



**SIDNEY CENTRAL SCHOOL DISTRICT
WARRIORS RETURN TO ATHLETICS GUIDANCE
2020-2021**

Winter and Fall II Athletics

February 9, 2021



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**SIDNEY CENTRAL SCHOOL DISTRICT
WARRIORS RETURN TO ATHLETICS GUIDANCE
2020-2021**

PROTOCOLS AND IMPLEMENTATION PROCEDURES

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Note: The NYSPHSAA has established Protocols and Implementation Procedures for the 2020-2021 Winter Sports and Fall II Sports seasons. The NYSPHSAA has not established these for the Spring Sports season to date (*as of January 2021*). Therefore, Spring sports are not included in this version of the Warriors Return to Athletics plan, which is based on guidance from the NYSPHSAA.



SIDNEY CENTRAL SCHOOL DISTRICT WARRIORS RETURN TO ATHLETICS GUIDANCE 2020-2021

Dear Sidney CSD Warrior Community,

Governor Cuomo granted permission to engage in high-risk sports pending approval from county departments of health, effective February 1. In response, Delaware County DOH has determined that high-risk sports (basketball, wrestling, volleyball and football) cannot resume locally until Delaware County's seven-day rolling positivity rate for Covid-19 is at or below 4.0 percent. Additionally, the Midstate Athletic Conference (MAC) has established the start of high-risk winter sports programs to be February 8, 2021.

This document captures the requirements as determined by the Delaware County DOH and the comprehensive District Preparedness Plan. The District will continue to work in partnership with the Delaware County DOH to ensure compliance and transparency while assuring the continued health and safety of all participants. The District recognizes that current conditions are subject to change at any time. Our decision making will be informed by updates and guidance provided by various NYS and local agencies, including the NYSDOH, Delaware County Public Health, the New York State Public High School Athletics Association (NYSPHSAA), Section IV Athletics, and the MAC. We will promptly respond to any changes or updates that come from any of these authorities.

We understand the important role athletics and extra-curricular activities play in the social/emotional, physical, and mental health of our children. We will continue to advocate to increase opportunities for all of our students wherever it is determined safe to do so, in compliance with the requirements we are given.

For additional information, here are some helpful links to relevant resources:

- New York State's "Percentage Positive Results by County Dashboard," which tracks Covid-19 positivity rates by county: <https://forward.ny.gov/percentage-positive-results-county-dashboard>.
- Delaware County DOH's Higher Risk Sports Press Release: <https://delawarecountypublichealth.com/higher-risk-sports-press-release/>
- NYSPHSAA Return to Interscholastic Athletics – January 2021 Update: <http://nysphsaa.org/COVID-19-info>

Sincerely,

Eben M. Bullock

Superintendent of Schools

REQUIREMENTS & METRICS



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Minimum Requirements (Delaware County):

- Board of Education must approve the District's participation in each higher-risk sport.
- The Superintendent must oversee the creation of a sport-specific Preparedness Plan.
- The District Preparedness Plan must be approved by the District's Medical Director.
- Each parent/guardian of a participating student-athlete must sign an informed consent (see Appendix A).
- 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 (see Appendix A).
- The District must establish a phone number and email address to allow student-athletes, parent, or others to report concerns.

Community Covid-19 metrics (Delaware County):

- The 7-day rolling average percent positivity in the county, as calculated by NYSDOH, must be at or below 4%.
- The region's hospital capacity must be above 15%, as calculated by NYSDOH.
- The region's rate of hospital admissions must not be unacceptably high or require additional interventions to control the rate of growth, as determined by NYSDOH.
- Other emerging epidemiological data, information or factors as determined or identified by the Centers for Disease Control (CDC), NYSDOH, or Delaware County Public Health that impact Covid-19 control or mitigation.
- Delaware County may conduct unannounced audits regarding adherence to the requirements.

Additional Student Specific Medical Requirements:

Any student-athlete who has been previously diagnosed with Covid-19, must comply with the requirements set forth in the "Returning to Play After Covid-19 Infection" protocol (Attachment B). He/she is not permitted to play until cleared by his/her doctor following the steps as outlined.



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NYSDOH GUIDANCE: RISK DEFINITIONS

Low, Moderate, High

In accordance with New York State Department of Health 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 recreational activities are categorized by NYSDOH as “low” risk, “moderate” risk, and “high” risk.

Low Risk (NYSDOH)

Bowling, Cross Country, Golf, Tennis, Track and Field

Low-risk sports and recreation activities are characterized by:

- 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.

Moderate Risk (NYSDOH)

Baseball, Field Hockey, Softball

Moderate-risk sports and recreation activities are characterized by:

- Limited ability to maintain physical distance and/or be done individually;
- Limited ability to (1) avoid touching of shared equipment, (2) clean and disinfect equipment between uses by different individuals, or (3) not use shared equipment at all.

High Risk (NYSDOH)

Basketball, Football, Volleyball, Wrestling

High-risk sports and recreation activities are characterized by:

- 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.

Note: Risk definitions are subject to change pending future COVID-19 pandemic guidance from the Centers for Disease Control, the New York State Department of Health, and the New York State Public High School Athletic Association.



SIDNEY CENTRAL SCHOOL DISTRICT WARRIORS RETURN TO ATHLETICS GUIDANCE 2020-2021

BASKETBALL PROTOCOLS

General Considerations

The NYSDOH has determined that Basketball is a **high-risk sport** (least ability to maintain physical distance and/or be performed individually; least 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).

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 activity in case contact tracing is required.
- Social distancing is required at all times.
- Wear face coverings at all times.

Coaches will:

- Complete the daily COVID questionnaire before their arrival to the facility.
- Follow directions on COVID questionnaire regarding their attendance that day.
- Help other coaches identify student-athletes who should not be in the gymnasium (must leave immediately).
- Communicate directly with the athletic coordinator before starting activities for the day to assure that all procedures have been completed with student-athletes and coaches.
- Keep their athletes in groups of 10 or less at all times, with social distancing enforced.
- Wear a face covering at all times.
- Immediately stop any activity for the day if guidelines are not being followed.

Considerations for Student-Athletes

- Consider making each student responsible for their own supplies.
- Students must wear own appropriate clothing (no shared items); all clothing/towels must be washed/cleaned after every activity immediately upon returning home.
- Once an activity has concluded, all borrowed materials will be collected and disinfected.

Student-Athletes will:

- Complete the daily COVID questionnaire before their arrival to the facility.
- Wear face coverings unless directed otherwise.
- Follow the directions of the screeners at ALL TIMES.
- Refrain from hugging, hand-shaking, fist-bumping, etc. (i.e. no contact).



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Considerations for Parents

- Provide personal items for your child and clearly label them.
- Make sure their student-athletes complete the daily screening.
- Pick up their child immediately if contacted regarding possibility that child has COVID-19 symptoms.
- Get medical clearance for their child to participate in activities, if directed by the district.
- **If** spectators are permitted, only two per participant will be allowed, in accordance with NYSDOH guidance.
- **If** spectators are permitted, they cannot congregate by others at the facility.

