



Adirondack Central School District



ATHLETICS PROTOCOL & RETURN to PLAY

BACKGROUND

The protocols outlined in this document are to maintain the safety and health of all student athletes, coaches, and staff. These protocols were created with guidelines given from the New York State Department of Health (NYSDOH), Oneida County Department of Health, the New York State Public High School Athletic Association (NYSPHSAA), and the Adirondack Central School District Reopening Plan.

New York State's Interim Guidance for Sports and Recreation during The Covid-19 Public Health Emergency categorizes sports and recreation activities as lower risk, moderate risk, and higher risk. Wrestling, basketball, and volleyball are among the sports categorized as higher risk. On January 22, 2021, Governor Cuomo announced effective February 1, 2021, participants in higher risk sports and recreation activities may partake in individual or distanced group training and organized no/low-contact group training and may partake in other types of play, including competitions and tournaments, only as permitted by their local health departments. Multi-team events or tournaments involving higher-risk sports are not permitted in Oneida County.

Ultimately, the decision falls on parents/guardians to decide whether they will allow their children to participate in a given sport or activity.

Please note as NYSDOH and OCDH requirements are updated this document is subject to change.

GENERAL CONSIDERATIONS (APPLIES TO ALL SPORTS)

- Sanitation Stations are set up through each athletic facility as well as on playing surfaces.
- Hand sanitizer and masks will be readily available for practices and games.
- Sports will extend bench areas out to be able to maintain social distancing. Benches will be marked with tape to show student-athletes and coaches were to sit to maintain social distancing.
- Practice/competition sites: student-athletes, coaches, athletic trainers, and officials (competition) will be the only personnel at practices and games.
- Athletes will be encouraged to bring their own bag to hold their personal items. Personal items will be kept in their bag. Lockers will not be permitted for use for the storage of student belongings.
- Coaches will be encouraged to keep their athletes in Cohorts. Cohorts will help limit the potential exposure to the COVID-19 virus. Cohorts are self-contained, pre-assigned groups of students with reasonable group size limits set forth by the responsible parties.

SOCIAL DISTANCING AND FACE COVERINGS

- Student athletes, coaches, and staff must maintain six (6) feet of social distancing at all times when not engaged in activities requiring a lesser distance. To enforce this there will marking on the sidelines, and benches to ensure social distancing.
- The NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation) states if a distance shorter than six feet is required, individuals must wear acceptable face coverings. If student athletes are unable to tolerate a face covering for physical activity, they must be substituted

out of the game/drill at practice for a mask break. To have a mask break, an athlete must stay six (6) feet away from any teammate or coach until they are able to wear the mask again. Coaches, trainers, and other individuals who are not directly engage in physical activity must wear the mask at all times.

- Masks that conform to recommendations from the Centers for Disease Control and Prevention must be worn at all times, by all student-athletes, coaches, managers, referees/officials, spectators (if/when allowed), individuals dropping off or picking up student-athletes, etc.
 - Any mask that becomes saturated with sweat must be changed immediately.
 - Reusable masks (cloth face coverings) should be washed daily in hot water and not reused until cleaned.
 - Coaches, managers, and other school employees should monitor proper mask use and correct improper mask use by student-athletes, when indicated.
 - Acceptable face coverings for COVID-19 include but are not limited to cloth-based face coverings and disposable masks that cover both the mouth and nose.

LOCKER ROOMS

Locker room usage will be discouraged for student athletes. Student athletes should come dressed/prepared for practice and games if and when possible. Locker rooms will be used on an as needed basis as determined by the coach for changing only, no storage or loitering. If used, coaches would need to submit a locker room plan to the Athletic Director for approval.

ENTRANCES AND EXITS

High School Gym, Middle School Gym, Multi-Purpose Room:

Athletes will enter through the gym entrance to the school. When the athletes walk in they will take their temperature at the standing temperature stations at the door. The athletes must walk straight to the gym/multi-purpose room, after entering. When practices are over, athletes will exit through the same doors.

Bathroom: There will be one bathroom open to all athletes in the athletics lobby area.

Boonville Elementary School Gym: Athletes will enter through the district office entrance to the school. Athletes will take their temperatures at the standing temperature stations at the door and then proceed to the gymnasium. Athletes will exit through the same door.

Bathroom: The locker rooms attached to the gym will be used for bathrooms.

PRACTICES

Practices will follow all NYSDOH, OCDH, NYSPHSAA and Adirondack guidelines.

Only the student-athletes, coaches and athletic director may attend practices.

Practice and game times will be staggered to avoid crowding and congestion when participants and officials are arriving, playing and leaving.

Attendance must be taken at each practice and submitted to the athletic director/athletic director's office immediately following practices.

