

## **Homer Schools 2020-2021 Sport-Specific Preparedness Plan**

Participation in interscholastic athletics is certainly voluntary for both the individuals and the schools. NYSPHSAA, Section 3, and the OHSL recognizes school district superintendents and boards of education have the authority and autonomy to administer their district's athletic programs as they deem appropriate.

In accordance with NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), the ability to participate in sports and recreation activities is determined by a combination of the risk for COVID-19 transmission (1) inherent in the sport or recreation activity itself and (2) associated with the "type of play" (e.g. individual practice vs. game).

Sports and recreation activities are categorized by NYSDOH as "low" risk, "moderate" risk, and "high" risk.

- Lower risk sports and recreation activities are characterized by:
  - o Greatest ability to maintain physical distance and/or be performed individually; o Greatest ability to (1) avoid touching of shared equipment, (2) clean and disinfect any equipment between uses by different individuals, or (3) not use shared equipment at all... Moderate Risk (NYSDOH)
- Moderate risk sports and recreation activities are characterized by:
  - o Limited ability to maintain physical distance and/or be done individually;
  - o Limited ability to: (1) avoid touching of shared equipment, (2) clean and disinfect equipment between uses by different individuals, or (3) not use shared equipment at all... High Risk (NYSDOH)
- Higher risk sports and recreation activities are characterized by:
  - o Least ability to maintain physical distance and/or be done individually;
  - o 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...

NYSDOH guidance (Interim COVID-19 Guidance for Schools) states the following related to interscholastic athletic participation:

"Extracurriculars: Policies regarding extracurricular programs and which activities will be allowed, considering social distancing, PPE usage, and cleaning and disinfection, as well as risk of COVID-19 transmission (e.g., interscholastic sports, assemblies, and other gatherings). Policies should consider how to maintain cohorts, if applicable, or members of the same household. Responsible Parties must refer to DOH's "Interim Guidance for Sports and Recreation During the COVID-19 Public Health Emergency" to assist in development of these policies and the conduct of school-sponsored sports.

Further, lower- and moderate-risk sports (e.g. bowling, gymnastics, indoor track, swimming and ski) may practice and play, effective November 30, 2020. However, travel for practice or play is

discouraged. Higher-risk winter sports (e.g., ice hockey ,boys and girls basketball, competitive cheer and wrestling) may begin practice, effective February 1, 2021, but not play beyond March 13, 2021; in accordance with the State and County-issued guidance. 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)

### DISCLAIMER

This document is for informational purposes only and is not intended to replace, change or supplement any of the state issued guidance. Member schools should always follow and refer to the state issued Interim COVID-19 Guidance for Sports and Recreation (August 15, 2020) and the Interim COVID-19 Guidance for Schools (August 26, 2020) as well as federal, state and local health guidance for any specific questions. This information may change depending on current situations. The NYSPHSAA, Section 3, and the OHSL gives no express or implied assurances as to accuracy of the information presented. This document is not intended to provide legal advice. Member schools should consult their legal counsel for legal advice on any matter.

**EACH MEMBER SCHOOL DISTRICT IS SUBJECT TO REGULATIONS PROVIDED BY THE HEALTH DEPARTMENT IN WHICH THE SCHOOL DISTRICT RESIDES. THE OHSL IS COMPRISED OF 28 SCHOOLS IN 5 COUNTIES. AS SUCH, FOR CONSISTENCY, THE OHSL MEMBER SCHOOLS HAVE AGREED TO ADHERE TO THE MOST RESTRICTIVE GUIDANCE PROVIDED.**

### **Season dates**

- Fall September 21st - November 14th
  - Soccer
    - No culminating tournament
    - Games start October 2nd
    - JV/V 10-12 game regular season
    - Modified- 6-8 game season, scheduled on weekends
  - Golf
    - No culminating event
    - Matches start September 24th
    - Weekends mid-October, may need tri or quad matches
    - 12-16 matches
  - Cross country
    - No culminating event
    - Meets start October 2nd
    - 5 meet regular season (invitationals on weekend)
      - Mods may need to run on Saturday

