



To: Dr. Michael Wells, Dean, College of Arts & Sciences

From: Dr. Donna Woolard, Chair, Department of Exercise Science

RE: Reentry Plans for Physical Education and Close Contact Classes

Date: June 24, 2020

Below are the reentry plans for the Department of Exercise Science regarding PE 185 Lifetime Wellness classes, PE 111 Elective Activity classes, and all EXER classes that involve physical activity and/or close contact.

- Prior to school reentry, teachers and staff will videoconference to review these Covid-19 safety protocols and the protocols recommended by the Fall Task Force Health & Safety Committee regarding university-wide COVID-19 protocols.
- All teachers should comply with the university-wide COVID-19 protocols for sanitation, how to implement a plan for accommodating sick students, and how to monitor any patterns of illness or other concerns that may arise.
- Instructors and staff are to follow the university-wide COVID-19 response team and CDC guidance on proper sanitation procedures for cleaning high-touch surfaces in their facilities (e.g., doorknobs, tables, handles).
- Face coverings are required in all university buildings and specifically in classrooms and laboratories. Face coverings are also required to be worn in university public settings/outdoor spaces where social distancing (minimum of 6 feet) is not possible.
- Any student who cannot reasonably wear a face covering for any reason must provide documentation from the Office of Disability Services.
- Face coverings are not recommended for anyone who is experiencing exercise induced asthma or is having trouble breathing during exercise.
  - When a student is experiencing exercise induced asthma or is having trouble breathing during exercise, the student should stop physical activity immediately, remove the face covering, and alert the instructor. The instructor is to monitor the student and take steps necessary to facilitate the student's recovery.
  - Should a student become unconscious or incapacitated or otherwise unable to remove the covering without assistance, the instructor is to remove the face

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- covering, initiate the appropriate first aid and emergency procedures, and monitor the student until help arrives.
- PE 185 Lifetime Wellness classes, PE 111 Elective Activity classes, and all EXER activity classes will maintain a minimum of 6 feet between individuals.
    - Instructors will abide by the 50% classroom capacity limit set by the Registrar's Office.
    - Physical activity should be conducted outdoors, and only while practicing physical distancing, whenever possible.
    - Non-classroom locations utilized for physical activity and/or close contact instruction should allow students and instructors to respect physical distancing guidelines and remain 6 feet apart.
    - If available facilities do not have sufficient space, in-person class sizes should be adjusted appropriately to allow for physical distancing of 6 feet apart.
    - Above all, instructors must limit the number of students involved in-person physical activities to a number that can be appropriately monitored safely.
  - More space for instruction (greater than 6 feet apart) is required for physical activity sessions due to increased respiration of students when participating in physical activity. The more intense the physical activity, the greater the physical distance required for safety.
    - When someone is walking or running, a vacuum or a slipstream is created. This could cause respiratory droplets to spread much farther than the prescribed 6 feet of social distancing. If the droplets don't get the time to settle down, because another person starts walking or running behind the first person, the second person will walk or run through a dense cloud of droplets.
    - To avoid droplets, students should not walk or run directly behind another person. Instead walk or run side by side or in a staggered formation.
    - When walking or running outdoors without a mask, students should avoid walking/running in another's slipstream. The recommended distance when exercising outdoors without a mask is 15 feet from others when walking, 33 feet when running.
    - Droplets can evaporate quickly, but humidity plays a role, keeping the particles in the air longer, which is something to consider during the opening weeks of school.
  - Instructors are to monitor the intensity of each student's exercise and urge students to exercise on the low-to-moderate side to avoid symptoms like dizziness and fainting.
    - Instructors must understand and educate their students that different masks have varying levels of airflow restriction, depending on the thickness of the material. With less air, one's body has less available oxygen to utilize during exercise.