Parents will:

- Follow the NYSDOH guidance **if** permitted to attend as spectator (two per participant).
- Check in with assigned staff upon entry.
- Refrain from congregating by others at the facility.
- Wear a face covering at all times.
- Wash hands/use hand sanitizer frequently.

Facility Cleaning

- All areas and equipment used by participants must be disinfected.

Cleaning Procedures

- Rigorously clean and disinfect any shared equipment (e.g. basketballs) between use.
- Disinfect shared chairs and tables (scorer's table and bench chairs) between use.
- Remind players and coaches to clean and disinfect equipment before and after use.
- Locker rooms will be off-limits, unless requested by the traveling school.
- Proper social distancing must be practiced in all bathrooms.
- Everyone in attendance – participants, coaches, game personnel, officials, spectators, trainers, etc. – must wash their hands for minimum 20 seconds or use hand sanitizer upon arrival and departure. Hand sanitizer will be available at the venue, if needed.

Failed Screenings

In the event of failed screening, the following steps must be taken:

- The designated screener will send the student-athlete to an isolation room.
- Parents/Guardians will be contacted to pick their child up. (Parents/guardians are asked to remain in the vicinity until their children clear the screening process.)
- The designated screener will notify coaches of the athlete's participation status.
- Student-athletes will be required to obtain a medical clearance from a physician to return to activity.



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BASKETBALL IMPLEMENTATION PROCEDURES

Arrival Procedures

- All walkers and those who self-transport will enter the building utilizing one designated point of entry (Secure Vestibule). Face coverings and proper social distancing are required upon arrival.
- Officials will enter the building utilizing one designated point of entry (High School Gym East Entrance). Face coverings and proper social distancing are required upon arrival.
- Officials will use the Pool Locker room and maintain social distancing.
- All students arriving on buses will enter the building utilizing one designated point of entry (High School West Entrance).
- All bused students must wear face coverings while disembarking the buses and entering the building.
- Athletes will be verbally dismissed from the buses by the driver, one row at a time, to maintain proper social distancing (front-back).
- Visiting team roster and attending personnel must be submitted to the Supervisor in charge for review before entering the building, if not done so before the start of the school day.
- Daily attendance will be emailed to coaches notifying them which students were absent and which cohort was present that day.
- In the event of a failed screening, the designated screener (coach) will send the student-athlete to an isolation room and will communicate with parents/guardians. (Parents/guardians are asked to remain in the vicinity until their children clear the screening process.)
- Guest schools will be screened upon their arrival by designated supervisor. No locker rooms will be used, with the exception of special requests. Bags and clothes will be in a designated area behind their team bench.
- Spectators from home and away teams must enter the gym through the front entrance.

Activity Procedures

- If spectators are allowed, restrict facility capacity to no more than two per player.
- A gate list must be provided by both schools to ensure occupancy rules are enforced.
- Face coverings must be worn at all times by coaches and spectators (if allowed).
- Enforce social distancing of at least six feet by spectators (if allowed).
- Spectators, if allowed, will have to sit in designated areas (indicated with an "X").
- Staff must wear face coverings at all times.
- Chairs will be available for bench players, who must be six feet apart and wear face coverings.
- Coaches will have a designated area six feet from others by the sideline while play is live.
- Support staff will be seated six feet from others (utilize two score tables).
- Refrain from hugging, hand-shaking, fist-bumping, etc. (i.e. no contact).
- No concession stand.



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Departure Procedures

- All spectators (if permitted) will exit the building utilizing one designated point of exit (Front Entrance). Face coverings and proper social distancing are required when departing the grounds.
- All walkers and those who self-transport will exit the building utilizing one designated point of exit (High School Gym West Entrance). Face coverings and proper social distancing are required when departing the grounds.
- All students departing on buses will exit the building utilizing one designated location (High School Gym East Entrance).
- All bused students must wear face coverings while exiting the building and boarding the buses. Dismissal will be staggered to maintain proper social distancing (front-back).
- All officials will exit the building utilizing one designated location (Pool Locker Room Entrance).

Cleaning Procedures

- Consider spraying basketballs with disinfectant (i.e. Lysol or Clorox) at conclusion of play.
- Use of new basketballs on a regular basis is encouraged.
- Everyone in attendance – participants, coaches, game personnel, officials, spectators, trainers, etc. – must wash their hands for minimum 20 seconds or use hand sanitizer upon arrival and departure. Hand sanitizer will be available at the venue, if needed.



SIDNEY CENTRAL SCHOOL DISTRICT WARRIORS RETURN TO ATHLETICS GUIDANCE 2020-2021

BOWLING PROTOCOLS

General Considerations

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).

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 activity in case contact tracing is required.
- Social distancing is required at all times.
- Every other lane must be dark (closed), unless there is a barrier between each lane.

Coaches will:

- Complete the daily COVID questionnaire before their arrival to the facility.
- Follow directions on COVID questionnaire regarding their attendance that day.
- Help other coaches identify student-athletes who should not be at facility (must leave immediately).
- Communicate directly with the athletic coordinator before starting activities for the day to assure that all procedures have been completed with student-athletes and coaches.
- Keep their athletes in groupings of 10 or less at all times, with social distancing enforced.
- Wear a face covering at all times.
- Immediately stop any activity for the day if guidelines are not being followed.

Considerations for Student-Athletes

- Consider making each student responsible for their own supplies.
- Students should wear their own appropriate bowling clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every activity immediately upon returning home.
- Bring your own bowling ball (if possible) and water bottle.
- A participant who does not have his/her own ball will be issued a ball that only that participant can use for the duration of the activity.
- Once the activity has concluded, all borrowed materials will be collected and disinfected.

Student-Athletes will:

- Complete the daily COVID questionnaire before their arrival to the facility.
- Wear face coverings at all times unless directed otherwise.
- Follow the directions of the screeners at ALL TIMES.
- Refrain from hugging, hand-shaking, fist-bumping, etc. (i.e. no contact).



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Considerations for Parents

- Provide personal items for your child and clearly label them.
- Make sure their student-athletes complete the daily screening.
- Pick up their child immediately if they are contacted regarding any indications that their child might have symptoms of COVID-19.
- Get medical clearance for their child to participate in activities, if directed by the district.
- **If** spectators are permitted, only two per participant will be allowed, in accordance with NYSDOH guidance.
- **If** spectators are permitted, they cannot congregate around the bowling area nor by others at the facility.

Parents will:

- Follow the NYSDOH guidance **if** permitted to attend as a spectator (two per participant).
- Check in with assigned staff upon entry.
- Refrain from congregating by others at the facility.
- Wear a face covering, unless seated.
- Wash hands/use hand sanitizer frequently.

Facility Cleaning

- All areas and equipment used by participants must be disinfected.

Failed Screenings

In the event of a failed screening, the following steps must be taken:

- The designated screener will send the student-athlete to an isolation room.
- Parents/Guardians will be contacted to pick their child up. (Parents/guardians are asked to remain in the vicinity until their children clear the screening process.)
- The designated screener will notify coaches of athlete's participation status.
- Student-athletes will be required to obtain a medical clearance from a physician to return to activity.



