

*\*\* This outline was adapted from the Utah State University Jump Rope Club Return to Play Guidelines. This document may be used as guidance for your own Return to Play Guidelines, but please check your university's website for any specific policy requirements.*

**[University/College Name]**  
**Return to Play Guidelines – [Jump Rope Team Name]**

For the purpose of returning to play for [Jump Rope Team Name], the following is an outline and a working document that will regularly be assessed, modified and updated based on CDC, [City/County/State Health Department] and [University/College Name] guidelines.

I. **Return to Play Plan** - The [University Student Org / Sports Club Association] Administrators will meet with [Jump Rope Team Name] Officers to review the Return to Play plan prior to seeking approval.

- A. [Jump Rope Team Name] Officers will stay abreast of CDC, [City/County/State Health Department], and university guidelines.
- B. [Jump Rope Team Name] Officers will defer to their national organization, the National Collegiate Jump Rope Association, to inform plans and procedures and to ensure that best practices are followed.
- C. [Jump Rope Team Name] Officers will stay in close contact with Risk Management at [University/College Name] to address any concerns.

II. **Staffing**

- A. Any volunteers or coaches present during any [Jump Rope Team Name] events will be trained on relevant [University/College Name] policies and be required to wear cloth face coverings as well as follow social distancing policies, as per [City/County/State Health Department] and [University/College Name] guidelines.

III. **Return to Play Guidelines**

- A. All participants will be required to sign the [University/College COVID-19 Risk Form] before the start of their season.
- B. Practices
  1. Practices will be held regularly at [practice location] on [day of the week and time].
  2. It is highly recommended that participants come dressed before practice to minimize inside contact.
  3. Participants will be required to keep their personal equipment at home, bringing it to and from practices on their own instead of leaving it in storage on campus.
  4. Participants will be required to bring their own personal water bottles for practice and events and should only use water fountains in case of emergency.
  5. Participants will be required to monitor and self-report conditions before attending practices. If any COVID-19 related symptoms occur, participants will not be allowed to attend until symptoms subside.
    - a) If needed, temperatures may be checked before the start of any practice.
  6. All participants will be required to wear cloth face coverings as well as follow the social distancing policies, as per [City/County/State Health Department] and [University/College Name] guidelines.

- a) When social distancing cannot be followed (during double dutch, wheel, or pairs interactions), masks will be required with double masking encouraged.
  7. The number of participants at any given practice will not be more than [University/College Name] or [City/County/State Health Department] gathering guidelines or facilities limits.
  8. Disinfecting wipes will be provided at each practice to wipe down any shared ropes both before and after use.
  9. Before entering and exiting the practice space, all participants must wash their hands or use hand sanitizer.
- C. Home Events
1. All home events (practices, performances, or competitions) should be held virtually or outdoors, when feasible.
  2. If an event must be held indoors, it should be held in a location with good ventilation and room for appropriate social distancing.
  3. All visiting team participants and representatives will be required to have their temperature checked upon arrival to the location of play.
  4. Visiting teams will be notified of [University/College Name] policies and will be encouraged to take temperatures and track symptoms prior to departure from home institution.
  5. Each participant from away teams will be required to sign the [University/College COVID-19 Risk Form].
- D. Away Events
1. Away events are planned for [date(s) and time(s)] at [location(s)]
    - a) Travel to away events will require 21 days advance approval from [University Student Org / Sports Club Association]. The COVID-19 situation will be carefully monitored leading up to the event, and travel will be canceled if [Jump Rope Team Name] Officers or [University Student Org / Sports Club Association] Administrators believe the COVID-19 environment to be unsafe.
- E. Summer Programming
1. [Jump Rope Team Name] Officers will remain in direct communication with [University Student Org / Sports Club Association] regarding guidelines for summer practices and scheduling.