

CCCATA Sport-Specific Resocialization Plan Guidelines

Groups can move down into more conservative groups, but cannot move up

"I" Level Sports

Individual running events, throwing events, individual swimming, cross country, golf

Return to conditioning (strength and fitness): **Phase 1** (groups of 10 or less with physical distancing, NO VULNERABLE STUDENT-ATHLETES)

Return to practice: **Phase 1** (groups of 10 or less with physical distancing)

Return to competition (remote): **Phase 1** (groups of 10 or less with CDC-defined physical distancing)

Return to competition (in-person): **Phase 2** (groups of 50 or less with CDC-defined physical distancing i.e. staggered starts in cross country)

**Vulnerable student-athletes cannot return until Phase 3 with CDC-defined physical distancing, and in Phase 4 unrestricted*

"II" Level Sports

Singles tennis, swimming relays, track relays, pole vault, high jump, long jump, singles badminton

Return to conditioning (strength and fitness): **Phase 1** (groups of 10 or less with physical distancing, NO VULNERABLE STUDENT-ATHLETES)

Return to practice with no shared equipment: **Phase 2** (groups of 50 or less, NO VULNERABLE STUDENT-ATHLETES)

Return to practice with appropriately sanitized shared equipment: **Phase 3** (VULNERABLE STUDENT-ATHLETES WITH PHYSICAL DISTANCING)

Return to competition: **Phase 3** (VULNERABLE STUDENT-ATHLETES MAY PRACTICE WITH PHYSICAL DISTANCING)

**Vulnerable student-athletes cannot return until Phase 3 with CDC-defined physical distancing, and in Phase 4 unrestricted*

"III" Level Sports

Basketball, volleyball, beach volleyball, baseball, softball, soccer, doubles tennis, doubles badminton

Return to conditioning (strength and fitness): **Phase 1** (groups of 10 or less with physical distancing, NO VULNERABLE STUDENT-ATHLETES)

Return to practice with no shared equipment/no contact: **Phase 2** (groups of 50 or less, NO VULNERABLE STUDENT-ATHLETES)

Return to practice with appropriately sanitized shared equipment with contact: **Phase 3** (VULNERABLE STUDENT-ATHLETES MAY PRACTICE WITH PHYSICAL DISTANCING/NO CONTACT)

Return to competition: **Phase 4** (monitor vulnerable student-athletes)

**Vulnerable student-athletes cannot return until Phase 3 with CDC-defined physical distancing, and in Phase 4 unrestricted*

"IV" Level Sports

Wrestling, football, water polo

Return to conditioning (strength and fitness): **Phase 1** (groups of 10 or less with physical distancing, NO VULNERABLE STUDENT-ATHLETES)

Return to practice with no shared equipment/no contact: **Phase 2** (groups of 50 or less, NO VULNERABLE STUDENT-ATHLETES)

Return to practice with appropriately sanitized shared equipment/no contact: **Phase 3** (VULNERABLE STUDENT-ATHLETES MAY PRACTICE WITH PHYSICAL DISTANCING/NO CONTACT)

Return to practice with appropriately sanitized shared equipment with contact: **Phase 4** (monitor vulnerable student-athletes)

Return to competition: **Phase 4** (monitor vulnerable student-athletes)

**Vulnerable student-athletes cannot return until Phase 3 with CDC-defined physical distancing, and in Phase 4 unrestricted*

What is Our Vulnerable Population?

Vulnerable populations include individuals with serious underlying health conditions such as high blood pressure, chronic lung disease, diabetes, obesity and asthma, and those whose immune system is compromised, such as by chemotherapy. (CDC, NCAA). Each college should consult the team physician regarding screening and participation of vulnerable populations.

*This plan is based on the [CCCAA Resocialization Back to Sport Guidelines Timeline](#) which was based on the [NCAA Phases](#). This plan does not address spectators.

**Please consult ["COVID-19: NSCA Safe Return to Training for Athletes"](#) guidelines on 4 week return to 100% training volume.