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BOWLING IMPLEMENTATION PROCEDURES

Arrival Procedures

- All walkers and those who self-transport will enter the building utilizing one designated point of entry (front entrance). Face coverings and proper social distancing are required upon arrival.
- All students arriving on buses will enter the building utilizing one designated point of entry (front entrance).
- All bused students must wear face coverings while disembarking the buses and entering the building.
- Athletes will be verbally dismissed from the buses by the driver, one row at a time, to maintain proper social distancing.
- Daily attendance will be emailed to coaches notifying them which students were absent and which cohort was present that day.

Activity Procedures

- Restrict facility capacity to no more than 50% of the maximum occupancy.
- Face coverings must be worn at all times.
- Enforce social distancing of at least six feet, including during play.
- Physical barriers are set up between lanes to limit contact. If physical barriers are not present, the adjacent lane will be closed during play.
- Players may only interact with members of their household at their assigned lane.
- Staff must wear face coverings at all times.
- Refrain from hugging, hand-shaking, fist-bumping, etc. (i.e. no contact).
- **If** spectators are permitted during matches, only two per participant will be allowed, in accordance with NYSDOH guidance.

Departure Procedures

- All walkers and those who self-transport will exit the building utilizing one designated point of exit (front entrance). Face coverings and proper social distancing are required when departing the grounds.
- All students departing on buses will exit the building utilizing one designated location (front entrance).
- All bused students must wear face coverings while exiting the building and boarding the buses. Dismissal will be staggered to maintain proper social distancing (front-back).



SIDNEY CENTRAL SCHOOL DISTRICT WARRIORS RETURN TO ATHLETICS GUIDANCE 2020-2021

Cleaning Procedures

- Rigorously clean and disinfect any rented or shared equipment (e.g. bowling balls, bowling shoes) between use.
- Disinfect lanes (scorer's table and chairs) between use.
- Remind players to clean and disinfect equipment before and after use.
- Encourage players to use their own equipment.
- Everyone in attendance – participants, coaches, game personnel, officials, spectators, trainers, etc. – must wash their hands for minimum 20 seconds or use hand sanitizer upon arrival and departure. Hand sanitizer will be available at the venue, if needed.



SIDNEY CENTRAL SCHOOL DISTRICT WARRIORS RETURN TO ATHLETICS GUIDANCE 2020-2021

CROSS COUNTRY PROTOCOLS

General Considerations

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

Considerations for Coaches

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

Coaches will:

- Complete the daily COVID questionnaire before their arrival to the facility.
- Follow directions on the COVID questionnaire regarding their attendance that day.
- Help other coaches identify student-athletes who should not be at the facility (must leave immediately).
- Communicate directly with the athletic coordinator before starting activities for the day to assure that all procedures have been completed with student-athletes and coaches.
- Keep their athletes in groupings of 10 or less at all times, with social distancing enforced.
- Wear a face covering at all times.
- Immediately stop any activity for the day if guidelines are not being followed.

Considerations for Student-Athletes

- Consider making each student responsible for his/her own supplies.
- Students should wear their own appropriate running clothes (do not share clothing), and individual clothing/towels should be washed and cleaned after every activity immediately upon returning home.
- Bring your own water bottle.
- Once the activity has concluded, all borrowed materials must be collected and disinfected.

Student-Athletes will:

- Complete the daily COVID questionnaire before their arrival to the facility.
- Wear face coverings at all times unless directed otherwise.
- Follow the directions of the screeners at ALL TIMES.
- Refrain from hugging, hand-shaking, fist-bumping, etc. (i.e. no contact).



SIDNEY CENTRAL SCHOOL DISTRICT WARRIORS RETURN TO ATHLETICS GUIDANCE 2020-2021

Considerations for Parents

- Provide personal items for your child and clearly label them.
- Make sure their student-athletes complete the daily screening.
- Pick up their child immediately if they are contacted regarding any indications that their child might have symptoms of COVID-19.
- Get medical clearance for their child to participate in activities, if directed by the district.
- **If** spectators are permitted, only two per participant will be allowed, in accordance with NYSDOH guidance.
- **If** spectators are permitted, they may not congregate before, during or after the race.

Parents will:

- Follow the NYSDOH guidance **if** permitted to attend as spectator (two per participant).
- Check in with assigned staff upon entry.
- Refrain from congregating by others at the facility.
- Wear a face covering when social distancing is not possible.
- Wash hands/use hand sanitizer frequently.

Facility Cleaning

- All areas and equipment that was used by participants must be disinfected.

Failed Screenings

In the event of failed screening, the following steps must be taken:

- The designated screener will send the student-athlete to an isolation room.
- Parents/Guardians will be contacted to pick their child up. (Parents/guardians are asked to remain in the vicinity until their children clear the screening process.)
- The designated screener will notify coaches of athlete's participation status.
- Student-athletes will be required to obtain a medical clearance from a physician to return to activity.



SIDNEY CENTRAL SCHOOL DISTRICT WARRIORS RETURN TO ATHLETICS GUIDANCE 2020-2021

CROSS COUNTRY IMPLEMENTATION PROCEDURES

Arrival Procedures

- All walkers and those who self-transport will enter the course utilizing one designated point of entry. Face coverings and proper social distancing are required upon arrival.
- All students arriving on buses will enter the course utilizing one designated point of entry.
- All bused students must wear face coverings while disembarking the buses and entering the field.
- All officials will enter the course utilizing one point of entry. Face coverings and proper social distancing are required upon arrival.
- Athletes will be verbally dismissed from the buses by the driver, one row at a time, to maintain proper social distancing (front-back).
- Team rosters including team staff must be submitted to the coach for review before entering the field, if not done so before the start of the school day.
- Daily attendance will be emailed to coaches notifying them which students were absent and which cohort was present that day.
- The designated screener (coach) will send the student-athlete home immediately if there is a failed screening and will communicate with parents/guardians. (Parents/guardians are asked to remain in the vicinity until their children clear the screening process.)
- Guest schools will be screened by a host's designated supervisor. Bags and clothes will need to be in a designated area for the guest school.

Activity Procedures

- Face coverings must be worn at all times by coaches and spectators (if permitted).
- Enforce social distancing of at least six feet for spectators (if permitted).
- Spectators, if permitted, may not congregate in one area.
- No gate list required from home or away teams.
- Refrain from hugging, hand-shaking, fist-bumping, etc. (i.e. no contact).
- Staff must wear face coverings at all times.
- If spectators are permitted, only two per participant will be allowed, in accordance with NYSDOH guidance.
- Meets should consider using staggered, wave or interval starts, with a minimum of one minute.
- Have a plan in place at the finish line to avoid congestion. Consider using FAT timing system or image-based equipment to assist.

Departure Procedures

- All spectators (if permitted) will exit the course utilizing face coverings and proper social distancing.
- All bused students must wear face coverings while boarding the bus. Dismissal will be staggered to maintain proper social distancing (front-back).
- All officials will exit the course utilizing face coverings and proper social distancing.



