

Budget Work Session of the
Oneida City School District
Board of Education

February 3, 2021

5:00 PM at the COSTELLO TRANSPORTATION CENTER



District Mission: To educate, inspire and empower.
District Vision: Students reaching their fullest potential.

Agenda

- I. Meeting Called to Order
- II. Pledge of Allegiance
- III. Resolutions
 - a. Approval of Sports
 - b. Memorandum of Understanding: 2020-2021 Athletic/Coaching Stipends
 - c. Appointment of Coaches
- IV. Discussion
 - a. Budget, 2021-2022
- V. Adjournment

TO: MEMBERS, BOARD OF EDUCATION
FROM: MARY-MARGARET ZEHR
RE: APPROVAL OF SPORTS
DATE: FEBRUARY 3, 2021

The Board of Education hereby authorizes the Superintendent to allow student participation in the following school sports beginning February 8, 2021, subject to the development of and compliance with a preparedness plan for each sport:

Boys Basketball
Girls Basketball
Boys Volleyball
Girls Volleyball

RECOMMENDED ACTION

Motion to approve the school sports beginning on February 8, 2021 as submitted.

MOTION MADE BY _____

SECONDED BY _____

A___ N___

MADISON COUNTY BOARD OF HEALTH
Guidance for Higher Risk Sports in Schools
January 28, 2021

BACKGROUND

Governor Cuomo recently announced that effective February 1, 2021, participants in higher-risk sports may participate in individual or distanced group training and organized no/low-contact group training and other types of play, including competitions and tournaments, if permitted by local health authorities.

The resumption of these activities does not mean that they are safe or without risk. Districts/schools must meet sport-specific minimum requirements and communities must meet COVID-19 metrics. Sports-related travel outside these regions is strongly discouraged.

Higher Risk sports include, but are not limited to:

- Football
- Ice hockey
- Basketball
- See the [NYS guidance](#) for a full list

Wrestling**

**Wrestling is particularly problematic, since close contact is inherent to the sport, and masks cannot safely be worn. The Board believes that it is not safe to begin wrestling competitions at this time

Higher risk sports are allowed subject to NYS Department of Health's INTERIM GUIDANCE FOR SPORTS AND RECREATION DURING THE COVID-19 PUBLIC HEALTH EMERGENCY. The State's guidance is the minimum requirement and districts/schools may issue additional guidance. The Madison County Board of Health has issued the following requirements and recommendations for K-12 sponsored higher-risk school sports:

1. Each school district's Board of Education or non-public school's Board of Directors (or other appropriate person/entity) must approve the district/school's participation in each specific higher-risk sport. [Pg. 6](#)
2. Each school superintendent/school leader must oversee the creation of a sport-specific preparedness plan that delineates:
 - a. A plan administrator, who is responsible for communicating the plan to athletes, coaches, parents, trainers, referees/officials, etc. [Pg. 9](#)
 - b. A plan coordinator, who will serve as a point of contact, should any cases be identified. The coordinator must facilitate and assist with case investigation and contact elicitation and notification. [Pg. 9](#)
 - c. A daily system to ensure that no one associated with the practice or competition is ill, including referees/officials and spectators. [Pg. 9](#)
 - This may involve a culture change for some teams – the message should not be to play through an illness, but to stay home to protect others.
 - Temperatures should be taken prior to practices and games/contests.
 - d. A system for logging attendance by all individuals associated with the practice or competition, including referees and officials. The system must capture names, phone numbers and email addresses. [Pg. 9](#)
 - e. How practice and game times can be staggered to avoid crowding and congestion when participants, referees/officials and spectators are arriving, playing, and leaving. [Pg. 9](#)
 - f. If feasible, how pods can be created to limit the potential for transmission in the event of an exposure. A pod is a group of student-athletes who only practice or play with members of their own pod. [Pg. 9-10](#)

- Sport-specific preparedness plans, once approved by the school medical director, do not need to be submitted to NYSDOH or (LHD).
- A physical is not required to be performed as part of the medical clearance, but can be done if indicated by their healthcare provider.
- If the district/school is located in a county whose 7-day rolling average percent positivity is at or below 5% and is scheduled to compete against a district/school in a county 7-day rolling average percent positivity is above 5%, the competition should be postponed. District/schools should follow a similar approach for hospital capacity and hospital admission metrics.

- Pods should either practice in physically separate rooms, facilities or areas or steps taken to ensure that pods are appropriately distanced.
 - Teams should avoid reassigning athletes to different pods to the maximum extent possible.
 - The smaller the pod size, the more the team can minimize potential transmission.
- g. How sharing of objects and equipment (e.g., water bottles, towels, and snacks) will be avoided and the use of dedicated personal equipment encouraged. [Pg. 7, 25](#)
 - When not avoidable, how shared objects and equipment will be cleaned and disinfected between uses.
 - h. How frequently touched surfaces on the field, court, or play surface will be cleaned and disinfected at least daily, or between uses as much as possible. [Pg. 15, 25](#)
 - i. If feasible, how practices or competitions can be held outdoors. If indoors, how large and well-ventilated spaces for play will be used and time spent indoors minimized. [Pg. 13, 26](#)
 - Districts/schools may choose not to allow spectators to minimize risk.
 - If spectators are allowed, all NYS guidelines regarding venues and gatherings must be followed.
 - j. How locker rooms and facility shower use will be avoided. The use of locker rooms is strongly discouraged. [Pg. 7](#)
 - If locker rooms are used, they must be cleaned/disinfected as per NYSDOH guidance.
 - k. How carpooling will be discouraged to the extent possible. [Pg. 17](#)
 - l. How travel by school buses will conform to NYS requirements. [Pg. 17](#)
 - m. How congregate dining will be avoided, but when necessary, how NYS regulations related to dining and gatherings will be met. [Pg. 8](#)
 - n. How other methods of prevention (e.g., hand washing) will be emphasized. [Pg. 6, 8, 14](#)
 - o. How unnecessary physical contact among individuals (e.g., handshakes, high-fives) will be avoided. [Pg. 7, 25](#)
 - p. If overnight travel is essential, how accommodations will be made to minimize the risk of COVID-19 transmission (e.g., avoiding room sharing, maintaining social distancing). [Pg. 17](#)
3. Each sport-specific preparedness plan must be approved by the district/school's medical director. [Pg. 6](#)
 4. Each parent/guardian, athlete, coach, manager, referee/official must sign an agreement that a condition of ongoing participation includes full cooperation with case investigations and contact elicitation and adherence to isolation and quarantine orders. [Pg. 12](#)
 5. Each parent/guardian and athlete must sign a district/school developed COVID-19 informed consent. While the content of the informed consent must be determined by the district/school in consultation with their medical director, factors to be considered include but are not limited to: [Pg. 12](#)
 - a. Participation in the sport may expose the athlete to COVID-19.
 - b. Symptomatic and asymptomatic individuals can spread the virus.
 - c. Masking, distancing, and other mitigation measures reduce, but do not eliminate risk.
 - d. At present, it cannot be predicted who will become severely ill if infected.
 - e. COVID-19 can lead to serious medical conditions and death for people of all ages.
 - f. The long-term effects of COVID-19 are, at present, unknown; even people with mild cases may experience long-term complications.
 - g. There is a significant risk of transmission to those in the home of infected athletes.
 - h. Older people and people with [underlying health conditions](#) are at higher risk of serious disease.
 6. Each district/school obtains a medical clearance from the student-athletes healthcare provider. [Pg. 6](#)
 7. Each district/school establishes and disseminates their own confidential phone number and email address to allow athletes, parents or others to report alleged failures to adhere to the obligations reflected in these requirements and/or those in NYS' [Interim Guidance For Sports And Recreation During The Covid-19 Public Health Emergency](#). [Pg. 10](#)

- Sport-specific preparedness plans, once approved by the school medical director, do not need to be submitted to NYSDOH or (LHD).
- A physical is not required to be performed as part of the medical clearance, but can be done if indicated by their healthcare provider.
- If the district/school is located in a county whose 7-day rolling average percent positivity is at or below 5% and is scheduled to compete against a district/school in a county 7-day rolling average percent positivity is above 5%, the competition should be postponed. District/schools should follow a similar approach for hospital capacity and hospital admission metrics.