- Max of 4 team invitational 12-14 participant/team
- Swimming and Dive
  - Moved to Fall 2
- Field Hockey
  - No culminating tournament
  - Games start October 2nd
  - JV/V 10 game regular season
  - Modified season played with regular group set up prior (6-8 game season, emphasis on weekends).
- Tennis
  - No culminating event
  - Matches start Oct 2nd
  - 12 matches- 2 matches/week
  - Weekends mid-October unless facility has lights, double header on weekend
- Football
  - Moved to Fall II (March 1-May 1)
- Volleyball
  - Moved to Fall II (March 1-May 1)
- Winter- JV/V February 1, 2021 - March 13, 2021; Modified February 22, 2021-March 26th, 2021 (dates may be subject to change)
  - Basketball
    - No culminating event
    - Games start the week of February 8th (tentative)
    - 10-12 games for JV/V; 5-6 games for Modified
      - Modified will utilize available dates for games contingent on facility and officials availability
  - 
  - Ice Hockey
    - No culminating event
    - Games start the week of February 8th (tentative)
    - 10-14 games
  - Wrestling
    - No culminating event
    - Matches TBD
  - Bowling
    - No culminating event
    - 10 matches completed virtually
  - Boys Swimming and Diving
    - No culminating event
    - 10 matches completed virtually
    - Combined with SCAC
- Fall 2- JV/V March 15, 2021- April 24, 2021; Modified April 5, 2021- May 7, 2021
  - Volleyball
    - 10-12 games for JV/V; 5-6 games for Modified

- Modified will utilize available dates for games contingent on facility and officials availability
- Football
  - No culminating event
  - 5-6 games for JV/V; 3-4 games for Modified
- Competitive cheer
  - No culminating event
  - Competitions TBD; considering virtual events
- Spring- April 19th 2021, subject to change
  - Awaiting updated guidance from NYSPHSAA

***\*\*Alignments and schedules for boys and girls ice hockey are developed by a Section 3 committee.***

***+Competitive cheer is TBD, consideration is given to virtual competitions.***

### **Contest start times**

- Dependent on individual school transportation/facilities.
  - Flexibility needed.
  - Weekends are encouraged.
  - 7 day rule waived

### **Post season/championships**

- Fall/Fall 2 and Winter- Due to the restrictions forced by the COVID 19 pandemic and return to play guidance it is not feasible to hold a legitimate postseason championship. Division champions are possible based on record. Individual awards will be given as usual.
- Spring TBD.

### **Face coverings**

- 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.
  - The OHSL encourages players to wear face coverings at all times. Mask breaks will be provided at appropriate times (see sport specific appendices A-F).

- Game participants should maintain 12 feet of distance when taking a mask break.
- The OHSL encourages officials to wear face coverings at all times.
- Coaches, trainers, bench players, game personnel, and all other individuals not directly involved in physical activity must wear a mask if they cannot maintain 6 feet of distance.
- Recommended that all athletes have a bag for personal items, however, the bags must be placed 6 feet apart.
- Face coverings worn by athletes and coaching staff must be of a basic color, display school colors, display school name or display school logo. Masks displaying an athletic emblem (Nike/UA/Adidas etc..) are also acceptable. Personal agendas or messages scribed onto a mask should not be permitted during game play. Coaches are asked to monitor athlete masks.

