

## Men's Ultimate Frisbee Club Practice Plans

- Members
  - Maximum number of 35 people in the Men's Ultimate Club.
- Social Distancing Measures
  - Social Distancing: Each member is responsible for keeping a 6 foot distance from others at all times, however, officers will also be responsible for reminding members as well with warnings.
  - Masks will be required throughout all practices.
  - Players will only be allowed to partake in conditioning group drills (as long as general social distancing guidelines are put in place) and distanced disk passing among sets of two people.
  - Campus allows 50 people on a field at a time. If conditioning takes up too much field space to allow all people, some players will be moved behind the fences to maintain social distancing while drills are taking place.
    - If drills do not consume a lot of field space, we will have enough room on the field to have all members of the team practicing.
  - No scrimmages or drills that will encourage players getting within six feet of each other.
- Responsibilities
  - Equipment: Each player is encouraged to bring their own disc. However, we have team discs that can be used by one person and one person only during each practice. Discs should be sanitized at the end of every practice. Hands should be sanitized at the beginning and end of each practice.
    - After practice every player is responsible for their own disc and sanitizing them (beginning and after practice).
- Contact Tracing/Attendance:
  - Taking attendance is MANDATORY
  - Check-ins: The club management portal and Google forms will be used to keep track (and serve as back-up) for checking in each player during practice by the officer and/or captain present. Players are responsible for their own attendance with officers and captains giving reminders. Failure to do so will result in a warning.
  - Any individual who violates the aforementioned rules will be given two warnings
    - After two warnings, consequences such as a practice ban or other measures may be enacted depending on the severity of the warnings (i.e. standing a little too close vs. direct contact)

- All members must be on the Ultimate Frisbee Club's roster on the club management page. The officer responsible for check-in must mark them off on the website before allowed to practice.
- Self-Monitoring
  - Each sports club member is expected to assess their personal health, including a temperature check, a minimum of 1-hour prior to reporting to work on campus.
    - If temperature registers below 100.4° F, the club member may proceed to practice.
    - If temperature registers 100.4° F or higher, the club member may NOT report to practice.
  - In addition, the club member should:
    - Be sent home to self-quarantine,
    - Contact Samantha Gill (gills@uic.edu), and request any additional instructions.
    - Call University Health Services at (312) 996-7420 and select the "COVID-19" option.
  - If temperature registers 103° F or higher, the club member requires medical attention.
    - The club member should be directed to:
      - University Health Services located at 835 S. Wolcott Ave. # E144 (7 AM-4 PM) or
      - UIC Emergency Department located at 1740 W. Taylor St.
- Wellness check for symptoms of covid-19 will be conducted on each of the players before allowing them to enter the field as well
  - A google form has also been created for players to log their daily wellness and any interaction with a covid-positive individual (if there is an issue noticed, we will update them on proper quarantine procedure and will not allow them in practice)
    - [go.uic.edu/dailysurvey](https://go.uic.edu/dailysurvey)