

SHOW ME RENEWAL

plan for students

June 2020

 University of Missouri



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INTRODUCTION

“The university itself – its learning, its skills, its zeal, its enthusiasm – remains untouched and its work will go on without interruption.”

– University of Missouri President R.H. Jesse

We offer these words as both a commitment and a truth.

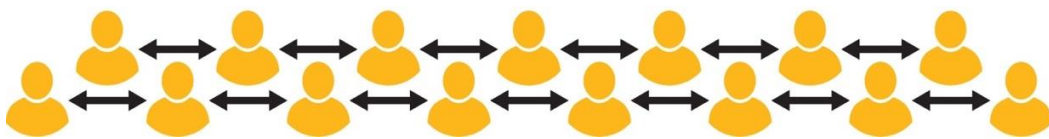
The COVID-19 outbreak remains one of the greatest and most comprehensive challenges the University of Missouri, and higher education more broadly, has faced in this lifetime. Early on, the university outlined our priorities driving our institutional response:

- To provide all students the highest quality education (*a commitment to our community*).
- To support our state’s response to this crisis through research, precision health, engagement and health care services (*a commitment to our impact*).

We remain committed to resuming on-campus activities by fall 2020. As we work to minimize the transmission of COVID-19 moving forward, we also work to reaffirm the university’s core missions of teaching, research, service and inclusive excellence in this new reality.

On May 13, 2020, UM System President and MU Interim Chancellor Mun Y. Choi announced several work groups guided by our medical experts and key university leaders from MU’s schools and colleges, MU Health Care, Mizzou Athletics, Operations and the UM System. In total, 135 individuals are strategizing and planning our return to campus (11 administrators, 34 faculty members and 91 staff members). The groups are: Academics; Research; Student Affairs; Testing, Contact Tracing and Quarantining; Facilities; Athletics; and Communications.

Each group worked within these possible scenarios:



- **Scenario 1, “Full return”:** We reconvene for in-person learning with classes starting Aug. 24. We continue to follow public health guidelines by implementing necessary changes to class sizes, public gatherings, class scheduling and course instruction. To meet social distancing requirements, the format of some courses change to a blended format, which combines both in-person and online experiences in the same course. We are able to effectively manage any new cases of COVID-19 and the risk to the general campus population remains low.



- **Scenario 2, “Limited return”:** Low infection rates and lifted mitigation strategies would allow us to reconvene for in-person learning in August, but a second wave of infection forces us to pivot back to a virtual learning environment.



- **Scenario 3, “Remote return”:** COVID-19 cases increase throughout the summer, and the risk for transmission in an in-person learning environment is too high. Students are unable to return to campus in August. We implement an entirely virtual learning environment for the fall semester, and other on-campus activities remain limited. We evaluate the spring semester at a later date.

The changes we can expect for the fall semester, and potentially beyond, will impact every aspect of campus life. This new reality will be an entirely different experience for all of us, affecting how we learn, how we discover, how we engage our communities, how we compete and how we use our campus facilities. While keeping each other safe means agreeing to a new standard of living and learning, this next step is simply a new iteration of the very qualities that have shaped Mizzou since our founding.

We’re all in this together.

GUIDING PRINCIPLES

True to this commitment, we will:

Act with safety and expertise. Your health and well-being are our top priority. The path to renewal requires a cautious and strategic approach. We will continue to work closely with the Columbia/Boone County Public Health and Human Services, the Centers for Disease Control and Prevention (CDC) and our own experts at MU Health Care to follow public health and safety guidelines.

Protect education and scholarship. As a public, flagship, research university and a member of the Association of American Universities (AAU), we will prioritize student success and scholarly excellence. We will not let this crisis compromise the success of our people.

Commit to innovation, collaboration and engagement. In the spirit of our comprehensive university mission, we will look for new opportunities that boost our people's work and lean on existing strengths such as precision health that expand Mizzou's impact.

Strengthen diversity, equity and inclusion. The Mizzou community won't succeed if each individual Tiger can't excel. Our work toward inclusive excellence is as critical as ever. We must prioritize policies that acknowledge and combat inequities.

Support public health efforts and outreach. As the preeminent health care provider in mid-Missouri and a global leader, the university understands the need to balance health care innovation, education and treatment to give our communities the best possible access and care.

