

# Orchard Park



## Return to Athletics Plan 2020-2021

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The following plan is based on the guidance from the following documents: “Return to Interscholastic Athletics” (NYSPHSAA, Sept 4th, 2020), “Interim Guidance to Sport and Recreation” (NYSDOH, Aug 15, 2020) & NYSDOH Interim Guidance for In-person at Pre-K to Grade 12 Schools during the COVID-19 Public Health Emergency (NYSDOH, July 13, 2020) & the OPCSD Reopening School Plan. This plan is subject to change as further guidance from NYSPHSAA, NYSDOH, ECDOH, and our district physician is developed and implemented.

### General Considerations:

- **The NYSPHSAA** (New York State Public High School Athletic Association), under the direction of the NYSDOH (New York State Department of Health), has determined that low to moderate risk sports may begin practices and games for the following low-risk sports on September 21st, 2020:
  - Boys and Girls Soccer
  - Field Hockey
  - Cross Country
  - Gymnastics
  - Girls Swimming
  - Girls Tennis
  - Boys Golf
- **The NYSPHSAA** has moved the following sports to a new season beginning March 1st, 2021
  - Football
  - Boys and Girls Volleyball
  - Competitive Cheer
- **Section VI** has determined that we may begin practices on September 21, 2020.
- **Our League (ECIC)** has determined that all sports, including Modified, may begin on 9/21, 2020.

- At this point, final decisions regarding spectators at athletic events has not been finalized. Further Information regarding spectators will be forthcoming as the season evolves.

## Orchard Park Return to Athletics Protocols

### 1. Screening

- All student-athletes in attendance at school that have been screened prior to arriving at schools are ok for the day.
- Student-athletes that are coming from home will need to be screened prior to practice, games or getting on a bus to away contests by their parents or guardian.

- NYSDOH guidance ([Interim COVID-19 Guidance for Schools](#)), states the following pertaining to screening:

**Screening:** *Responsible Parties **must** implement mandatory health screenings, including temperature checks, **of students, faculty, staff,** and, where applicable, contractors, vendors, and visitors to identify any individuals who may have COVID-19 or who may have been exposed to the COVID-19 virus. Prior to attending an athletic practice or contest, please assess yourself for the following symptoms:*

- *Fever or chills*
- *Cough Shortness of breath or difficulty breathing*
- *Fatigue*
- *Muscle or body aches*
- *Headache*
- *New loss of taste or smell*
- *Sore throat*
- *Congestion or runny nose*
- *Nausea or vomiting*
- *Diarrhea*

*Finally, self-assess your health by asking yourself the following questions:*

- *Have you knowingly been in close proximate contact in the past 14 days with anyone who has tested positive for COVID 19?*
- *Have you tested positive for COVID 19 in the last 14 days?*
- *Have you experienced any symptoms of COVID 19 in the past 14 days?*
- *In the last 14 days, have you traveled from another state or country for which New York requires a mandatory self-quarantine period?*
  - *If you answered yes to question #4, have you completed the 14 day self-quarantine as currently required by New York State?*
- All coaches need to complete a self assessment following the above procedures. If they are feeling sick stay home and call the Athletic Office to make them aware.

### 2. Face Coverings/ Masks

- Per NYSDOH Sports and Recreation Guidance and the RTIA Student-athletes are required to wear face-covering unless they feel they are “unable to tolerate a face-covering:”. According to state officials “unable to tolerate does not require any note or medical issue.” If a student-athletes feels their breathing is restricted while participating in activity they simply tell the coach they cannot tolerate it:

*(NYSDOH Interim Guide to Sports and Recreation) - “Ensure a distance of at least six feet is maintained among individuals at all times, whether indoor or outdoor unless safety or the*

*core activity (e.g. practicing, playing) requires a shorter distance. **If a shorter distance is required, individuals must wear acceptable face coverings, unless players are unable to tolerate a face covering for the physical activity (e.g. practicing, playing); provided, however, that coaches, trainers, and other individuals who are not directly engaged in physical activity are required to wear a face-covering***"

- Student-Athletes will be required to wear masks when not actively participating (e.g. on the bench, during halftimes etc.)
- Coaches, trainers, spectators and event supervision will be required to wear masks at all times.
- Additional masks will be available with the athletic trainer.

