

## **Return to Interscholastic Athletics 2020-2021 (Information as of September 21<sup>st</sup>)**

**TO ALL:** This document does NOT replace the NYSPHSAA or NYSDOH guidelines for “return to sports”. This is simply to serve as a quick reference, especially for the sports we are offering in the fall of 2020. In short, these guidelines are; for the purposes of B-B CSD, in addition to the state guidelines.

### **Student-Athletes**

- A distance of at least six feet is maintained among individuals at all times, whether indoor or outdoor
- All individuals must wear acceptable face coverings when social distancing of 6 feet or more cannot be achieved.
- Students should tell coaches immediately when they are not feeling well or need a mask break.
- No hugging, high fives, shaking hands, or fist bumps.

### **Coaches**

- Set clear expectations for student-athletes from day one.
- Communicate guidelines in a clear and consistent manner to students and parents.
- No hugging, high fives, shaking hands, or fist bumps.

### **Parents/ Spectators**

- Everyone must maintain six feet of physical distance between individuals and/or family/household units at all times **and** all spectators must wear face coverings at all times.
- Disinfect student's personal equipment after each game or practice.

### **Officials**

- Officials are responsible for game management, which does not include monitoring activities on the sidelines, such as social distancing, face coverings, hand washing, symptoms of illnesses and other such issues. This monitoring obligation remains with the responsible parties

**Fall Sports - Low/ Moderate Risk (Cross Country, Field Hockey, Golf, Gymnastics, Soccer, Girls Swimming & Diving, Girls Tennis)**

- First official practice date is September 21<sup>st</sup>
- Games and scrimmages may be played following the completion of 10 practices; 12 for the sport of Gymnastics. o **Note:** As per NYSPHSAA Handbook only one practice session per day may count and must include "vigorous activity".

**Fall Sports - High Risk (Volleyball, Football and Competitive Cheer)**

- Moved to Spring Season - March 1<sup>st</sup> to May 8<sup>th</sup>

**October 12th**

Seven consecutive day rule waived

**October 19th**

First date low & moderate risk sports may play outside of their section or league.

**December 1<sup>st</sup>**

Winter sports official start date

**GENERAL CONSIDERATIONS (APPLY TO ALL SPORTS):**

- washing hands or using hand sanitizer before, during, and after competitions.
- ensure facilities have been properly sanitized and have hand sanitizer and disposable masks readily available for practices and contests.
- Clean and disinfect frequently touched surfaces and equipment including balls. Please use recommendations by ball manufacturers - Spalding ball cleaning recommendations.
- No hugging, high fives, shaking hands, or fist bumps.
- Outdoor sports may need to extend bench areas to permit social distancing. Indoor sports may need to use bleachers or multiple levels of seating
- Have a hydration plan and ability to provide water
- Practice/ competition site - Only essential personnel should be permitted on the practice
- Personal Items - It is recommended that each athlete bring their own bag for personal items

**CONSIDERATIONS FOR STUDENT-ATHLETES:**

- Each individual must 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 closer distance, in which case an appropriate face covering must be worn.
- Teams should consider making each student responsible for their own supplies.
- Students should wear their own appropriate workout clothing and not share clothing.

- Individual clothing/towels should be washed and cleaned after every workout.
- Students are encouraged to keep their mouth guards in their mouth throughout the competition/ practice
- Students will be required to bring and use their own water bottle (bottles must be marked with first and last name).
  - Athletes should drink enough fluid before, during and after practice and competition.

### **CONSIDERATIONS FOR COACHES:**

- Communicate guidelines in a clear and consistent manner to students and parents.
- Consider conducting workouts in "cohorts"
- Keep accurate records of those athletes and staff who attend each practice and game/contest in case contact tracing is needed.
- Coaches should limit game day team/ roster sizes for social distancing purposes.

### **CONSIDERATIONS FOR PARENTS/GUARDIANS:**

- limit spectators to no more than two spectators per player.
- Provide personal items to children and clearly label them.
- Disinfect your student's personal equipment after each game or practice.

### **CONSIDERATIONS FOR SCHOOL ADMINISTRATORS**

#### **Teams and Programs:**

- Individual school districts have the authority and autonomy to administer their district's athletic programs as they deem appropriate.
- School districts may consider scheduling practices, games and competitions to accommodate bus transportation availability (i.e. start times at 5:30 PM or Saturday and Sunday).
- Schools should limit game day team/ roster sizes for social distancing purposes.
- The determination of modified, junior varsity, varsity teams is made by individual school districts.
- Combined/ Merged Teams

### **Traveling to competition or game: (Athletic Director)**

- Make sure to communicate with the host school prior to the competition to discuss plans.
- Follow all policies and guidelines the host school has communicated.
- Make sure your team is bringing its own medical supplies and emergency action plans.
- Students should be made aware of the locker room availability and advised to bring additional shirts or clothing to easily change into.