- a. Each district/school should keep a log of any complaints and when indicated, [report the complaint to NYS. Pg. 10](#)
8. Cloth face coverings/masks that conform to recommendations from the [Centers for Disease Control and Prevention](#) (CDC) should be worn by all athletes, coaches, managers, referees/officials, individuals dropping off or picking up athletes, etc. [Pg. 11](#)
 - a. It is important that the cloth face covering/mask fits the individual well and is worn over the nose and below the chin at all times when in use. [Pg. 11](#)
 - b. If the cloth face covering/mask is removed for a break, the individual should remain at least 6 feet away from all other individuals. [Pg. 11](#)
 - c. Cloth face coverings must be washed daily in hot water and not reused until cleaned. [Pg. 11](#)
 - d. Coaches, managers, and other employees should monitor proper use of cloth face coverings/masks and correct improper use, when indicated. [Pg. 11](#)
 - e. The AAP has indicated that cloth face coverings have been shown to be well tolerated by the majority of individuals who wear them for exercise but acknowledges that the coverings may need to be removed under certain circumstances. [Pg. 11](#)
 - District/school medical directors should review AAP guidance and other scientific literature for recommendations regarding specific sports where a cloth face covering/mask could pose a hazard and address those in their sport-specific preparedness plans. [Pg. 11](#)
 - Boards of Education and Boards of Directors should, in consultation with the district/school medical directors, consider this information when approving participating in individual sports. [Pg. 11](#)
 - In the rare case that a medical condition would be complicated by wearing a cloth face covering/mask, an athlete can apply to the district/school medical director for an exemption by providing appropriate documentation that the condition will be present throughout the length of the sports season. [Pg. 11](#)
9. For indoor sports, including practices, scrimmages, etc., no spectators will be allowed. For outdoor sports districts/schools must limit spectators to minimize the risk of transmission and comply with all NYS regulations regarding venues, gatherings and capacity limits. [Pg. 10, 13](#)
10. Vaccination status does not alter any requirements. [Pg. 10](#)
11. Each district/school agrees to indemnify and hold harmless the County, its directors, officers, employees and agents from and against any and all claims, actions or liabilities of any nature that may be asserted against them by third parties in connection with participation in higher-risk school sports. [Pg. 10](#)
12. All other guidance in [NYS's Interim Guidance For Sports And Recreation During The Covid-19 Public Health Emergency](#) must be followed wherever games and practices are held. [Pg. 10](#)

COMMUNITY COVID-19 METRICS

13. The 7-day rolling average percent positivity in the county, [as calculated by NYSDOH](#), must be below 5%. If the 7-day rolling average percent positivity is above 5%, then activities must be restricted to individual or

distanced group training or organized no/low-contact group training.³ Should the 7-day rolling average percent positivity go above 8%, all sporting activities will be suspended. [Pg. 10](#)

14. The region's hospital capacity (percent of hospital beds available) is above 25%, as [calculated by NYSDOH](#). [Pg. 10](#)
15. 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. [Pg. 11](#)

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- Sport-specific preparedness plans, once approved by the school medical director, do not need to be submitted to NYSDOH or (LHD).
- A physical is not required to be performed as part of the medical clearance, but can be done if indicated by their healthcare provider.
- If the district/school is located in a county whose 7-day rolling average percent positivity is at or below 5% and is scheduled to compete against a district/school in a county 7-day rolling average percent positivity is above 5%, the competition should be postponed. District/schools should follow a similar approach for hospital capacity and hospital admission metrics.

16. The absence of other epidemiological data, information or factors as determined or identified by the Centers for Disease Control and Prevention (CDC), New York State Department of Health (NYSDOH) or {LHD} that impact COVID-19 control or mitigation. Pg. 11

ONGOING REQUIREMENTS

17. If school is closed for in-person education due to an increase in COVID-19 cases, school-sponsored sports must be suspended until in-person education is resumed; however, this restriction does not apply to schools that are conducting only remote instruction. Pg. 11
18. Travel to, or from, any area that has been [designated by NYSDOH as a red or orange zone](#) is not permitted. Pg. 17
19. Travel to, or from, any area that has been [designated by NYSDOH as a yellow zone](#) is permitted so long as it adheres to all applicable NYS guidance. Pg. 17
20. Superintendents/school leaders from outside the CNY or Mohawk Valley regions must stipulate to the host district/school that no one associated with the team is known to be ill or currently infected with COVID-19 prior to their team traveling to the region to participate in a practice or competition. Pg. 17
21. Monitoring and enforcement of New York Forward requirements are expected to be performed by districts/schools, as limited public health resources are focused on vaccination efforts, case investigation and contact tracing. Districts/schools must investigate complaints of non-compliance and report findings to the school district's Board of Education or non-public school's Board of Directors or their designee. Pg. 10
22. Failure to comply will result in approval for the given district's/school's team being rescinded. Pg. 11
23. Districts/schools must have additional cloth face coverings/masks on hand in case an athlete player forgets or needs to replace one. Pg. 8
24. Coaches will be required to complete an approved COVID-19 training through John's Hopkins. [<https://coronavirus.jhu.edu/contact-tracing>] Pg. 5, 8

ADDITIONAL RECOMMENDATIONS

- When and where feasible, districts/schools should consider weekly COVID-19 testing for each athlete, coach, manager, referee/official, or other individual associated with the higher-risk sport, unless the individual has documentation of a positive COVID-19 test within the previous 90 days.
 - o Testing could be arranged or conducted by the district/school.
 - o The district/school must report patient-specific results (positive or negative) to the LHD where the individual resides.
 - o The 'home' team should be responsible for arranging for and reporting of results from officials/referees.
- Sports-related travel outside the CNY and Mohawk Valley Region is strongly discouraged.
- Districts/schools should consider asking coaches and athletes to sign coach/player pledges. The pledges should help coaches and athletes understand what team members do outside of practice and games can affect their teammates, opponents, and their community. Their actions can directly impact the future of the sports season.
- Consider creating pod/bubble leagues to minimize contact. For example, if ten schools are in a league, have two mini leagues of five that only play one another.
- Participation in multi-team events or tournaments is not recommended.

- Sport-specific preparedness plans, once approved by the school medical director, do not need to be submitted to NYSDOH or {LHD}.
- A physical is not required to be performed as part of the medical clearance, but can be done if indicated by their healthcare provider.
- If the district/school is located in a county whose 7-day rolling average percent positivity is at or below 5% and is scheduled to compete against a district/school in a county 7-day rolling average percent positivity is above 5%, the competition should be postponed. District/schools should follow a similar approach for hospital capacity and hospital admission metrics.



RETURN TO INTERSCHOLASTIC ATHLETICS

Stacey Tice
DIRECTOR OF ATHLETICS

February 2, 2021

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INTRODUCTION

STANDARDS FOR RESPONSIBLE SPORTS AND ACTIVITIES IN NY STATE

No sports and recreation activity can occur without meeting the following minimum State standards, as well as applicable federal requirements, including but not limited to such minimum standards of the Americans with Disabilities Act (ADA), Centers for Disease Control and Prevention (CDC), Environmental Protection Agency (EPA), and United States Department of Labor's Occupational Safety and Health Administration (OSHA). The State standards contained within this guidance apply to all sports and recreation activities in operation during the COVID-19 public health emergency until rescinded or amended by the State. For organized sports and recreation, the owner/operator of the sports and recreation business/league/organization, or another party as may be designated by the operator (in either case, "the Responsible Parties"), shall be responsible for meeting these standards. For non-organized sports and recreation, individuals should follow these guidelines where it applies to their activities.

Sports Classification

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 as below:

- **Higher Risk (H):** Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants. Higher risk sports at Oneida include: football, wrestling (through a combination with VVS), basketball, and volleyball.
- **Moderate Risk (M):** Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants. Moderate risk sports at Oneida include: baseball, softball, doubles tennis, field hockey, soccer, Track and field relays, and swimming relays.
- **Lower Risk (L):** Sports that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors. Lower risk sports at Oneida include: golf, Indoor Track and field, singles tennis, track and field, swimming and cross country.

NYS Department of Health Definitions

- **Vulnerable individuals:** Defined by CDC as people age 65 years and older and others with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes,

obesity, asthma, and those whose immune systems are compromised such as by chemotherapy for cancer and other conditions requiring such therapy.

- Cure/Herd Immunity: Until a cure, vaccine or very effective treatment is readily available, or so-called "herd immunity" is confidently reached, social distancing and other preventive measures such as face covering will be a "new normal" if workouts, practices and contests are to continue.

PHASE-IN

Athletics Reopening Plan

Districts are encouraged by the New York State Department of Health to phase-in reopening activities. Oneida will conduct a phased reopening of athletics to monitor COVID-19 infection rates and allow for operational issues to be resolved before return to normal levels.

Winter Sports

- Low/ Moderate-risk revised start date of Monday, December 14th approved by NYSPHSAA Officers. Sections have the authority to determine a later start date.
- High-risk sports are permitted to begin on February 1st only as permitted by the respective local health authorities (i.e., county health departments).
- No Regional/ State Championships, approved by NYSPHSAA officers (12-10-20).
- Seven Consecutive Day Rule will be waived for entire winter season, approved by NYSPHSAA officers (1-24-21).