- Instructors are to use games and activities that require no physical contact and do not require students to be in close physical proximity to each other.
- When using the gymnasium or multipurpose room for instruction, keep the doors and windows open if possible, to maximize circulation and air flow to accommodate for increased respiration by students while participating in physical activity.
- Advise students to come to class dressed in clothes that are appropriate for participation in physical activity, whether indoors or outdoors. Recommend students avoid the use of locker rooms to change clothes before and after class.
- Teachers should encourage students to bring only necessary items to class. During physical activity, instructors should designate a separate, safe, and clean space where student belongings may be kept. The space should allow adequate distance between student belongings.
  - Students need to observe physical distancing when storing belongings at the beginning of class and retrieving them at the end of class. Instructors should observe this storage and retrieval and remind students to maintain social distancing.
- Discourage student use of drinking fountains. Students and staff are to use individual water bottles.
- Mark off areas and designate traffic patterns using poly spots, cones, visual aids, and/or signs to ensure physical distancing among students and reduce cross contamination.
- Instructors and students are to make use of disinfectant stations and wash or sanitize hands as they enter and exit the class.
- When outdoors, avoid the use of playground equipment, benches, or other permanent structures.
- Instructors may use only equipment that has an easily cleanable surface that can be disinfected between uses following CDC guidelines. Equipment made of cloth or porous materials that cannot be easily disinfected should be avoided.
- Limit the use of physical education equipment and eliminate the use of equipment that would be passed between or shared by multiple students throughout a class period.
- For equipment that will be touched or handled by students, assign each student their own piece of equipment for that class period. For PE 111 Yoga, students are to provide their own yoga mats.
- If using equipment, keep extra materials available in case a piece of equipment being used by a student becomes dirty or unsanitary during a lesson or activity.
- Instructors should use a method of distributing equipment that avoids students crowding in one area. Instead distribute the equipment around the activity perimeter and have students pickup and return the equipment in small groups.

- Properly clean and disinfect equipment between classes.
- Do not place soiled or contaminated equipment into bags for transport and/or storage before it is properly cleaned and disinfected.
- If there is not equitable access to equipment for all students or if equipment cannot be properly cleaned and disinfected between classes, avoid the use of equipment altogether.
- Sanitize all permanent equipment between class periods.
- The use of whistles involving forcing one's breath out between lips/teeth or through a device is prohibited. Electronic whistles may be used instead.
- The use of face coverings and the need for students to spread out to accommodate physical distancing may make it more difficult for teacher instructions to be heard. Instructors may request handheld megaphones be provided to project their voices through a mask to communicate with widely spaced students.

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This document was created for use by Campbell University. It is not an original work. The document quotes directly from SHAPE America's *School Reentry Considerations: K-12 Physical Education, Health Education, and Physical Activity*<sup>1</sup> and other reentry documents available online. The recommended distance when exercising outdoors without a mask comes from a non-peer reviewed preprint version of a Belgian-Dutch Study<sup>2</sup> on social distancing when walking and running, the best available data and source currently available.

The recommendations and strategies provided herein are obtained based on guidance for schools provided by the Centers for Disease Control and Prevention (CDC) and national recommendations for physical education, health education, recess, and classroom-based physical activity. The COVID-19 outbreak is an ongoing, rapidly developing situation. Educators are encouraged to monitor publicly available information and to always follow federal, state, and local health organization guidance and government mandates. This information may vary and will be updated as necessary.

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<sup>1</sup> SHAPE America. (2020). *School reentry considerations: K-12 physical education, health education, and physical activity*. Reston, VA: Author.  
<https://shapeamerica.informz.net/informzdataservice/onlineversion/ind/bWFpbGluZ2luc3RhbmNlaWQ9Nzk3NDM2MSZzdWJzY3JpYmVyaWQ9ODQ1NDcoNzY3>

<sup>2</sup> B. Blocken, F. Malizia, T. van Druenen & T. Marchal. (2020) Towards aerodynamically equivalent COVID-19 1.5 m social distancing for walking and running.  
[http://www.urbanphysics.net/COVID19\\_Aero\\_Paper.pdf](http://www.urbanphysics.net/COVID19_Aero_Paper.pdf)