### **Hosting a game or contest: (Athletic Director)**

- Make sure to have an administrative contact
  - host "senior" recognition games at the beginning of the season rather than at the end.
  - Communicate ahead of time with the incoming schools, event personnel (i.e. scorekeepers, timers, announcers) and officials about procedures, policies and guidelines.
- o Examples to be covered include but not limited to, the following:
- Parking;
  - Where to enter facility;
  - What equipment should the visiting team bring;
  - Water availability;
  - Bench area seating (how many players can be accommodated to maintain social distancing);
  - Locker room availability and resources;
  - How will game day paperwork be handled (electronic exchange of information is preferred).
  - Make sure facilities have been properly sanitized before the visiting team has arrived.
    - o Have hand sanitizer and disposable masks readily available.
  - It is recommended to make **frequent announcements** prior to and during the competition, pertaining to face coverings being required and social distancing requirements.
  - Clean and disinfect frequently touched surfaces and equipment including balls.

### **SCREENING:**

Responsible Parties cannot mandate that patrons/players/spectators complete a health screen or provide contact information but may encourage patrons/players/spectators to do so.

### Considerations for Facilities

#### **GATHERING LIMITATIONS & SOCIAL DISTANCING:**

- capacity is limited to no more than 50% of the maximum occupancy
- **must limit spectators to two spectators per player**
- Responsible Parties must ensure
  - a distance of at least six feet
  - must wear acceptable face coverings
- Acceptable face coverings that cover both the mouth and nose
- Responsible Parties should put in place measures to reduce bi-directional foot traffic
- Responsible Parties should clearly designate separate entrances and exits, to the extent practicable.
- Responsible Parties must ensure individuals not participating in sports or recreation activities (e.g. coaches, spectators) wear appropriate face coverings.

#### **CLEANING AND DISINFECTION:**

- Responsible Parties should post signage indicating that visibly soiled hands should be washed
- Responsible Parties must provide appropriate cleaning and disinfection supplies for shared and frequently touched surfaces and encourage employees to use these supplies before and after use of these surfaces
- Responsible Parties must ensure regular cleaning and disinfection of restrooms more often depending on frequency of use
- Responsible Parties must ensure distancing rules are adhered to

### Considerations for Officials

- Request hand sanitizer be available at scorer's table, if applicable, and use it between periods and during time outs; officials are encouraged to bring their own in the event none is available.
- Conversations should occur with the host school administration regarding the size of changing areas or locker rooms to ensure social distancing can occur

#### **OFFICIALS' TABLE:**

- Limit the table to essential personnel, including the home team scorer and timer.

#### **PREGAME AND POSTGAME CEREMONY:**

- No shaking hands during introductions.
- Traditional pre-game introductions should be altered to ensure social distancing occurs.

- No postgame handshakes.

### **Sport Considerations**

**To all:**

- Communicate your guidelines in a clear manner to athletes and parents
- Keep accurate records for potential contact tracing
- Consider conducting workouts in "cohorts"
- Reinforce that athletes
  - should be responsible for own supplies
  - wear appropriate workout clothing (no sharing)
  - clothing/towels should be washed/cleaned after every workout
  - bring own water bottle

### **Cross Country**

#### **General Considerations:**

- Events contested with 4 or fewer teams be limited to a maximum of 12 participants from each team.
- Cross country meets should consider using staggered, wave or interval starts
- Meet organizers should take into account using FAT timing
- It is recommended a course is 200 yards from the start line to the narrowing point.

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

- 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

### **Soccer**

**Team Benches** No linear bench area, adjust backward from the touch line.

#### **Substitution Procedures**

- Maintain social distancing of six feet
- Hand sanitizer should be used prior to entering the game.
- Goalkeepers may not spit on their gloves. They can wet them with a water bottle. If the official determines this happen, 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.
- The use of a dropped ball is suspended.

### **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.

### **Soccer Rules Interpretations**

- Rule 4-1 EQUIPMENT AND ACCESSORIES
  - o No hard material should be worn on face covering.
  - o Gloves are permissible.
- Rule 4-2 LEGAL UNIFORM
  - o Long sleeves are permissible.
  - o Long pants are permissible.
  - o Under garments are permissible but must be of a similar length for the individual and a solid like color for team.

## **Gymnastics**

### **General Considerations:**

- Equipment should be cleaned and sanitized after every practice and competition.
- 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.
- Everyone should wash and sanitize their hands before entering and leaving the gym and must wash/sanitize their hands between rotation to different events.

### **Gym Bag**

Supplies needed for your personal gym bag:

- Grips, wristbands and any braces that are normally used during practices must stay in student's gym bag when not in use.
- You may bring travel size water bottle filled with water to spray your grips. The water bottle must remain in your bag until use.
- Disinfectant wipes for personal use can be alcohol wipes. These must be used when starting an event, after each event and before exiting facility.

- 1  $\frac{1}{2}$ " white athletic tape and any other tape used during practice is permitted.
- Fingernail clippers must be flat edge.
- 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.
- A gallon size bag or container for personal chalk. There will not be any shared chalk buckets available in the gym.