By guiding all of our efforts with these principles, we can ensure the best possible outcome for our students, faculty and staff. It's important to note that while this report represents a significant step forward in getting back to the campus and traditions we all love, it remains a living document. There is no blueprint for how the world will evolve after this pandemic. We will continue to rely on your feedback and support as we build a future that's defined by the values and experiences that make Mizzou special.

OUR ROLE IN HELPING SLOW COVID-19 TRANSMISSION

Below we lay out the baseline behaviors we will need from our entire university community to help mitigate the spread of COVID-19. To help with the below, free COVID-19 bags for our entire community will be available with face coverings, portable hand sanitizer and disinfecting wipes.



Maintain social distancing of 6 feet between individuals on and off campus

Keeping space between you and others is the best tool we have to avoid being exposed to the COVID-19 virus.

- Each person must remain at least 6 feet (about 2 arm lengths) from others.
- We need to maintain that distance in classrooms, corridors, laboratories, studios, recreation areas, common spaces, elevators, stairwells and social settings.



Use face coverings

Face coverings are an additional step to help slow the spread of COVID-19 when combined with everyday preventive actions and social distancing in public settings.

- You are required to wear face coverings when:
 - Contact with others within 6 feet for 15 minutes or more cannot be avoided.
 - In any in-person classes.
- We recommend you wear a face covering when you are in campus buildings. You do not need to wear face coverings in offices when you can remain 6 feet apart.
- Departments will have extra face coverings for students who arrive for class without one, but students are expected to supply and maintain their own face coverings.
- Instructors will wear clear face shields when teaching in-person classes.
- You will see staff wearing face coverings when working in common areas of residential halls, student rooms and in all campus dining facilities.
- [See here for more information about how to wear, use and launder face coverings.](#)



Daily symptom check and good hand hygiene

- Every day, you will need to run through a [symptom checklist](#). If you answer “yes” to any of the questions, you need to stay home and call MU Student Health (573-882-7481) or your health care provider.
- Frequently wash your hands (with soap and water for at least 20 seconds) throughout the day. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains 60%-95% alcohol.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Throw used tissues in the trash.
- Wash your hands with soap and water immediately after coughing, sneezing or blowing your nose.

BEFORE RETURNING TO CAMPUS

There are both required and recommended actions we are asking of our student population to ensure a safe campus environment.

Required

Training: Across campus, we've put in place numerous precautions to support the health and safety of our Mizzou community. To help communicate these measures, we will require training to cover social distancing, face coverings, COVID-19 hygiene, symptom monitoring and how different services have been modified to meet public health requirements.

For students living in campus housing

Sign a risk acknowledgement: Even with the steps we have taken to prevent the spread of COVID-19 on campus, the exposure risk can never be eliminated. Before moving into campus housing, you will need to sign an acknowledgement of the associated risk and precautions.

Sign up for a move-in time: If you are living in student housing, you will need to sign up for a time slot during move-in week.

Bring required supplies: To move into your fall 2020 housing assignment, you will need to arrive to campus with a face covering, thermometer, hand sanitizer and cleaning products to assist with sanitizing your living area.

Recommended

Two weeks ahead: We suggest you begin to isolate and closely monitor any changes to your health.

We encourage you to monitor your health using a [daily symptom checklist](#). Make sure your temperature does not exceed 100.4 F.

If you experience any of the symptoms below, you should reach out to your health care provider before you arrive on campus.

Symptoms of COVID-19 may include:

- Fever greater than 100.4 or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Unexplained muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

COURSEWORK CHANGES

In order to meet public health guidelines regarding social distancing, we have to change our class schedule. Some classes will be fully online, some in a blended format and others will remain in person but scheduled in larger rooms.

We are working to update the schedule. You will stay enrolled in the courses you have already chosen, although low enrollment could cause a class cancellation. The way the course is offered, and its location may change. While we are trying to not change the time of a course, it may be necessary to accommodate social distancing requirements.

Class format options

Fully online: In a fully online course, the instructors will decide which structure they will use:

- Attend virtually at the time the class is taught (synchronous learning).
- Complete the online materials on your schedule, known as a self-paced course (asynchronous learning).

Blended: Class includes both face-to-face and online material. Two common blended options are:

- Class splits: Part of the class attends in-person on one day, while the rest take that day online, then they rotate.
- Lecture/discussion group: Lectures for the whole class would be online. Smaller discussion sections would be in-person.