SIDNEY CENTRAL SCHOOL DISTRICT WARRIORS RETURN TO ATHLETICS GUIDANCE 2020-2021

Cleaning Procedures

- Rigorously clean and disinfect any shared equipment (e.g. warm-up equipment, stopwatches) between use.
- Disinfect shared chairs and tables (scorer's table and bench chairs) between use.
- Remind players and coaches to clean and disinfect equipment before and after use.
- Bathrooms may be used one person at a time.
- Everyone in attendance – participants, coaches, game personnel, officials, spectators, trainers, etc. – must wash their hands for minimum 20 seconds or use hand sanitizer upon arrival and departure. Hand sanitizer will be available at the venue, if needed.



SIDNEY CENTRAL SCHOOL DISTRICT WARRIORS RETURN TO ATHLETICS GUIDANCE 2020-2021

FIELD HOCKEY PROTOCOLS

General Considerations

The NYSDOH has determined that Field Hockey is a **moderate-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).

Considerations for Coaches

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in “cohorts” of same students, always train and rotate 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 required.
- Bench area may be extended to the 15-yard line for teams with 30+ players. Coaches are still restricted to remain between the 45- and 25-yard lines. There must still be 5 yards between the sideline and the bench area.

Coaches will:

- Complete the daily COVID questionnaire before their arrival to the facility.
- Follow directions on the COVID questionnaire regarding their attendance that day.
- Help other coaches identify student-athletes who should not be at field (must leave immediately).
- Communicate directly with the athletic coordinator before starting activities for the day to assure that all procedures have been completed with student-athletes and coaches.
- Keep their athletes in groupings of 10 or less at all times, with social distancing enforced.
- Wear a face covering at all times.
- Immediately stop any activity for the day if guidelines are not being followed.
- Place ball retrievers on the opposite side of the team bench.
- Clean and disinfect frequently touched surfaces and equipment, including hockey balls.

Considerations for Student-Athletes

- Consider making each student responsible for their own supplies.
- Students should wear their own appropriate clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every activity immediately upon returning home.
- Each player should bring their own ball or use the same school-issued ball during practice. Skill training, conditioning, agility, etc., can be done with the one player/one ball concept. Hockey balls should be sanitized before and after each practice/game.
- A participant who does not have their own ball will be issued a ball that only that participant can use for the duration of the activity.
- Once the activity is concluded, all borrowed materials will be collected and disinfected.



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Student-Athletes will:

- Complete the daily COVID questionnaire before their arrival to the facility.
- Wear face coverings at all times unless directed otherwise.
- Follow the directions of the screeners at ALL TIMES.
- Refrain from hugging, hand-shaking, fist-bumping, etc. (i.e. no contact).

Considerations for Parents

- Provide personal items for your child and clearly label them.
- Make sure their student-athletes complete the daily screening.
- Pick up their child immediately if they are contacted regarding any indications that their child might have symptoms of COVID-19.
- Get medical clearance for their child to participate in activities, if directed by the district.
- **If** spectators are permitted, only two per participant will be allowed, in accordance with NYSDOH guidance.
- **If** spectators are permitted, they may not congregate around others.

Parents will:

- Follow the NYSDOH guidance **if** permitted to attend as spectator (two per participant).
- Check in with assigned staff upon entry.
- Refrain from congregating by others at the facility.
- Wear a face covering when social distancing is not possible.
- Wash hands/use hand sanitizer frequently.

Facility Cleaning

- All areas and equipment that was used by participants must be disinfected.

Failed Screenings

In the event of a failed screening, the following steps must be taken:

- The designated screener will send the student-athlete to an isolation room.
- Parents/Guardians will be contacted to pick their child up. (Parents/guardians are asked to remain in the vicinity until their children clear the screening process.)
- The designated screener will notify coaches of athlete's participation status.
- Student-athletes will be required to obtain a medical clearance from a physician to return to activity.



**SIDNEY CENTRAL SCHOOL DISTRICT
WARRIORS RETURN TO ATHLETICS GUIDANCE
2020-2021**

FIELD HOCKEY IMPLEMENTATION PROCEDURES

Arrival Procedures

- All walkers and those who self-transport will enter the field utilizing one designated point of entry. Face coverings and proper social distancing are required upon arrival.
- Officials will enter the field utilizing one designated point of entry. Face coverings and proper social distancing are required upon arrival.
- Officials will use the rest rooms one at a time to maintain social distancing.
- All students arriving on buses will enter the field utilizing one designated point of entry.
- All bused students must wear face coverings while disembarking the buses and entering the field.
- Athletes will be verbally dismissed from the buses by the driver, one row at a time, to maintain proper social distancing (front-back).
- Team rosters including team staff must be submitted to the coach for review before entering the field, if not done so before the start of the school day.
- Daily attendance will be emailed to coaches notifying them which students were absent and which cohort was present that day.
- The designated screener (coach) will send the student-athlete home immediately if there is a failed screening and will communicate with parents/guardians. (Parents/guardians are asked to remain in the vicinity until their children clear the screening process.)
- Guest schools will be screened by a host's designated supervisor. No locker rooms will be used, with the exception of special requests. Bags and clothes will need to be in a designated area behind the bench of their team.

Activity Procedures

- Face coverings must be worn at all times by coaches and spectators (if permitted).
- Enforce social distancing of at least six feet for spectators (if permitted).
- Spectators, if permitted, may not congregate in one area.
- No gate list required from home or away teams.
- Staff must wear face coverings at all times.
- If spectators are permitted, only two per participant will be allowed, in accordance with NYSDOH guidance.
- Surplus of chairs will be available for players on the bench to be six feet apart. Bench players must wear face coverings.
- Field hockey bench area may be extended to the 15-yard line for teams with 30+ players. Coaches are still restricted to remain between the 45- and 25-yard line. There must still be 5 yards between the sideline and the bench area.
- Coach will have a designated area six feet from others by the sideline while play is live.
- Support staff will be seated six feet from others (utilize two scorer's tables).
- Refrain from hugging, hand-shaking, fist-bumping, etc. (i.e. no contact).
- No concession stand.



SIDNEY CENTRAL SCHOOL DISTRICT WARRIORS RETURN TO ATHLETICS GUIDANCE 2020-2021

Departure Procedures

- All spectators will exit the field utilizing face coverings and proper social distancing.
- All bused students must wear face coverings while boarding the bus. Dismissal will be staggered to maintain proper social distancing (front-back).
- All officials will exit the field using social distancing guidelines.

Cleaning Procedures

- Consider spraying field hockey balls with disinfectant (i.e. Lysol or Clorox) during any stoppage of play.
- Use of clean field hockey balls on a regular basis is encouraged.
- Everyone in attendance – participants, coaches, game personnel, officials, spectators, trainers, etc. – must wash their hands for minimum 20 seconds or use hand sanitizer upon arrival and departure. Hand sanitizer will be available at the venue, if needed.



SIDNEY CENTRAL SCHOOL DISTRICT WARRIORS RETURN TO ATHLETICS GUIDANCE 2020-2021

FOOTBALL PROTOCOLS

General Considerations

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

Considerations for Coaches

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in “cohorts” of same students, always train and rotate 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 required.

