

SAFE SPACES: ON-CAMPUS & AWAY FUELING



Help minimize health risks by providing your athletes with ways to safely obtain the nutrients they need to workout, practice and compete.

FUELING STATION ACTION LIST

- **Wash** hands before entering or use hand sanitizing gel if not convenient
- **Sanitize** the area before, during and after each use
- **Instruct** athletes to sanitize their hands every time they enter/exit
- **Ensure** all foods are prepackaged
- **Limit** use of blenders and designate a staff member to make shakes in an enclosed space and package them individually
- **Avoid** the use of blenders by athletes
- **Install** sneeze guards around the entire food area
- **Remind** your athletes that NO FOOD is allowed in the building (specifically any weight training areas)

TRAINING TABLE TIPS

- **Instruct** all training table staff to sanitize throughout the process
- **Ensure** there is only one way in/out
- **Vet** any outside vendors and research mobile-friendly vendors with contact-free delivery options
- **Provide** prepackaged snacks such as single-serve bars or individual packages of trail mix
- **Consider** offering to-go meals whenever possible
- **Post** menu options through your team's platform of choice and let athletes select their options beforehand
- **Offer** a la carte options whenever possible #stayawayfromthebuffet
- **Assign** food service staff to build the plate or bowl
- **Utilize** disposable utensils and plates
- **Choose** prepackaged drinks when possible
- **Avoid** on-table condiments, and instead, offer individual condiments
- **Stagger** meal times for social distancing

HYDRATION/SNACK CONSIDERATIONS

To ensure your athletes have access to healthy snack options, consider delivering some or all of the following on a weekly basis:

- Bars
- Prepackaged, Shelf-Stable Fruit Cups
- Aseptically Packaged Chocolate Milk
- Protein Shakes
- Sports Drinks
- Electrolyte Packets
- Necessary Supplements
- Snack Bag (content/quantity based on the number of weekly training sessions)

NOTE: Provide your athletes with suggestions on how to use the products (what, how much and when) to reduce waste and inappropriate use.

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TRAVEL CONSIDERATIONS

- **Identify** restaurants that are compliant with food safety protocols (such as larger chains)
- **Order** ahead whenever possible
- **Develop** a checklist with limited choices for players to select their meal options in advance
- **Designate** a snack server to oversee the distribution of prepackaged snack boxes that players pick up before they board the bus or plane
- **Designate** a food server for each meal
- **Assign** a designated staff member for cleanup duty

CONTACT-FREE DELIVERY RECOMMENDATION

In scenarios that call for contact-free delivery, here are a few ways to get your athletes the meals they need:

- Drop off to their dorm (collegiate athletes)
- Drop off to their home/apartment (those living off-campus)
- Designated pick-up location identified for athlete/teammate/roommate to pick up the meal following appropriate safety guidelines

ATHLETE ILLNESS KIT

Provide any sick athletes with kits containing the following:

- Hydration
- Electrolyte Packets
- Thermometer
- Disinfectant Spray
- Masks
- Wipes