Face to face: Since these courses require room for social distancing within the classroom, they will be moved to larger rooms. Or, smaller classrooms will be capped at a lower number of students.

We recognize how important it is for students to know when, where, and how their courses will be offered, and are working hard to update changes quickly. After the schedule is updated, we encourage you to direct questions to your academic advisor and instructor.

If you enroll in a face-to-face course, you will be expected to attend in-person unless you are experiencing COVID-19 symptoms or other health-related concerns.

You should not attend class if you are not feeling well. Instructors will be flexible on attendance policies.

If you cannot attend your face-to-face class because you are ill, you will be able to access course materials from the day(s) you missed. In some courses, you will be able to attend class virtually through Zoom or another streaming technology. In others, you can download recorded lectures. Instructors will have the specifics of their accommodation plan by the start of the semester.

If you know upfront that you want to limit your time on campus, you should consider enrolling in more online and/or blended courses.

Faculty may modify how they do office hours. Possible options include: holding office hours online, meeting in a larger classroom where they can physically distance or building in time at the end of class for open questions.

WHEN YOU'RE IN CLASS

No matter the venue, social distancing is expected for all members of our community.

Changes you will see in classroom locations:

- You will see fewer than normal students in classrooms to maintain the social distancing requirements.
- We are exploring the possibility of using larger campus locations – such as Jesse Auditorium – for classroom spaces.

Face coverings required:

- Students will wear face coverings while in class. Instructors will wear clear face shields.
- If you arrive to class without a face covering, there will be an extra supply available. Students are expected to supply and maintain their own face coverings.
- Some laboratory and studio classes may require you to wear an American Society for Testing and Materials Level 3 face covering for social distancing. In these cases, we will lower social distancing requirements to 3 feet versus 6 feet. The unit will provide these to you.

Entering and exiting:

- You enter a class after the last person has fully exited.
- When possible, you will see one door to enter, one door to exit, both clearly marked.

Seating:

- Seats will be marked as to which ones can be used to ensure you sit at a safe distance.
- Seats that will not be used will be shrink-wrapped to encourage social distancing.
- You will move to the end of a row to find a seat and not move past a fellow student.

MOVING ON CAMPUS

To limit large gatherings and allow for social distancing, we expanded the length of the move-in period for campus housing.

- Before arriving, you will need to sign up for a move-in timeslot. The sign up will be sent to MU students July 1 with slots from 8 a.m. - 6:30 p.m.
 - First-time students will move in Aug. 12-19.
 - Students participating in certain MU programs, such as sorority recruitment, will move in Aug. 12-14.
 - Returning students will move in Aug. 20-23.
- No more than 10 students per time slot per housing facility will be permitted.
- In order to move into your fall 2020 housing assignment, you must arrive to campus with a face covering, thermometer, hand sanitizer and cleaning products to assist with sanitizing your living area.
- Staff will be wearing face coverings when they check you in to your facility at your car.
- You are allowed to have 2 other individuals help you move in.
- All elevators will be limited to a resident and up to 2 others per trip.
- Prepare to complete your move within the 90-minute window.
- We will designate trash collection points so custodial staff can focus on sanitizing touch points throughout the move-in period.
- Move-in carts will be sanitized after each use. If you have your own cart or dolly, please bring it to speed up the process.

WELCOME WEEK CHANGES

Welcome Week will use a 3-day schedule and will start on different days for different students. For example, if you move in on a Monday, then Tuesday is Day 1 of your Welcome Week. In addition to activities that will introduce you to the people and resources of our community, there will be many smaller events you may attend. Whenever possible, these events will take place outdoors and with social distancing considerations in place. Activities may also be moved to a livestreamed or virtual format.

MODIFIED RESIDENTIAL HALL RULES

The number of students allowed in MU residential halls remains the same as previous years.

MU will not allow room changes for the first 3 weeks of classes. This limit supports a 14-day, symptom-free window for late arrivals before allowing students to change rooms.

- Common areas, study rooms, house lounges and main lounges will be modified to encourage social distancing.
- Visitors and non-essential staff will not be allowed in the undergraduate halls and apartments.

Residential Life may allow more room changes and expand visitor privileges as the COVID-19 situation changes.