Coaches will:

- Complete the daily COVID questionnaire before their arrival to the facility.
- Follow directions on the COVID questionnaire regarding their attendance that day.
- Help other coaches identify student-athletes who should not be at field (must leave immediately).
- Communicate directly with the athletic coordinator before starting activities for the day to assure that all procedures have been completed with student-athletes and coaches.
- Keep their athletes in groupings 10 or less at all times, with social distancing enforced.
- Wear a face covering at all times.
- Immediately stop any activity for the day if guidelines are not being followed.

Considerations for Student-Athletes

- Consider making each student responsible for their own supplies.
- Students should wear their own appropriate clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every activity immediately upon returning home.
- Once the activity has concluded, all borrowed materials will be collected and disinfected.

Student-Athletes will:

- Complete the daily COVID questionnaire before their arrival to the facility.
- Wear face coverings at all times unless directed otherwise.
- Follow the directions of the screeners at ALL TIMES.
- Refrain from hugging, hand-shaking, fist-bumping, etc. (i.e. no contact).



SIDNEY CENTRAL SCHOOL DISTRICT WARRIORS RETURN TO ATHLETICS GUIDANCE 2020-2021

Considerations for Parents

- Provide personal items for your child and clearly label them.
- Make sure their student-athletes complete the daily screening.
- Pick up their child immediately if contacted regarding possibility that child has COVID-19 symptoms.
- Get medical clearance for their child to participate in activities, if directed by the district.
- **If** spectators are permitted, only two per participant will be allowed, in accordance with NYSDOH guidance.
- **If** spectators are permitted, they should not congregate by others at the facility.

Parents will:

- Follow the NYSDOH guidance **if** permitted to attend as spectator (two per participant).
- Check in with assigned staff upon entry.
- Refrain from congregating by others at the facility.
- Wear a face covering when social distancing is not possible.
- Wash hands/use hand sanitizer frequently.

Facility Cleaning

- All areas and equipment that was used by participants must be disinfected.

Failed Screenings

In the event of failed screening, the following steps must be taken:

- The designated screener will send the student-athlete to an isolation room.
- Parents/Guardians will be contacted to pick their child up. (Parents/guardians are asked to remain in the vicinity until their children clear the screening process.)
- The designated screener will notify coaches of athlete's participation status.
- Student-athletes will be required to obtain a medical clearance from a physician to return to activity.



SIDNEY CENTRAL SCHOOL DISTRICT WARRIORS RETURN TO ATHLETICS GUIDANCE 2020-2021

FOOTBALL IMPLEMENTATION PROCEDURES

Arrival Procedures

- All walkers and those who self-transport will enter the field utilizing one designated point of entry. Face coverings and proper social distancing are required upon arrival.
- Officials will enter the field utilizing one designated point of entry. Face coverings and proper social distancing are required upon arrival.
- Officials will use the pool locker room to maintain social distancing.
- All students arriving on buses will enter the field utilizing one designated point of entry.
- All bused students must wear face coverings while disembarking the buses and entering the field.
- Athletes will be verbally dismissed from the buses by the driver, one row at a time, to maintain proper social distancing (front-back).
- Team rosters including team staff must be submitted to the coach for review before entering the field, if not done so before the start of the school day.
- Daily attendance will be emailed to coaches notifying them which students were absent and which cohort was present that day.
- The designated screener (coach) will send the student-athlete home immediately if there is a failed screening and will communicate with parents/guardians. (Parents/guardians are asked to remain in the vicinity until their children clear the screening process.)
- Guest schools will be screened by a host's designated supervisor. No locker rooms will be used, with the exception of special requests. Bags and clothes will need to be in a designated area behind the bench of their team.

Activity Procedures

- Face coverings must be worn at all times by coaches and spectators (if permitted).
- Enforce social distancing of at least six feet for spectators (if permitted).
- Spectators, if permitted, may not congregate in one area.
- No gate list required from home or away teams.
- Staff must wear face coverings at all times.
- **If** spectators are permitted, only two per participant will be allowed, in accordance with NYSDOH guidance.
- Surplus of chairs will be available for players on the bench to be six feet apart. Bench players must wear face coverings.
- Football bench area may be extended to the 15-yard line for teams with 30+ players. Coaches are still restricted to remain between the 45- and 25-yard line. There must still be 5 yards between the sideline and the bench area.
- Coaches will have a designated area six feet from others by the sideline while play is live.
- Support staff will remain socially distant from others.
- Refrain from hugging, hand-shaking, fist-bumping, etc. (i.e. no contact).
- No concession stand.



SIDNEY CENTRAL SCHOOL DISTRICT WARRIORS RETURN TO ATHLETICS GUIDANCE 2020-2021

Departure Procedures

- All spectators will exit the field utilizing face coverings and proper social distancing.
- All bused students must wear face coverings while boarding the bus. Dismissal will be staggered to maintain proper social distancing (front-back).
- All officials will exit the field using social distancing guidelines.

Cleaning Procedures

- Consider spraying footballs briefly with disinfectant (i.e. Lysol or Clorox) during any stoppage of play.
- Use of clean footballs on a regular basis is encouraged.
- Everyone in attendance – participants, coaches, game personnel, officials, spectators, trainers, etc. – must wash their hands for minimum 20 seconds or use hand sanitizer upon arrival and departure. Hand sanitizer will be available at the venue, if needed.



SIDNEY CENTRAL SCHOOL DISTRICT WARRIORS RETURN TO ATHLETICS GUIDANCE 2020-2021

GOLF PROTOCOLS

General Considerations

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

Considerations for Coaches

- Communicate your guidelines in a clear manner to students and parents.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is required.
- Each participant should use his/her own scorecard.
- All coaches should make sure that their players are familiar with the Rules of Golf and Golf Course modifications specific to COVID-19, especially local rules for bunker play and not touching the flagsticks.
- Face coverings must remain on, unless more than six feet from others.

Coaches will:

- Complete the daily COVID questionnaire before their arrival to the facility.
- Follow directions on the COVID questionnaire regarding their attendance that day.
- Help other coaches identify student-athletes who should not be at the course (must leave immediately).
- Communicate directly with the athletic coordinator before starting activities for the day to assure that all procedures have been completed with student-athletes and coaches.
- Keep their athletes in groupings of 10 or less at all times, with social distancing enforced.
- Wear a face covering at all times.
- Immediately stop any activity for the day if guidelines are not being followed.

Considerations for Student-Athletes

- Consider making each student responsible for his/her own equipment.
- Golf towels may not be shared and should be washed after every practice and match.
- Players may only touch and use their own golf balls and may not touch other players' golf balls or equipment.
- Bring your own water bottle.
- Face coverings must remain on, unless more than six feet from others.
- If a face covering cannot be tolerated, a participant must show medical documentation.

Student-Athletes will:

- Complete the daily COVID questionnaire before their arrival to the facility.
- Wear face coverings unless they can't tolerate them during physical activity.
- Follow the directions of the screeners at ALL TIMES.
- Refrain from hugging, hand-shaking, fist-bumping, etc. (i.e. no contact).



