disinfecting equipment
9. Follow posted entrance signs and exit signs for the facility
10. Upon arrival to recreational facility:
    a. Spectator (s)/Non-participant (s) are required to sanitize their hands
    b. Check in with designated recreation staff and answer questions, “Are you participating in the event?”
       i. If spectator (s)/Non-participant (s) answers “no” they will be given a wristband that they must wear
       ii. After receiving their wristband they will follow the “Spectator (s)/Non-participant (s) Walking Path” to reach the designated area to view activities/event
       iii. After reaching designated area no more than ten (10) people per pod and must remain 6 feet apart
    c. Designated Spectator (s)/Non-participant (s) Area
       i. Follow and maintain 6 feet social/physical distancing
       ii. Spectator (s)/Non-participant (s) may sit or stand in designated area with respecting those around them and not causing additional concerns
11. Spectator (s)/Non-participant (s) access will be capped, decreased or denied by the intramural staff
12. Follow guidelines, policies and rules associated with the Intramural Sports Program and UK’s Student Code of Conduct