CAMPUS DINING CHANGES

Campus Dining Services will be open with social distancing measures in place. The number of students allowed in a dining location will be limited based on space. Floor markers will show you where to stand in line to keep a safe distance.

All dining halls, convenience stores and restaurants will no longer accept cash, but they will take payments via your MU Student ID or credit/debit card. Take-out options will be available.

Other safety measures in place:

- All campus dining staff will wear face coverings during work shifts.
- Cutlery, straws and coffee stirrers will be individually wrapped.
- Condiments and napkins will no longer be on tables but will be available at a central location.
- All beverages machines, condiment pumps and soft-serve machines will be sanitized every hour during service.
- All high-touchpoint, non-food-contact surfaces will be sanitized every 2 hours during service.
- Hand sanitizer dispensers will be available at all entrances.

MEMORIAL UNION AND STUDENT CENTERS

- All entrances will remain open at both Memorial Union and the Student Center.
- Floors will be marked for a 6-foot distance for restaurant lines and one-way lines in and out of spaces.
- All dining halls, convenience stores and restaurants will no longer accept cash, but they will take payments via your MU Student ID or credit/debit card.
- Furniture will be spaced out and/or removed in the student unions for social distancing.
- All drinking fountains will be turned off, but bottle-filling stations will be available.
- You will not be allowed to sit on the floor and are discouraged from sleeping in the building.

MIZZOUREC CENTER

- Upon coming to MizzouRec, we ask that you run through the [self-monitor checklist](#) each day and are clear of COVID-19 symptoms.
- To ensure social distancing:
 - The number of students allowed in the complex at one time will be greatly reduced.
 - Some workout equipment and spaces may be off limits.
 - Adjustments will be made as to how team sports will be offered, and some may not be offered.
- Our standard cleaning practices will increase.
- Extra staff will help monitor spaces for social distancing.
- Additional hand-sanitizer stations and gym wipes to clean equipment will be readily available.

USING RESTROOMS

- Please do not congregate in bathrooms while waiting your turn.
- Wash your hands thoroughly afterward.

USING ELEVATORS

- Elevators will have signs reminding users about the necessary social distancing.
- Use the stairs when possible.
- Most elevators allow for only 1 to 2 riders (distanced 6 feet apart) at once.
- Elevators more than 7 feet wide can take 4 people per trip distanced 6 feet apart.
- Do not lean on the walls of the elevator or touch your face after using elevator buttons.
- Wash your hands or use hand sanitizer after you exit the elevator.
- Elevators will be cleaned more often with a focus on high-touch areas.

GREEK LIFE

Fraternity and sorority life will have a combined virtual and in-person recruitment.

Chapter specific programs such as parents' weekends, alumni weekends, social events and more will be altered with safety precautions in mind or postponed as needed.

The size of gatherings will be limited, including breaking up events into multiple spaces and hosting the same event on multiple days for different small groups.

Greek houses are being encouraged to determine places to quarantine students who test positive for COVID-19 or have been in close contact with someone who tested positive.

Chapters will be encouraged to have a "virtual team" who can plan and execute an alternative, virtual option for any in-person event with members.

FALL ACTIVITIES

Social distancing will be in place no matter the venue. Staff will be on hand to inform attendees about the safety efforts.

Various steps to modify events so they adhere to social distancing requirements include:

- Decentralizing events by spreading them out into multiple spaces.
- Using outdoor spaces where possible to spread out gatherings.
- Combining an event with a livestreaming or other remote participation option.

Most food provided will be pre-packaged, served with limited contact. Buffet options will not be allowed.

All attendees and guests will have to swipe in using their MU ID or provide their name and email address, which will help with contact tracing if needed.

CLEANING AND SANITIZING

We are committed to keeping our campus as safe as possible through consistent and enhanced cleaning and sanitizing practices.

Buildings:

- All classrooms and auditoriums were fogged by early June and have since remained unused. In addition, dorm rooms were cleaned.
- Classrooms will be cleaned daily.
- Restrooms will be cleaned daily with high-touch surface areas cleaned twice daily.
- Elevator buttons and rails will be cleaned multiple times daily.
- MizzouRec activity spaces will have an additional cleaning.

