

Fall 2020, Phased Athletics Activity Plan

Prior to participation in any of the phases outlined below, student-athletes are subject to all applicable campus health policies, including any mandatory quarantine periods or physical examination requirements.

Virtual Team • Virtual meet	n physical athletics activiti ings with coaches are once classes begin	ies are	activity - No mor activity - For winter League sta of countat permitted
Phase I: Conditioning and Virtual Team Meetings	 Maximum of one hour per day of weight training and conditioning Social distancing of 6+ feet between participants and coaches/staff required for all activities Maximum group size: 10 students Virtual Team and/or Individual Meetings Permitted 		practice p - For spring teams to 2 fall term - Movemen determine
Note: Safety exception and other permissible voluntary physical athletics activities with coaches are prohibited unless included in the hour limits described in this document. Outside countable team activities, student-athletes may only use athletics facilities on the same basis as all other students and may not reserve facilities for captain's practices.	Phase II: Activities Small Group	 Maximum of two hours per day of sport-specific activity and/or weight training and conditioning In-person meetings permitted Social distancing of 6+ feet between participants and coaches/staff required for all activities Maximum group size: 10 students (includes in-person team meetings; no limit for virtual team meetings) 	Advancem possible w distancing
		Mid-Size Group Activities Per week •12-hour limit includes both sp strength/conditioning activitie •Maximum group size and natu	 Sport-specific practice activity permitted up to 12 hours per week 12-hour limit includes both sport-specific and strength/conditioning activities Maximum group size and nature of athletics activity permitted are dictated by campus policies

- Fall sports may participate in a practice season not to exceed nine consecutive weeks during the fall term; dates to be determined by campus leadership
- Nine-week season can include Phase I activity
- No more than 12 hours of countable athletics activity per declared week
- For winter sports after the permissible lvy League start date, no more than 12 hours of countable athletics activity are permitted per declared week in the official practice period
- For spring sports, Ivy League rules limit teams to 24 hours of practice during the fall term
- Movement between phases to be determined locally as conditions permit. Advancement to Phase III will only be possible when campus policies on social distancing are relaxed.

All athletics activity will be subject to existing NCAA playing season rules, as well as local and institutional policies for comparable segments of campus activities – e.g., residential life, travel policies, social distancing, COVID-19 testing, etc – which may be more restrictive than the limits outlined here.