Coaches must ensure that students maintain an appropriate social distance and keep their masks on during, before and after practices until all athletes have left the building.

Practices will be held outside whenever possible.

Schools, players, parents and coaches should understand that social interactions outside of an actual practice or competition (e.g. locker room, buses) are also potential places of transmission among student-athletes.

Regarding clusters of SARS-CoV-2 cases among athletes, at this time, there is insignificant data to determine whether transmission is more likely to have occurred because of a given sport or because of the social factors and environment surrounding the athletes and teams.

HYDRATION

Athletes will be encouraged to bring their own filled water bottles to practice. Athletes will put their names on the water bottle to limit confusion. Water coolers will be set up for games. Next to the water coolers will be hand sanitizer to use before filling up their bottle and after. Each night the water coolers will be sanitized and cleaned.

SCREENING AND ATTENDANCE

All players, coaches, and referees will have their temperature checked and fill out a health survey for entry. (Interim COVID-19 Guidance for Sports and Recreation) “If an individual presents a temperature of greater than 100.0 degrees Fahrenheit, the individual must be denied entry into the facility and sent home.”

Daily attendance will be logged for all individuals associated with the practices and competitions and will include, names, phone numbers and emails. This information will be shared with the athletic director.

ISOLATION

If the athlete/coach’s temperature is higher than 100.0 or answers “yes” to any of the health survey questions, they will be sent home (and parent contacted of athlete). If the athlete/coach is able to drive they will be directed to go straight to their car and go home. If the athlete is not old enough to drive then they will wait for their parents in the isolation room (High School: Athletic Training room, Boonville Elementary: PE coaches’ office).

The athlete/coach that has a possible case or COVID-19 or has tested positive, will not be allowed to return to the facility without a negative test, and/or documentation that the athlete’s/coach’s infectious period has passed and they are removed from isolation.

Once a team has a possible case/exposure of COVID-19 the team will be monitored and be restricted and not permitted to share a court. The team will be required to complete the health survey and have temperature checks before and after practice. The team will be isolated from other teams for 10 days. The team will not play any games during the 10-day quarantine. If a team is not showing any signs or symptoms after the 10-day isolation, they can resume competition.

CONTACT TRACING AND TRACING SUPPORT

Adirondack Central School will follow all of the same protocols for positive cases and contact tracing that are already in place for the district under NYSDOH and OCHD guidelines and requirements. In accordance to the NYDOH guidelines “Responsible parties must notify the state and local health department immediately upon being informed of any positive COVID-19 case”. If a coach has an athlete with a temperature, “yes” to a question on the health survey questionnaire, or is told one of their athletes/coaches has tested positive, they are to contact the Athletic Director immediately. Once the Athletic Director is informed he will notify the Superintendent.

Plan Administrator: Athletic Director

The Athletic Director will be responsible for communicating this plan to athletes, coaches, staff, trainers, referees/officials and parents. The Athletic Director will be responsible for overseeing the implementation of this plan.

Plan Coordinator: Athletic Director

Any COVID-19 cases that coaches, student-athletes, parents or officials become aware of should be reported to the Athletic Director and/or School Nurse. Contact information: droberts@adironackcsd.org. 315-943-2823 for after hour use about COVID cases.

TRANSPORTATION

Coaches, athletes and staff are required to wear a mask at all times while traveling to an away contest. There will be one athlete/coach to a seat on the bus to maintain social distancing. If an athlete needs to eat or drink on the bus they can remove their mask for the short time and then put the mask back on.

Carpooling will be discouraged to the extent possible.

CLEANING AND DISINFECTING

In accordance to the NYSDOH guidance, high touch/ high risk areas will be cleaned and disinfected daily. The custodial staff will assist in wiping down high touch areas each night. They will focus on high traffic areas.

Coaches will also be storing their equipment in the designated locations. The equipment will be put in bins each night and the coaches/custodial staff will use disinfectant spray bottles/mister to clean equipment that is possibly shared (cones, balls, etc.)

Hand sanitizer and sanitation areas are located both outside and inside the gymnasium. All athletes and coaches will have access to hand sanitizer.

SIGNAGE

Presently, the school buildings have signage and markers and/or cones in the hallways throughout the buildings. If there is a need for additional signage, the AD will post signage throughout the site, consistent with DOH COVID-19 signage described in the last section of page 6 of the NYSDOH Interim Guidance for Sports and Recreation during the COVID-19 Public Health Emergency.

Presently, there are floor markers throughout the buildings. If there is a need for additional floor markers/cones, the AD will put in place measures to reduce bi-directional foot traffic through the use of signage.

COMPLIANCE REPORTING

Athletes, parents, staff members or others who need to report alleged failures of this plan or non-adherence to NYS Interim Guidance for Sports and Recreation During the COVID-19 Public Health Emergency, can contact the Athletic Director's office at 315-942-9200 x.5543 or email droberts@adironackcsd.org. The Athletic Director will be responsible for maintaining a log of complaints reported.