Fall Season II

- Low/Moderate sports start date of March 1, 2021, approved by NYSPHSAA Officers (9-9-20).
- High-risk sports are permitted to begin on March 1, 2021 only as permitted by the respective local health authorities (i.e., county health departments).
- Practice requirements for Fall Season II are 6 for all sports, except for Football which will require 10, approved by NYSPHSAA officers (9-9-20).
- Seven Consecutive Day Rule has been waived for entire Fall Season II, approved by NYSPHSAA officers (9-9-20).
- Game/ Contest limits – no change.
- No Regional/ State Championships, approved by NYSPHSAA officers (7-16-20).

Spring Sports

- Low/ Moderate spring sports start date is scheduled for April 19, 2021
- High-risk sports are permitted to begin on April 19, 2021 only as permitted by the respective local health authorities (i.e., county health departments).

- Sections determine Spring sports end date. NYSPHSAA staff will work with NYSED pertaining to the impact of the Regents exams upon the spring interscholastic athletic season.
- Fall Season II athletes may carryover three practices for all sports, except for Baseball which may carry over four practices, approved by NYSPHSAA officers (9-9-20).
- State Championships remain scheduled at this time.
- Seven Consecutive Day Rule has been waived for the Spring season, approved by NYSPHSAA officers (1-24-21).

EVALUATION

The District, in coordination with the athletic director, superintendent and coaches, will evaluate athletics after one week of opening a season and will make a decision at that time to expand or reduce athletic activities

PROFESSIONAL DEVELOPMENT RESPONSIBILITIES

- Coaches will be required to complete an approved COVID-19 training through John’s Hopkins. [<https://coronavirus.jhu.edu/contact-tracing>]
- NYS requires that Responsible Parties must affirm that they have reviewed and understand the state issued industry guidelines, and that they will adhere to them. Therefore, all coaches shall be required to read and affirm the New York State Department of Health Interim Guidance for Sports and Recreation During the COVID-19 Public Health Emergency: Sports and Recreation Master Guidance
- The affirmation link can be found at the bottom of the document or at the following links:
[Affirmation - Electronic Link](#) • [Affirmation - Print Copy](#)

COMMUNICATIONS PLAN

Oneida has developed a communications plan for employees and patrons/players/spectators that includes applicable instructions, training, signage, and a consistent means to provide stakeholders with information.

Oneida will communicate in the following ways:

- The Athletic Director will continually update the Athletics webpage (on the Oneida District Website).
- Coaches will develop text and/or email groups with players and/or families.
- The Athletic Director will maintain the Oneida Athletics Twitter account @SportsOneida
- The Athletic Director will create an athletics SchoolMessenger group

The district will post signs throughout the site consistent with DOH COVID-19 signage. Signage will be used to:

- Encourage patrons/players/spectators to adhere to CDC and DOH guidance regarding the use of PPE, specifically face coverings when a social distance of six feet cannot be maintained.
- Remind personnel and patrons/players/spectators to adhere to social distancing rules.
- Indicate that visibly soiled hands should be washed with soap and water; hand sanitizer is not effective on visibly soiled hands.
- Denote (with signage and distance markers) spaces of six feet in all commonly used areas and in any areas where lines would be formed or people may congregate.
- Ensure distancing rules are adhered to by using signage, occupied markers, or other methods to reduce restroom capacity where feasible,
- Remind individuals to:
 - Cover their nose and mouth with a face covering
 - Properly store and, when necessary, discard personal protective equipment (PPE)
 - Adhere to physical distancing instructions
 - Report symptoms of or exposure to COVID-19, and how they should do so
 - Follow hand hygiene and cleaning and disinfection guidelines
 - Follow appropriate respiratory hygiene and cough etiquette
 - Remain home if not feeling well
 - Avoid congregating in groups

Verbal communication and training will include:

- Virtual training for coaches, parents and athletes on the putting on, care of, and removal of face coverings and necessary PPE.
- Training for personnel performing screening activities will be provided by employer-identified individuals who are familiar with CDC, DOH, and OSHA protocols.
- Encouraging patrons/players/spectators to adhere to CDC and DOH guidance regarding the use of PPE, specifically face coverings when a social distance of six feet cannot be maintained.
- Encouraged student-athletes to shower and wash their workout clothing/uniforms immediately upon returning to home.
- The Athletic Director will train coaches to ensure that equipment is regularly cleaned and disinfected using registered disinfectants.

Each school district's Board of Education or non-public school's Board of Directors (or other appropriate person/entity) must approve the district/school's participation in each specific higher-risk sport.
 Oneida City School District approved specific sport participation on-----

Each sport-specific preparedness plan must be approved by the district/school's medical director. Oneida's medical director approved our sports preparedness plan on 2/2/21 and provided a clearance procedure for our student-athletes to be approved to participate. This plan includes students who had tested positive for COVID-19 receiving clearance from their health care provider.

RESPONSIBILITIES

STUDENT-ATHLETE

HYGIENE PRACTICES

- No hugging, high fives, shaking hands, or fist bumps.
- Spitting is prohibited.
- Students are required to bring and use their own water bottle, labeled with their name on it.
- Food and beverages may not be shared.
- Students are encouraged to carry their own hand sanitizer with them whenever possible.
- Tell coaches immediately when they are not feeling well.
- Maintain 6 feet of distance between players and coaches unless the core activity (e.g., practicing or playing) requires a shorter distance.
- All players must wear a face covering, unless players are unable to tolerate them during physical activity (e.g., practicing and playing).

Social Distancing & PPE

- All students must maintain a distance of at least six feet among individuals at all times, whether indoor or outdoor, except in the event of safety issues or contact in the core activity (e.g. practicing, playing).
- All students must wear acceptable face coverings, unless players are unable to tolerate a face covering for the physical activity (e.g. practicing, playing).
- Students have the option to wear gloves if they choose to do so.

Clothing & Equipment

- Students must come to each workout, practice or contest in the appropriate clothing as locker rooms will not be available.
- Each student is responsible for their own clothing, supplies and equipment and is not permitted to share. This includes:
 - Clothing
 - Face coverings
 - Towels
 - Water bottles
 - Shoes
- Individual clothing/towels/facemasks should be washed and cleaned after every workout.
- Students are encouraged to keep their mouth guards in their mouth throughout the competition practice.
- Athletic equipment and gear such as rackets, bands, helmets, pads, gloves, eyewear, and ear guards shall be used or worn by only one individual and not shared.
- Athletic equipment such as bats, batting helmets and catchers gear will be cleaned between each use.
- All athletic equipment, including balls, should be cleaned after each use and prior to the next workout.

RESPONSIBILITIES

COACHING/STAFF

Expectations & Communication

- Set clear expectations for student-athletes from day one.
- Communicate guidelines in a clear and consistent manner to students and parents.
- Keep accurate records of those students and staff who attend each practice and game/contest in case contact tracing is needed.
- Hold partial team practices/double sessions to split team if necessary.
- Facilitate appropriate gathering size through the use of signage and staff to make sure groups are aware of and adhere to guidelines.
- Individuals who are alerted that they have come into close or proximate contact with a person with COVID-19, and have been alerted via tracing, tracking or other mechanism, are required to self-report to their coach at the time of alert. The coach will then report the information to the athletic director who will notify the District Office.
- Coaches will be required to complete an approved COVID-19 training through John's Hopkins. [<https://coronavirus.jhu.edu/contact-tracing>]

Hygiene Practices

- Wear acceptable face coverings when interacting with patrons/players/spectators, regardless of physical distance.
- No hugging, high fives, shaking hands, or fist bumps.
- Coaches must have extra masks and hand sanitizer on hand in the event a student needs to use either.
- Hand washing and other forms of prevention will be emphasized.

SOCIAL DISTANCING & PPE

- Modify practice layouts so individuals are at least six feet apart in all directions, to the greatest extent possible, particularly during field exercises, drills, and other practice activities.
- Required to wear gloves when in contact with shared objects or frequently touched surfaces, or are required to perform hand hygiene before and after contact.
- Ensure that check-in desks maintain six feet from other employees, families, spectators and players or maintain a physical barrier.
- Congregate dining will be avoided, but when necessary, NYS regulations related to dining and gatherings will be met.

CLEANING & EQUIPMENT

- Individual drills requiring the use of athletic equipment are permissible, but the equipment will be cleaned prior to use by the next individual or cohort.
- Frequently touched areas and surfaces will be disinfected daily.
- Locker rooms and shower facilities will not be used.

RESPONSIBILITIES

Hydration & Ice

- Ensure each athlete has their own water bottle, labeled with their name.
- Designate an area where water bottles and personal equipment will be located on the fields or courts at a minimum of 6 feet apart.
- Recommended that each student have a 'garbage bag' for inclement weather.
- Hydration stations (water cows, water trough, water fountains, etc.) WILL NOT be utilized.
- Only a coach or designated Oneida employee can fill and clean the ice containers. Prior to and after any use of the ice container, hands must be sanitized, while the users remain at minimum 6 feet apart and with mask on.