### **3. Personal hygiene**

- Hand Sanitizer will be provided in every medical kit for each team.
- Hand sanitizer stands will be provided at the trainer tent.
- Bathrooms will be open and available at the concession stands for handwashing.
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### **4. Social Distancing**

- Student-athletes, coaches, trainers and officials will be required to establish routines that encourage social distancing of 6 ft or more at all applicable times. Warm ups, practice/instructional times should be able to attain social distancing.
- Signage will be placed in key areas to demarcate proper social distancing.
- Spectators are encouraged to bring their own chairs and must remain socially distant from one another.
- During games, additional benches and chairs will be provided to socially distance players on the sideline.

### **5. Afterschool, Locker Room use & Bathrooms**

- After school considerations - report to the assigned field right away and wait for your coach.
- Students will not be allowed to congregate in the gym area after school.
- Students will be brought to the locker room to change if they need to by their coach.
- Students with early release should change at home and report to practice ready to play
- Locker rooms will be limited to use by in-school athletes only. Students will not have assigned lockers and will need to use it for changing into appropriate sports clothing only. Students will be asked to bring their bags out of the locker room and to the fields.
- Students that were instructed at home will need to come to practice dressed for practice and will not be permitted to use the locker rooms or come into the building.
- The bathroom at the concession stand will be open at all times for use during practices and games.

### **6. Equipment cleaning/sharing**

- Teams will limit shared equipment
- Shared equipment will be stored in the outdoor storage and will be disinfected with a sprayer on a nightly basis.
- Responsible Parties must provide appropriate cleaning and disinfection supplies for shared and frequently touched surfaces and encourage employees to use these supplies, following manufacturers' instructions, before and after use of these surfaces, followed by hand hygiene.
- Responsible Parties must maintain cleaning logs that include the date, time, and scope of cleaning and disinfection. In many cases, student-athletes can bring their own equipment for use.
  - i. Tennis - racquets, tennis ball
  - ii. Golf - clubs, golf balls
  - iii. Soccer - soccer balls
  - iv. Field Hockey - sticks, goalie equipment when possible. If not applicable, goalie equipment will need to be disinfected after each use.
- Team Equipment used on the field (goals, cones) should only be touched by coaches.
- Personal items (water bottles, towels etc.) shall not be shared. Each team member is encouraged to bring their own water bottle.

## 7. Transportation

- Student-athletes and their families will be responsible for providing transportation to the practice location on days that the students are learning from home. They will not be penalized if they are not able to secure transportation on given days provided that they communicate this with their coach.
- There will be no in-district shuttles for practices or games
- Masks must be worn on buses
- Teams departure time will vary based on bus availability
- Large buses are permitted to carry up to 22 passengers

## 8. Officials

- Officials are not responsible for monitoring activities on the sideline related to physical distancing, face coverings & illness.
- Officials should plan to arrive at each athletic venue fully dressed in uniform. Locker rooms and changing rooms will not be available for use.
- Officials must wear face coverings at all times.

## 9. Spectators / supervision

- **Per NYSDOH - Each athlete will be allowed, two spectators per contest.**
- In collaboration with the ECIC, all member schools will distribute spectator passes at the beginning of the season. Each athlete will receive 2 passes with a lanyard with the instructions that they are to be easily visible when ever attending a contest. Each site will have the responsibility of ensuring that spectators have their passes visible at all times
- The approved supervisor of spectators, the Athletic Director and/or other school officials will be responsible for verifying the spectators are within their rights to be in attendance.
- Spectators will not be allowed to watch practices. Only essential personnel should be permitted on the practice/competition site as authorized.
- Spectators are encouraged to bring their own chairs for “grass field” contests.

## 10. Emergency Procedures

- **Thunder/Lightning** - All teams will have a predetermined area to use if there is thunder and/or lightning to meet social distancing guidelines. However, each team will have a designated area to ensure social distancing when relocating to indoors

### Thunder and Lighting Shelter locations

OP Soccer Complex	Pavillion
Girls V Tennis	Small gym at OPHS
Field 1	Girls side of the OPHS Gym
Field 2	Boys side of the OPHS Gym
Outfield of baseball	Visitor side of the field house
Turf	Middle of the field house
Grass behind press box	Home side of the field house
Modified Boys Soccer	Boys side of gym
Modified Girls Soccer	Girls side of the OPMS Gym
Modified Field Hockey	Small gym at OPMS
Gymnastics	Off-site, GU

