



**Schodack Central School District
Plan for Resumption of High-Risk Sports
02/05/21**

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I certify that I, Dr. William Kostun, operating in the role as district Medical Director, have reviewed and approve the attached plan for the Schodack Central School District for the Winter and Fall II Sports Seasons. Any amendments or adjustments to this plan must be reviewed and approved by myself prior to implementation.

PRINT NAME

SIGNATURE

DATE

BACKGROUND

The World Health Organization defines health as “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.” Regarding SARS-CoV-2 and participation in sports, the American Academy of Pediatrics has indicated that re-engaging in sports activities has physical and psychological health benefits. Participating in sports allows youth to improve their cardiovascular health, strength, body composition, and overall fitness. Mentally, youth may experience benefits from increased socialization and from a more structured routine. Both the psychological and physical benefits support developmental growth and can have immune system benefits.

The State’s decision to permit higher-risk sports and recreation activities does not mean that their risk has changed. Any time people are gathered, there is a risk of exposure to SARS-CoV-2, which can lead to serious medical conditions and even death. Symptomatic and asymptomatic individuals can spread the virus. Masking, distancing, and other mitigation measures reduce, but do not eliminate risk. Further, there is a significant risk of transmission to those in the home of an infected student-athlete.

At present, it cannot be predicted who will become severely ill, although older people and those with underlying health conditions are at higher risk. The long-term effects of SARS-CoV-2 are not known; even people with mild cases may experience long-term complications.

Schools, players, parents, and coaches should understand that social interactions outside of an actual practice or competition (e.g. locker rooms, buses) are also potential places of transmission among student-athletes. Regarding clusters of SARS-CoV-2 cases among athletes, at this time, there is insufficient data to determine whether transmission is more likely to have occurred because of the nature of a given sport or because of the social factors and environment surrounding the athletes and teams.

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

REQUIREMENTS FOR HIGHER RISK SPORTS IN RENSSELAER COUNTY

General

Effective February 1, 2021, and until otherwise indicated, school districts are permitted to participate in K-12 sponsored higher-risk school sports in Rensselaer County, provided that the following guidelines are met.

- Each school district's Board of Education must approve the district/school's participation in each specific higher-risk sport
- Each school superintendent must oversee the creation of a sport-specific preparedness plan to be approved by the district/school's medical director
- Each parent/guardian must sign an informed consent
- Each student-athlete must have medical clearance from their healthcare provider
- Each parent/guardian, student-athlete, and school official must agree to fully cooperate with case investigations and contact elicitation and to adhere to isolation and quarantine orders
- Each district/school must establish a confidential phone number and email address to allow student-athletes, parents, or others to report concerns

Metrics

The school district may be more restrictive than the requirements from the Rensselaer County Department of Health. School districts should be in consultation with their Medical Director prior to reinstating athletics. Schools should consider weekly collaboration with the Medical Director throughout the sports season. Local health departments and NYSDOH monitor and evaluate COVID-19 data daily and if indicated, the ability for K-12 higher-risk sports to occur may be suspended.

Board of Education Approval

Pursuant to the above metrics and guidance, the Schodack CSD Board of Education has approved the following sports for the Winter and Fall II Season, effective 02/02/21

- Basketball (boys and girls) – Varsity, Junior Varsity, and Modified
- Wrestling (boys) – Varsity and Modified

The following Winter and Fall II Season sports have not receive Board of Education approval as of 02/02/21. These sports will be re-evaluated at the next Board of Education meeting.

- Volleyball (girls) – Varsity and Junior Varsity

Plan Administrator

The Athletic Director will be responsible for communicating this plan to student-athletes, coaches, parent, trainers, referees/officials, and any other district/school who may be scheduled for athletic competition or events at any Schodack CSD facility.

The Athletic Director will communicate with the district COVID Coordinator should any cases be identified in conjunction with athletic practices or events/competitions. The Athletic Director will assist the district COVID Coordinator with facilitating and assisting the local county department of health with

case investigation and contact elicitation and notification.

The Athletic Director will create a staggered schedule of practice and game times in order to avoid crowding and congestion when participants, referees/officials, and spectators are arriving, playing, and leaving. This schedule will be shared with each sports coach, the Director of Facilities, and the building administrators.

The district has established a confidential phone number and email address to allow student-athletes, parents or others to report any concerns. As Plan Administrator, the Athletic Director will assist with response to any concerns reported to this phone number and/or email address.

Per the NYS Reopening Sports and Recreation Guidelines, a site safety monitor must be designated who will monitor the control of flow of traffic, social distancing, and maximum capacity requirements.

Spectators

The district reserves the right to restrict spectators and provide live-stream social media events for viewing of athletic competitions and events.