ATHLETIC DIRECTOR

EXPECTATIONS & COMMUNICATION

- To the extent possible, maintain a log of every person, including employees, who may have close contact with other individuals at the site; excluding patrons/players/spectators and deliveries that are performed with appropriate PPE or through contactless means. Log should contain contact information, such that all contacts may be identified, traced and notified in the event an individual is diagnosed with COVID-19.
- Cooperate with state and local health department contact tracing efforts.
- Ensure facilities have been properly sanitized and have hand sanitizer and disposable masks readily available for practices and contests.

CENTRAL POINT OF CONTACT

- A plan administrator, who is responsible for communicating the plan to athletes, coaches, parents, trainers, referees/officials, etc. The athletic director will serve as the plan administrator.
- A plan coordinator, who will serve as a point of contact, should any cases be identified. The coordinator must facilitate and assist with case investigation and contact elicitation and notification. The superintendent and athletic director will share this responsibility.
- The athletic director will:
 - Establish daily system to ensure that no one associated with the practice or competition is ill, including referees/officials and spectators.
 - This may involve a culture change for some teams – the message should not be to play through an illness, but to stay home to protect others.
 - ensure that temperatures should be taken prior to practices and games/contests.
 - Develop a system for logging attendance by all individuals associated with the practice or competition, including referees and officials. The system must capture names, phone numbers and email addresses.
 - establish a plan for practice and game times can be staggered to avoid crowding and congestion when participants, referees/officials and spectators are arriving, playing, and leaving.
 - Create pods to limit the potential for transmission in the event of an exposure. A pod is a group of student-athletes who only practice or play with members of their own pod.

RESPONSIBILITIES

- Practice pods will be by sport and level (e.g, varsity basketball, JV basketball, modified basketball)
- The Tri-Valley league will establish PODS of teams to serve as opponents. Play outside the PODS would only happen in extenuating circumstances (e.g., a district has to drop a program or shut down for the rest of the season.) Onedia will compete against Camden and VVS for Boys and girls basketball and girls volleyball. Boys volleyball will compete against VVS, Canastota, and Chittenango.
- The identified point of contact should be prepared to receive notifications from individuals of positive cases and initiate the respective cleaning and disinfection procedures.
- The District must designate a site safety monitor whose responsibilities include continuous compliance with all aspects of the site safety plan. The Athletic Director will be designated as the site safety monitor.
- Each sport-specific plan will be approved by the district's medical director.
- Each district/school establishes and disseminates their own confidential phone number and email address to allow athletes, parents or others to report alleged failures to adhere to the obligations reflected in these requirements and/or those in NYS' [Interim Guidance For Sports And Recreation During The Covid-19 Public Health Emergency](#). The telephone and email address will be available on the district's website.
 - o Each district/school should keep a log of any complaints and when indicated, [report the complaint to NYS](#).
 - o Monitoring and enforcement of New York Forward requirements are expected to be performed by districts/schools, as limited public health resources are focused on vaccination efforts, case investigation and contact tracing. Districts/schools must investigate complaints and apply appropriate consequences of non-compliance and report findings to the school district's Board of Education or non-public school's Board of Directors or their designee. Investigations will be carried out by building level administrators in collaboration with the athletic director.
- For indoor sports, including practices, scrimmages, no spectators will be allowed. For outdoor sports districts/schools must limit spectators to minimize the risk of transmission and comply with all NYS regulations regarding venues, gatherings and capacity limits.
- Vaccination status does not alter any requirements.
- Each district/school agrees to indemnify and hold harmless the County, its directors, officers, employees and agents from and against any and all claims, actions or liabilities of any nature that may be asserted against them by third parties in connection with participation in higher-risk school sports.
- All other guidance in NYS's [Interim Guidance For Sports And Recreation During The Covid-19 Public Health Emergency](#) must be followed wherever games and practices are held.
- **COMMUNITY COVID-19 METRICS**
 - The 7-day rolling average percent positivity in the county, [as calculated by NYSDOH](#), must be below 5%. If the 7-day rolling average percent positivity is above 5%, then activities must be restricted to individual or distanced group training or organized no/low-contact group training.³ Should the 7-day rolling average percent positivity go above 8%, all sporting activities will be suspended. The athletic director will check this daily.
 - The region's hospital capacity (percent of hospital beds available) is above 25%, [as calculated by NYSDOH](#). The athletic director will check this daily.

RESPONSIBILITIES

- 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. The athletic director will check this daily.
- The absence of other epidemiological data, information or factors as determined or identified by the Centers for Disease Control and Prevention (CDC), New York State Department of Health (NYSDOH) or {LHD} that impact COVID-19 control or mitigation.

ONGOING REQUIREMENTS

- If school is closed for in-person education due to an increase in COVID-19 cases, school-sponsored sports must be suspended until in-person education is resumed; however, this restriction does not apply to schools that are conducting only remote instruction.
- Failure to comply with guidelines will result in approval for the given district's/school's team being rescinded.

Social Distancing & PPE

- Limit in-person coaching gatherings (coach's meetings, equipment rooms) to the extent possible and use other methods such as teleconferencing wherever possible per CDC guidance.
- Hold in-person meetings in open, well-ventilated spaces and ensure that individuals maintain six feet of social distancing between one another or wear appropriate face coverings.
- Ensure social distancing practices for exterior restrooms and will develop signage and systems to restrict occupancy when social distancing cannot be maintained in those areas.
- Schedule and stagger the arrival and departure times of practices, contests, and meetings to observe social distancing guidelines, reduce interpersonal contact and congregation, and utilize facilities.
- Implement specific times for all coaches, players, and spectators to arrive and depart to ensure social distancing, avoid crowding, and provide time for cleaning.
- Cloth face coverings/masks that conform to recommendations from the [Centers for Disease Control and Prevention](#) (CDC) should be worn by all athletes, coaches, managers, referees/officials, individuals dropping off or picking up athletes, etc.
 - o It is important that the cloth face covering/mask fits the individual well and is worn over the nose and below the chin at all times when in use.
 - o If the cloth face covering/mask is removed for a break, the individual should remain at least 6 feet away from all other individuals.
 - o Cloth face coverings must be washed daily in hot water and not reused until cleaned. o Coaches, managers, and other employees should monitor proper use of cloth face coverings/masks and correct improper use, when indicated.
 - o The AAP has indicated that cloth face coverings have been shown to be well tolerated by the majority of individuals who wear them for exercise but acknowledges that the coverings may need to be removed under certain circumstances.
 - o District/school medical directors should review AAP guidance and other scientific literature for recommendations regarding specific sports where a cloth face covering/mask could pose a hazard and address those in their sport-specific preparedness plans.

RESPONSIBILITIES

- Boards of Education and Boards of Directors, in consultation with the district/school medical directors, considered this information when approving participating in individual sports.
- In the rare case that a medical condition would be complicated by wearing a cloth face covering/mask, an athlete can apply to the district/school medical director for an exemption by providing appropriate documentation that the condition will be present throughout the length of the sports season.
- Have an adequate supply of face coverings, masks and other required PPE on hand should a coach or student-athlete need a replacement. These face coverings will be provided at no cost to the coach or student-athlete. Acceptable face coverings include, but are not limited to, cloth (e.g. homemade sewn, quick cut, bandana), surgical masks, N95 respirators, and face shields.
- Ensure individuals not participating in sports or recreation activities (e.g. coaches, spectators) wear appropriate face coverings.

EQUIPMENT

- Develop protocols for the safe use of common office equipment such as telephones and radios, copiers, printers, registers, etc.
- Limit the use of shared sporting equipment that cannot be cleaned and disinfected between individual users

PARENT/SPECTATOR

- Each parent/guardian, athlete, coach, manager must sign an agreement that a condition of ongoing participation includes full cooperation with case investigations and contact elicitation and adherence to isolation and quarantine orders. This form will be included with the Family ID registration.
- Each parent/guardian and athlete must sign a district/school developed COVID-19 informed consent. This consent form will be available on Family ID. While the content of the informed consent must be determined by the district/school in consultation with their medical director, factors that are included are:
 - Participation in the sport may expose the athlete to COVID-19.
 - Symptomatic and asymptomatic individuals can spread the virus.
 - Masking, distancing, and other mitigation measures reduce, but do not eliminate risk.
 - At present, it cannot be predicted who will become severely ill if infected.
 - COVID-19 can lead to serious medical conditions and death for people of all ages.
 - The long-term effects of COVID-19 are, at present, unknown; even people with mild cases may experience long-term complications.
 - There is a significant risk of transmission to those in the home of infected athletes.
 - Older people and people with underlying health conditions are at higher risk of serious disease.