Cross Country	OPHS Cafeteria
Girls Swimming	Pool

- **Emergency Action Plan** enacted for medical emergencies.  
Only coaches and medical personnel will be allowed to move within the necessary distance of the victim.  
Bag Valve masks will be available with the athletic trainer  
Student-athletes will take a 6ft distant knee from one another with masks on.
- **Response to COVID-19 Infection within a team** - (Student-athlete, coach or family member)  
**The Erie County Health department will ultimately determine through contract tracing the necessary steps to follow. As a coach your role is to communicate any concerns to the Athletic Director and await instructions.**

**All the steps below will be determined by the school district in accordance with Erie County Health Department Guidance.**

**If a student-athlete or coach has developed COVID-19 symptoms.**

If the student-athlete or coach is at practice or a game when symptoms begin, the student-athlete or coach should immediately be sent home. The student-athlete or coach should be placed in isolation at home or in their own room with their own bathroom. The Athletic Director shall be notified immediately. The school nurse will be contacted immediately by the Athletic Director.

**One of the three following criteria must be met before the student-athlete or coach can return to school:**

1. A note from the student-athlete or coach medical care provider with an alternative diagnosis is provided OR
2. The result of a negative diagnostic COVID-19 test is provided OR
3. There have been at least ten days since the onset of COVID-19 symptoms.

The symptomatic student-athlete or coach who is not tested for COVID-19 should be treated like a COVID-19 case for isolation and the quarantine of household members. If the student/guardian or coach chooses isolation for ten days from the onset of COVID-19 symptoms, they must remain in isolation separate from household members. Household members of the isolated student/staff must self-quarantine until 14 days from the last day of exposure and remain symptom free.

**If a student-athlete or coach tests positive for COVID-19.**

The student-athlete or coach should be placed in isolation in their own room with their own bathroom. All the following criteria must be met before the student-athlete or coach can return to school:

1. At least ten days after COVID-19 symptom onset or ten days from their first positive test if asymptomatic AND
2. Fever-free for at least 72 hours without the use of fever-reducing medication AND
3. Respiratory symptoms are improving.

**If a student-athlete or coaching staff members in contact with a confirmed COVID-19 case.**

We will work jointly with the Erie County Department of Health and follow their guidance and directive for contact tracing and quarantine protocols.

**11. Facility needs**

- Responsible Parties must ensure that for any indoor sport or recreational activity, capacity is limited to no more than 50% of the maximum occupancy for a particular area as set by the certificate of occupancy, inclusive of employees and patrons/players/spectators.

- Extra chairs or benches for sidelines at every game venue
- Signage - 2 spectators only, wear masks, socially distant seating etc...
- Sanitizing stations/supplies will be provided for the coaches in their med kits along with thermometers

#### **12. Team sizes**

- Due to limitations with busing, the state recommends team size as a consideration. Keeping only the amount necessary to travel on buses is recommended.

#### **13. Live Streaming**

- Hudl may be used to stream games on the stadium field to the extent possible to provide access to games for those not given spectator passes.

# **Sport Specific Guidelines:**

As provided by the NYSPHSAA Return to Interscholastic Athletics

## **Cross Country**

The NYSDOH has determined that cross country is a low risk sport (greatest ability to maintain physical distance and/or be performed individually; greatest ability to (1) avoid touching of shared equipment, (2) clean and disinfect any equipment between uses by different individuals, or (3) not use shared equipment at all).

### **General Considerations:**

- Schools are encouraged to comply with NFHS Rule 8-5, that events contested with 4 or fewer teams be limited to a maximum of 12 participants from each team.
- No hugging, shaking hands, or fist bumps.
- Cross country meets should consider using staggered, wave or interval starts, with a minimum of one (1) minute.
- Meet organizers should take into account using FAT timing, course layout, use of waves, and social distancing in consideration of determining the size of an invitational meet.
- In non-dual meets, it is recommended athletes wear numbers for easy identification.
- It is recommended a course is 200 yards from the start line to the narrowing point.

### Possible Rule Modifications:

- 8-1-3a: Consider widening the course to at least six feet at its narrowest point.

### Finish:

- Consider using finish corrals and FAT timing for larger meets as easier to distance at finish.
- With no FAT timing system consider alternative means of finish place and time to address congestion at finish line.
- Consider using image-based equipment at the finish to assist with picking a place to avoid congestion.

Event organizers should have a hydration plan for the end of the race.

