

Kinesiology lab protocol during COVID-19

All TTU, local, state, and federal guidelines will always be followed.

Kinesiology & Sport Management building

- Entry to the building for all individuals will be restricted to the main entrance
- Exit from the building for all individuals will be restricted to the door on the west side of the building
- Drinking fountains and water-bottle filling stations will be shut down and marked as out of service
- All kitchen appliances in the shared workroom will be put into storage or marked as out of service

Laboratories

- Occupancy will be limited to one person per 144 sq. ft of space and no more than 10 people
- Where possible, there will be a single point of entry and a single point of exit
- Food consumption will not occur inside laboratories
- Doorknobs and light switches will be sanitized with disinfectant wipes after they are touched
- Shared surfaces will be sanitized with disinfectant wipes after each use
- Only research personnel and participants that are essential to conducting the research may enter the lab
- Laboratories will be restricted to essential research activities that can only be conducted in person
 - o Research activities like meetings will be done online

Research personnel

- Before coming to campus, personnel will complete the Coronavirus Self-Checker on the Center for Disease Control website and save a screenshot of the results
 - o <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
- Personnel are strongly encouraged to visit the drive-through employee health screening in the Flint parking garage or the walk-up site in the Administrative Building prior to entering the Kinesiology & Sport Management building
- Personnel in public or laboratory space must wear social distancing masks
- Vulnerable individuals will continue to work from home
- Hand washing is required of personnel upon entering the lab and just prior to leaving the lab
 - o Hand sanitizer will be available in labs without hand washing stations
- Personnel will have their temperature monitored twice daily with a digital IR thermometer
 - o Anyone with a temperature greater than or equal to 100°F will be identified, logged, and required to seek testing for COVID-19
- Personnel will stay home if they are sick or are exhibiting COVID-19 symptoms
- When personnel must touch a participant, they will wear either latex or nitrile gloves

- Personnel will use a paper towel or a disinfectant wipe when opening doors (e.g., washrooms) or using shared equipment (e.g., photocopier)
- Human resources will be contacted if at any time a research personnel becomes ill or diagnosed with COVID-19
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Participants

- **Prior to visiting the laboratory**
 - o Potential participants will complete a pre-screening questionnaire (<http://www.depts.ttu.edu/research/downloads/Pre-Screening-Questionnaire.pdf>) with 24 hours of their scheduled appointment
 - If a participant answers 'yes' to any question from 1a to 1g, then their appointment will be cancelled
 - If a participant answers 'yes' to question 1h, then they can only be tested if they provide documentation of a negative COVID-19 test prior to visiting the lab
 - o Potential participants will be informed that individuals that fall into one or more categories (<http://www.depts.ttu.edu/research/downloads/Pre-Screening-Questionnaire.pdf>) might be at higher risk for severe illness from COVID-19
 - If the participant falls into one or more of those categories, then they will be excluded from the study
 - o Potential participants will be informed that the entrance of unnecessary visitors will not be allowed. The research participant can only be accompanied by those individuals essential to the visit. This would include legal guardians or an agent who must be present with the participant for health care/research related decisions.
 - o Potential participants will be informed to wait outside the building at a designated meeting place prior to their appointment. They will be greeted by a research and escorted into the building when ready.
 - o Potential participants will be encouraged to wear a social distancing mask
- **Visiting the laboratory**
 - o The participant will be greeted at the designated meeting place outside the building
 - o The participant will be offered a social distancing mask
 - o The participant's temperature will be checked with a digital IR thermometer
 - If their temperature is greater than or equal to 100°F, then they will be identified, logged, and required to seek testing for COVID-19
 - The researcher will not return to the Kinesiology & Sport Management building and must self-isolate for 14 days
 - o The researcher will repeat the pre-screening questionnaire (<http://www.depts.ttu.edu/research/downloads/Pre-Screening-Questionnaire.pdf>) with the participant
 - o Hand washing is required of participants upon entering the lab and just prior to leaving the lab
 - Hand sanitizer will be available in labs without hand washing stations

- The lab and equipment will be sanitized with disinfectant wipes after the participant leaves

Positive COVID-19 test

- If a researcher tests positive for COVID-19, they will be instructed to remain at home for four days, then seek testing for COVID-19, and may not return to work until they show a negative test result, or evidence of recovery (14-day isolation, including where applicable hospital discharge)
- Human resources will be contacted to organize the researcher's leave and to ensure the workplace is properly disinfected and cleaned
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- The laboratory will be vacated until housekeeping conducts a comprehensive decontamination
- Any researcher exposed to anyone exhibiting COVID-19 symptoms must self-isolate for 14 days and be tested for COVID-19 after at least four days from the potential exposure
 - Anyone exposed to that researcher will have to stay home for at least 4-days, and then be tested for COVID-19. They can return to work if they receive a negative COVID-19 test