

Winter Sports Return to Play “Playbook”

SECTION XI - COVID TASK FORCE

Section XI COVID-19 Task Force Guiding Principles

1. Ensure the health and safety of all student-athletes, coaches and support staff.
2. Re-engage all student-athletes as soon as possible for their social, emotional and mental well-being.
3. Develop a Return to Play model with defined parameters to ensure consistency throughout the Section and to minimize risk or cancellation of the season.
4. It is paramount to provide athletic opportunities for student participation in all sports.
5. Keep competition as local as possible.

Overview

In response to questions and concerns expressed by members of Section XI schools and in conjunction with the New York State Public High School Athletic Association (NYSPHSAA) previous Return to Play distribution, this document can be used as a recommended resource on how Section XI schools will implement NYSPHSAA covid protocols as it relates to contests.

As of this writing, NYSPHSAA and its 11 member sections continue to gather information pertaining to the COVID-19 virus and receive continued feedback and the contents of this document may be revised. Section XI is committed to maximizing the interscholastic athletic opportunities for students in our school districts. Furthermore, we will remain flexible in considering that certain sports may be impacted differently, and additional modifications may be needed at some point during the season.

Participation in interscholastic athletics is certainly voluntary for both the individuals and the schools. As a member school of NYSPHSAA and Section XI each athletic administrator recognizes that each school district’s superintendent 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.

NYSPHSAA Guidelines For Interscholastic Athletics

GENERAL GUIDELINES (APPLY TO ALL SPORTS):

- In accordance with NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), school districts must ensure a distance of at least six feet (12 feet when possible) 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 at all times
- All participants should wash and sanitize their hands before entering and/or leaving a school district or Section XI sanctioned practice or competition. Participants should wash and sanitize their hands as often as possible throughout the practice or contest, especially when interacting with other participants or athletic equipment.
- Risk minimization strategies should be communicated to all teams, team managers, coaches, players and officials/referees prior to the event date. The communication should include (a) encourage all event attendees to practice social distancing (b) explain that any person who is experiencing symptoms of sickness will be prohibited from attending the event/venue of play and (c) make clear that all posted and published local and state regulated guidelines shall be followed
- It is suggested that senior citizens or others with compromised immune systems not participate or attend any event due to the risk of infection
- No one should enter the facility if they are exhibiting any signs of illness such as sneezing, coughing, shortness of breath, fatigue, muscle aches, new loss of smell or taste, sore throat, congestion or runny nose, have fever, nausea, vomiting, chills, diarrhea or just generally not feeling well. Coaches must exchange Section XI team attestation screening form prior to contest
- Participants should be dressed and ready for participation upon arrival wherever possible. No locker rooms will be available (except for wrestling). Bathrooms will be available under strict protocol.
- All District and NYSPHSAA/Section XI safety guidelines must be followed.

- Schools should take reasonable steps, where feasible, to ensure facilities have been properly sanitized and have hand sanitizer and disposable masks readily available for practices and contests. Schools should bring their own PPE, sanitizers, wipes and disinfectant to all contests in addition to supplies provided by the home school
- It is recommended that coaches and players clean and disinfect frequently touched surfaces and equipment including balls as needed. It is recommended that schools follow recommendations by ball manufacturers if feasible- Spalding ball cleaning recommendations.
- No hugging, high fives, shaking hands, fist bumps, or any direct bodily contact outside the normal sport expectations.
- Social distancing should be in practice while waiting for a turn to use shared equipment or moving from one area to another. Social distancing should be maintained during the National Anthem and on sidelines when feasible.
- Team benches should be adjusted backward/staggered from the end line whenever possible for both outdoor and indoor sports to permit social distancing. Indoor sports may use bleachers, staggered seating or multiple levels of seating to ensure social distancing. Schools should consider creating staging areas in the building for visiting schools as well as designated waiting/staging areas, socially distanced for athletes waiting to compete. This area may be a classroom, auxiliary gym, or cafeteria and is the responsibility of the opposing school to supervise their students in this area when not competing. Non competing athletes must be in a designated area at all times. Schools should consider using paint or tape or appropriate signage as a guide for students and coaches.
- Substitution procedures-Maintain social distancing of six feet between substitute, officials and or teammates by encouraging substitutions to occur closer to the center line. Hand sanitizers should be used prior to entering the game.
- All players and coaches must bring their own water bottle for all competitions/practices. Water containers will not be placed on the sideline for any sport for communal use. Players and coaches must bring clearly labeled water bottles with them for the duration of the event/competition and should not be shared with any other individual. Wherever possible, water bottles and belongings must be socially distanced.
- Public restrooms will be limited
- Create one-way entry and exit doors/gates where possible to direct foot traffic

- Practice/competition site – Only essential personnel should be permitted on the practice/competition site as authorized. These are defined as athletes, coaches, medical personnel/athletic trainers, officials, district administration and Board of Education members etc.
- Personal Items – It is recommended that each athlete bring their own bag for personal items. All personal items should remain in the bag when not in use. Bags should be placed in a predetermined area six feet apart for the duration of practice or game
- Media members should contact host school administrators to gain access to school building prior to any scheduled game to plan appropriate entry, available workspace and determine school policies.