If spectators are allowed, the district will follow NYS Sports and Recreation Guidelines, which states that capacity to any indoor sports or activities is limited to no more than 50% of the maximum occupancy for a particular area, inclusive of employees, patrons, players, spectators. There will be no more than 2 spectators per player.

6 foot distance will be required for all individuals at all times during the event. Except for in the circumstance where safety or a core activity (i.e. practicing, playing) requires shorter distance.

In the event a shorter distance is required, individuals must wear face coverings, unless players are unable to tolerate such a covering for the physical activity. Coaches, trainers and/or other individuals who are not directly engaged in activity are required to wear face coverings at all times.

Masks/Face Coverings

Each school district or recreational league must outline and employ the following:

- Masks/face coverings that conform to recommendations from the [Centers for Disease Control and Prevention](#) must be worn whenever possible by all student-athletes, coaches, managers, referees/officials, spectators, individuals dropping off or picking up student-athletes, etc.
 - Face coverings will be provided by the school district to district employees and student-athletes in case of need for replacement
- Coaches, trainers and/or other individuals who are not directly engaged in activity are required to wear face coverings at all times.
- Any mask that becomes saturated with sweat must be changed immediately.
- Reusable masks (cloth face coverings) must be washed daily in hot water and not reused until cleaned.
- Coaches, managers, and other school employees should monitor proper use and correct improper use by student-athletes, when indicated. This should also include mask breaks as appropriate.
- Medical Exemptions for mask wearing are permitted as governed by existing NYS Education Guidance.

Monitoring

Each school district or recreational league must outline and employ the following:

- A daily system to ensure that no one associated with the practice or competition is ill, including, but not limited to, players, coaches, game personnel, referees/officials and spectators.
 - This must include: temperature checks and a health assessment screening consistent with NYSED and NYSDOH guidance.
 - Screenings must be completed at the start of each practice or competition.
 - Records must be made accessible to the local County Health Department immediately upon request
- A system for logging attendance by all individuals associated with the practice or competition, including, but not limited to, players, coaches, game personnel, referees/officials and spectators. The system must capture names (if applicable, parent or guardian), county of residence, phone numbers and email addresses.
- Records must be made accessible to the local County Health Department upon request

Testing

The district will conduct weekly COVID-19 testing for each student-athlete, coach, manager, referee/official, or other individual associated with the higher-risk sport, unless the individual has documentation of a positive COVID-19 test within the previous 90 days.

Consent must be given for testing from parent/guardians of student-athletes. Student-athletes may not participate in sports activities if consent is not given by parent/guardian.

Physicals/Health Assessments

Student-athletes may participate in the 2020-2021 sports seasons if they have previously had a health examination for school attendance in the 2018-2019 or 2019-2020 school years and provide a current health history completed and signed by their parent/guardian within 30 days of the start of the season, unless a current health examination is deemed necessary by the school district's medical director.

Student-athletes with previous COVID-19 positive results must be evaluated by the district medical director prior for clearance prior to engaging in sports activities.

Physical Distancing Risks

- Sharing of personal objects (e.g. water bottles, towels, snacks) will be prohibited and the use of dedicated personal equipment encouraged.
- Locker rooms and facility shower use will be restricted
- Carpooling to and from practice or competition is discouraged to the extent possible.
- If feasible, practices or competitions should be held outdoors.
 - If not feasible, time spent indoors will be minimized

Travel

- Travel to/from interstate competitions must comply with the most current [NYS DOH Travel Advisories and guidance](#)
- At this time, the district will not participate in games requiring overnight travel.
- Congregate dining will be minimized. Food/concessions will not be served at athletic competitions or events at this time.
- Superintendents or their designee from the opposing district/school must stipulate to the host

district/school that no one associated with the team is known to be ill or currently infected with SARS-CoV-2 prior to their team traveling to participate in a practice or competition.

- Travel to events by district school bus will follow the guidance for Transportation in the district's Reopening Plan. Seating will be restricted to one person per seat on a school bus and masks will be required. The bus will be cleaned and disinfected immediately upon returning to the Bus Garage after the event/competition.

Consent and Clearances

All student-athletes, coaches, and managers must view the CDC video "[Youth Sports: Tips to Protect Players from COVID-19](#)" prior to resuming sports activities.

Each parent/guardian must sign a district/school developed SARS-CoV-2 informed consent that acknowledges that:

- Participation in the higher-risk sport places the student-athlete at risk of exposure to SARS-CoV-2.
- 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.
- SARS-CoV-2 can lead to serious medical conditions and death for people of all ages.
- The long-term effects of SARS-CoV-2 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.
- This acknowledgement shall affirm a condition of ongoing participation will be full cooperation with case/contact investigations and compliance with isolation/quarantine requests if indicated.