SPECTATORS

At this time, spectators will not be permitted at any athletic contest. While this may change in the future, it is not permitted as of the publishing of this document.

Senior athletes will be permitted to allow two (2) family members/friends to attend one (1) home contest during the course of the competitive season. This contest will preferably be a “senior night”, so long as all safety protocols can occur given the potential number of total spectators.

Coaches must provide the list of family invites for each senior to the Athletic Director for approval at least two days prior to the senior night game. Information must include name, email addresses and phone contact information. The AD will designate seating areas for the family guests. Like all other home games, the away team will not be allowed spectators. Guests will be required to be screened and have their temperature taken at the main entrance prior to entering the event.

CONSENT AND CLEARANCES

All parents must complete the required questionnaire/form about the student athlete on Family ID or a hard copy version. Within this questionnaire, parents will be asked about their child’s prior exposure and/or positivity for COVID-19. Prior to the start of the athletic season, all student-athlete’s parents must complete the required NYSED Interval Health History Form. Any student, who has tested positive for COVID-19 in the past 90 days, should be medically cleared for interscholastic competition by a primary care physician, independent of the school district.

- Each parent/guardian must also sign a district/school developed COVID-19 informed consent that, at a minimum, acknowledges the following:
 - Participation in the higher-risk sport places the student-athlete at risk of exposure to COVID-19.
 - Symptomatic and asymptomatic individuals can spread the virus.
 - Masking, distancing, and other mitigation measures reduce, but do not eliminate risk.
 - At present, it cannot be predicted who will become severely ill if infected.
 - COVID-19 can lead to serious medical conditions and death for people of all ages.
 - The long-term effects of COVID-19 are, at present, unknown; even people with mild cases may experience long-term complications.
 - There is a significant risk of transmission to those in the home of infected student athletes.
 - Older people and people with underlying health conditions are at higher risk of serious disease.
 - Per OCHD, the CDC “Morbidity and Mortality Weekly Report” dates January 26, 2021 will also be attached to the informed parent consent sheet
 - This acknowledgement shall affirm a condition of ongoing participation and full cooperation with case/contact tracing investigations and compliance with isolation/quarantine requirements.

For those students who have previously tested positive for COVID-19, OCDH strongly encourages each student to obtain a medical clearance from their health care provider.

TESTING

Adirondack may require non-invasive antigen rapid testing of student-athletes.

- Parents of student-athletes would be required to sign a “consent to test” form.
- Any positive test will result in the entire team being on pause for at least 10 days. The OCHD will be notified immediately, and the district will work with the Oneida County Health Department to determine return from quarantine/isolation dates.
- Adirondack Central School would only conduct asymptomatic testing. Students or staff exhibiting symptoms will be referred to their health care provider for evaluation and/or testing.
- If testing was implemented the testing frequency and procedures would be determined by the district as each athletic season unfolds and competitions begin.

OCHD requirement: coaches of higher risk sports will need to be tested every fourteen days. The current OCHD requirement states a PCR – based test must be used.

Individual Sports:

Basketball

The NYSDOH has determined that basketball is a high-risk sport (Least 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).

General Expectations:

- BOYS - For pregame conference, limit attendees to the referee and the head coach from each team with each coach standing on the center circle on each side of the division line.
- GIRLS – For pregame conference, limit attendees to the referee and one athlete per team standing on the center on each side of the division line.
- For pregame conference, all individuals maintain a social distance of 6 feet or greater at the center circle.
- Limit the number of bench personnel to observe social distancing of 6 feet or greater.
- Place team benches opposite (if and when allowed) the spectator seating.
- Additional chairs or rows may be added to allow bench personnel to observe social distancing of 6 feet or greater.
- Create separation between the team bench and spectator seating behind the bench. • Limit contact between players when substituting.
- The table will be sanitized before the game and at half time.
- The officials table will be sufficiently away from the sideline to allow for additional space for substitutes.
- Limit seats at the table to essential personnel which includes home team scorer, timer and shot clock operator with a recommended distance of 6 feet or greater between individuals. Other personnel (visiting scorer, statisticians, media, etc.) may not be deemed essential personnel and consider an alternate location for them.
- Eliminate all handshakes, fist bumps and similar gestures pre- and post-game.
- Game ball will be given to officials in the locker room where it is sanitized as recommended by the ball manufacturer and not used for warm-ups.
- The ball will be sanitized during time-outs and between quarters.

- Sanitizer should be provided by the host team at the table.
- Long-sleeved shirts are permissible.