CONSIDERATIONS FOR STUDENT-ATHLETES, COACHES, SUPPORT STAFF, OFFICIALS, PARENTS/GUARDIANS & SPECTATORS: (APPLY TO ALL SPORTS)

- In accordance with NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), school districts must ensure a distance of at least six feet (12 feet when possible) 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. Acceptable face coverings for COVID-19 include but are not limited to cloth-based face coverings and disposable masks that cover both the mouth and nose. If a shorter distance is required, individuals must wear acceptable face coverings, unless the player is 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.

CONSIDERATIONS FOR STUDENT-ATHLETES

- Teams should consider making each student responsible for their own supplies.
- Students should wear their own appropriate workout/game clothing and not share clothing.
- Individual clothing/towels should be washed and cleaned after every workout/competition.
- Students are encouraged to keep their mouth guards in their mouth throughout the competition/ practice, however, if this is not possible, proper disinfection of the mouth guard should be performed prior to reinsertion. Hands should also be washed or disinfected before doing so.

- Students should be advised to bring and use their own water bottle. High school athletes should drink enough fluid before, during and after practice and competition
- Student-athletes are encouraged to shower at home as quickly as possible after practice and games.

CONSIDERATIONS FOR COACHES:

- Communicate guidelines in a clear and consistent manner to students and parents.
- Keep accurate records of those athletes and staff who attend each practice and game/contest in case contact tracing is needed
- If required by school districts, coaches may limit game day team/ roster sizes for social distancing purposes
- Coaches should bring their own water bottle(s) and follow established guidelines for hydration.

CONSIDERATIONS FOR PARENTS/GUARDIANS:

A family's role in maintaining safety guidelines for themselves and others:

- Provide personal items to children and clearly label them.
- Disinfect your student's personal equipment after each game or practice.
- Communicate to school/coach any symptoms of COVID or exposures of athletes to anyone with COVID immediately and refrain from sending athlete to school, practice or competition

CONSIDERATIONS FOR SCHOOL ADMINISTRATORS

- Individual school districts have the authority and autonomy to administer their district's athletic programs as they deem appropriate.
- School districts may consider scheduling practices, games and competitions to accommodate bus transportation availability (i.e. start times at 5:30 PM or Saturday and Sunday).
- Whenever possible or unless directed by District Administration game day team/ roster sizes should not be limited for social distancing purposes.

- The determination of modified, junior varsity, varsity teams is made by individual school districts and Section XI.
- Combined/ Merged Teams NYSPHSAA rules and regulations permit merged and combined teams with league and section approval.

TRAVELING TO COMPETITION OR GAME

- Make sure to review COVID Task Force Guidance Document prior to the competition
- Coaches must exchange Section XI team attestation screening form prior to contest
- Opposing schools should forward competition roster to host school that includes players, coaches and support staff contact information
- Follow all policies and guidelines the host school has communicated.
- Make sure your team is bringing its own medical supplies and emergency action plans. Home schools should have PPE supplies available on a limited basis for opposing schools

SCREENING - Coaches must exchange Section XI team attestation screening form prior to contest

HOSTING A GAME OR CONTEST:

- Make sure to have an administrative contact (cell number and email address) for all events, including the COVID Officer for your school district
- Communicate ahead of time with the incoming schools, event personnel (i.e. scorekeepers, timers, announcers) and officials about procedures, policies and guidelines. Examples to be covered include but not limited to, the following:
 - Parking
 - Where to enter/exit the facility
 - What equipment should the visiting team bring
 - Bench area seating (how many players can be accommodated to maintain social distancing);
 - Emergency action plans;

- How will game day paperwork be handled (electronic exchange of information is preferred)
- Make sure facilities have been properly sanitized before the visiting team has arrived.
- 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.
 - Avoid any tight spaced pregame, during contest or post contest meetings with teams.
 - All team meetings should be socially distanced in open areas or outdoors

PRE AND POST GAME CONSIDERATIONS - (ALL SPORTS)

- Establish specific social distance game protocols including the elimination of handshakes before and after the contest.
 - Limit the attendees to one official, head coach from each team and a single captain from each team. Pre-game meetings should be held in a central location. All individuals should maintain social distance of six feet during the conference when feasible.
 - Suspend handshakes prior to and following the pre-game conference
 - Clean and disinfect frequently touched surfaces and equipment including balls as needed.
 - It is recommended to keep gym doors open to allow for ventilation either from outside hallways or from outside doors if weather permits.

CONSIDERATIONS FOR FACILITIES

In accordance with NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), the following could be utilized to ensure appropriate social distancing during interscholastic athletic participation.

- 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.