Each parent/guardian must sign a testing consent form for those sports which the district deems testing will be applicable. (Appendix C)

Locker Room Use

Locker room use will be limited to student-athletes and coaches/managers. Student-athletes will be assigned lockers, with a minimum of 6 feet of separation. To the extent possible, face coverings should be worn in the locker room at all times.

Hygiene, Cleaning and Disinfection Protocols

The district will follow their Infectious Disease Preparedness and Response Plan in regards to cleaning and disinfecting of all surfaces and approved products.

For sports practices and competitions/events, special attention will be made for all areas and high-touch surfaces relevant to the event. All related facilities and sports equipment will be treated with an antimicrobial application to reduce the potential for COVID-19 spread during athletic events.

This includes, but is not limited to:

- Bleachers,
- Sports equipment,
- Locker rooms,
- Restrooms used for practice/competition/event,
- Frequently touched surfaces on the field, court, or play surface (i.e. nets, mats, basketball hoops, etc.)

During a competition, restrooms and locker rooms will be cleaned and disinfected periodically throughout the event. Hand hygiene stations will be made available.

Appendix A

Internal Logistics Plan

On Friday, January 22, 2021 Governor Andrew Cuomo announced that school-sponsored “high risk” sports in all regions may begin to practice and play beginning February 1st with local county health department approval.

See Page 5 of the [NYS Interim Guidance for Sport and Recreation](#) for further details.

[2021 January NYPHSAA Return to Interscholastic Athletics](#)

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, further, may partake in other types of play, including competitions and tournaments, only as permitted by the respective local health authorities (i.e., county health departments).

- Local health authorities should consider the following factors in authorizing or continuing to prohibit higher risk sports and recreational activities as, in many areas, these factors may weigh against permitting such activities:
 - whether there has been a more-transmissible variant of COVID-19 identified in the area,
 - local rates of COVID-19 transmission or rate of positivity, and
 - local ability to monitor and enforce compliance.

Outlined below is a plan for Schodack Central School District and its return to Interscholastic Athletics for the winter of 2021.

During the return to Interscholastic Athletics the following two documents will be referenced:

Department of Health Interim Guidance for Sports and Recreation [Interim Guidance for Sports and Recreation](#)

[New York State Public High School Athletics Return to Interscholastic Athletics](#)

Dates

The Winter 2021 Sports season will commence on Monday, February 1st and run through Saturday, March 13th. Seasons may conclude with a culminating championship tournament in each sport, if

applicable. ***Section 2 Athletics has determined that during the Winter 2021 sports season, no sectionals will be conducted.***

Schedules

Each varsity, junior varsity, and modified team in each sport will play a reduced number of games. No team will be permitted to travel outside the boundaries of Rensselaer County. If schools in neighboring counties become permitted to play, games may be considered but must be approved by the Director of Athletics.

Specific schedules for each team TBD.

Play Dates

Standardized start times TBD:

- **Boys and Girls Basketball:**
 - **Weekday start times will be TBD**
 - **Saturday game times will TBD**
- **Wrestling - TBD**

Game times can be changed by mutual agreement of participating schools.

Health Screening

The NYSED has extended the validity of school sport physicals through the end of the 2021 school year. Any student-athlete who had a physical in the 2018-2019 or 2019-2020 sports seasons can get medically cleared for Winter 2021 season with an updated Interval Health History form to be submitted within 30 days of the start of the season. Any student-athlete who did not have a sport physical during that time frame MUST obtain a new one.

Health History

Beginning with the start of the Winter 2021 season, Schodack CSD students are required to update their health history **which includes questions regarding Covid-19 infections and diagnosis**. These questions will be used by school health care providers to identify those student-athletes who may require additional medical screening before being cleared for sports. Recommendations for these changes can be found in the [NYSPHSAA Return to Athletics](#) document.

Roster Size

TBD - For the Winter 2021 season, coaches should consider limiting the roster size in each sport to be able to accommodate transportation restrictions. Each school agrees that only 3 non athletes or coaches (scorekeeper, statisticians) will be allowed to accompany teams.

Promotion

TBD - For the Winter 2021 season, it is recommended that once the first league game starts, coaches at each school track all promotions to ensure proper contact tracing should it be needed. The Suburban Council Promotion rule is suspended for the Winter 2021 season.

Modified

There will be limited scheduled contests at the modified level for Winter 2021. Schodack CSD is offering TBD

Screening

Students - All student-athletes will be required to complete the daily self-assessment on PikMyKid. The Athletic Director or coach will check temperatures and conduct a visual assessment of each player prior to practice/contest each day. Student-athletes will line up by the main entrance to the gym lobby for their temperature to be checked by the Athletic Director or coach. All athletes and coaches must have their temperature checked before practice or competitions regardless of being in the building that day. No student athlete or coaching staff should enter the playing facility/practice area prior to completing the screening process.