RESPONSIBILITIES

- Must maintain six feet of physical distance between individuals/and/or family/household units at all times.
- For indoor sports, including practices, scrimmages, no spectators will be allowed. For outdoor sports districts/schools must limit spectators to minimize the risk of transmission and comply with all NYS regulations regarding venues, gatherings and capacity limits. For contests, limit spectators to no more than two spectators per player. Winter high risk sport spectators will only be allowed per league or district guidelines. During the winter season spectators will be limited to two spectators per senior at one home event.
- Provide personal items to children and clearly label them.
- Disinfect student's personal equipment after each game or practice.
- No individual group may exceed the gathering limit currently in place for the region.

OFFICIAL'S RESPONSIBILITIES

- 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 District.

RESPONSIBILITIES

HYGIENE & SUPPLIES

The District must ensure adherence to hygiene and cleaning and disinfection requirements as advised by the CDC and DOH, including Interim Guidance for Cleaning and Disinfection of Public and Private Facilities for COVID-19 and the STOP THE SPREAD poster, as applicable.

GENERAL HYGIENE

- Avoid touching your eyes/mouth/nose as much as possible.
- Wash or sanitize your hands often.
 - Use soap and water for a minimum of 20 seconds.
 - When soap and water is not available, use hand sanitizer.
- Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze.
 - Follow with washing or sanitizing your hands.
 - Dispose of tissues in a sealed trash can.
- Avoid spitting and coughing.
- Follow recommendations on wearing PPE (Personal Protective Equipment— masks or face covers.

HYGIENE STATIONS & SUPPLIES

- The District must provide appropriate cleaning and disinfection supplies for shared and frequently touched surfaces and encourage employees to use these supplies, following manufacturers' instructions, before and after use of these surfaces, followed by hand hygiene.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- The District will provide and maintain hand hygiene stations on site, as follows:
 - For handwashing: soap, running warm water, and disposable paper towels.
 - For hand sanitizing: an alcohol-based hand sanitizer containing at least 60% alcohol for areas where handwashing facilities may not be available or practical.
 - Hand sanitizer will be placed throughout the site for use by employees and patrons/players/spectators. It will be placed in convenient locations such as points of entrance/exit.

CLEANING & DISINFECTION

The District must ensure adherence to hygiene and cleaning and disinfection requirements as advised by the CDC and DOH, including Interim Guidance for Cleaning and Disinfection of Public and Private Facilities for COVID-19 and the STOP THE SPREAD poster, as applicable.

CLEANING & SANITIZATION

- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility will be wiped down and sanitized (chairs, furniture in meeting rooms, weight room equipment, bathrooms, etc.).
- The District will conduct regular cleaning and disinfection of the site and more frequent cleaning and disinfection for high risk areas used by many individuals and for frequently touched surfaces. Cleaning and disinfection must be rigorous and ongoing and should occur at least after each shift, daily, or more frequently as needed.
 - Refer to DOH's Interim Guidance for Cleaning and Disinfection of Public and Private Facilities for COVID-19 for guidance.
- The District will ensure regular cleaning and disinfection of restrooms. Restrooms will be cleaned and disinfected more often depending on frequency of use.
- The Athletic Director will train coaches to ensure that equipment is regularly cleaned and disinfected using registered disinfectants.
- For activities involving the handling of shared objects, areas (e.g. pick-up area), and/or surfaces (e.g. doors, gates), the District will ensure these areas and objects are cleaned and disinfected daily, at a minimum.
- If doors and/or gates are used to access the training field, coaches will prop them open during usage hours. If doors cannot be propped open, coaches will instruct athletes to use a sleeve, covered hand or elbow to open them.
- The District will maintain cleaning logs that include the date, time, and scope of cleaning and disinfection.

CONSIDERATIONS

- If cleaning or disinfection products or the act of cleaning and disinfection causes safety hazards or degrades the material, equipment or machinery, the District will:
 - o Put in place hand hygiene stations between use and/or supply disposable gloves and/or
 - o Limit on the number of employees and patrons/players using such equipment or machinery.

HEALTH SCREENINGS

Health Screening

Oneida will require all student-athletes and coaches to complete a COVID-19 Health Screening form prior to all workouts, practices and contests. Paper copies can be supplied upon request but must be completed by a parent/guardian for student-athletes.

- The screening will be completed using a questionnaire that determines whether the coach/athlete has: (a) traveled internationally or to any state outside of NY (other than CT, MA, NJ, PA or VT) in the past 14 days; (b) The student has been designated a contact of a person who tested positive for COVID-19 by the local health department or the student has been quarantined by the DOH; (b) tested positive for COVID-19 in the past 10 days; and/or (c) experienced any symptoms of COVID-19 (cough, shortness of breath, difficulty breathing, fatigue, runny nose, congestion, headache, sore throat, fever or chills, muscle or body aches, nausea/vomiting or diarrhea, and loss of taste or smell) or a temperature of 100.0 F or higher in the past 10 days.
- Students must bring a screener to enter practice, game, or bus to a contest and should stay home if the response to any question on the aforementioned screener is “yes.”
- Coaches are required to immediately disclose if and when their responses to any of the aforementioned questions change, such as if they begin to experience symptoms, including during or outside of work hours.
- Oneida will ask patrons/spectators to voluntarily complete a health screen or provide contact information.
- Responses to screening questions for each person will be recorded and stored so that there is a record of everyone present in case an individual develops COVID-19.
- Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.

Temperature Checks

Touchless temperature checks will be administered to each player by the coach prior to workouts, practices, and/or contests.

GUIDELINES

- Any personnel performing screening activities, including temperature checks, must be appropriately protected from exposure to potentially infectious workers or visitors entering the site.
- Specific temperatures may not be recorded. A pass/fail notation is all that is permitted.
- Personnel performing screening activities will be trained by employer-identified individuals who are familiar with CDC, DOH, and OSHA protocols.

If a student has tested positive for Covid:

In a SARS-CoV-2–positive child who is either asymptomatic or mildly symptomatic (<4 days of fever >100.4°F, short duration of myalgia, chills, and lethargy), there are limited data available and recommendations are based on expert opinion. Individuals who test positive for COVID-19 should not exercise until they are cleared by a physician. It is suggested they visit with their primary care physician (PCP) who will review the local 14-point preparticipation screening evaluation with special emphasis on cardiac symptoms including chest pain, shortness of breath out of proportion for upper respiratory tract infection, new-onset palpitations, or syncope and perform a complete physical examination. If the preparticipation screening evaluation and examination are normal, no further testing is warranted and the patient may begin a gradual return to play after 10 days have passed from date of the positive test result and a minimum of 24 hours symptom free off-fever reducing medications. If the PCP identifies any new or concerning history or physical examination findings at this visit, an ECG should be performed and referral should be made to a pediatric cardiologist for evaluation and further testing.

For those with moderate symptoms of COVID-19 (≥ 4 days of fever >100.4°F, myalgia, chills, or lethargy or those who had a non-ICU hospital stay and no evidence of MIS-C), an ECG and cardiology consult is currently recommended after symptom resolution, and at a minimum of 10 days past the date of the positive test result. Individuals who test positive for SARS-CoV-2 should not exercise until they are cleared by a physician. The cardiologist may consider ordering a troponin test and an echocardiogram at the time of acute infection. Depending on the patient's symptoms and their duration, additional testing including a Holter monitor, exercise stress testing, or cardiac magnetic resonance imaging (MRI) may be considered. If cardiac workup is negative, gradual return to physical activity may be allowed after 10 days have passed from the date of the positive test result, and a minimum of 10 days of symptom resolution has occurred off fever-reducing medicine.

For patients with severe COVID-19 symptoms (ICU stay and/or intubation) or multisystem

GUIDELINES

inflammatory syndrome in children (MIS-C), it is recommended they be restricted from exercise for a minimum of 3 to 6 months and definitely require cardiology clearance prior to resuming training or competition. Coordination of follow-up cardiology care should be arranged prior to hospital discharge. Extensive cardiac testing should include but is not limited to: troponin tests, echocardiogram, and cardiac MRI.

A graduated return-to-play protocol can begin once an athlete has been cleared by a physician (cardiologist for moderate to severe COVID-19 symptoms) and is asymptomatic when performing normal activities of daily living. The progression should be performed over the course of a 7-day minimum. Consideration for extending the progression should be given to athletes who experienced moderate COVID-19 symptoms as outlined above.

The following progression was adapted from Elliott N, et al, infographic, British Journal of Sports Medicine, 2020:

Stage 1: Day 1 and Day 2 - (2 Days Minimum) - 15 minutes or less: Light activity (walking, jogging, stationary bike), intensity no greater than 70% of maximum heart rate. NO resistance training.

Stage 2: Day 3 - (1 Day Minimum) - 30 minutes or less: Add simple movement activities (eg. running drills) - intensity no greater than 80% of maximum heart rate.

Stage 3: Day 4 - (1 Day Minimum) - 45 minutes or less- Progress to more complex training - intensity no greater than 80% maximum heart rate. May add light resistance training.