### **Pre and Post Meet:**

- Establish cross country specific social distancing meet protocols including the elimination of handshakes before and after the match.
- The use of team tents on site is discouraged.
- Teams are expected to provide individual water for their athletes and discourage the use of water stations and open cups.

### **Considerations for Officials:**

- Bring personal hand sanitizer. Wash hands frequently
- Don't share equipment.
- Follow social distancing guidelines:
- Pre and Post Meet conferences,
- Clerking at the start line,
- Tabulations and posting of results.
- Consider using electronic whistles.
- Do not shake hands and follow pre and post-game ceremony guidelines established by the state association.

### **Considerations for Coaches:**

- Communicate your guidelines in a clear manner to students and parents.

- Consider conducting workouts in “cohorts” of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.

### **Considerations for Students:**

- Consider making each student responsible for their own supplies
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
- Bring your own water bottle.

### **Considerations for Parents:**

A family’s role in maintaining safety guidelines for themselves and others:

- Provide personal items for your child and clearly label them.
- Spectators should not congregate around the finish area.
- In accordance with NYSDOH guidance ([Interim COVID-19 Guidance for Sports and Recreation](#)), only two spectators per participant are permitted. (Pg. 5)

## **Field Hockey**

The NYSDOH has determined that field hockey is a moderate risk sport (limited ability to maintain physical distance and/or be done individually; limited ability to: (1) avoid touching of shared equipment, (2) clean and disinfect equipment between uses by different individuals, or (3) not use shared equipment at all).

### **General Considerations:**

- No hugging, shaking hands, or fist bumps.
- Clean and disinfect frequently touched surfaces and exercise equipment including balls.
- Ball Retrievers should be placed on the opposite side of the team bench.
- Balls – Each player should bring their own ball or use the same school-issued ball during practice. Skill training, conditioning, agility, etc. can be done with the one player/one ball concept. Balls should be sanitized before and after each practice/game.
- Bench area may be extended to the 15 for teams with 30+ players. Coaches are still restricted to remain between the 45 and 25. There must still be 5 yards between the sideline and the bench area.

### **Pre and Post Game Ceremony:**

- Establish field hockey specific social distancing game protocols including the elimination of handshakes before and after the match.
- Limit attendees to one official, the head coach from each team, and a single captain from each team.
- Move the location of the pregame conference to the center of the field. All individuals should maintain a social distance of six feet during the conference.
- Suspend handshakes prior to and following the pregame conference.

### **Considerations for Officials:**

- Bring personal hand sanitizer. Wash hands frequently.
- Do not share equipment.
- Follow social distancing guidelines. Consider six feet minimum distance when carding or talking to others (players, coaches, other officials).
- Consider using electronic whistles.
- Do not shake hands and maintain social distancing guidelines during pre and post-game ceremonies.



- Use of radios to communicate with a partner is permissible.
- Limit the table to essential personnel, including the home team scorer and timer. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential and may need to find an alternative location. Space availability at the table is a variable in determining the number of individuals permitted at the officials' table and observing social distancing requirements.
- If a team member is carded, it is recommended to mark a location of where the individual is to stand that is socially distant from the officials' table.

### **Considerations for Coaches:**

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in "cohorts" of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.

### **Considerations for Students:**

- Consider making each student responsible for their own supplies
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
- Bring your own water bottle.

### **Considerations for Parents:**

A family's role in maintaining safety guidelines for themselves and others:

- Provide personal items for your child and clearly label them.
- In accordance with NYSDOH guidance ([Interim COVID-19 Guidance for Sports and Recreation](#)), only two spectators per participant are permitted. (Pg. 5)

## **GOLF**

The NYSDOH has determined that golf is a low risk sport (greatest ability to maintain physical distance and/or be performed individually; greatest ability to (1) avoid touching of shared equipment, (2) clean and disinfect any equipment between uses by different individuals, or (3) not use shared equipment at all).

### **General Considerations:**

- Single tee starts should be staggered – refer to golf course protocols.
- When directed to, each group of players will move to the 1<sup>st</sup> tee, remaining socially distanced. Scorecards and pencils will be handed out to players by the home coach who may wear protective gloves during the process. Each player will receive a scorecard for their own scorekeeping and the other player's score. At no time will players exchange scorecards.
- All safety protocols put in place by the golf course must be followed. Social Distancing must be adhered to in the locker rooms and Pro Shop.