Coaches - all coaches will fill out the self-assessment form each day prior to their arrival on campus.

Officials - all officials working contests at Schodack CSD will be emailed a self-assessment form to be completed the day of the contest and prior to arriving on campus. They will also be emailed the claim form which will be sent back at the conclusion of the contest.

Team and Individual Photo Sessions

Any team photos will be coordinated through the Athletic Director.

IMPACT testing

Must be completed online by: TBD

Locker rooms

There will be no gathering of student-athletes in locker room areas. Student-athletes should attempt to come to practice ready to go and not need to use the locker room. If a locker room is needed, student-athletes and coaches are expected to wear masks at all times and adhere to social distancing guidelines.

- Student-athletes should store their bags/equipment in the designated area prior to the start of the school day.
- No showers
- Locker rooms are to be used for changing areas and not storage during practice. If necessary, locker rooms would be made available for 5 minutes only and limited capacity requiring masks and social distancing.
- Equipment bags will be stored in the morning in the designated area.
- Must wear a mask at all times
- After changing, no storage of bags or personal items. Place bags 6ft apart in designated area.
- No visiting teams allowed in locker rooms

- Locker rooms will not be open after practices or games.

Practice Guidelines

Student athletes are expected to report to their team's designated location at a designated time. Coaches should be able to identify the student athletes who were together at any time (keeping accurate attendance and group members). Acceptable face coverings must be worn at all times AND a distance of at least six feet can be maintained among individuals, whenever possible. In accordance with NYSDOH guidance a distance of at least six feet must be maintained among individuals at all times, whether indoor or outdoor, unless safety or the core activity requires a shorter distance. If a player is unable to tolerate a face covering for the physical activity, approval from the school's district medical director is required for a waiver.

- Virtual and hybrid student athletes that are assigned to be virtual on that day must come prepared for practice and will not be allowed in the locker rooms.
- All athletes must take personal items and bags to practice (locker rooms will not be open after practice) and store them 6ft apart.
- Wash or sanitize hands before going to practice and during practice breaks (hand sanitizer will be readily available)
- Take med kits with extra masks and hand sanitizer
- Athletes and coaches are required to bring their own filled water bottles (limited supply of extra bottles)
- No sharing of clothes, pinnies, food, or water
- To the fullest extent possible, equipment will not be shared unless able to be sanitized in between uses
- During practice or when playing in full team competition is taking place all student athletes should be wearing masks. If a player is unable to tolerate a face covering for the physical activity, approval from the school's district medical director is required for a waiver.
- When sitting on sidelines, must be six feet apart AND wearing face covering
- Wash/sanitize hands after practice
- All personal equipment should be taken home and disinfected at the conclusion of each practice/contest.
- Immediately shower when arriving at home
- As student-athletes wait to be picked up at the conclusion of practices/contests they should wait in the designated area while wearing their face covering and maintaining a distance of at least six feet.

Game Day Guidelines

- Virtual and hybrid student athletes must come prepared for competition and will not be allowed in the locker rooms.
- Limited locker room use for only athletes on campus for in-person learning
- All athletes must take personal items and bags to competitions (locker rooms will not be open after games), place bags six feet apart, and store in designated area
- Wash or sanitize hands before going to competitions and during competition breaks (hand sanitizer will be readily available)

- Take med kits with extra masks and hand sanitizer
- Athletes and coaches are required to bring their own filled water bottles
- No sharing clothes, pinnies, personal equipment, food or water
- School owned equipment not shared unless able to be sanitized in between uses
- Acceptable face coverings must be worn at all times AND a distance of at least six feet can be maintained among individuals, when possible. In accordance with NYSDOH guidance a distance of at least six feet must be maintained among individuals at all times, whether indoor or outdoor, unless safety or the core activity requires a shorter distance. If a player is unable to tolerate a face covering for the physical activity, approval from the school's district medical director is required for a waiver.
- When sitting on sidelines, must be six feet apart AND wearing a face covering
- Wash hands after competition
- All personal equipment should be taken home and disinfected at the conclusion of each practice/contest
- Immediately shower when arriving at home
- As student-athletes wait to be picked up at the conclusion of contests, they should wait in the designated area while wearing their face covering and maintaining a distance of at least six feet.
- Scoring table is limited to essential personnel (home team scorer and timer).
- 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. In accordance with NYSDOH Guidance (Interim COVID-19 Guidance for Sports and Recreation), responsible parties 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 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. (Pg. 5)

Media

Media members should contact school prior to the event to discuss protocols.