Campus Housing:

- Cleaning of high touchpoints in common areas will increase.
- Restrooms in community-style residential halls will be cleaned twice daily during the week and once daily on weekends
- Private suite-style bathrooms will not be cleaned by the university to prevent unnecessary entry into rooms.
- Each suite will have a labeled cleaning caddy to be used to clean or wipe down bathrooms and common areas, if desired.

COVID-19 MONITORING PLANS

Testing based on symptoms:

Our medical experts, who also served as leads on Missouri's statewide medical advisory group, developed our testing plan. We have the capacity to test any student who shows symptoms of COVID-19. Individuals will receive a PCR (virus) test and possibly an additional antibody test. MU does not plan to do widespread testing of asymptomatic individuals because of issues with false positive and negative test results and the low prevalence of the virus in Boone County.

Daily symptom monitoring:

In order to provide the safest possible environment for all Mizzou community members, it is essential we all follow proper health and safety guidelines and continuously self-monitor for COVID-19 symptoms.

Every day, you will need to run through a [symptom checklist](#).

If you answer "yes" to any of the questions, you need to stay

home and call MU Student Health Center (573-882-7481) or your health care provider.

SELF-MONITOR  LIST

Any "yes" on the [daily symptom checklist](#) means stay home (except to get medical care).

- Do not attend your classes in person, and do not visit any public areas. Practice good hygiene while distancing from any roommates.
- **Contact the MU Student Health Center or your health care provider:**
 - Call the [MU Student Health Center](#) (573-882-7481) or your health care provider before you seek in-person medical care for guidance regarding testing.

- If you are advised to get COVID-19 testing, stay home until your results are known. If you have insurance, your insurance company will be billed for the test, and there is no co-pay. If you do not have insurance, there is no charge.
- Your roommates or suitemates should also reach out to MU Student Health Center or their healthcare provider.
- **Take care of yourself:**
 - Get rest and stay hydrated.
- **Avoid public transportation and public areas:**
 - This includes ride-sharing and busy campus spaces.
- **Continue to monitor your symptoms:**
 - Separate yourself as much as possible from others.
 - Stay in a specific room of your home or residence.
 - If possible, use a separate bathroom.
 - If you need to be around other people in or outside of your home, wear a face covering.

When to seek emergency medical attention:

If you begin exhibiting any of these signs, seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

*This list (from the CDC) does not include all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

Call 911 or call ahead to your local emergency facility. Notify the operator that you are seeking care for someone who has or may have COVID-19.

COVID-19 Positive Case Plan

If you test positive for COVID-19:

Whether an on- or off-campus student, your healthcare provider or MU Student Health Center will let you know if you test positive, usually within 24 hours of testing. **While you are waiting for your COVID-19 results, please stay home.** After you receive your test results, a public health contact investigator will call you.

COVID-19 positive students (who live on campus) will be isolated, and their close contacts will be quarantined. A close contact is a person who has had contact of 15 minutes or more within 6 feet of a person who tested positive for the virus. You are also considered a close contact if you have had physical contact with a COVID-19 positive patient.

If you live in campus housing:

You will have a 10-day isolation period until you are 3 days with no fever, your symptoms have improved and it has been 10 days since symptoms first appeared.

During your isolation period:

If you live on campus, you will first hear from a MU Residential Life staff member who will:

- Talk you through the next steps, including available housing options, which will be a private bedroom and bathroom in a separate building not shared with non-affected students.
- Ask for your permission to reach out to your family to inquire about your level of support.
- Contact your roommates, if you have them, and have campus facilities thoroughly clean and disinfect your room.
- Help relocate you to one of the housing options set for isolated students.
- Review the isolation expectations.
- Recommend a packing list and communicate a list of items provided in your isolation unit.
- Give you a list of phone numbers and agencies that could help during isolation.

Once in isolation, you will hear from a Mizzou Care Team member daily who will:

- Reach out to your academic unit to let them know you will not be attending class due to health reasons.
- Copy you on their email to your educators and encourage you to update your instructors.
- Can help coordinate your make-up work or remote learning during isolation.
- Reach out to your on-campus employer about your absence, if needed.
- Help monitor your recovery and your mental well-being.
- Encourage symptom tracking.
- Make sure you get your campus dining meals delivered.

Your location will be given to MUPD for awareness and appropriate response if needed.