Stage 4: Day 5 and Day 6 - (2 Days Minimum) - 60 minutes -Normal training activity - intensity no greater than 80% maximum heart rate.

Stage 5: Day 7 - Return to full activity/participation (ie, - Contests/competitions).

Please consider the environment before printing this e-mail.

TRANSPORTATION

- The District will consider social distancing requirements when scheduling contests and events.
- Social distancing (as required by state or local health departments) will be maintained on buses/vans. Thus, multiple buses/vans and/or parental/guardian transportation will likely be needed.

GUIDELINES

- Practice times will vary to allow students and families ample time to leave and return to campus for practices/events. Locker Rooms WILL NOT be available.
- Carpooling is discouraged.
- Travel to, or from, any area that has been [designated by NYSDOH as a red or orange zone](#) is not permitted.
- Travel to, or from, any area that has been [designated by NYSDOH as a yellow zone](#) is permitted so long as it adheres to all applicable NYS guidance.
- Superintendents/school leaders from outside the CNY or Mohawk Valley regions must stipulate to the host district/school that no one associated with the team is known to be ill or currently infected with COVID-19 prior to their team traveling to the region to participate in a practice or competition. The athletic director will coordinate this by communicating with the opponents athletic director.
- All Travel by school bus will conform with NYS regulations.
- Overnight travel is discouraged but if it is essential, accommodations will be made to minimize the risk of COVID-19 transmission (e.g., avoid sharing rooms and social distancing will be maintained).

FACILITIES GUIDELINES

- Limited to 50% occupancy of the room/location and no more than 2 spectators per player/student (with district and league approval). If 50% of occupancy does not allow for 6 feet social distance, then fewer people are allowed in the room/area. Winter high risk sport spectators will only be allowed per league or district guidelines. During the winter season spectators will be limited to two spectators per senior at one home event.
 - Additionally, social distancing of 6 feet must be maintained in any given space.
 - Masking is mandatory
- Put in place measures to reduce bi-directional foot traffic of patrons, players, spectators walking through the space using barriers, tape, or signs with arrows on sidewalks, walking paths, aisles, or hallways.
- Clearly designate separate entrances and exits to the extent practicable.
- Rearrange waiting areas and parking areas to maximize social distancing among other patrons, players and spectators and minimize interactions with other in the area.

GUIDELINES

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.

PRACTICE & WORKOUT

BEFORE

- All practices/events are closed to the general public.
- Athletes will gather for attendance, temperature check, and verification of COVID Screening completion.
- Coaches will sanitize all equipment.
- All participants will wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Appropriate clothing/shoes should be worn at all times in an effort to minimize sweat from transmitting onto equipment/surfaces.
- Vulnerable individuals should not oversee or participate in any workouts

DURING

- Schedule breaks for hydration and sanitization.
- Following social distancing/proximity rules during instruction, drills and conditioning.
- Any dynamic warm-up will take place 6 feet apart.
- Athletes will remain 6 feet apart on all runs.
- If outdoors, in the event of severe weather (i.e. lightning) — athletes will put on masks, and enter the school.
- Coaching staff will carry extra masks in the event that an athlete forgets his or her mask.
- Coaching staff will wear personal masks, and have hand sanitizer readily available in the event that they need to break the 6 foot barrier to help an athlete (i.e. injury, dehydration, etc.).
- Film will be sent to athletes digitally. Large group analysis can be done through google meet.
- The strategic use of coaches will be made to utilize space/station work and individual work.
- Try to keep the same players rotating together as much as possible.
- Use of drills with few to no lines of athletes waiting to participate.

After

- Use hand sanitizer or wash hands immediately.
- Sanitize personal equipment before attending the next workout/practice/contest.

GUIDELINES

- All athletes and coaches will leave the workout/practice area as soon as possible (no socializing).
- Locker rooms will not be available, athletes must change and shower at home.

CONTEST & EVENT

- Limit spectators to no more than two spectators per player. Winter high risk sport spectators will only be allowed per league or district guidelines. During the winter season spectators will be limited to two spectators per senior at one home event.
- Administrative Contact must be at each Home Contest (Cell Phone & Email Address).
- Facilities must be properly sanitized prior to each event and hand sanitizer must be readily available.
- Adequate space must be reserved for employees/patrons/spectators/players to move within the facility or area, considering appropriate social distancing. This may include, but is not limited to, creating one-way lines or rearranging traffic flow.
- The District will provide and maintain an option for patrons/players/spectators to provide names and contact information so they can be logged and contacted for contact tracing, if necessary. They will also be asked to voluntarily complete a health screener.
Patrons/players/spectators are not required to leave their information and the District may not require identification before providing services or deny services if identification is not required.
- Consistent announcements regarding face coverings and physical distancing on PA.
- Sidelines/Benches
 - o Appropriate social distancing will need to be maintained on sidelines/bench during contests and events.
 - o Each location will have tape/paint marking on the ground for participants to keep their equipment and during contests.
- Other Considerations
 - 'Special Events' (IE - Senior Night) will be early in the season (1st or 2nd home contest)

SPORT-SPECIFIC GUIDANCE

Winter Sports

Swimming (Lower to moderate risk—relays)

The NYSDOH has determined that swimming & diving is a low/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).

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.

General Considerations:

- **Swimming Warm-up Areas** - Establish multiple sessions for warm-up periods to limit number of swimmers per lane. Restrict the number of swimmers in 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 number of divers viewing at the same time.
- **Teams Seating and Lane Placement** - Keep team benches on opposite sides of the pool. Prior to the meet, the coaches may agree to use lanes 1-3 and 4-6 for their team's lane placement. If the Page 33 |

61 coaches do not agree, then lane placement will default to the NFHS rule using every other lane for placement of swimmers from each team. (waiver of NFHS Rule approved by NYSPHSAA Officers 11-16-20)

- Preparing Athletes for Competition - Athlete clerking areas should be eliminated.
- Warm down for Relay teams – Keep proper social distancing of six feet. Rule Considerations:
- Conduct (1-3-2) - Recommend athletes to arrive at 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 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 nonelectronic 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. Coaches must submit their lineups to the table prior to the meet but may make changes during the meet. This rule will be in place for the 2020-21 season only. (waiver of NFHS Rule approved by NYSPHSAA Officers 11-16-20)
- 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 nonelectronic information will be required. Recommendations include a distance of six 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.

Considerations for Officials:

- Bring personal hand sanitizer. Wash hands frequently.
- Don't share equipment.
- Consider using electronic whistle.
- Do not shake hands and maintain social distancing guidelines during pre and post-game ceremonies.

Page 34 | 61 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), and 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.
- Spectators should not congregate around the finish area, deck or student entry to venue.
- In accordance with NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), only two spectators per participant are permitted.

VIRTUAL SWIMMING AND DIVING COMPETITION

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

GENERAL CONSIDERATIONS

- Competition for each team/school involved should take place in a venue that meets all requirements of Rule 2 (Pool, Lanes, and Equipment Specifications) and Rule 9 (Diving Competition), with special emphasis on risk minimization.
- Competition should be officiated by qualified personnel of sufficient number (see Rule 4-1-3) to assure fair results at each location. The meet must be conducted under the supervision of a meet referee who is a duly certified NFHS or state association registered official. The official(s) may not be coaches of any team involved in the meet.
- All rules regarding athlete, participation and conduct should apply; technical rules for competition (Rules 8 and 9) should be enforced. Entries shall follow all NFHS rules for each event.
- The course must be the same at each site. All teams must compete in short course yards or short course meters. Page 35 | 61
- NYSPHSAA has determined its member schools should follow NISCA standards for All-America qualifications. SWIMMING
- The NFHS suggests state associations consider whether a swimmer achieving a qualifying time from the “virtual” competition be permitted for any purposes other than deciding the outcome of the immediate “virtual” competition. NYSPHSAA has determined it will permit any qualifying times achieved during “virtual” competition may be used for postseason events. (Approved by NYSPHSAA Officers 11-16-20)
- NYSPHSAA has determined fully automatic timing should be used when available.
- State associations may permit competition to be conducted using manual watches or semiautomatic timed results. Fully automatic timing is the most equitable in a “virtual” situation, but some facilities may not be able to offer that environment. Be aware that it will not be possible for the meet referee

or other official to perform an across-the-board place pick to serve as a “check” on the times from stop watches/buttons. Regardless, the same timing protocol should be used at all venues involved in the “virtual” competition. There should be no mixing of fully automatic timing, semi-automatic timing, or manual watches.