Hosting

Each head coach needs to make sure to have an administrative contact for all events. In the event of an issue, the coach should contact the Athletic Director. The Schodack Athletic Director will communicate ahead of time with the incoming schools and officials about its procedures, policies and guidelines.

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);

- How will game day paperwork be handled (electronic exchange of rosters between coaches prior to game time is preferred).

A Schodack CSD coach should walk their facility to ensure that it has been properly sanitized before the visiting team has arrived. Clean and disinfect frequently touched surfaces and equipment. Please contact the Director of Athletics or Facility Manager, if there is an issue regarding your game day facility. Immediately contact the Athletic Director if someone starts to display or say they have symptoms.

Visiting teams must bring: emergency contact list, med kit, disinfected equipment, water, extra supply of masks and hand sanitizer, and supplies for stats/scorer person.

Locker rooms will not be available for visiting teams. Restrooms are available in the gym lobby.

If allowed (TBD), spectators are expected to leave the facility immediately at the conclusion of every contest.

Coaches are reminded that pre, during, and post contest handshakes, hugs, fist bumps etc., are prohibited.

Protocol if Symptoms are Displayed

1. Contact Athletic Director
2. Keep athlete and personal belongings away from teammates and other staff
3. Contact parents
4. Notify Nurse
5. Gather close contact information

Athletic Training Room

- Room will be located in the hall by locker rooms.
- One athlete at a time
- Athletic trainer will sign athletes in/out
- Masks are required at all times
- Athletes cannot get their own ice
- Athletes must leave after treatment or tape, cannot wait for friends

Booster Clubs/Concessions

There will be no concessions at any contests until further notice. Post contest meals are prohibited until further notice. This includes weekend or team gatherings, which are not part of the instruction process (i.e. pasta parties).

Senior recognition ceremonies are allowed, but must follow all COVID-19 protocols and be coordinated with the coach and approved by the Athletic Department.

Away Games

Student athletes should change prior to departure and have all of their belongings and equipment with them when they leave the Maple Hill campus. Maple Hill student-athletes and coaches are expected to follow all of the guidelines and procedures of other member schools upon arrival on their campus.

Busing/Travel to and From Away Contests

Coaches need to make sure they are in compliance with all Schodack CSD Transportation Department guidelines during COVID-19. All coaches need to have an updated roster, emergency contact list, and med kit with them at all times. Student athletes will be given assigned seats and a seating chart should be maintained in the event contact tracing is necessary.

Spectators/Parents

In accordance with the [NYSPHSAA Return Athletics Guidelines](#), page 14, schools will have to limit capacity of indoor facilities to no more than 50 percent occupancy and limit spectators to no more than two spectators per player, in addition to implementing social distancing and face coverings.

As of January 26th, all athletic contests held indoors will be conducted without spectators. The issues of allowing limited spectators will be reviewed at a later date.

Coaches

In accordance with [NYSDOH Guidance](#) (Interim COVID-19 Guidance for Sports and Recreation), responsible parties 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 shorter distance. If a shorter distance is required, individuals must wear acceptable face coverings. Coaches, trainers, and other individuals who are not directly engaged in physical activity are REQUIRED to wear a face covering. (Pg. 5)

Mask protocols

Student-Athletes

Acceptable face coverings must be worn at all times AND a distance of at least six feet can be maintained among individuals, when possible. In accordance with NYSDOH guidance, a distance of at least six feet must be maintained among individuals at all times, whether indoor or outdoor, unless safety or the core activity requires a shorter distance. If a player is unable to tolerate a face covering for the physical activity, approval from the school's district medical director is required for a waiver.

Confirmed Cases & Return to School

NYSDOH Guidance ([Interim COVID-19 Guidance for Schools](#)) states:

Responsible Parties must establish protocols and procedures in consultation with the local health department(s), about the requirements for determining when individuals, particularly students, who screened positive for COVID-19 symptoms can return to the in person learning environment at school.

This return to school protocol shall include at minimum documentation from a health care provider following evaluation, negative COVID-19 diagnostic test result and symptom resolution, or if COVID-19 positive, release from isolation. Responsible Parties should refer to DOH's ['Interim Guidance for Public and Private Employees Returning to Work Following COVID-19 Infection or Exposure'](#) regarding protocols and policies for faculty and staff seeking to return to work after a suspected or confirmed case of COVID-19 or after the faculty or staff member had close or proximate contact with a person with COVID-19. (Pg. 3)

Furthermore, NYSDOH guidance ([Interim COVID-19 Guidance for Schools](#)) states: If school is closed for in-person education during the school year due to an increase in confirmed COVID-19 cases, school-sponsored sports must be suspended until in-person education is resumed; provided, however, that this restriction does not apply to schools that are conducting only remote instruction. (Pg. 4)

Once a student has been cleared for participation following a positive COVID-19 diagnosis, schools should reference the following NYSPHSAA Handbook information:

"The Handbook Committee recommends that each incidence of prolonged absence should be reviewed individually by the coach and the athletic director, consulting with the school physician when necessary, and a reasonable amount of practice time and playing time be established based on the athlete's readiness for safe return to competition."