SIDNEY CENTRAL SCHOOL DISTRICT WARRIORS RETURN TO ATHLETICS GUIDANCE 2020-2021

Considerations for Parents

- Provide personal items for your child and clearly label them.
- Make sure their student-athletes complete the daily screening.
- Pick up their child immediately if contacted regarding possibility that child has COVID-19 symptoms.
- Get medical clearance for their child to participate in activities, if directed by the district.
- **If** spectators are permitted, only two per participant will be allowed, in accordance with NYSDOH guidance.
- **If** spectators are permitted, they may not congregate around the tee box, greens or clubhouse areas.

Parents will:

- Follow the NYSDOH guidance if permitted to attend as spectator (two per participant).
- Check in with assigned staff upon entry.
- Refrain from congregating by others at the facility.
- Wear a face covering when social distancing is not possible.
- Wash hands/use hand sanitizer frequently.

Facility Cleaning

- All areas and equipment that was used by participants must be disinfected.

Failed Screenings

In the event of failed screening, the following steps must be taken:

- The designated screener will send the student-athlete to an isolation room.
- Parents/Guardians will be contacted to pick their child up. (Parents/guardians are asked to remain in the vicinity until their children clear the screening process.)
- The designated screener will notify coaches of athlete's participation status.
- Student-athletes will be required to obtain a medical clearance from a physician to return to activity.



SIDNEY CENTRAL SCHOOL DISTRICT WARRIORS RETURN TO ATHLETICS GUIDANCE 2020-2021

GOLF IMPLEMENTATION PROCEDURES

Arrival Procedures

- All walkers and those who self-transport will enter the clubhouse utilizing one designated point of entry. Face coverings and proper social distancing are required upon arrival.
- All students arriving on buses will enter the clubhouse utilizing one designated point of entry.
- All bused students must wear face coverings while disembarking the buses and entering the clubhouse/course.
- Athletes will be verbally dismissed from the buses by the driver, one row at a time, to maintain proper social distancing (front-back).
- Team rosters including team staff must be submitted to the coach for review before getting on the bus, if not done so before the start of the school day (or before entering the clubhouse if self-transporting).
- Daily attendance will be emailed to coaches notifying them which students were absent and which cohort was present that day.
- The designated screener (coach) will send the student-athlete home immediately if there is a failed screening and will communicate with parents/guardians. (Parents/guardians are asked to remain in the vicinity until their children clear the screening process.)
- Guest schools will be screened by the host's designated supervisor. Golf bags and clothes will need to be in a designated area for their team.

Activity Procedures

- Face coverings must be worn at all times by coaches and spectators (if permitted).
- Enforce social distancing of at least six feet for spectators (if permitted).
- Spectators, if permitted, may not congregate in one area.
- No gate list required from home or away teams.
- Staff must wear face coverings at all times.
- If spectators are permitted, only two per participant will be allowed, in accordance with NYSDOH guidance.
- Refrain from hugging, hand-shaking, fist-bumping, etc. (i.e. no contact).
- No concession stand.
- Single tee starts should be staggered.
- When directed to, each group of players will move to the first tee, remaining socially distanced.
- Scorecards and pencils will be handed out to players by the home coach. Each player will receive a scorecard for their own scorekeeping and the other player's score. There should be no scorecard exchanges.
- Refer to course modifications specific to COVID-19 regarding bunker play and not touching the flagpoles.



SIDNEY CENTRAL SCHOOL DISTRICT WARRIORS RETURN TO ATHLETICS GUIDANCE 2020-2021

Departure Procedures

- All spectators will exit the field utilizing face coverings and proper social distancing.
- All bused students must wear face coverings while boarding the bus. Dismissal will be staggered to maintain proper social distancing (front-back).
- All officials will exit the field using social distancing guidelines.

Cleaning Procedures

- Rigorously clean and disinfect any shared equipment between use.
- Remind players and coaches to clean and disinfect equipment before and after use.
- Bathrooms may be used one person at a time.
- Everyone in attendance – participants, coaches, game personnel, officials, spectators, trainers, etc. – must wash their hands for minimum 20 seconds or use hand sanitizer upon arrival and departure. Hand sanitizer will be available at the venue, if needed.



SIDNEY CENTRAL SCHOOL DISTRICT WARRIORS RETURN TO ATHLETICS GUIDANCE 2020-2021

VOLLEYBALL PROTOCOLS

General Considerations

The NYSDOH has determined that Volleyball is a **high-risk sport** (least ability to maintain physical distance and/or be performed individually; least 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).

Considerations for Coaches

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in “cohorts” of same students, always train and rotate together in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each activity in case contact tracing is needed.
- Social distancing is required at all times.
- Wear face covering at all times.

Coaches will:

- Complete the daily COVID questionnaire before their arrival to the facility.
- Follow directions on the COVID questionnaire regarding their attendance that day.
- Help other coaches identify student-athletes who should not be at the facility (must leave immediately).
- Communicate directly with the athletic coordinator before starting activities for the day to assure that all procedures have been completed with student-athletes and coaches.
- Keep their athletes in groupings of 10 or less at all times, with social distancing enforced.
- Wear a face covering at all times.
- Immediately stop any activity for the day if guidelines are not being followed.

Considerations for Student-Athletes

- Consider making each student responsible for his/her own supplies.
- Students should wear their own appropriate clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every activity immediately upon returning home.
- Once the activity has concluded, all borrowed materials will be collected and disinfected.

Student-Athletes will:

- Complete the daily COVID questionnaire before their arrival to the facility.
- Wear face coverings at all times unless otherwise directed.
- Follow the directions of the screeners at ALL TIMES.
- Refrain from hugging, hand-shaking, fist-bumping, etc. (i.e. no contact).



SIDNEY CENTRAL SCHOOL DISTRICT WARRIORS RETURN TO ATHLETICS GUIDANCE 2020-2021

Considerations for Parents

- Provide personal items for your child and clearly label them.
- Make sure their student-athletes complete the daily screening.
- Pick up their child immediately if contacted regarding possibility that child has COVID-19 symptoms.
- Get medical clearance for their child to participate in activities, if directed by the district.
- **If** spectators are permitted, only two per participant will be allowed, in accordance with NYSDOH guidance.
- **If** spectators are permitted, they may not congregate by others at the facility.

Parents will:

- Follow the NYSDOH guidance **if** permitted to attend as spectator (two per participant).
- Check in with assigned staff upon entry.
- Refrain from congregating by others at the facility.
- Wear a face covering at all times.
- Wash hands/use hand sanitizer frequently.

Facility Cleaning

- All areas and equipment used by participants must be disinfected.

Failed Screenings

In the event of failed screening, the following steps must be taken:

- The designated screener will send the student-athlete to an isolation room.
- Parents/Guardians will be contacted to pick their child up. (Parents/guardians are asked to remain in the vicinity until their children clear the screening process.)
- The designated screener will notify coaches of athlete's participation status.
- Student-athletes will be required to obtain a medical clearance from a physician to return to activity.