Your Mizzou Care Team contact will fill out an [“isolation daily communication log”](#) after each check in.

Meals in isolation:

- Food will be delivered to your door at 8:30 a.m., 12:30 p.m. and 4:30 p.m.
- Meals for the weekend will be delivered at 4:30 p.m. on Fridays. Please make sure your refrigerator and freezer have room.
- Meals ordered will be deducted from your dining plan or charged to your Tiger/Gold Cash account.

If you live off campus and test positive:

Please stay home during this time. You will hear from a staff member with the Office of the Dean of Students who will:

- Ask you about how you plan to isolate.
- Go over isolation expectations.
- Encourage you to establish an account with a local grocer for food delivery.
- Ask for your permission to reach out to your family.

You will also hear from a public health contact investigator who will start contact tracing.



Contact tracing process for positive covid-19 students

MU is partnering with Columbia/Boone County Public Health and Human Services in their efforts to trace contacts of positive COVID-19 students. The contact tracing team will maintain high standards of communication and confidentiality in accordance with HIPAA, FERPA and state communicable disease laws. Together, the teams are using the REDCap (Research Electronic Data Capture) for the data management system. MU's contact tracing team will report to MU Student Health Center.

Whether you live in student housing or off-campus, after you receive your positive test result, you will hear from a Columbia/Boone County Public Health staff contact investigator to initiate contact tracing.

The investigator will work to help you recall everyone you have had close contact with, starting from 48 hours before you began feeling sick until the time the you were isolated. If you have not had symptoms even though you tested positive, you will be asked to identify close contacts for the last 48 hours. The investigator will then turn this list of names over to a contact tracer.

The tracer will warn these contacts by phone or email of their potential exposure to a positive student. The tracer will not know the name of the positive student.

To protect your privacy, those contacted are only informed they may have been exposed to a patient with the infection. They are not told the identity of the patient who may have exposed them.

If you are contacted about possible exposure to a positive COVID-19 person:

You will hear by phone, text or email from a contact tracer that you may have been exposed to a person with the infection.

You will not be told the identity of the person to whom you were exposed.

The tracer will also not know the name of the positive person they are tracing to keep confidentiality.

You will be encouraged to self-quarantine by staying home and maintaining physical distance from others (at least 6 feet) until 14 days after your last exposure, in case you become ill.

You will receive education, information and support to understand your risk and information about how:

- To separate yourself from others who are ill.

- To monitor yourself for illness – checking your temperature twice daily, watching for a cough and shortness of breath.

You could spread the infection to others even if you do not feel ill. If you do develop symptoms, you should notify public health staff and contact MU Student Health Center or your health care provider to be evaluated for infection and the need for medical care.

If your roommate or a close contact tests positive for COVID-19:

A close contact is a person who has had contact of 15 minutes or more and been within 6 feet of a person who tested positive for the virus. You are also considered a close contact if you have had physical contact with a COVID-19 positive patient.

- You will hear from public health contact tracer.
- If you live in student housing, you will be moved into a 14-day quarantine housing meant for those exposed to COVID-19 patients. This housing is in a building separate from the housing for students who have tested positive.
- Campus facilities will thoroughly disinfect your room.
- You should increase your vigilance in monitoring your symptoms daily.
- If you develop symptoms, you should notify the public health contact tracer who contacted you and MU Student Health Center or your healthcare provider.

To get released from isolation/quarantine:

You will be released from isolation/quarantine once you’ve received a public health “release statement.”

If you live in student housing:

- Once released, MU Residential Life staff will reach out to help you move back into your room.
- You will need to show a copy of the release statement to the MU Care Team who has been checking on you daily.

If you live off-campus, you will need a public health release statement to resume campus activities.

STUDENT COVID-19 ACCOUNTABILITY MEASURES

If you have concerns about how a fellow student is following the COVID-19 policies and protocols laid out in this guide, please report your concerns to the Office of the Dean of Students. You can fill out a [COVID Safety Measures Reporting Form here](#). All policies/standards are based on university expectations as informed by city, county and state guidelines. Compliance with these policies fall under the [Collected Rules and Regulations \(CRR\)](#).



STUDENT-ATHLETE GUIDELINES

Before athletes arrive:

You will complete a multi-step screening and be tested for COVID-19 before accessing and using athletic facilities.