Student-athletes MUST have a written clearance from their physician before starting the RTP progression. It is a 5 stage progression, lasting 7 days. They will be able to participate in practices but in a limited capacity until day 7.

Appendix B

Winter Sport Considerations
(per NYSPHSSA Return to Interscholastic Athletics Guidance)

Basketball

General Considerations

- 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 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 host school should sanitize the table before the game and at half time.
- Place officials table 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.
- Give game ball to officials in the locker room where it is sanitized as recommended by the ball manufacturer and not used for warm-ups.
- The host school should ensure that the ball is sanitized during time-outs and between quarters.
- Sanitizer should be provided by the host team at the table.
- Long-sleeved shirts are permissible.

Considerations 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.

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:

- 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.

Bowling

General Considerations:

- Communicate in advance with bowling center on policies, procedures and permitted time frames for practice and competition.
- Communicate with teams and leagues to ensure schools are following the same competition protocols during practice and competition.
- Communicate with section coordinators and local departments of health if any issues arise.
- Teams should follow all procedures and protocols of the bowling center hosting the competition.
- Each team shall get their own table or area to sit in. Consider signage for competition noting Reserved For “lane # or team #”.
- Rule 18 Bowling Ball-Altering Surface Exception – The use of isopropyl alcohol only to disinfect balls. No other performance cleaners are permitted.
- During league warm up, mark on floor where bowler should stand “on deck”; only one “on deck” bowler at a time.
- If teams are competing together on the same pair of lanes for a match, practice times should be staggered.
- Any changes to the format of the leagues which may have a direct, or indirect, impact on qualifying for the state championship composite division, should be brought to the attention of your section committee for review.

Suggested Competition Format:

- Conduct league bowling as normal. Team on odd lane is assigned bowlers area and team on even lane is assigned a table or area on the concourse. Still bowling cross lane.
- Conduct league bowling with two teams on a pair but with no cross lane—team on odd lane is assigned bowlers area and only bowls on odd lane and team on even lane is assigned a table on the concourse and only bowls even lane.
- Conduct league with one team per pair of lanes—one team bowls on a pair of lanes, normal cross lane.
- Conduct league with one team per pair of lanes—one team bowls on a pair but only using odd lane, no cross lane.
- Conduct league with skipping pair between teams—teams 1 and 2 bowl on lanes 1 and 2—teams 3 and 4 bowl on lanes 5 and 6—lanes 3 and 4 are dark.

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:

- 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.
- Spectators should not congregate around the scoring area.

VIRTUAL BOWLING COMPETITION**General Considerations:**

- Conduct the league using entirely pre and post bowling, or USBC Rule 111. Stipulate in the league rules the exact procedure on how to conduct such a match. Example: Team A is scheduled to Bowl Team B. Team A agrees with Team B on a schedule, and then schedules a time to bowl at the scheduled bowling center on X date/time. Team B schedules their date time to bowl at the scheduled bowling center on Y date time. Both scores are kept confidential and sent to the league secretary and a winner is determined.

- Leagues may conduct virtual competitions. With section/league approval, teams may permit matches to be bowled at separate venues as long as scoring follows USBC Rule 111 where scores are kept confidential and sent to a predetermined league secretary. **(Approved by NYSPHSAA Officers 11-16-20)**

Note: Any changes to the format of the leagues which may have a direct, or indirect, impact on qualifying for the state championship composite division, should be brought to the attention of your section committee for review.

Indoor Track & Field

General Considerations:

- Weight Throw and Shot Put should enforce social distancing for all athletes and officials. o To limit contact, athletes can provide their own implements (that pass inspection) and retrieve their own implements after all throws.
- If athletes can't provide their own implements, then it is recommended that implements be sanitized between each use.

- Long Jump and Triple Jump should enforce social distancing for all athletes and officials.
- High Jump and Pole Vault should enforce social distancing for all athletes and officials. o To lower the risk of these events, pits may be covered by a tarp that is removed and disinfected after each athlete use (therefore multiple tarps needed to keep event moving) or individuals may bring their own mat or tarp for use on pits.
- To limit contact, athletes should not share vaulting poles.

- Sprint, Hurdle, Relay Events run entirely in lanes, may use every other lane to assist with distancing. o Blocks should be disinfected after each heat / race.
- Baskets are not recommended at start line for apparel.