### **Considerations for Coaches:**

- Communicate your guidelines in a clear manner to students and parents.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.
- Prior to each match, visiting coaches should send a list of participants to the home coach. The home coach should send a copy of the local rules to the opposing coach to eliminate the need for any handouts, other than scorecards.
- All coaches should make sure that their players are familiar with the Rules of Golf and Golf Course modifications specific to COVID-19, especially local rules for bunker play and not touching the flagsticks.

## Considerations for Students:

- Consider making each student responsible for their own equipment.
- Golf towels should not be shared and should be washed after every practice and match.
- Players should only touch and use their own golf ball and not touch other players' golf balls or equipment.
- Bring your own water bottle.

## Considerations for Parents:

A family's role in maintaining safety guidelines for themselves and others:

- Provide personal items for your child and clearly label them.
- Spectators should not congregate around the tee box, greens and clubhouse areas.
- In accordance with NYSDOH guidance ([Interim COVID-19 Guidance for Sports and Recreation](#)), only two spectators per participant are permitted. (Pg. 5)

## Gymnastics

The NYSDOH has determined that Gymnastics is a moderate risk sport (limited ability to maintain physical distance and/or be done individually; limited ability to: (1) avoid touching of shared equipment, (2) clean and disinfect equipment between uses by different individuals, or (3) not use shared equipment at all).

## General Considerations:

- No hugging, shaking hands, or fist bumps.
- Equipment should be cleaned and sanitized after every practice and competition. Contact equipment manufacturers for specifics on proper cleaning protocols for their equipment. Continued use of disinfectant chemicals may reduce the life of the product.
- No outside equipment is allowed with the exception of springboards, a sting mat, round off entry mat and a vault safety collar.
- Remove common chalk bowls.
- Social distancing should be in practice while waiting for a turn on the apparatus or moving from one event to another.
- Communicate gym policies clearly to participants and parents.
- Everyone should wash and sanitize their hands before entering and leaving the gym and must wash/sanitize their hands between rotation to different events.

## Meet Protocols:

- March in: socially distant six feet in-between gymnasts and for the National Anthem.
- There will be no presenting to the judges. Teams go directly to the first event.
- There will be no improper uniform deduction for wearing a face covering..
- Non-competing athletes must be in a designated area.
- Judges should be six feet from events, athletes/crowd. Judges workstations will be cleaned in between events.
- Runners/score flashers/timers must remain at least six feet away from judges/events will remain with the same judges throughout the competition.
- Each team should have all floor music on a device and managed by only one coach/athlete (per team).

## Considerations for Coaches:

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in "cohorts" of same students always training and rotating together on apparatus in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.
- Athlete spotting is permissible.

- Expectations regarding spotting or alternative teaching/coaching methods should be clearly communicated during practice.

### **Considerations for Students:**

- Student athletes should sanitize their hands after every event.
- Consider making each student responsible for their own supplies.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- Bring your own water bottle.

### **Considerations for Judges:**

- Bring personal hand sanitizer. Wash hands frequently
- Sanitize the judges' desk in between events.
- Follow social distancing guidelines.
- Space judges six feet apart at judging tables.
- Do not shake hands and follow pre and post meet ceremony guidelines established by state associations.
- Develop a procedure for reporting scores that limits contact.

### **Considerations for Parents:**

- A family's role in maintaining safety guidelines for themselves and others:
- Provide personal items for your child and clearly label them.
- Gym bag, water bottle, grips, tapes, pre-wrap, wrist guards, personal chalk bag etc. (See gym bag document)
- Individual chalk bags, plastic bins, buckets or other storage containers should be used and stored in the athlete's gym bag.
- In accordance with NYSDOH guidance ([Interim COVID-19 Guidance for Sports and Recreation](#)), only two spectators per participant are permitted. (Pg. 5)

### **Gym Bag**

- Supplies needed for your personal gym bag:
  1. Grips, wristbands and any braces that are normally used during practices must stay in student's gym bag when not in use.
  2. You may bring a travel size water bottle filled with water to spray your grips. The water bottle must remain in your bag until use.
  3. Disinfectant wipes for personal use can be alcohol wipes. These must be used when starting an event, after each event and before exiting the facility.
  4. 1 ½" white athletic tape and any other tape used during practice is permitted.
  5. Fingernail clippers must be flat edge.
  6. Shoes must be stored in your gym bag, in a separate compartment or bag to prevent possible cross contamination with other items in the gym bag.
  7. A gallon size bag or container for personal chalk. There will not be any shared chalk buckets available in the gym.
- Everything inside the gym bag must be disinfected after every practice. The interior and exterior of the bag should be disinfected as well.