- The NFHS suggests state associations consider whether “breaks” in the competitive program will be permitted in addition to the required break following the 50-yard freestyle. State association may need to stipulate the pace of the meet and determine if extended pauses between events will be permitted. NYSPHSAA has determined it will permit breaks during the competitive program, as needed, in addition to the required break following the 50-yard freestyle however breaks for both teams must take place during the same points of the virtual meet. Example: If schools want a second break within the meet they must agree after what race the second break will occur.
- NYSPHSAA will follow NFHS rules pertaining to race configurations and diving order. Exhibition swimmers and divers will be permitted in a virtual meet but should be noted on entry cards.
- Lane Scoring – The home team’s pool will determine the number of lanes scored in the meet. If both coaches agree, teams may use the same number of lanes at each pool for scoring purposes. DIVING
- The NFHS suggests state associations consider whether scores from the “virtual” competition be permitted for any purposes other than deciding the outcome of the immediate “virtual” competition. NYSPHSAA has determined it will permit any scores from “virtual” competition to be used for postseason events provided the 11 dive and 5 judges criteria are met.
- Divers will be judged by different sets of officials. NYSPHSAA has determined a minimum of two certified judges must be used at each school. Diving may be conducted with one judge at a site if a school cannot secure a certified judge, however, the school with just one judge will not score points during that virtual meet. (Approved by NYSPHSAA Officers 11-16-20)

Basketball (high risk)

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

General Considerations

- BOYS - For pregame conference, limit attendees to the referee and the head coach from each team with each coach standing on the center circle on each side of the division line.
- GIRLS – For pregame conference, limit attendees to the referee and one athlete per team standing on the center on each side of the division line.
- For pregame conference, all individuals maintain a social distance of 6 feet or greater at the center circle.
- Limit the number of bench personnel to observe social distancing of 6 feet or greater.
- Place team benches opposite the spectator seating.
- Additional chairs or rows may be added to allow bench personnel to observe social distancing of 6 feet or greater.
- Create separation between the team bench and spectator seating behind the bench.
- Limit contact between players when substituting.

- The host school should sanitize the table before the game and at half time.
- Place officials table sufficiently away from the sideline to allow for additional space for substitutes.
- Limit seats at the table to essential personnel which includes home team scorer, timer and shot clock operator with a recommended distance of 6 feet or greater between individuals. Other personnel (visiting scorer, statisticians, media, etc.) may not be deemed essential personnel and consider an alternate location for them.
- Eliminate all handshakes, fist bumps and similar gestures pre- and post game.
- Give game ball to officials before the game, when it is sanitized as recommended by the ball manufacturer and not used for warm-ups.
- The host school should ensure that the ball is sanitized during time-outs and between quarters.
- Sanitizer should be provided by the host team at the table.
- Long-sleeved shirts are permissible.

Considerations for Officials:

- Officials are responsible for game management, which does not include monitoring activities on the sidelines, such as social distancing, face coverings, hand washing, symptoms of illnesses and other such issues. This monitoring obligation remains with the responsible parties.
- Bring personal hand sanitizer. Wash hands frequently.
- Do not share equipment.
- Follow social distancing guidelines.
- Suspend handshakes, fist bumps and similar gestures prior to and following the pregame conference.
- Officials are not required to wear jackets during pre-game court/player observation.
- Electronic whistles are permissible.
- Gloves are permissible.
- Official may stand 6 feet or greater away from the player making a throw-in and bounce the ball to that player on a front court throw-in.
- The lead official shall stand on the end line and bounce the ball to the free thrower.

Considerations for Coaches:

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

Considerations for Students:

- Consider making each student responsible for their own supplies.
- Students should wear their own appropriate workout clothing (do not share clothing)
- Individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
- Bring own water bottle.

Considerations for Parents:

- Provide personal items for your child and clearly label them.
- In accordance with NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), only two spectators per participant are permitted. Winter high risk sport spectators will only be allowed per league or district guidelines. During the winter season spectators will be limited to two spectators per senior at one home event.

Volleyball (high risk)

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

General Considerations

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

Considerations for Officials:

- Officials are responsible for game management, which does not include monitoring activities on the sidelines, such as social distancing, face coverings, hand washing, symptoms of illnesses and other such issues. This monitoring obligation remains with the responsible parties.
- Bring personal hand sanitizer. Wash hands frequently.

- Do not share equipment.
- Follow social distancing guidelines.
- Long-sleeved, all-white collared polo shirt/sweater are permissible.
- Electronic whistles are permissible.
- Gloves are permissible.

Considerations for Coaches:

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

Considerations for Students:

- Consider making each student responsible for their own supplies.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
- Hand sanitizer should be plentiful at all contests and practices.
- Bring your own labeled water bottle.

Considerations for Parents:

- Provide personal items for your child and clearly label them.
- In accordance with NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), only two spectators per participant are permitted. Limit spectators to no more than two spectators per player. Winter high risk sport spectators will only be allowed per league or district guidelines. During the winter season spectators will be limited to two spectators per senior at one home event.

Wrestling (high risk)—we are combining with VVS, they are only planning to participate at the varsity level. Wrestlers will also be subject to the VVS expectations for participation.

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

General Considerations:

- No handshakes prior to and following the coin toss in addition to pre- and post match ceremonies.
- Wash stations or sanitizer should be placed at mat side.
- If writing implements are used, they should be sanitized and not shared with anyone.
- Disinfect the mats prior to competition.

- Participate/host smaller events (more duals, fewer large tournaments).
- Have hand sanitizer and wipes available at the scorer's table.
- The scorekeeper shall be the only individual to touch the scoresheet.
- Only official scorer and official timer should be permitted at the scorer's table.
- Ankle bands are recommended to be disinfected after each match.
- Weigh-ins should be conducted separately for each team and not shoulder to shoulder as stated in the NFHS rule. (Waiver of NFHS Rule approved by NYSPHSAA Officers 1-25-2021)
- Honor weigh-ins will not be permitted for the 2020-21 season (Waiver of NYSPHSAA Rule approved by NYSPHSAA Officers 1-25-2021).
- Weight Certification - NYSPHSAA will provide further guidance no later than January 29th.

Considerations for Officials:

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

Considerations for Coaches:

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in "pods" of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.
- Eliminate all handshakes, fist bumps and similar gestures post-match.

Considerations for Students:

- Eliminate all handshakes, fist bumps and similar gestures pre- and post-match.
- Eliminate handshakes with coaches post-match.
- Consider making each student responsible for their own supplies.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
- Hand sanitizer should be plentiful at all contests and practices.
- Bring your own labeled water bottle.

Considerations for Parents:

- Provide personal items for your child and clearly label them.
- In accordance with NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), only two spectators per participant are permitted. Spectator participation is dependent on league and district approval.

Indoor Track (low to moderate risk—relays)

- Postponed by Section 3

Fall Season II (Cheer, Cross Country, Field Hockey, Football, Girls Tennis, Soccer)

Cross Country (low risk)

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).

General Considerations:

- Schools are encouraged to comply with NFHS Rule 8-5, that events contested with 4 or fewer teams be limited to a maximum of 12 participants from each team.
- No hugging, shaking hands, or fist bumps.
- Cross country meets should consider using staggered, wave or interval starts, with a minimum of one (1) minute.
- Meet organizers should take into account using FAT timing, course layout, use of waves, and social distancing in consideration of determining the size of an invitational meet.
- In non-dual meets, it is recommended athletes wear numbers for easy identification.
- It is recommended a course is 200 yards from the start line to the narrowing point.
- Possible Rule Modifications:
 - 8-1-3a: Consider widening the course to at least six feet at its narrowest point.
- Finish: Consider using finish corrals and FAT timing for larger meets as easier to distance at finish.
 - With no FAT timing system consider alternative means of finish place and time to address congestion at finish line.
 - Consider using image-based equipment at finish to assist with picking place to avoid congestion.
- Event organizers should have a hydration plan for the end of the race.

Pre and Post Meet:

- Establish cross country specific social distancing meet protocols including the elimination of handshakes before and after the match.
- The use of team tents on site is discouraged.

- Teams are expected to provide individual water for their athletes and discourage the use of water stations and open cups.

Considerations for Officials:

- Officials are responsible for meet management, which does not include monitoring activities in the facility such as social distancing, face coverings, hand washing, symptoms of illnesses and other such issues. This monitoring obligation remains with the responsible parties.
- Bring personal hand sanitizer. Wash hands frequently
- Do not share equipment.
- Follow social distancing guidelines:
 - Pre and Post Meet conferences,
 - Clerking at the start line,
 - Tabulations and posting of results.
- Consider using electronic whistle.
- Do not shake hands and follow pre and post-game ceremony guidelines established by state association.

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. Spectator participation is dependent on league and district approval.
- Spectators should not congregate around the finish area.

Field Hockey (moderate-risk)

The NYSDOH has determined that field hockey 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:

- No hugging, shaking hands, or fist bumps.
- Clean and disinfect frequently touched surfaces and exercise equipment including balls.
- Ball Retrievers should be placed on the opposite side of the team bench.
- Balls – 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. Balls should be sanitized before and after each practice/game.
- Bench area may be extended to the 15 for teams with 30+ players. Coaches are still restricted to remain between the 45 and 25. There must still be 5 yards between the sideline and the bench area.