### **Screening procedures**

- NYSDOH guidance (Interim COVID-19 Guidance for Schools), states the following pertaining to screening: Responsible Parties must implement mandatory health screenings, including temperature checks, of students, faculty, staff, and, where applicable, contractors, vendors, and visitors to identify any individuals who may have COVID-19 or who may have been exposed to the COVID-19 virus. (Pg. 2)
  - **The OHSL requires that all student-athletes undergo a daily health screening prior to participation in a school sponsored activity.**
- NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation) states the following pertaining to screening: Responsible Parties must implement mandatory daily health screening practices for employees and, where practicable, vendors, but such screenings shall not be mandated for delivery personnel or patrons/players/spectators. Responsible Parties are encouraged to offer optional health screenings for patrons/players/spectators. (Pg. 13)
  - **The OHSL requires that all staff/employees of the member school district undergo daily health screenings prior to participation in a school sponsored activity.**
- Athletic directors are required to develop facility protocols and distribute to opposing school AD (see Appendix G).
- Each school is responsible for ensuring a health screening of their student-athletes before traveling to the opposing site.
- 2 spectators per home athlete; no visiting spectators will be allowed to attend. For home spectators, the following guidelines must be followed:
  - As per NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), spectators must maintain six feet of physical distance between individuals and/or family/household units at all times and all spectators must wear face coverings when they are in common areas and situations where six feet of distancing is not able to be maintained
  - In accordance with NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), responsible parties must limit spectators to no more than two spectators per player. (Pg. 6)
  - Responsible Parties must ensure that for any indoor sport or recreational activity, capacity is limited to no more than 50% of the maximum occupancy for a particular area

as set by the certificate of occupancy, inclusive of employees and patrons/players/spectators if permitted. (Pg. 5)

- Responsible Parties must ensure that for any indoor sport or recreational activity, capacity is limited to no more than 150 persons
- Spectators are subject to host school's health screening procedures and facility rules. For higher risk sports, school district's will be required to follow guidance provided by county health departments.
- Neutral sites contests are subject to facility restrictions.

### **Hosting a game**

- Have an administrative contact (cell # and email address) for all events.
- Players are responsible for their own personal water bottle.
  - If practicable, host sites will make bottle filling stations available.
- Stream games live if possible.
- Host school AD is responsible to communicate site protocols to visiting school and officials in advance of the contest (see Appendix G), items to be covered:
  - Parking
  - Where to enter facility
  - What equipment will be provided
  - Water availability
  - Bench area seating
  - locker room availability and location
  - restroom availability and location
  - emergency action plan
  - Game day paperwork
  - Media check in and game location
  - Cleaning and disinfecting protocol
  - Pre game conference and post game salutation
- Make sure facilities have been properly sanitized before the visiting team has arrived.
  - 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.

### **Visiting teams**

- Responsible to adhere to host school facility protocols.
  - Visiting school AD is responsible to communicate/distribute host school facility protocol packet (see Appendix G) to the coach.
- Complete health screening of student-athletes before departing for an away contest.
- Provide a team roster 24 hours in advance to the host school.
- Schedules and roster on schedule galaxy.

### **Confirmed case protocol**

- 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)
  - 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."
- Schools are required to have a return to school protocol as established by the NYSDOH. The same protocol will be used for athletic teams.
- A student absent to school for sickness should not participate in a practice or contest that day.
- 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)

## **Facilities**

- 2 spectators per home athlete, 150 person max capacity for large gatherings, 50% capacity for indoor facility (see "Spectators" on page 8)
- Home and visiting schools must provide a roster 24 hours in advance to the host school.
- Responsible party must ensure a distance of 6 feet is maintained among individuals at all times
- Responsible party should put in place measures to reduce bi-directional foot traffic walking through a space (i.e.- Barriers, tape, signs with arrows)
- Responsible parties should designate separate entrances and exits, to the extent practicable.
- Responsible parties should rearrange waiting areas to maximize physical distancing.
- Responsible Parties must ensure the cashier or ticket-taker wears a face covering when interacting with any patron/player/spectator. This process should be contactless to the extent practicable.
- Responsible Parties must ensure individuals not participating in sports or recreation activities (e.g. coaches, spectators) wear appropriate face coverings when they are within less than six feet of other individuals, unless a physical barrier is present. Additionally, employees must wear

face coverings any time they interact with patrons/players/spectators, regardless of physical distance.