### **SOCCKER**

The NYSDOH has determined that soccer is a moderate risk sport (limited ability to maintain physical distance and/or be done individually; limited ability to: (1) avoid touching of shared equipment, (2) clean and disinfect equipment between uses by different individuals, or (3) not use shared equipment at all).

## General Considerations:

- Pregame Conference (5-2-2d)
  - Limit attendees to head referee or center referee, the head coach from each team, and a single captain from each team. (Rule waiver)
  - Move the location of the pregame conference to center of the field. All individuals maintain a social distance of six feet.
  - Suspend handshakes prior to and following the Pregame Conference.
- Team Benches (1-5-1)
  - No linear bench area, adjust backward from the touch line.
- Substitution Procedures (3-4)
  - Maintain social distancing of six feet between the substitute, officials and/or teammate(s) by encouraging substitutions to occur closer to the center line. Hand sanitizer should be used prior to entering the game.
- Officials Table (6-2; 6-3)
  - Limit the table to essential personnel, including the home team scorer and timer. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential and may need to find an alternative location. Space availability at the table is a variable in determining the number of individuals permitted at the officials' table and observing social distancing requirements.
- Goalkeepers may not spit on their gloves. They can wet them with a water bottle. If the official determines this happens, gloves will be taken out of play. (NYSPHSAA Rule)
- A mandatory two (2) minute hydration/mask break will be taken at the first dead ball situation after the 20-minute mark. Players must stay on the field during the break and may remove their mask as long as they maintain social distancing. Substitutes who report to the table prior to the break taking place, may enter the game following the break. (Waiver of the NFHS Rule)
- The use of a dropped ball is suspended. To replace this procedure, an indirect kick will be awarded to the team whom the referees deemed to be in possession at the time of stoppage. (Waiver of the NFHS Rule)

## Pre and Post Match Ceremony

- Suspend the pregame world cup introduction line and send players to their field positions with bench personnel lined up on the touch line (six feet apart) for introductions.
- Suspend post game protocol of shaking hands.

## Soccer Rules Interpretations

- Rule 4-1 EQUIPMENT AND ACCESSORIES
  - No hard material should be worn on face covering.
  - Gloves are permissible.
- Rule 4-2 LEGAL UNIFORM
  - Long sleeves are permissible. (4-1-1)
  - Long pants are permissible. (4-1-1)
- Under garments are permissible but must be of a similar length for the individual and a solid like color for team. (4-1-1d)
- Rule 5-3 OFFICIALS UNIFORM AND EQUIPMENT
  - By state association adoption, long-sleeved shirt/jackets are permissible. (5-1-3)
  - (Waiver of the NFHS Rule)
  - Electronic whistles are permissible (supplies are limited).
    - Choose a whistle whose tone will carry outside.
    - Fox 40 Mini –

- Fox 40 Unisex Electronic - 3 tone
  - Ergo-Guard - (3 tone) - orange
  - Windsor - (3 tone) grey
  - Check the market for other choices
- Gloves are permissible.

### **Considerations for Officials:**

- Bring personal hand sanitizer. Wash hands frequently
- Do not share equipment.
- Consider using electronic whistle.
- Do not shake hands and maintain social distancing guidelines during pre and post-game ceremonies.

### **Considerations for Coaches:**

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in “cohorts” of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.

### **Considerations for Students:**

- Consider making each student responsible for their own supplies.
- Students should wear their own appropriate workout clothing (do not share clothing)
- Individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
- Bring own water bottle.

### **Considerations for Parents:**

A family’s role in maintaining safety guidelines for themselves and others:

- Provide personal items for your child and clearly label them.
- In accordance with NYSDOH guidance ([Interim COVID-19 Guidance for Sports and Recreation](#)), only two spectators per participant are permitted. (Pg. 5)

## **Swimming & Diving**

The NYSDOH has determined that swimming & diving is a low risk sport (greatest ability to maintain physical distance and/or be performed individually; greatest ability to (1) avoid touching of shared equipment, (2) clean and disinfect any equipment between uses by different individuals, or (3) not use shared equipment at all).

On June 11, 2020 NYSDOH provided [Interim Guidance for Pools and Recreational Aquatic Spray Grounds During the COVID-19 Public Health Emergency](#). Schools should review this guidance for swimming & diving teams.