- Responsible Parties should put in place measures to reduce bi-directional foot traffic of patrons/players, walking through the space using barriers, tape, or signs with arrows on sidewalks, walking paths, aisles, or hallways.
- Responsible Parties should clearly designate separate entrances and exits, to the extent practicable.
- Responsible Parties should rearrange waiting areas (e.g. lines, parking areas) to maximize social distance among other patrons/players and minimize interaction with others in the area.
- 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. This does not impact Section XI member schools during the regular season other than ticketed cheerleading competitions.
- 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.

CONSIDERATIONS FOR OFFICIALS

CONTACT THE HOST SCHOOL:

Screening - Coaches must exchange Section XI team attestation screening form prior to contest

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. Specifically, all individuals must have their temperature checked each day. If an individual presents a temperature of greater than 100.0°F, the individual must be denied entry into the facility or sent directly to a dedicated area prior to being picked up or otherwise sent home.
- Responsible Parties must also use a daily screening questionnaire for faculty and staff reporting to school; and periodically use a questionnaire for students, particularly

younger students, who may require the assistance of their parent/legal guardian to answer. Remote health screening (e.g., by electronic survey, digital application, or telephone, which may involve the parent/legal guardian) before any individual reports to school, is strongly advised.

NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation) states the following pertaining to screening:

- Schools must exchange team attestation screening form

GENERAL OFFICIAL GUIDELINES:

- 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.
- Upon conclusion of the contest, officials should leave the contest area and not interact with others. Host schools should provide contest officials an area and exit separate from general population
- Officials must pay special attention to playing rules that require distances between players during play.
- Reminders should be issued for situations that involve hygiene (spitting, etc.).
- Officials should maintain distance from players and minimize the times they are within six feet of others when feasible.
- In the event of a player/coach/spectator ejection, impacted player/coach/spectator will be directed where to go in accordance with Section XI Code of Conduct.
- Officials should be aware of the location of medical personnel while on school property.
- Hand sanitizer will be available at the 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.
- Locker rooms and offices will not be available for officials
- Officials should bring their own water
- Limit the exchanging of documents between officials and others.
- Once the contest begins, avoid conversations within six feet with coaches.

- Wash hands frequently.
- Officials' Uniforms and Equipment.
- Electronic whistles are permissible.
- Choose a whistle whose tone will carry outside.
- Be aware of the increased risk of inadvertent whistles.
- Bring their own towels and hygiene materials. Do not share them with others.
- When traveling to contests, considerations should be given to limiting carpooling or traveling with other individuals.
- Do not share uniforms, towels, apparel and equipment.
- Maintain social distancing of six feet when feasible
- Use a mask as tolerated
- To maintain social distancing, officiating positions may need to be changed in a manner that is not necessarily in conformance with standard officiating mechanics.

PREGAME CONFERENCE:

- Limit attendees to one official, the head coach from each team, and a single captain from each team, while maintaining social distance.
- Pre-contest official crew meetings should be held outside when possible and where social distancing is more easily accomplished.
- Pre Game Conference should involve only the Head Referee (wearing a face covering) and 1 captain and head coach from each team.
- Move the location of the pre-game conference to the center of the court/field. All individuals should maintain a social distance of six feet.
- No handshakes are permitted
- Maintain social distancing while performing all pregame responsibilities.

OFFICIALS' TABLE:

- 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.

PREGAME AND POSTGAME CEREMONY:

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

CONFIRMED CASES & RETURN TO SCHOOL:

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

- Responsible Parties must establish protocols and procedures in consultation with the local health department(s), about the requirements for determining when individuals, particularly students, who screened positive for COVID-19 symptoms can return to the in person learning environment at school. This return to school protocol shall include at minimum documentation from a health care provider following evaluation, negative COVID-19 diagnostic test result and symptom resolution, or if COVID-19 positive, release from isolation. Responsible Parties should refer to DOH's 'Interim Guidance for Public and Private Employees Returning to Work Following COVID-19 Infection or Exposure' regarding protocols and policies for faculty and staff seeking to return to work after a suspected or confirmed case of COVID-19 or after the faculty or staff member had close or proximate contact with a person with COVID-19.

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.
- 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.”

- *If any game lost to any covid related reason, the seeding committee will take that into consideration upon appeal*

SPECTATORS: (2020-2021 - WINTER SEASON ONLY)

It is the recommendation of the Section XI - COVID TASK FORCE and Section XI - POLICY COMMITTEE to NOT have spectators for the 2020-2021 Winter Season based upon the following rationale:

1- The ultimate goal is to ensure the athletes not only start a season but finish the season with minimal to no cancellations of games due to COVID or contact tracing. Having spectators increases the chances of covid cases or even contact tracing measures leading to potential game cancellations.

2- In adhering to the 50 pct maximum capacity facility guidelines set forth by NYS, spectators would make it more difficult to comply with this rule. We wouldn't want to make teams smaller (cut kids) in order to stay under the 50 pct rule (especially in smaller gyms). Having no spectators would allow for larger team rosters. Having more students involved in athletics given the current climate is more important than having spectators.