- Responsible parties must ensure proper cleaning/disinfecting of facility after a practice/contest and prior to use by another team.
- In accordance with NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), the following could be utilized for proper hygiene, cleaning and disinfecting: (Pgs. 11-12)
  - Responsible Parties must ensure adherence to hygiene and cleaning and disinfection requirements as advised by the CDC and DOH, including “Guidance for Cleaning and Disinfection of Public and Private Facilities for COVID-19,” and the “STOP THE SPREAD” poster, as applicable. Responsible Parties must maintain cleaning logs that include the date, time, and scope of cleaning and disinfection. (Pg. 11)
  - Responsible Parties must provide and maintain hand hygiene stations on site, as follows:
    - For handwashing: soap, running warm water, and disposable paper towels.
    - For hand sanitizing: an alcohol-based hand sanitizer containing at least 60% alcohol for areas where handwashing facilities may not be available or practical.
    - Hand sanitizer must be placed throughout the site for use by employees and patrons/players/spectators(if permitted). It should be placed in convenient locations such as points of entrance/exit. (Pg. 11)
    - Responsible Parties should post signage indicating that visibly soiled hands should be washed with soap and water; hand sanitizer is not effective on visibly soiled hands. (Pg. 11)
    - Responsible Parties must provide appropriate cleaning and disinfection supplies for shared and frequently touched surfaces and encourage employees to use these supplies, following manufacturers’ instructions, before and after use of these surfaces, followed by hand hygiene. (Pg. 11)
    - Responsible Parties must conduct regular cleaning and disinfection of the site and frequent cleaning and disinfection for high risk areas used by many individuals and for frequently touched surfaces. Cleaning and disinfection must be rigorous and ongoing and should occur at least after each shift, daily, or more frequently as needed. Please refer to DOH’s “Interim Guidance for Cleaning and Disinfection of Public and Private Facilities for COVID-19” for detailed instructions on how to clean and disinfect facilities. (Pg. 11)
    - Responsible Parties must ensure regular cleaning and disinfection of restrooms. Restrooms should be cleaned and disinfected more often depending on frequency of use. (Pg. 11)
    - Responsible Parties must ensure distancing rules are adhered to by using signage, occupied markers, or other methods to reduce restroom capacity where feasible. (Pg. 12)
    - Weight Rooms: There is nothing in the NYSDOH guidance prohibiting use of weight rooms, so long as the school can appropriately clean and disinfect the area.
    - Locker Rooms: Schools are allowed to utilize locker room facilities, however; the Onondaga County Health Department guidance strongly discourages use of locker rooms. It is strongly recommended for schools to follow guidance included in the Gym and Fitness Center Guidance: Responsible Parties must put



in place practices for adequate social distancing in small areas, such as locker rooms, restrooms, and breakrooms, and should develop signage and systems (e.g., flagging when occupied) to restrict occupancy when social distancing cannot be maintained in such areas.

### **Pre-game/post-game**

- No handshakes.
- Maintain 6 feet of distance during national anthem.
- To minimize the length of the event, the OHSL encourages schools not hold pre-game introductions.
- Pre-game conferences are held between one team representative only (coach or captain) and head official.
- Instruct players to avoid contact during celebrations.
- Recommended that both teams leave the facility immediately following the contest, no post game celebrations.
- No hugging, high fives, shaking hands, or fist bumps (NYSPHSAA Return to Interscholastic Athletics Guidance, page 11)

### **Officials**

- For modified, officials are optional and at the discretion of the host school.
- The OHSL encourages officials to come to contests fully dressed in uniform. Given restrictions created by the pandemic, schools may not have facilities available to accommodate officials with a dressing room.
- The OHSL encourages officials to wear a face covering at all times. Member schools may be subject to more restrictive guidance developed by county health departments.
- The OHSL prefers to have vouchers done electronically.
- Contact should be made with school athletic administration leading up to the contest about (1) school expectations, (2) to determine where you should enter the host school's property and (3) to obtain other information that you or the school may want to communicate to each other prior to your arrival.
  - Officiating crews should designate one crew member to contact the host school and provide information to other members of the crew.
  - Conversations should occur with the host school administration regarding the size of changing areas or locker rooms (if available) to ensure social distancing can occur.
- 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.
- Officials are not responsible for 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 coaching staff and school personnel.
- Be prepared to have a health screening conducted upon arrival at a school campus.
- Upon conclusion of the contest, officials should leave the contest area and not interact with others.
- Officials must pay special attention to playing rules that require distances between players during play.