The following is included in the aforementioned NYSDOH pool guidance:

- Ensure that all individuals maintain a distance of at least six feet from other individuals at all times, unless they are members of the same household or family unit, or safety or the core activity requires a shorter distance.

- However, any time individuals are within six feet of individuals outside of their household or family unit and not in the water, they must wear an acceptable face covering that covers both the nose and mouth. Individuals must be prepared to don a face covering if another person unexpectedly comes within six feet.
- For health and safety concerns, ensure face coverings are not worn by individuals while they are in the water;
- Limit the maximum size of any single group of people on the premise or **in the water to 10** or fewer individuals; however, there may be more than one group on premise or in water so long as they are able to be separated by at least six feet;
  - Occupancy of the premise and pool should be limited to the number of individuals and groups who can be safely and appropriately spaced such that each individual and group is at least six feet away from others.
  - Ensure different groups of people are separated by at least six feet on the premise or in the water, to the extent possible;
  - However, if physical barriers are used to separate groups of individuals, they must not present a health or safety risk by obstructing supervision or impairing air flow, heating, cooling, or ventilation.

#### General Considerations:

- **Swimming Warm-up Areas** - Establish multiple sessions for warm-up periods to limit number of swimmers per lane. Restrict the number of swimmers in competition area. Limit number of swimmers per lane during warm-up and warm-down periods.
- **Diving Warm-up Areas** - Limit number of divers during warm-up by creating multiple sessions. During competition, divers may not approach the board until their turn to compete. Hot tubs should not be permitted. Dive order sheets should be posted in multiple areas to reduce number of divers viewing at the same time.
- Teams Seating and Lane Placement - Keep the teams on opposite sides of the pool.
- Preparing Athletes for Competition - Athlete clerking areas should be eliminated.
- Warm down for Relay teams – Keep proper social distancing of six feet.

#### Rule Considerations:

- Conduct (1-3-2) - Recommend athletes to arrive at venue already in competitive attire or provide alternative accommodations for swimmers and divers to change that allows for six feet of social distancing.
- Lap Counting (2-7-6, 3-4) - Only one person per lane should be permitted at turning end. Provide hand sanitizer and require lap counters to clean hands and wipe down devices.
- Pre-Meet Conference (3-3-6, 4-2-1d) - Decrease number of participants or hold one conference with coaches and one meeting with captains. The referee can use P.A. system or starting system microphone to allow participants to hear but keep them properly separated. Participants in the pre-conference must wear masks and only one captain per team is allowed.
- Meet Officials (4-8, 4-10, 4-11, 4-12, 4-13) - Officials responsible for information processing are often located together at a desk/table adjacent to the competition course or in an office/remote location. Develop alternative methods for submitting entries (3-2) and movement of non- electronic information. Require a distance of six feet between individuals seated at the desk/table.
- Timers (4-9) - Timers must assemble at the finish of each race, at the edge of the pool within the 6-8 feet confines of the lane which they are timing.
- Submission of Entries to Referee (5-2) - Alternative forms of entry submission can be designed to reduce face-to-face interaction when submitting a proper entry, where/how/to whom entries are submitted, and a reduction or elimination of certain penalties currently attached to improper entries.
- Relay Takeoff Judges and Relays (8-3) - Require all takeoff judging from the sides of the pool. Space relay swimmers apart from one another.

- Diving Officials (9-6) - Alternative methods for submitting entries (3-2) and movement of non- electronic information will be required. Recommendations include a distance of 3-6 feet between individuals seated at the desk/table. Create a six foot space between judges by spacing groups of judges on opposite sides of boards or on one side of the board on a multi-level platform.

#### Considerations for Officials:

- Bring personal hand sanitizer. Wash hands frequently.
- Don't share equipment.
- Consider using electronic whistles.
- Do not shake hands and maintain social distancing guidelines during pre and post-game ceremonies.

#### Considerations for Coaches:

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in "cohorts" of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.

#### Considerations for Students:

- Consider making each student responsible for their own supplies.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
- Bring your own water bottle.

#### Considerations for Parents:

- A family's role in maintaining safety guidelines for themselves and others:
- Provide personal items for your child and clearly label them.
- Spectators should not congregate around the finish area.
- In accordance with NYSDOH guidance ([Interim COVID-19 Guidance for Sports and Recreation](#)), only two spectators per participant are permitted. (Pg. 5)

## **Tennis**

The NYSDOH has determined that tennis is a low risk sport (greatest ability to maintain physical distance and/or be performed individually; greatest ability to (1) avoid touching of shared equipment, (2) clean and disinfect any equipment between uses by different individuals, or (3) not use shared equipment at all).