3- The 50 pct capacity rule may naturally not allow for spectators, or equity among spectators, especially in smaller gyms.

4- It is the recommendation of the Section XI COVID TASK FORCE that a vote be taken in each of the 4 conferences regarding not allowing spectators. While some school districts do not want the increased exposure for their student athletes and coaches and will not permit them to travel to away sites that may wish to allow spectators, a vote will provide continuity throughout each conference. This will also eliminate the anticipated overload at away sites, for those spectators denied access to their child's home contests.

**Spectators may be considered during the season as we monitor the climate of COVID 19.

BOWLING (Low Risk) - Best Practices

In accordance with NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), school districts must ensure a distance of at least six feet (12 feet when possible) 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 at all times

ATTENDANCE-This may be dictated by bowling center locations

- Attendance cannot exceed the current state health order. Please note, if players waiting to participate or players after participating are seated in the stands, they will count toward the allowed attendance capacity.
- The number of participants and spectators will be determined by the local bowling centers and should be in accordance with the minimum requirements of the state health order including the order's social distancing requirements, as well as CDC, DOH, and local health guidelines.
- Guidelines pertaining to Regional and State tournaments may be available at a later date
- When physical distancing cannot be maintained, facial coverings are required

EVENT MANAGEMENT -Coaches must exchange Section XI team attestation screening form prior to contest

- Boys Bowling Format will consist of a 33 point system. The athletes bowl three games, head to head against their opponents. The format is 5 v 5. There are matchup points, total wood (total pins) points, high game points. Girls Bowling Format will consist of a 40 point system with the same criteria listed above.
- Teams should not alternate lane groupings during the match. Once the match begins, teams will remain on the same lane groupings throughout the match.

Example: Team 1 remain on lanes 1&2 - Team 2 remain on lanes 5&6

- While in the pit area, when physical distancing cannot be maintained, all coaches and student-athletes should wear facial coverings as required.
- When possible, leave a lane open between two lanes being used by the teams

- When possible, bowlers are encouraged to use their own personal bowling ball. Community balls from the bowling centers should be used as a last resort.
- Bowlers will be limited to one ball per on the ball return. Additional balls may be kept in the bag until needed.
- Isopropyl alcohol may be used to clean bowling balls during the contest.

POST GAME MEETINGS

- Post game sportsmanship meetings should take place without handshakes.

FENCING (Low/Moderate Risk) - Best Practices

In accordance with NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), school districts must ensure a distance of at least six feet (12 feet when possible) 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 at all times

ATTENDANCE

- Athlete attendance at all events, cannot exceed the current state health order (50 pct maximum capacity). Please note, if athletes waiting to participate or athletes after participating are seated in the stands, they will count toward the allowed attendance capacity.
- Facial coverings are required, as tolerated.

EVENT MANAGEMENT-Coaches must exchange Section XI team attestation screening form prior to contest

- No spectators
- All gyms are encouraged to keep doors open to allow for ventilation either from outside hallways or from the outside if above 45 degrees outside.
- Each site will have a “safety protocol” supervisor. It could be anyone; an AD, a supervisor, a building administrator would be in charge of making sure all protocols are followed. They have the authority to remove any party not following the rules.
- There will be no changing area for officials; officials have to come to the games dressed and leave their personal belongings in their cars.
- Each school district will provide one sanitized bathroom for males and one bathroom for females. Use would be one individual at a time.
- Any time multiple contests are played on the same day, the game floor and team benches should be cleaned and disinfected between games. It is recommended it is done prior to every contest if feasible. This may require more time between matches.

PRE GAME MEETINGS

- Separate meetings should be held for coaches and team captains. Officials will meet with head coaches first, then meet with team captains. (Each school is allowed one coach and one captain in pregame meetings.)
- To ensure physical distance is maintained, the pregame meetings with officials will take place in a designated area.
- All pregame handshakes between officials and players should be avoided.

EQUIPMENT

- The fencing equipment should be cleaned and placed in a designated area

POST GAME MEETINGS

- Postgame sportsmanship meetings should take place without handshakes.

REGULAR SEASON CONTESTS

- Due to sanitization guidelines and limited officials available, the maximum number of matches played on the same date and in the same gymnasium should be limited.
- Regular season contests should be played as dictated by Section XI.
- If a regular season game is cancelled for any reason, the schools should make every effort to reschedule the contest prior to the last play date as per Section XI.

TOURNAMENTS-If Available

- Number of teams should be limited unless multiple facilities are used.
- Entrances and exits should be different for spectators and participants.

LOCKER ROOMS NONE

TEAM BENCHES

- Team benches need to be extended or modified to accommodate social distancing.
- Benches may be extended to the baseline and beyond or multiple rows may be created to stagger seats in order to maintain physical distance between players.
- Create space between the team benches and spectator seating or place team benches opposite spectator seating.
- Players, coaches, managers, etc. on the team bench should wear facial coverings when not actively participating in the contest.