Rule Changes:

- Rule 5-10-5 Current rule: The baton is the implement which is used in a relay race and is handed by each competitor to a succeeding teammate. Gloves are not permitted in relay events. o NYSPHSAA has elected to permit the use of sanitary gloves for this year (2020-21). (waiver of NFHS Rule approved by NYSPHSAA Officers 11-16-20)
- It is recommended that schools bring and use their own batons, and not share with other schools.
- Rules 6-4-11 and 6-5-24: Vertical jumpers may complete all three of their jumps consecutively with three (3) minutes being permitted for each jump. (waiver of NFHS Rule approved by NYSPHSAA Officers 11-16-20)

Considerations 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 equipment.
- Follow social distancing guidelines:
 - o Clerking at the start line.
 - o Tabulations and posting of results.
- Consider using electronic whistle.
- Do not shake hands and follow pre- and post-game ceremony guidelines established by state associations.

Considerations 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.

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.
- Hand sanitizer should be plentiful at all contests and practices.
- Bring your own labeled water bottle.

Considerations for Parents:

- Make sure your child and immediate household members are without symptoms of from illness before participating in practice and competition (if there is doubt stay home),
- Provide personal items for your child and clearly label them.
- Spectators should not congregate around the competition areas.

VIRTUAL INDOOR TRACK & FIELD COMPETITION

The NYSPHSAA rules which govern high school indoor track and field competition assume that such competition will be “head-to-head” with all participants engaging in an environment that is identical and thus equitable to all. “Virtual” competition cannot provide such identical conditions, however. With that understanding, there are no NYSPHSAA rules provisions that would prohibit “virtual” competition when unique conditions, such as a pandemic, necessitate its use. The following practices and suggestions are a compilation of guidance from the NYSPHSAA to aide member schools in overseeing “virtual” competition.

- Virtual competition shall be conducted only for regular season. Sections may determine if they would like to conduct a virtual section postseason event.
- Competition for each team/school involved should take place at venues of similar nature with similar specifications for each event with special emphasis on risk minimization. Surfaces and surrounding conditions are recommended to be similar.
- The meet must be conducted under the supervision of at least one certified NFHS or state association registered official at each venue.
- All rules regarding athlete participation and conduct should apply; technical rules for competition shall be enforced. Entries shall follow all NFHS rules for each event.
- It is suggested but not required that schools use an applicable technology to record results of each event and also have the capacity to compare against their opponents’ results. The same application is recommended to be used by each school for a virtual dual meet. Suggested applications for virtual meets include, but are not limited to, Hytek, MileSplit, Athletic.net.
- Schools shall communicate with their virtual opponent, in advance, the timing methods, venue, event specifications, entries and other details associated with a track meet so both schools ensure equity for the competition.
- It is recommended but not required to have schools compete virtually on the same day.
- Sections may determine if times and marks achieved during virtual competition qualify for a sectional or state qualifier meet. A league will decide if a virtual competition can be used to determine a league champion.
- Sections which can only conduct virtual meets during the regular season and do not have the ability to conduct a sectional or state qualifier meet may use virtual meet marks and times to qualify for the State Tournament or postseason event.

Wrestling

General Considerations:

- 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**.

Considerations 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.

Considerations 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.

Considerations for Students:

- Eliminate all handshakes, fist bumps and similar gestures pre- and post-match.
- Eliminate handshakes with coaches post-match.
- 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.
- Hand sanitizer should be plentiful at all contests and practices.
- Bring your own labeled water bottle.

Considerations for Parents:

- 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.

Fall Season II Considerations
(per NYSPHSSA Return to Interscholastic Athletics Guidance)

Volleyball

General Considerations

- 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 are recommended to refrain from high fives and other similar celebrations following each point.
- Teams should 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.

Considerations for Officials:

- Officials are responsible for match 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 equipment.
- Follow social distancing guidelines.
- Long-sleeved, all-white collared polo shirt/sweater are permissible.
- Electronic whistles are permissible.
- Gloves are permissible.

Considerations 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.

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.
- Hand sanitizer should be plentiful at all contests and practices.
- Bring your own labeled water bottle.

Considerations for Parents:

- 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.

Appendix D

Parental Consent Forms

**Schodack Central School District
Rensselaer County COVID-19 High-Risk Sports Student-Athlete
Parental Consent Form**

STUDENT NAME: _____
SCHOOL: _____ GRADE: _____
HIGH-RISK SPORT(S): _____

I am the parent/legal guardian of the above-named student who attends the Schodack Central School District ("District") and have legal authority to make medical and educational decisions for him/her. I understand and acknowledge that participation in the above sport(s) may expose student-athletes to COVID-19. Symptomatic and asymptomatic individuals can spread the virus. Masking, distancing, and other mitigation measures reduce, but do not eliminate the risk. 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 a higher risk of serious disease.