A COVID-19 questionnaire will be part of the exam or appraisal process:

- You will complete an electronic screening questionnaire at 3 stages before you return: 2 weeks before, 7 days before and 3 days before.
- Between 48-72 hours before your return, you will be tested for COVID-19.

Travel policy:

If you are traveling back to Columbia, you must self-isolate for 5 days and be symptom-free prior to returning to Mizzou athletic facilities. If you travel away from Columbia after you arrive, you must self-isolate for 5 days and be symptom-free before accessing the facilities.

Locker rooms and training centers:

- Each time you enter training facilities, staff will take your temperature and run through the symptom checker questions.
- You can only go in the training centers when you are scheduled to be there and leave after you are finished.
- Your locker rooms will be set up to facilitate appropriate distancing (6 feet).
- You cannot linger or congregate in locker rooms or other common spaces.
- Cleaning and sanitizing materials will be available and frequent wiping of touchpoints encouraged.
- Face coverings are required when contact with others within 6 feet for 15 minutes or more cannot be avoided.
- Visitors will not be allowed in Mizzou athletic facilities.

Meetings:

- When possible, your meetings should be in larger rooms to maintain social distancing.
- Face coverings will be worn if you will be within 6 feet of others in the meeting for 15 minutes or more.

Meals:

- Your nutrition stations will include individually packaged snacks only.
- Your “Grab and Go” meal service will be carry-out only with limited pick-up times at the Mizzou Athletics Training Complex.

Monitoring for COVID-19:

All student athletes will be tested for COVID-19 as they arrive on campus and before they start working out in the facilities.

If the daily facility screenings show you have COVID-19 symptoms:

- You immediately return home without touching anything within the facility.
- You immediately self-quarantine at home, practicing good hygiene, socially distancing from roommates and disinfecting the living space.
- You will hear from the MU Sports Medicine team if you need to be tested.

If you do not need to be tested:

- You need to remain home and self-monitor for symptoms.
- Sports medicine staff will help determine when you can resume your activities.

If you need to be tested:

- You will need to self-isolate until you hear the test results.
- Your roommates will need to self-isolate immediately until you hear your test results.

Negative test:

- You remain home and self-monitor for symptoms
- Sports medicine staff will help determine when you can resume your activities.

Positive test:

- You will need to notify your athletic trainer and coach.
- You will hear from a public health contact investigator to start tracing your contacts.
- Sports medicine staff will help you and/or your roommates with housing to self-isolate.
- The team physician will help determine when you can resume your activities.
- If isolated, you will have meals delivered to your door and your living space will be sanitized and disinfected

APPENDIX

1. Self-monitoring daily check list

If you answer “yes” to any of the below questions, you need to stay home and call MU Student Health Center (573-882-7481) or your health provider.

1. Do you have a **fever** (temperature over 100.4 F) without having taken any fever reducing medications?
2. Before you take your temperature:
 1. Wait 30 minutes after eating, drinking or exercising.
 2. Wait at least 6 hours after taking medicines that can lower your temperature, such as acetaminophen, ibuprofen and aspirin.
3. Do you have a **loss of smell or taste**?
4. Do you have a **cough**?
5. Do you have **muscle aches**?
6. Do you have a **sore throat**?
7. Do you have **shortness of breath**?
8. Do you have **chills**?
9. Do you have a **headache**?

- 10. Have you experienced any gastrointestinal symptoms such as **nausea/vomiting, diarrhea, loss of appetite?**
- 11. Have you, or anyone you have been in close contact with, been diagnosed with COVID-19, or been placed on quarantine for possible contact with COVID-19?
- 12. Have you been asked to self-isolate or quarantine by a medical professional or a local public health official?

3. Isolation log for daily staff check-ins with students

Members of the Mizzou care team will fill out the below log during their daily check-ins with students in isolation.

A. Isolation Daily Communication Log

Student’s Name: _____

Phone: _____

Emergency Contact _____

*Ask if they are taking body temp. and if they are experiencing other symptoms – not for the purpose of diagnosing, but to remind them to be monitoring these things. If they note fever or other symptoms, ask them to call MU Student Health Center: (573) 882-7481.

	Date	Temp* 2x/day	Other Symptoms*	Food	Laundry	Other Needs (academic, social, etc.)
Day 1						
Day 2						