- A staging area should be created for opposing schools with multiple teams. These areas can be a classroom, auxiliary gym, cafeteria or bleachers if space allows. This designated area must be supervised at all times by opposing team staff.

SCORER'S TABLE

- The officials' scorer's table should be limited to essential personnel which includes home team scorer and timer with a recommended distance of six feet between individuals. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential and may need to find an alternative location. The number allowed at the officials' table is determined by the space available at the table. When physical distancing cannot be maintained, facial coverings are required.

WINTER TRACK (Low Risk) - Best Practices

All events will take place in an outdoor setting.

In accordance with NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), school districts must ensure a distance of at least six feet (12 feet when possible) 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 at all times

ATTENDANCE

- Attendance limits will be set by NYSPHSAA and SCDOH Guidelines.
- Facial coverings are required

EVENT MANAGEMENT

- Field Events: Pole Vault, High Jump, Triple Jump, Long Jump and Shot Put, will be performed the day prior to the actual meet, at each school's home site. Events will be scored on the "honor system" and scores will be reported to the opposing school the day of the actual meet to determine overall place winners.

SCREENING -Coaches must exchange Section XI team attestation screening form prior to contest

- There is an understanding that schools will only transport those athletes (and select alternates) who are anticipated to score within the contest, exact number to be determined.
- Athletes and coaches not actively participating in an event should social distant where feasible
- Field level access should be limited to essential personnel only. This would include "active" participants, officials and meet personnel.
- Coaching access should be limited to one coach per event at field level.
- When possible, athletes should warm-up outside in a designated area.

- Athletes should wear a facial covering until they have moved into their lane for the competition or it is their turn for a field event. Immediately upon completion of their race or event, the facial covering should be placed back on the athlete.
- All athletes and coaches should provide their own water.
- Hand sanitizer should be used frequently throughout the course of events.

TOURNAMENTS-IF AVAILABLE

LOCKER ROOMS-NONE

TEAM BENCHES

- Team benches designated seating area need to be extended or modified to accommodate social distancing.
- Seating areas may be extended or multiple rows may be created to stagger seats in order to maintain physical distance between players.
- Create space between the teams wherever feasible
- Players, coaches, managers, etc. on the team seating area should wear facial coverings when not actively participating in the contest.
- A staging area should be created for opposing schools with large teams. These areas can be a classroom, auxiliary gym, cafeteria or bleachers if space allows. This designated area must be supervised at all times by opposing team staff.

SCORER'S TABLE

- The officials' scorer's table should be limited to essential personnel which includes home team scorer and timer with a recommended distance of six feet between individuals. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential and may need to find an alternative location. The number allowed at the officials' table is determined by the space available at the table. When physical distancing cannot be maintained, facial coverings are required.

SWIMMING & DIVING (Low/Moderate Risk) - Best Practices

In accordance with NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), school districts must ensure a distance of at least six feet (12 feet when possible) 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 at all times

The NYSDOH has determined that swimming & diving 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).

On June 11, 2020 NYSDOH provided Interim Guidance for Pools and Recreational Aquatic Spray Grounds During the COVID-19 Public Health Emergency. Schools should review this guidance for swimming & diving teams.

The following is included in the aforementioned NYSDOH pool guidance:

- Ensure that all individuals maintain a distance of at least six feet from other individuals at all times, unless they are members of the same household or family unit, or safety or the core activity requires a shorter distance.
 - However, any time individuals are within six feet of individuals outside of their household or family unit and not in the water, they must wear an acceptable face covering that covers both the nose and mouth.
 - Individuals must be prepared to don a face covering if another person unexpectedly comes within six feet.
 - For health and safety concerns, ensure face coverings are not worn by individuals while they are in the water.
- Limit the maximum size of any single group of people on the premise or in the water to 10 or fewer individuals; **however, there may be more than one group on premise or in water so long as they are able to be separated by at least six feet;**
 - Occupancy of the premise and pool should be limited to the number of individuals and groups who can be safely and appropriately spaced such that each individual and group is at least six feet away from others.
 - Ensure different groups of people are separated by at least six feet on the premise or in the water, to the extent possible.
 - However, if physical barriers are used to separate groups of individuals, they must not present a health or safety risk by obstructing supervision or impairing air flow, heating, cooling, or ventilation.
- Pool Decks will be Cleaned and Disinfected Prior to the Competition

- Schools will take measures to increase the Fresh Air Flow in the Pool Area During the Competition.
- If an official cannot tolerate a face covering while officiating, it is recommended they contact their local department of health for guidance.
- Hand sanitizers, additional face coverings and disinfectant wipes will be available but it is recommended that officials bring their own.