SIDNEY CENTRAL SCHOOL DISTRICT WARRIORS RETURN TO ATHLETICS GUIDANCE 2020-2021

VOLLEYBALL IMPLEMENTATION PROCEDURES

Arrival Procedures

- All walkers and those who self-transport will enter the building utilizing one designated point of entry (Secure Vestibule). Face coverings and proper social distancing are required upon arrival.
- Officials will enter the building utilizing one designated point of entry (High School Gym East Entrance). Face coverings and proper social distancing are required upon arrival.
- Officials will use the pool locker room to maintain social distancing.
- All students arriving on buses will enter the building utilizing one designated point of entry (High School Gym West Entrance).
- All bused students must wear face coverings while disembarking the buses and entering the building.
- Athletes will be verbally dismissed from the buses by the driver, one row at a time, to maintain proper social distancing (front-back).
- Visiting team roster and attending personnel must be submitted to the Supervisor in charge for review before entering the building, if not done so before the start of the school day.
- Daily attendance will be emailed to coaches notifying them which students were absent and which cohort was present that day.
- In the event of a failed screening, the designated screener (coach) will send the student-athlete to an isolation room and will communicate with parents/guardians. (Parents/guardians are asked to remain in the vicinity until their children clear the screening process.)
- Guest schools will be screened upon their arrival by designated Supervisor. No locker rooms will be used unless requested. Access bags and clothes will need to be in a designated area behind the bench of their team.
- Spectators from home and away teams, if permitted, must enter the gymnasium through the front entrance.

Activity Procedures

- If spectators are allowed, restrict facility capacity to no more than two per player, in accordance with NYSDOH guidance.
- Gate list must be provided by both schools to ensure occupancy rules are enforced.
- Face coverings must be worn at all times by coaches and spectators (if permitted).
- Enforce social distancing of at least six feet for spectators (if permitted).
- Spectators, if allowed, will have to sit in designated areas (indicated with an "X").
- Staff must wear face coverings at all times.
- Chairs will be available for players on the bench to be six feet apart. Bench players must wear face coverings.
- Coaches will have a designated area six feet from others by the sideline while play is live.
- Support staff will be seated six feet from others (utilize two score tables). If six feet cannot be utilized then masks will be required.
- At halftime, both teams will be provided a classroom.



SIDNEY CENTRAL SCHOOL DISTRICT WARRIORS RETURN TO ATHLETICS GUIDANCE 2020-2021

Activity Procedures (continued)

- Recommendation: Rotate sanitized volleyball prior to every serve.
- Refrain from hugging, hand-shaking, fist-bumping, etc. (i.e. no contact).
- No concession stand.

Departure Procedures

- All spectators (if permitted) will exit the building utilizing one designated point of exit (High School Gym Center Entrance). Face coverings and proper social distancing are required when departing grounds.
- All walkers and those who self-transport will exit the building utilizing one designated point of exit (High School Gym West Entrance). Face coverings and proper social distancing are required when departing grounds.
- All students departing on buses will exit the building utilizing one designated location (High School Gym East Entrance).
- All bused students must wear face coverings while exiting the building and boarding the buses. Dismissal will be staggered to maintain proper social distancing (front-back).
- All officials will exit the building utilizing one designated location (Pool Locker Room Entrance).

Cleaning Procedures

- Consider spraying volleyballs with disinfectants (i.e. Lysol or Clorox) during any stoppage of play.
- Use of clean volleyballs on a regular basis is encouraged.
- Everyone in attendance – participants, coaches, game personnel, officials, spectators, trainers, etc. – must wash their hands for minimum 20 seconds or use hand sanitizer upon arrival and departure. Hand sanitizer will be available at the venue, if needed.



SIDNEY CENTRAL SCHOOL DISTRICT WARRIORS RETURN TO ATHLETICS GUIDANCE 2020-2021

WRESTLING PROTOCOLS

General Considerations

The NYSDOH has determined that Wrestling is a **high-risk sport** (least ability to maintain physical distance and/or be performed individually; least 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).

Considerations for Coaches

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in “cohorts” of same students, always train and rotate together in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each activity in case contact tracing is required.
- Social distancing is recommended, when possible.
- Wear face coverings at all times.

Coaches will:

- Complete the daily COVID questionnaire before their arrival to the facility.
- Follow directions on the COVID questionnaire regarding their attendance that day.
- Help other coaches identify student-athletes who should not be at the facility (must leave immediately).
- Communicate directly with the athletic coordinator before starting activities for the day to assure that all procedures have been completed with student-athletes and coaches.
- Keep their athletes in groupings of 10 or less at all times, with social distancing enforced.
- Wear a face covering at all times.
- Immediately stop any activity for the day if guidelines are not being followed.

Considerations for Student-Athletes

- Consider making each student responsible for his/her own supplies.
- Students should wear their own appropriate clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every activity immediately upon returning home.
- Once the activity has concluded, all borrowed materials must be collected and disinfected.

Student-Athletes will:

- Complete the daily COVID questionnaire before their arrival to the facility.
- Wear face coverings unless otherwise directed.
- Follow the directions of the screeners at ALL TIMES.
- Refrain from hugging, hand-shaking, fist-bumping, etc. (i.e. no contact).



SIDNEY CENTRAL SCHOOL DISTRICT WARRIORS RETURN TO ATHLETICS GUIDANCE 2020-2021

Considerations for Parents

- Provide personal items for your child and clearly label them.
- Make sure their student-athletes complete the daily screening.
- Pick up their child immediately if contacted regarding possibility that child has COVID-19 symptoms.
- Get medical clearance for their child to participate in activities, if directed by the district.
- If spectators are permitted, only two per participant will be allowed, in accordance with NYSDOH guidance.
- If spectators are permitted, they may not congregate by others at the facility.

Parents will:

- Follow the NYSDOH guidance if permitted to attend as spectator (two per participant).
- Check in with assigned staff upon entry.
- Refrain from congregating by others at the facility.
- Wear a face covering at all times.
- Wash hands/use hand sanitizer frequently.

Facility Cleaning

- All areas and equipment that was used by participants must be disinfected.

Failed Screenings

In the event of failed screening, the following steps must be taken:

- The designated screener will send the student-athlete to an isolation room.
- Parents/Guardians will be contacted to pick their child up. (Parents/guardians are asked to remain in the vicinity until their children clear the screening process.)
- The designated screener will notify coaches of athlete's participation status.
- Student-athletes will be required to obtain a medical clearance from a physician to return to activity.



SIDNEY CENTRAL SCHOOL DISTRICT WARRIORS RETURN TO ATHLETICS GUIDANCE 2020-2021

WRESTLING IMPLEMENTATION PROCEDURES

Arrival Procedures

- All walkers and those who self-transport will enter the building utilizing one designated point of entry (Secure Vestibule). Face coverings and proper social distancing are required upon arrival.
- Officials will enter the building utilizing one designated point of entry (High School Gym East Entrance). Face coverings and proper social distancing are required upon arrival.
- Officials will use the pool locker room to maintain social distancing.
- All students arriving on buses will enter the building utilizing one designated point of entry (High School Gym Center Entrance).
- All bused students must wear face coverings while disembarking the buses and entering the building.
- Athletes will be verbally dismissed from the buses by the driver, one row at a time, to maintain proper social distancing (front-back).
- Visiting team roster and attending personnel must be submitted to the Supervisor in charge for review before entering the building, if not done so before the start of the school day.
- Daily attendance will be emailed to coaches notifying which students were absent and which cohort was present that day.
- In the event of a failed screening, the designated screener (coach) will send the student-athlete to an isolation room and will communicate with parents/guardians. (Parents/guardians are asked to remain in the vicinity until their children clear the screening process.)
- Guest schools will be screened upon their arrival by designated Supervisor. No locker rooms will be used unless requested. Access bags and clothes will need to be in a designated area behind the bench of their team.
- If spectators from home and away teams are permitted, they must enter the (High School Gym Center Entrance).