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- Officials are responsible for game management only.
  - Reminders should be issued for situations that involve hygiene (spitting, etc.).
- Officials should maintain distance from players if an altercation occurs and minimize the times they are within six feet of others.
- Officials should be aware of the location of medical personnel while on school property.
- Limit the exchanging of documents between officials and others.
- Once the contest begins, avoid conversations within six feet with coaches.
- Wash hands frequently. Bring own towels and hygiene materials. Do not share them with others.
- Electronic whistles are permissible. Choose a whistle whose tone will carry outside. Be aware of the increased risk of inadvertent whistle

## Winter Sport Considerations

The following sport specific information is intended to provide athletic administrators and coaches with basic guidance and considerations related to Winter interscholastic sport programs.

**High-risk winter sports (Basketball, Ice Hockey, Competitive Cheer, Volleyball, and Wrestling) official start date is Monday, February 1st, 2021** only as permitted by the respective local health authorities (i.e., county health departments). Sections have the authority to determine a later start date.

The COVID-19 pandemic presents a myriad of challenges to high school athletic and activity programs. To help address some of those challenges, the National Federation of State High School Associations (NFHS) has developed "COVID-19 for Coaches and Administrators" linked below:

<https://www.nfhslearn.com/courses/covid-19-for-coaches-andadministrators>

The online course presents helpful information and materials to assist school administrators and coaches conduct workouts, practices, and contests as safely as possible.

## 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 Considerations:

- 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.
- For pregame conferences, 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.
- 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(if permitted) 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 scorers, 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 a game ball to officials where it is sanitized as recommended by the ball manufacturer and not used for warm-ups. Additional game balls will be provided by the host school and rotated into the game as appropriate.
  - 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 if permitted.

## Bowling

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

### General Considerations:

- 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. (2021 matches are virtual)

### Suggested Competition Format: **(2021 Matches are conducted virtually)**

- 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 are not permitted during the 2021 Winter season.
- **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.

## Ice Hockey

The NYSDOH has determined that Ice Hockey 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 Considerations:

- Communicate in advance with hockey rinks on policies, procedures and permitted time frames for practice and competition.
- Team Benches - Maintain social distancing as much as possible when on the bench.
- Penalty Boxes - Limit to essential personnel and maintain social distancing from personnel and participating players.
- Team Captains - Captains need to maintain social distancing when talking to or conferring with a referee. Maintain social distance during the pre-game meeting with captains, head coaches, and officials wearing proper masks.
- Face masks - Plastic shields covering the entire face (unless integrated into the face mask, attached on the inside of the face mask, and clear without the presence of any tint) shall not be allowed during the contest.
- Tooth and mouth protectors - If mouthguards are removed on the bench area, the athlete should use hand sanitizer each time after touching the mouthguard.
- Suspend pregame protocol of shaking hands during introductions/pregame meeting.
- Gloves are permissible for all coaches, team staff and game administration officials.
- Limit the number of non-essential personnel who are at ice level and near participants throughout the contest.
- If available, dressing facilities for game officials and teams should be large enough for them to use social-distancing protocols and should be properly cleaned and sanitized prior to arrival.
- 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:
    - Maintain social distancing for meetings with captains and coaches.
    - Essential off-ice officials should maintain social distancing and wipe down workspace before and after the contest.
    - Consider using an electronic whistle.
    - Do not shake hands and maintain social distancing guidelines during pre and post-game ceremonies.
- Considerations for Coaches:



- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in “cohorts” of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.
- Considerations for Students:
  - Consider making each student responsible for their own supplies.
  - Students should wear their own appropriate workout clothing (do not share clothing)
  - Individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
  - Bring own water bottle.
- Considerations for Parents:
  - 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 if allowed.

## Indoor Track

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

General Considerations: ***OHSL schools may choose to participate in the sport of Indoor Track in 2021 utilizing Outdoor track facilities due to the lack of collegiate facilities.***

- Weight Throw and Shot Put should enforce social distancing for all athletes and officials.
  - 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.
  - 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.
  - 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.
    - 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.
  - 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 not exhibiting symptoms of Covid 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 if spectators are permitted this season.

#### 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.

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