GENERAL CONSIDERATIONS:

****Coaches must exchange Section XI team attestation screening form prior to contest**

- **Swimming Warm-up Areas** - Establish multiple sessions for warm-up periods to limit number of swimmers per lane. Restrict the number of swimmers in the competition area. Limit number of swimmers per lane during warm-up and warm-down periods.
- **Diving Warm-up Areas** - Limit number of divers during warm-up by creating multiple sessions. During competition, divers may not approach the board until their turn to compete. Hot tubs should not be permitted. Dive order sheets should be posted in multiple areas to reduce numbers of divers viewing at the same time.
- **Teams Seating and Lane Placement** - Keep the teams on opposite sides of the pool.
- **Preparing Athletes for Competition** - Athlete clerking areas should be eliminated.
- **Warm down for Relay teams** – Keep proper social distancing of six feet.
- Swimmers should take off their masks at the edge of the pool and place them in a plastic bag/container. When they exit the pool they must put their mask back on.
- Coaches should leave their swimming event entry cards on the scorer's table
- Only the six (or 4 in a four lane pool) swimmers in each event should be on the deck. When they exit the deck, only then should the next group of swimmers approach the blocks.

RULE CONSIDERATIONS:

- **Conduct (1-3-2)** - Recommend athletes to arrive at the venue already in competitive attire or provide alternative accommodations for swimmers and divers to change that allows for six feet of social distancing.
- **Lap Counting (2-7-6, 3-4)** - Only one person per lane should be permitted at turning end. Provide hand sanitizer and require lap counters to clean hands and wipe down devices.
- **Pre-Meet Conference (3-3-6, 4-2-1d)** - Decrease number of participants or hold one conference with coaches and one meeting with captains. The referee can use a P.A. system or starting system microphone to allow participants to hear but keep them properly separated. Participants in the pre-conference must wear masks and only one captain per team is allowed.
- **Meet Officials (4-8, 4-10, 4-11, 4-12, 4-13)** - Officials responsible for information processing are often located together at a desk/table adjacent to the competition course or in an office/remote location. Develop alternative methods for submitting entries (3-2) and

movement of non-electronic information. Require a distance of six feet between individuals seated at the desk/table.

- **Timers (4-9)** - Timers must assemble at the finish of each race, at the edge of the pool within the 6-8 feet confines of the lane which they are timing.

- **Submission of Entries to Referee (5-2)** - Alternative forms of entry submission can be designed to reduce face-to-face interaction when submitting a proper entry, where/how/to whom entries are submitted, and a reduction or elimination of certain penalties currently attached to improper entries.

- **Relay Takeoff Judges and Relays (8-3)** - Require all takeoff judging from the sides of the pool. Space relay swimmers apart from one another.

- **Diving Officials (9-6)** - Alternative methods for submitting entries (3-2) and movement of non-electronic information will be required. Recommendations include a distance of 3-6 feet between individuals seated at the desk/table. Create a six foot space between judges by spacing groups of judges on opposite sides of boards or on one side of the board on a multi-level platform.

BASKETBALL (High Risk) - Best Practices

In accordance with NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), school districts must ensure a distance of at least six feet (12 feet when possible) 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 at all times

ATTENDANCE-

- Attendance to events cannot exceed the current state health order which is 50 pct of current occupancy. Please note, if players waiting to participate or players after participating are seated in the stands, they will count toward the allowed attendance capacity.

CONTEST MANAGEMENT- Coaches must exchange Section XI team attestation screening form prior to contest

- During games, a new, sanitized basketball will be used during each quarter. So, each game would have 4 sanitized basketballs for each quarter.
- Officials or game personnel will sanitize basketball during each extended stoppage in play. (Timeouts)
- No spectators
- All gyms are encouraged to keep doors open to allow for ventilation either from outside hallways or from the outside if above 45 degrees outside.
- Each site will have a “safety protocol” supervisor. It could be anyone; an AD, a supervisor, a building administrator would be in charge of making sure all protocols are followed. They have the authority to remove any party not following the rules.
- There will be no conventional half time; players would simply have 5 minutes on the clock to stay in their designated areas with their coaches and with their masks on.
- There will be no changing area for officials; officials have to come to the games dressed and leave their personal belongings in their cars.
- Each school district will provide one sanitized bathroom for males and one bathroom for females. Use would be one individual at a time.

- Any time multiple contests are played on the same day, the game floor and team benches should be cleaned and disinfected between games. It is recommended it is done prior to every contest if feasible. This may require more time between games.

PREGAME MEETINGS

- Separate meetings should be held for coaches and team captains. Officials will meet with head coaches first, then meet with team captains. (Each school is allowed one coach and one captain in pregame meetings.)
- To ensure physical distance is maintained, the pregame meetings with officials will take place around the center jump circle.
- All pregame handshakes between officials and players should be avoided.

EQUIPMENT

- The game ball should be cleaned and placed on the scorer's table or in the official's designated area prior to the start of the game
- Game balls should be cleaned and sanitized throughout the contest as recommended by the ball manufacturer if feasible.

POST GAME MEETINGS

- Postgame sportsmanship meetings should take place without handshakes.