Accordingly, I hereby knowingly and voluntarily consent to participation in the above high-risk sports of my above named child in accordance with District guidelines for resumption of high-risk sports.

I understand that I have the right not to sign this consent. I also understand that I may revoke my consent in writing at any time provided that such revocation shall not impact actions previously taken in reliance of my consent. I further understand that if I revoke this consent my child will not be permitted to participate in any District-sponsored high-risk sport(s) during the Winter 2021 season.

PRINT NAME, Parent/Legal Guardian

SIGNATURE, Parent/Legal Guardian

Date

**Schodack Central School District
COVID-19 Testing
Parental Consent Form**

STUDENT NAME: _____
SCHOOL: _____ GRADE: _____
HIGH-RISK SPORT(S): _____

The Schodack Central School District is seeking your consent to test your child for COVID-19 infection using the COVID-19 Rapid Test. The District Plan for Resumption of High-Risk Sports, the district has decided to mandate that student-athletes and coaches participating in high-risk sports must be tested for COVID-19 once per week during the requisite high-risk sports season, which includes the following sports: boys/girls basketball, wrestling, and girls' volleyball.

Accordingly, I hereby knowingly and voluntarily consent to participation in the above high-risk sports and COVID-19 testing of my above named child on a weekly basis pursuant to and in accordance with District guidelines for resumption of high-risk sports, for such period of time such testing is required.

If you consent, your child will receive a free diagnostic test for the COVID-19 virus that will likely be administered by our school nurses or another certified or licensed medical provider (CNA, LPN, or RN) or otherwise trained and qualified individual. A rapid COVID-19 test will be used, which will involve inserting a small swab, similar to a Q-Tip, into the front of the nose. We will notify you if your child's test results. Any students who test positive will be sent home and must be kept at home until meeting Rensselaer County Public Health criteria to return to school. Please contact your child's doctor immediately to review the test results should your child test positive for COVID-19.

I understand that I have the right not to sign this consent. I also understand that I may revoke my consent in writing at any time provided that such revocation shall not impact actions previously taken in reliance of my consent. I further understand that if I revoke this consent or refuse to provide consent to such weekly COVID-19 testing, my child will not be permitted to participate in any District-sponsored high-risk sport(s) during the period of time such testing is required.

PRINT NAME, Parent/Legal Guardian

SIGNATURE, Parent/Legal Guardian

Date

Appendix D

Student Pledge

District Athletic Community Pledge

Schodack Central School District is committed to ensuring the safety and health of all our student-athletes, faculty, staff, and spectators. Each of these individuals play an important role in keeping our community safe by limiting the spread of COVID-19. As a student-athlete, I understand that I have a personal responsibility to take steps to protect those around me to limit the spread of COVID-19 and ensure a safe environment for all students.

In order to reduce my risk of contracting COVID-19, I commit to reviewing these guidelines and understand that my School District may provide updates as additional information is learned. It is my responsibility to stay apprised of these changes to protect myself and classmates.

As a Rensselaer County student-athlete, I pledge to:

- Stay safe, healthy, and informed of COVID -19 updates both on and off the field.
- Follow face mask, hygiene and social distancing guidelines and all of the additional health and safety requirements of the school.
- Participate in testing, self-quarantining, and contact tracing as required.
- Promote a healthy environment and complete daily health attestations.
- Know that I am a role model for my team members and community.
- Unite with my team members and school community to have a memorable season.
- Lead by example and support members of my team, who may be experiencing physical and mental health challenges.

I have read, understand, agree to comply with the District Athletic Community Pledge. I recognize that COVID-19 is a highly contagious virus and it is possible to develop and contract the COVID-19 disease even if I follow all of the safety recommendations of the school and comply with the pledge. I understand that even though the school is following the guidelines issued by the CDC and other experts to reduce the spread of infection, a COVID-19 free environment can never be guaranteed. I understand that if I do not honor my pledge, I would be failing to comply with a legitimate school directive and pursuant to school and Section II policies, students, faculty, and staff will be subject to the appropriate accountability measures and disciplinary actions.

The Schodack Central School District adheres to the highest standards of excellence both on and off the field. Sports plays a critical role in developing core values for our student athletes such as leadership qualities, instilling sportsmanship, embracing diversity in all people, fostering inclusion, integrity, and serving as role models for others to look up to in our community. These core values of our student athletes are the champions of character.

By signing your name below you are agreeing to the District Athletic Community Pledge.

PRINT NAME

SIGNATURE

DATE