

December 23, 2020

Happy Holidays, Mariners!

I hope you and your families are staying well and enjoying your break. Last night, the LA County Department of Health hosted a telebriefing with updates on the COVID-19 pandemic. Tensions are high as cases and hospitalizations continue to increase through the holidays. At this time, there are NO CHANGES to the current requirements for intercollegiate athletics from either the state or LA County. On the other hand, they are strongly recommending everyone delay the start of the athletic seasons this spring.

After much discussion with the leadership team, we will make a few changes to the start of our spring season:

1. Move-in at the Villas remains the same: January 7.
 - Please refer to Residential Life for the rules and requirements for a safe return to campus.
 - **On-campus dining will no longer be offered this spring, so charges will be reduced to reflect this. (More information to come on grocery deliveries and other meal options).**
 - Housing applications are still being accepted. Please apply if you have not done so already.
2. Testing timelines are slightly different, but remain the same for MCU residents.
 - **ALL MCU residents will test on their own on January 4.** You must schedule on or after January 1. **Results need to be submitted to the athletic trainers by January 7,** prior to moving into the Villas.
 - **MCU will test all athletes and staff at the Villas on January 11 and again on January 18.** Here is the link for sign-ups: [Click Here to Schedule COVID Testing](#). **The link expires on January 4, so please do not wait.**
 - All out-of-area residents need to be back in Los Angeles by January 11 to start testing and quarantining.
 - See attached for further instructions prior to first on-campus test.
3. Practices will start a little differently.
 - Isolated workouts will begin on January 11 – more to come from your coaches after the new year. These will be done ON YOUR OWN.
 - Regular in-person practices will begin on January 25
 - **January 11 – January 24 is considered your quarantine period. Please continue to follow LA County protocols during this time (socially distancing and wearing masks with anyone outside your household).**
4. Competitions will also be pushed back to start mid-February at the earliest.
 - All NON-CONFERENCE competitions will be canceled. Cal Pac (or GSAC for Tennis) competitions will ONLY be scheduled this spring.
 - Golf and Cross Country will be able to retain their current schedules, since there is not a traditional conference schedule for these sports.

What does this mean for you?

- Fall sports will NOT lose a season of competition or a full-time term of attendance no matter how many games we play.

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- Spring sports will need to play 50% or more of allowable competitions per your sport in order to use their season of competition.

In other words, we will continue to proceed with caution and be mindful of seasons used.

Please understand that we are trying to maintain our season this spring, while also doing our part to keep us healthy and safe. We think this is a good compromise to achieve both.

On behalf of Marymount California University Athletics Department, we wish you a wonderful holiday season, and please stay well!

Courtney Thomsen

Director of Athletics
Marymount California University

Attachment

ADDENDUM

Please see the calendar link below to schedule an appointment for your **mandatory MCU ATHLETE COVID TEST AT MCU VILLAS on January 11**. January 4 is the last day to schedule your appointment (for the 11th). The same link will also allow you to schedule your **mandatory test on January 18**. The last day to sign up for that test is January 11.

Please do not delay signing up for your time slots. If you do not sign up, there are **no walk-ups, and there will be no extra tests**. ***If you do not take these tests at MCU, you will be NOT be allowed to practice.***

The process to register for your COVID TEST AT MCU VILLAS on **January 11** and **January 18** is as follows:

[Click Here to Schedule COVID Testing](#)

- Click the calendar link.
- Select MCU student (or employee if staff).
- Make sure the correct time zone is selected on the drop-down menu above the available times (seems to be set to PST).
- Select an available time slot.
- Enter your name, phone number, email and all other required information.
- **Select nasal swab.** (You will receive a PCR test, which is considered the “gold standard” in SARS-CoV-2 detection.).
- **Bring your medical insurance card to the test.** (Only the first test will be at the Villas.).
- **Complete the Agile Patient COVID Test Request Form (attached PDF) and turn in at the time of each test.** Please complete the Agile COVID Test Uninsured Form (attached PDF) and turn it in at the time of the test if you do not have medical insurance.
- Instructions to access COVID lab results are attached in the PDF.

APPOINTMENTS ARE EVERY FIVE MINUTES. Please be on time.

Please mark the date and time on your calendar. The online scheduler will only send reminders to each participant by email and text message 24 hours and two hours prior to the scheduled appointment.

The test at the Villas will be available outdoors as a drive-up or walk-up for residents. There will be a tent set up outside the Outtakes building, which is to the right as you drive in. If weather does not cooperate, we may move inside the Outtakes building. Please arrive wearing a face mask. Please do not park and walk around the Villas. Please remain in your vehicle and keep a distance of six feet.

The address for the Villas is: 1600 Palos Verdes Dr. North, San Pedro, CA 90710

If you plan to live in the Villas, please remember to sign up on January 1 for your PCR test to be done on your own by January 4 or 5 at the latest. Please do not test prior to January 4. Please send your PCR test results to CClarke@marymountcalifornia.edu before you move in on January 7.