REGULAR SEASON CONTESTS

- Due to sanitization guidelines and limited officials available, the maximum number of games played on the same date and in the same gymnasium should be limited.
- Regular season contests should be played as dictated by Section XI.
- If a regular season game is cancelled for any reason, the schools should make every effort to reschedule the contest prior to the last play date as per Section XI.

TOURNAMENTS-IF AVAILABLE

- Number of teams should be limited unless multiple facilities are used.
- Entrances and exits should be different for spectators and participants.

LOCKER ROOMS NONE

TEAM BENCHES

- Team benches need to be extended or modified to accommodate social distancing.
- Benches may be extended to the baseline and beyond or multiple rows may be created to stagger seats in order to maintain physical distance between players.
- Create space between the team benches and spectator seating or place team benches opposite spectator seating.
- Players, coaches, managers, etc. on the team bench should wear facial coverings when not actively participating in the contest.
- A staging area should be created for opposing schools with multiple teams. These areas can be a classroom, auxiliary gym, cafeteria or bleachers if space allows. This designated area must be supervised at all times by opposing team staff.

SCORER'S TABLE

- The officials' scorer's table should be limited to essential personnel which includes home team scorer and timer with a recommended distance of six feet between individuals. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential and may need to find an alternative location. The number allowed at the officials' table is determined by the space available at the table. When physical distancing cannot be maintained, facial coverings are required.

COMPETITIVE CHEERLEADING (High Risk) - Best Practices

In accordance with NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), school districts must ensure a distance of at least six feet (12 feet when possible) 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 at all times

ATTENDANCE:

- Possibility of performing virtually and sending a performance in to the judges to be scored (Guidance from Section XI)

CONTEST MANAGEMENT:

Coaches must exchange Section XI team attestation screening form prior to contest

- Teams would show up and wait on the bus until they get called into the warmup area.
- After warming up the team would go to the main gym and perform. After the performance the team would get back on the bus and return to school.
- Non-competing athletes must not attend.
- Limit to 3 teams in each rotation (1 warm up, 1 on the competition mat and 1 waiting)
- Floor music on a device and managed by only one coach/athlete (per team).
- No locker rooms

POST CONTEST MEETINGS:

- No awards ceremony
- Scores and results would be emailed out to all competing teams at the conclusion of the competition

EQUIPMENT

- Mats should be cleaned after each performance with appropriate disinfectant, if reasonable or practical.

SCORER'S TABLE

- Judges should be six feet from athletes. Judges workstations will be cleaned in between events.

VOLLEYBALL (High Risk) - Best Practices

ATTENDANCE -

- Attendance to events cannot exceed the current state health order which is 50 pct of current occupancy. *Please note, if players waiting to participate or players after participating are seated in the stands, they will count toward the allowed attendance capacity.*

CONTEST MANAGEMENT -Coaches must exchange Section XI team attestation screening form prior to contest

- During games, a new, sanitized volleyball will be used during each time out, if a ball goes into the stands or after each game of the 3 or 5 games set. So, each game would have 4 to 6 sanitized volleyballs for the game.
- Home School personnel will sanitize volleyball during each extended stoppage in play. (Timeouts)
- If no spectators (all games could be live streamed on NFHS or some format for parents to view from home)
- All gyms are encouraged to keep doors open to allow for ventilation either from outside hallways or from the outside.
- Each site will have a “safety protocol” supervisor. It could be anyone; an AD, a supervisor, a building administrator would be in charge of making sure all protocols are followed. They have the authority to remove any party not following the rules.
- There will be no chairs for players. Players will be responsible to bring their stuff with them when they change sides. Only coaches will have chairs to sit on only and those coaches are responsible to bring the chair with them when the teams change sides after the set.
- There will be no changing area for officials; officials have to come to the games dressed and leave their personal belongings in their cars. In between Varsity and JV games the ladder will be disinfected by home school personnel with enough time for it to dry before the down official becomes the up official. Officials are responsible to test to make sure the area is dry and safe to climb.
- Each school district will provide one sanitized bathroom for males and one bathroom for females. Use would be one individual at a time.

- Any time multiple contests are played on the same day, the game floor should be cleaned and disinfected between games. It is recommended it is done prior to every contest if feasible. This may require more time between games.

PRE GAME MEETINGS

- Separate meetings should be held for coaches and team captains. Officials will meet with head coaches first, then meet with team captains. (Each school is allowed one coach and one captain in pregame meetings.)
- To ensure physical distance is maintained, the pregame meetings with officials will take place designed by the home school
- All pregame handshakes between officials and players should be avoided.

EQUIPMENT

- The game ball should be cleaned and placed on the scorer's table or in the official's designated area prior to the start of the game
- Game balls should be cleaned and sanitized throughout the contest as recommended by the ball manufacturer if feasible.

POST MATCH MEETINGS

- Postgame sportsmanship meetings should take place without handshakes.