### **General Considerations:**

- Maintain social distancing when changing ends.
- Consider spraying tennis balls briefly with a disinfectant spray (e.g., Lysol or Clorox) at the conclusion of play. Using new balls on a regular basis is encouraged.
- When possible consider using one separate can of balls per player per match. Players should serve their own tennis balls throughout the match.
- Tennis practice equipment should be touched only by the coach and should be cleaned frequently. Use alcohol-based disinfectant to clean all tennis gear, including racquets, towels, target cones, ball machines, etc.
- Consider using a ball machine for giving lessons. Using ball tubes and basket pickups to pick up loose balls after a ball machine rotation also limits contact.

- Avoid using unnecessary equipment such as throw-down lines.

### **Considerations for Officials:**

- Bring personal hand sanitizer. Wash hands frequently.
- Do not share equipment.
- Consider using electronic whistles.
- Do not shake hands and maintain social distancing guidelines during pre and post-game ceremonies.

### **Considerations for Coaches:**

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in “cohorts” of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.

### **Considerations for Students:**

- Consider making each student responsible for their own supplies.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
- Bring your own water bottle.
- Use the racquet/foot to pick up balls and hit them to your opponent. Avoid using your hands to pick up the balls.
- If a ball from another court comes to you, send it back with a kick or with your racquet.

### **Considerations for Parents:**

- A family’s role in maintaining safety guidelines for themselves and others:
- Provide personal items for your child and clearly label them.
- Spectators should not congregate around a court without maintaining social distancing.
- In accordance with NYSDOH guidance ([Interim COVID-19 Guidance for Sports and Recreation](#)), only two spectators per participant are permitted. (Pg. 5)



# Sport Risk Levels

According to NFHS & NYSDOH

<p>High</p>	<p><b>NFHS:</b> Sports that involve close, <b><u>sustained contact between participants</u></b>, lack of significant protective barriers, and the high probability that respiratory particles will be transmitted between participants.</p> <p><b>NYSDOH:</b> <b>Least</b> ability to maintain physical distance and/or be done individually; • Least ability to: (1) avoid touching of shared equipment, (2) clean and disinfect equipment between uses by different individuals, or (3) not use shared equipment at all; and</p>	<p><b>NFHS:</b> Wrestling, football, <b>boys lacrosse</b>, competitive cheer, dance, Volleyball</p> <p><b>NYS DOH:</b> football, wrestling, <b>ice hockey, basketball</b>, contact lacrosse, volleyball, competitive cheer and dance</p>
<p>Moderate</p>	<p><b>NFHS:</b> Sports that involve close, <b><u>sustained contact, but with protective equipment</u></b> in place that may reduce the likelihood of respiratory particle transmission between participants <b><u>OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants.</u></b></p> <p><b>NYS DOH:</b> <b>Limited</b> ability to maintain physical distance and/or be done individually; • Limited ability to: (1) avoid touching of shared equipment, (2) clean and disinfect equipment between uses by different individuals, or (3) not use shared equipment at all; and</p>	<p><b>NFHS:</b> <b>Basketball</b>, volleyball, baseball, softball, soccer, water polo, gymnastics, <b>ice hockey</b>, field hockey, tennis, girls lacrosse,</p> <p><b>NYS DOH:</b> baseball, softball, doubles tennis, gymnastics, field hockey, non-contact lacrosse, flag football, swimming relays, soccer</p>
<p>Lower</p>	<p><b>NFHS:</b> Sports that can be done with <b><u>social distancing or individually with no sharing of equipment</u></b> or the ability to clean the equipment between use by competitors.</p> <p><b>NYSDOH:</b> <b>Greatest</b> ability to maintain physical distance and/or be performed individually; • Greatest ability to (1) avoid touching of shared equipment, (2) clean and disinfect any equipment between uses by different individuals, or (3) not use shared equipment at all</p>	<p><b>NFHS:</b> Individual running events, throwing events (javelin, shot put, discus), individual swimming, golf, sideline cheer, cross country running (with staggered starts)</p> <p><b>NYSDOH:</b> individual running, hunting/shooting/archery, golf, singles tennis, individual swimming, cross country running, bowling,</p>