Expectations for 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. • Bring personal hand sanitizer. Wash hands frequently.
- Do not share equipment.
- Follow social distancing guidelines.
- Suspend handshakes, fist bumps and similar gestures prior to and following the pregame conference.
- Officials are not required to wear jackets during pre-game court/player observation.
- Electronic whistles are permissible.
- Gloves are permissible.
- Official may stand 6 feet or greater away from the player making a throw-in and bounce the ball to that player on a front court throw-in.
- The lead official shall stand on the end line and bounce the ball to the free thrower.

Expectations 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.

Expectations for Students:

- Each student is responsible for their own supplies.
- Each student 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.

Expectations for Parents:

- Provide personal items for your child and clearly label them.

Volleyball

The NYSDOH has determined that Volleyball is a high-risk sport (Least 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).

General Expectations:

- For pre-match conference, participants must all wear masks and each team is allowed one captain to attend.
- Suspend handshakes, fist bumps and similar gestures prior to and following the pregame conference.

- Players should sanitize hands between sets.
- Four (4) game balls should be available throughout the match.
- Substitutes may stand directly in front of the team bench, chairs or bleachers. (waiver of NCAA Rule approved by NYSPHSAA Officers 1-25-21)
- Teams will refrain from high fives and other similar celebrations following each point.
- Teams will remain on the same bench area throughout the match (waiver of NCAA Rule approved by NYSPHSAA Officers 1-25-21)
- Officials Table - Limit essential personnel which includes home team scorer, libero tracker and timer to maintain social distance between individuals. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternative location. All table help must wear masks.
- Uniform - Long sleeves and long pants are permissible.
- Uniform - Under garments are permissible, but must be unadorned and of a single, solid color similar in color to the predominant color of the uniform top or bottom.
- Schools should consider protocols for supplying their own equipment for warm-ups.

Expectations for 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.
- Personal hand sanitizer recommended. Wash hands frequently.
- Do not share equipment.
- Follow social distancing guidelines.
- Long-sleeved, all-white collared polo shirt/sweater are permissible.
- Electronic whistles are permissible.
- Gloves are permissible.

Expectations for Coaches:

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in “pods” 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.

Expectations for Students:

- Each student is 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.
- Hand sanitizer is available for use at all contests and practices.
- Bring your own labeled water bottle.

Expectations for Parents:

- Provide personal items for your child and clearly label them.

Wrestling (Spring)

The NYSDOH has determined that Wrestling is a high-risk sport (Least 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).

General Expectations:

- No handshakes prior to and following the coin toss in addition to pre- and post-match ceremonies.
- Wash stations or sanitizer should be placed at mat side.
- If writing implements are used, they should be sanitized and not shared with anyone.
- Disinfect the mats prior to competition.
- Participate/host smaller events (more duals, fewer large tournaments).
- Have hand sanitizer and wipes available at the scorer's table.
- The scorekeeper shall be the only individual to touch the scoresheet.
- Only official scorer and official timer should be permitted at the scorer's table.
- Ankle bands are recommended to be disinfected after each match.
- Weigh-ins should be conducted separately for each team and not shoulder to shoulder as stated in the NFHS rule. (Waiver of NFHS Rule approved by NYSPHSAA Officers 1-25-2021)
- Honor weigh-ins will not be permitted for the 2020-21 season (Waiver of NYSPHSAA Rule approved by NYSPHSAA Officers 1-25-2021).
- Weight Certification - NYSPHSAA will provide further guidance no later than January 29th.

Expectations for Officials:

- Officials are responsible for meet management, which does not include monitoring activities in the facility such as social distancing, face coverings, hand washing, symptoms of illnesses and other such issues. This monitoring obligation remains with the responsible parties.
- Bring personal hand sanitizer. Wash hands frequently.
- Do not share uniforms, towels and equipment.
- Change standard whistle several times during the day.
- Electronic whistles are permissible.
- May wear disposable gloves. If so, then they must change after each match.
- Conduct separate pre-meet administration including skin checks. During pre-meet administration, use visual inspections and avoid direct contact with wrestlers.
- Referees will not raise the winner's arm; winners are asked to raise their arm signifying victory.

Expectations for Coaches:

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in "pods" 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.
- Eliminate all handshakes, fist bumps and similar gestures post-match.

Expectations for Students:

- Eliminate all handshakes, fist bumps and similar gestures pre- and post-match.
- Eliminate handshakes with coaches post-match.
- Each student is 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.
- Hand sanitizer is available at all contests and practices.

- Bring your own labeled water bottle.

Expectations for Parents:

- Provide personal items for your child and clearly label them.

The Adirondack Central School District will follow all of the NYSDOH, OCDH and NYSPHSAA guidelines. Student athletes, coaches any other individual affiliated with the athletic program are required to adhere to all safety protocols put in place for the success of any sports seasons permitted.