

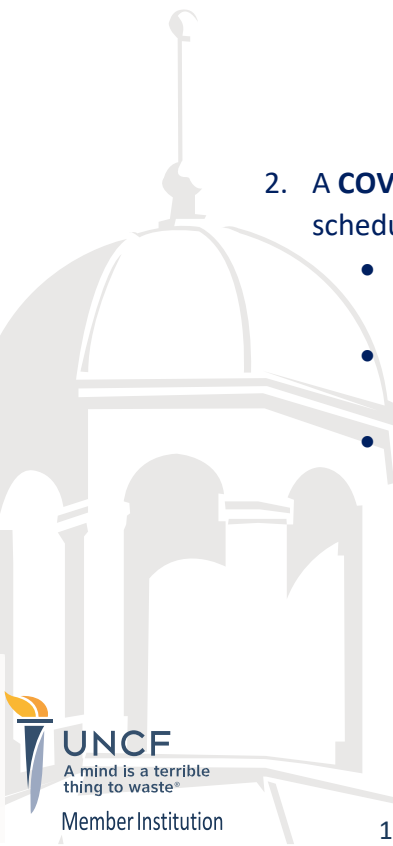


Greetings New and Returning Falcons!

As we prepare to return to campus and athletic participation, let us be reminded that the health and safety of our student-athletes, coaches, staff, administrators, recruits, donors, and fans is our top priority. For this reason, we have developed the following safety recommendations for your return to campus. This is a living document and we will make changes as necessary to keep us all safe. This document is subject to change, pending new scientific evidence, legislation, or updates as our experience with COVID-19 changes. Also, a more comprehensive and outlined plan will be posted and made available in the coming days.

Preliminary Return to Campus Procedures for SAU Student-Athletes

1. All student-athletes who plan to return to campus should begin to **STRICTLY** self-isolate 14 days before their scheduled return.
 - All Other Sports
 - Self-isolation should begin no later than **January 9th, 2021**
 - A **COVID-19 “PCR” test** should be obtained within a week of scheduled return to campus to accommodate time for results to come back.
 - Student-Athletes **MUST** have a hard-copy of results to submit to the Office of Sports Medicine
 - Screenshots and pictures **will not** be accepted
 - Specific recommendations on “self-isolating” at home:
 - <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/index.html>
 - <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/living-in-close-quarters.html>
2. A **COVID-19 “PCR” test** should be obtained within a week of the student-athlete's scheduled return to campus to accommodate time for results to come back.
 - This will help to ensure that student-athletes are aware that they have not been infected by the COVID-19 virus.
 - It will also help to ensure that student-athletes are not arriving on campus actively infectious, yet unaware.
 - This is done in an effort to:
 - Decrease the risk of possible exposure after receiving a negative result
 - Decrease the risk of exposing and spreading the virus to others if there is a positive result.





3. If you self-isolate and:

- Receive a **NEGATIVE RESULT**, we look forward to seeing you at the appointed time.
- Receive a **POSITIVE RESULT**:
 - Please STAY HOME and continue to self-isolate
 - Please notify Director of Sports Medicine (**Mijon Knight, mknight@st-aug.edu**)
 - Please contact your medical provider
 - Additional resources: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