REGULAR SEASON CONTESTS

- Due to sanitization guidelines and limited officials available, the maximum number of games played on the same date and in the same gymnasium should be limited.
- Regular season contests should be played as dictated by Section XI.
- If a regular season game is cancelled for any reason, the schools should make every effort to reschedule the contest prior to the last play date as per Section XI.

TOURNAMENTS - if available

- No tournaments for this year

LOCKER ROOMS - none

TEAM BENCHES

- No benches players stand
- Players, coaches, managers, etc. on the team area should wear facial coverings when not actively participating in the contest.
- A staging area should be created for opposing schools with multiple teams. These areas can be a classroom, auxiliary gym, cafeteria or bleachers if space allows. This designated area must be supervised at all times by opposing team staff.

SCORER'S TABLE

- The scorer's table should be limited to essential personnel which includes home team scorer and timer, libero tracker with a recommended distance of six feet between individuals. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential and may need to find an alternative location. The number allowed at the officials' table is determined by the space available at the table. When physical distancing cannot be maintained, facial coverings are required.

WRESTLING (High Risk) - Best Practices

In accordance with NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), school districts must ensure a distance of at least six feet (12 feet when possible) 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 at all times

The NYSDOH had determined that wrestling is a high-risk sport for the transmission of COVID-19.

Higher 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...

MISSION STATEMENT/PURPOSE:

The Suffolk County Wrestling Coaches Association and the Suffolk County Wrestling Committee is committed to providing our student athletes the safest possible environment while practicing and competing in the sport of wrestling.

GENERAL CONSIDERATIONS FOR PRACTICES

- Daily temperature checks before practice
- Athletes sanitize all exposed skin with body sanitizing wipes prior to, during and after practice
- Athletes maintain a cohort during practice i.e. (102 -110) (138-145)
- Multiple practices in a day when needed to create cohorts and social distancing
- Face coverings worn during instruction, drilling, competition (as tolerated), and conditioning that is inside of 12'
- Facility and equipment sanitization (mats sanitized frequently).
- Mandatory showers after practice if facilities are available

GENERAL CONSIDERATIONS FOR CONTEST MANAGEMENT/SAFETY GUIDELINES AND PROTOCOLS

- Masks must be worn at all times by all personnel at a contest, i.e. (Officials, coaches, security, trainer's, table staff). In the event a mask may not be tolerated for a medical condition, the host AD must be contacted beforehand. Athletes will follow all NYS mask mandate requirements (as tolerated).
- Coaches must exchange Section XI team attestation screening form prior to contest
- Teams will come to the contest dressed in the appropriate warm up gear including their singlet. Wrestling shoes should only be worn inside the gymnasium.
- Individual teams will weigh in separately and will line up in weight class order 6' apart as per NFHS best practices. Weigh-in and skin checks should be completed maintaining six-feet between participants and with facial coverings until the face and neck area is checked.
- If available, locker rooms will be used for weigh-ins. If a locker room is not available the home school will provide an alternate location for weigh-ins that is large enough wrestlers to be safely distanted.
- Due to the high risk classification of wrestling, all wrestlers will have a temperature check (either upon entry into the building depending up on host school entry procedures) or at weigh-ins prior to the match.
- Mats should be cleaned after each match with appropriate disinfectant, if reasonable or practical.
- Floor access during matches will be limited to those essential to the individual match. Individuals allowed should be limited to: The two wrestlers participating in the match along with two coaches per team (socially distanced), referee, timekeeper/scorer, medical staff/athletic trainer.

SCORER'S TABLE

- The officials' scorer's table will be limited to essential personnel which includes home team scorer and timer with a recommended distance of six feet between individuals. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential and may need to find an alternative location. The number allowed at the officials' table is determined by the space available at the table. Facial coverings are required.
- Hand sanitizer and body wipes will be at the head table and provided by the home team (Opposing schools should provide their own PPE, Hand Sanitizer, Wipes and Disinfectant, in addition to the host schools' provisions)

TEAM BENCHES

- Teams will be seated in chairs mat side 6' apart or in a bleacher 6' apart. Chairs may be staggered to achieve appropriate social distancing requirements. Wrestlers, coaches, managers, etc. on the team bench should wear facial coverings when not actively participating in the contest.
- Line-ups should be announced at the beginning of the dual meet. Wrestlers will NOT shake hands prior to or after the match (including NOT shaking opposing coaches' hands). Teams will not shake hands after the dual meet.
- Athletes must sanitize all exposed skin with body sanitizing wipes prior to competing and after competition
- Athletes should shower immediately after competing if showers are available
- Officials will raise the wristband color of the winning wrestler

LOCKER ROOMS (if used)

- Locker rooms should be cleaned and sanitized before a new team enters the locker room. If possible, all locker rooms should be cleaned as soon as the team exits to start the match.
- Avoid using the same locker rooms for another team on the same date unless the area can be cleaned in-between use.
- Locker rooms should be large enough to maintain social distancing while athletes are dressing. When physical distancing cannot be maintained, facial coverings must be worn.