Activity Procedures

- Weigh-ins must be conducted with face coverings and social distancing guidelines.
- If spectators are allowed, restrict facility capacity to no more than two per player, in accordance with NYSDOH guidance.
- Gate list must be provided by both schools to ensure occupancy rules are enforced.
- Face coverings must be worn at all times by coaches and spectators.
- Enforce social distancing of at least six feet by spectators (if permitted).
- Spectators, if allowed, will have to sit in designated areas (indicated with an "X").
- Staff must wear face coverings at all times.
- Chairs will be available for athletes on the bench to be six feet apart. Bench athletes must wear face coverings.
- Coaches will have a designated area six feet from others by the sideline while match is live.
- Support staff will be seated six feet from others (utilize two score tables).



SIDNEY CENTRAL SCHOOL DISTRICT WARRIORS RETURN TO ATHLETICS GUIDANCE 2020-2021

Activity Procedures (continued)

- Athletes must wash hands or sanitize before and after every match. (Only contact should be the opponent of the opposing school).
- Mats must be cleaned after every match (utilize two mats for time purposes).
- Refrain from hugging, hand-shaking, fist-bumping, etc. (i.e. no contact).
- No concession stand.

Departure Procedures

- If spectators are permitted, all must exit the building utilizing one designated point of exit (High School Gym Center Entrance). Face coverings and proper social distancing are required when departing grounds.
- All walkers and those who self-transport will exit the building utilizing one designated point of exit (High School Gym West Entrance). Face coverings and proper social distancing are required when departing grounds.
- All students departing on buses will exit the building utilizing one designated location (High School Gym East Entrance).
- All bused students must wear face coverings while exiting the building and boarding the buses. Dismissal will be staggered to maintain proper social distancing (front-back).
- All officials will exit the building utilizing one designated location (Pool Locker Room Entrance).

Cleaning Procedures

- Consider spraying head gear and mats with disinfectants (i.e. Lysol or Clorox) before and after each match.
- Everyone in attendance – participants, coaches, game personnel, officials, spectators, trainers, etc. – must wash their hands for minimum 20 seconds or use hand sanitizer upon arrival and departure. Hand sanitizer will be available at the venue, if needed.



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SOCCKER PROTOCOLS

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

General Considerations:

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

Pre and Post Match Ceremony

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



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Soccer Rules Interpretations

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



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Departure Procedures

- All spectators will exit the field utilizing face coverings and proper social distancing.
- All bused students must wear face coverings while boarding the bus. Dismissal will be staggered to maintain proper social distancing (front-back).
- All officials will exit the field using social distancing guidelines.

Cleaning Procedures

- Consider spraying footballs briefly with disinfectant (i.e. Lysol or Clorox) during any stoppage of play.
- Use of clean footballs on a regular basis is encouraged.

Everyone in attendance – participants, coaches, game personnel, officials, spectators, trainers, etc. – must wash their hands for minimum 20 seconds or use hand sanitizer upon arrival and departure. Hand sanitizer will be available at the venue, if needed.



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WARRIORS RETURN TO ATHLETICS GUIDANCE
2020-2021**

Appendix A

**Sidney Central School District
Athletics & Activities Waiver, Release, and Assumption of Risk Form**

Effective January 22, 2021, New York State approved high risk sports (as defined in the New York State Department of Health “Interim Guidance for Sports and Recreation During the COVID-19 Public Health Emergency” issued January 22, 2021) to begin on February 1, 2021, subject to local health department approval. On January 29, 2021, the Delaware County Health Department provided local schools approval to begin high risk sports.

By signing this agreement, I hereby waive, release, and assume certain risks and obligations, including that of defense, indemnification, and holding harmless from claims, as described herein.

I acknowledge the following and give permission for my child to participate in high risk sports:

- Participation in a high 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.
- 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.

I knowingly and freely assume all such risks relating to SARS-CoV-2, both known and unknown, even if arising from my or my child’s negligence or the negligence of others, and assume full responsibility for my or my child’s participation.

I affirm, as a condition of ongoing participation in a high risk sport, that I will fully cooperate with case/contact investigations and isolation/quarantine requests.

I agree to protect, indemnify, defend and hold harmless, and further covenant not to sue, the District, their officers, officials, agents, and/or employees for any losses or claims that may arise in relation to SARS-CoV-2, to the fullest extent permitted by law.

I have read this agreement, fully understand its terms, and understand that I have given up substantial rights by signing it, and sign it freely and voluntarily without any inducement or coercion.

Athletic Event/Sport

Printed Name of Student

Printed Name of Parent/Guardian

Signature of Parent/Guardian

Date

Signature of Student



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Appendix B

Return to Participation after COVID-19 Infection for School-Aged Children

Pediatric patient with history of COVID-19 infection (≥ 10 days after positive COVID-19 test or symptom onset AND 24 hrs. symptom free off of fever-reducing medications)

Appointment with medical practitioner for assessment

Asymptomatic or mild symptoms
(no fever, < 4 days of fever of ≥ 100.4 or other symptoms)

If no cardiac symptoms, then clear to begin gradual return to play

If cardiac symptoms, refer to cardiology

Moderate COVID symptoms
(fever ≥ 4 days of ≥ 100.4 , prolonged symptoms and bedrest, no hospitalization)

ECG prior to participation

Normal ECG

If no cardiac symptoms, then clear to begin gradual return to play

Abnormal ECG

Evaluation by Pediatric Cardiologist

Severe COVID symptoms
(hospitalized, abnormal cardiac testing, multisystem inflammatory syndrome in children (MIS-C))

To be followed by Cardiology

Testing: ECG, echocardiogram, 24 hour Holter monitor, exercise stress test, +/- cardiac MRI

Exercise restriction for 3-6 months. Cleared to return to play by cardiologist

Cardiac Symptoms:

- Chest pain consistent with a cardiac etiology
- Shortness of breath out of proportion to URI symptoms
- New onset palpitations
- Syncope not clearly consistent with a vasovagal cause

Reference:

"COVID-19 Interim Guidance: Return to Sports". *American Academy of Pediatrics*. 17 Dec 2020. [COVID-19 Interim Guidance: Return to Sports \(aap.org\)](https://www.aap.org)



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Suggested Gradual Return to Play:

(adapted from Elliott N, et al, infographic, British Journal of Sports Medicine, 2020)

Stage 1: 2 days minimum, ≤ 15 minutes, light activity (walking, jogging, stationary bike), no resistance training.

Stage 2: 1 day minimum, ≤ 30 minutes, add simple movement activities (eg. running drills).

Stage 3: 1 day minimum, ≤ 45 minutes, progress to more complex training, may add light resistance training.

Stage 4: 2 days minimum, 60 minutes, normal training activity.

*Patient should be symptom free before progressing to next stage.