

4-2021

The Impact of Running Intramural Sports During the COVID-19 Pandemic

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Recommended Citation

Goldfarb, Eli, "The Impact of Running Intramural Sports During the COVID-19 Pandemic" (2021). *Senior Honors Projects*. Paper 858.
<https://digitalcommons.uri.edu/srhonorsprog/858>

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The Impact of Running Intramural Sports During the COVID-19 Pandemic

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The COVID-19 Pandemic has changed lots of things in the normal day-to-day life of most people across the globe. The importance of things that many took for granted has been brought to light after quarantines, stay-at-home orders, and disruptions in the way people perform everyday tasks. With The University of Rhode Island managing to run a hybrid school year, it is important to provide normalcy and healthy outlets to the students wherever possible. The Intramural Sports Department has been adapting its services since August to provide the best experience for the student body.

Following Rhode Island COVID protocols, Intramural Sports has been able to offer a variety of leagues, events, and other programming to the student body. This project looks at various

participation metrics of the Intramural Department as well as a survey of the participants to gain an understanding of the impact of Intramural Sports at The University of Rhode Island on participants. The survey has been distributed through the registration and scheduling software, IMLeagues, as well as at game sights as participants are coming to or leaving their games.

Intramural Sports has managed to find programming that meets the students where they are – whether that is virtual trivia or 5 on 5 basketball with accommodations to make playing sports as safe as possible. Based on contact tracing data, Intramurals has managed to provide an outlet for students with minimal spread of the virus and very few quarantines triggered because of it. Nearly 1,500 unique participants have engaged with Intramural Sports for over 6,100 participations. 94% of participants surveyed have indicated that their games are something to look forward to on a weekly basis and 88% have indicated that their Intramural participation has helped them gain new friendships or strengthen existing ones.