Pre and Post Game Ceremony:

- Establish field hockey specific social distancing game protocols including the elimination of handshakes before and after the match.
- Limit attendees to one official, 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 should maintain a social distance of six feet during the conference.
- Suspend handshakes prior to and following the pregame conference.

Considerations for Officials:

- Officials are responsible for game management, which does not include monitoring activities on the sidelines, such as social distancing, face coverings, hand washing, symptoms of illnesses and other such issues. This monitoring obligation remains with the responsible parties.
- Bring personal hand sanitizer. Wash hands frequently.
- Do not share equipment.
- Follow social distancing guidelines. Consider six feet minimum distance when carding or talking to others (players, coaches, other officials).
- Consider using electronic whistle.
- Do not shake hands and maintain social distancing guidelines during pre and post-game ceremonies.
- Use of radios to communicate with partner is permissible.
- 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.
- If a team member is carded, it is recommended to mark a location of where the individual is to stand that is socially distant from the officials' table.

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. Spectator participation is dependent on league and district approval.

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

General Considerations

- Eliminate all handshakes, fist bumps and similar gestures pre- and post-game.
- Limit the number of non-essential personnel who are on the field level throughout the contest.
- If available, dressing facilities for game officials and teams should be large enough for them to use social-distancing protocols and should be properly cleaned and sanitized prior to their arrival.
- The team box may be extended on both sides of the field to the 10-yard lines (for players only) in order for more social-distancing space for the teams.
- The ball should be cleaned and sanitized throughout the contest as recommended by the ball manufacturer.
- The ball holders should maintain social distancing of six feet at all times during the contest.
- Plastic shields covering the entire face (unless integrated into the face mask and attached to the helmet and clear without the presence of any tint) shall not be allowed during the contest.
- Tooth and Mouth Protectors – If mouthguards are removed on the sidelines or bench area, the athlete should use hand sanitizer each time after touching the mouthguard.
- Gloves are permissible but still must comply with Rule 1-5-2b by meeting either the NOCSAE Standard or the SFIA Specification.
- Time Outs - A single charged time-out may be extended to a maximum of two minutes in length.
- Time Outs - The authorized conference for the charged time-out should take place between the 9- yard marks and not at the sideline for social-distancing purposes (It would be permissible for more than one coach to be involved in this conference and for technology to be used).
- The intermission between periods may be extended to a maximum of two minutes between the first and second and the third and fourth periods, and following a try, successful field goal or safety, and prior to the succeeding free kick.

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 uniforms, towels and equipment.
- Electronic whistles are permissible.
- Gloves are permissible.
- For the coin toss, limit attendees to the referee, umpire and one designated representative from each team.
- Coin toss should take place in the center of the field with designated individuals maintaining social distancing of six feet.
- No handshakes prior to and following the coin toss.
- Maintain social distancing of six feet while performing all pregame responsibilities with all officiating crew members, game administration staff, line-to-gain crew, clock operators, individuals handling the balls during the game and team personnel.
- For the overtime procedure, please use the same procedure as used at the start of the contest for the coin toss.

Considerations for Coaches:

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

Considerations for Students:

- Consider making each student responsible for their own supplies.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
- Hand sanitizer should be plentiful at all contests and practices.
- Bring your own labeled water bottle.

Considerations for Parents:

- Provide personal items for your child and clearly label them.
- In accordance with NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), only two spectators per participant are permitted. Spectator participation is dependent on league and district approval.

Soccer (moderate-risk)

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. (Waiver of NFHS Rule approved by NYSPHSAA Officers 9-9-20)

- Move the location of the pregame conference to center of the field. All individuals maintain a social distance of six feet.
- Suspend hand shakes prior to and following the Pregame Conference.
- Team Benches (1-5-1)
 - No linear bench area, adjust backward from the touchline.
- 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 hometeam 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. (Approved by NYSPHSAA Officers 9-9- 20)
- 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. (Waiver of NFHS Rule approved by NYSPHSAA Officers 9-9-20)
- 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. (Waiver of NFHS Rule approved by NYSPHSAA Officers 9-9-20)

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.

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)
 - Undergarments 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) (Waiver of the NFHS Rule)
 - 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.

Tennis (low-risk)

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

General Considerations:

- Maintain social distancing when changing ends.
- Consider spraying tennis balls briefly with a disinfectant spray (e.g., Lysol or Clorox) at the conclusion of play. Using new balls on a regular basis is encouraged.

When possible consider using one separate can of balls per player per match. Players should serve their own tennis balls throughout the match.

- Tennis practice equipment should be touched only by the coach and should be cleaned frequently. Use alcohol-based disinfectant to clean all tennis gear, including racquets, towels, target cones, ball machines, etc.
- Consider using a ball machine for giving lessons. Using ball tubes and basket pickups to pick up loose balls after a ball machine rotation also limits contact.
- Avoid using unnecessary equipment such as throw-down lines.

Considerations for Officials:

- Officials are responsible for match 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.
- Do not shake hands and maintain social distancing guidelines during pre and post-match 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), and individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
 - Bring own water bottle.
- Use the racquet/foot to pick up balls and hit them to your opponent. Avoid using your hands to pick up the balls.
 - If a ball from another court comes to you, send it back with a kick or with your racquet.

Considerations for Parents:

- Provide personal items for your child and clearly label them.
- Spectators should not congregate around a court without maintaining social distancing.
- In accordance with NYSDOH guidance ([Interim COVID-19 Guidance for Sports and Recreation](#)), only two spectators per participants are permitted. (Pg. 5)

Spring Sports (Baseball, Boys Tennis, Golf, Softball, Track and field)

- Awaiting guidance from the governor, NYSDOH and NYSPHSAA

DISTANCE COACHING IDEAS AND RECOMMENDATIONS

- Daily email with messages to include inspirational quotes (thought up by athletes) and academic check in.
- Daily stretching and strength training exercise.
- Daily email to include an at home practice plan with clear objectives and a cognitive check in the form of a questionnaire on our team offenses and defenses.
- Players turn in a log of their workouts and drills. Video of their workouts and drill work will be encouraged. Google Classroom page (post daily videos/assignments) Google Meet workouts
- Nutrition and mental wellness resources through team Google Meets
- Emails to the players and parents
- Captains meeting per week...challenge them to create distance culture building ideas and connecting plans Goal sheet and questions: What will you do to positively contribute to the team culture?
- Parent survey...Get them involved in our culture!
- Create a distance video with all team members involved

EMERGENCY ACTION PLAN

If an Athlete Shows Signs or Symptoms of COVID-19

- Remove the student from participation, and move a safe distance (more than 6 feet) from all others.
- If outside, they should be kept outside if possible.
- Coach and athletes should wear a mask at all times.
- Athlete's parents/guardian will be notified and required to pick up their athlete.
- Athlete will continue to be monitored by a coach until they are picked up by their parent/guardian.
- Athlete will not be allowed to return to practice (or school) until they are deemed cleared by an MD.
- Will follow the same requirements as a school incident.
- Coach will notify the parent/guardian, Athletic Director and School Nurse of the incident
- Notes/Comments must be placed in the students Health Screening area with a timestamp and who entered regarding the steps taken.
- If at an away contest: the student should not get on the bus with others to go home.
- The plan for a visiting team will be the same.
- We require coaches to handle this when at away contests and not rely on home supervisors.

If an Individual Tests Positive for COVID-19

- An individual who screens positive for COVID-19 symptoms must not be allowed to enter the campus and must be sent home with instructions to contact their healthcare provider for assessment and testing.
- The District provides all individuals with information on healthcare and testing resources via Peachjar and the District website.
- The Athletic Director must immediately notify the District Office who will notify the state and local health department about the case if test results are positive for COVID-19.

Local Health Department Collaboration

- In the case of an individual who interacted at the site testing positive, the Athletic Director will cooperate with the state and local health department to trace all contacts in the work area and notify the state and local health department of all employees, vendors, and other individuals who entered the site dating back to 48 hours before the employee began experiencing COVID-19 symptoms or tested positive, whichever is earlier, but maintain confidentiality as required by federal and state law and regulations.
- State and local health departments will implement monitoring and movement restrictions of infected or exposed persons including home isolation or quarantine.

Emergency Action Plan Cleaning & Sanitization

- The District will provide for the cleaning and disinfection of exposed areas in the event of a positive case of COVID-19, with such cleaning and disinfection to include, at a minimum, all heavy transit areas and high-touch surfaces (e.g. shared equipment, cash registers, machines, vehicles, handrails, portable toilets).
- CDC guidelines on "Cleaning and Disinfecting Your Facility" if someone is suspected or confirmed to have COVID-19 are as follows:
- Close off areas used by the person suspected or confirmed to have COVID-19.
- Responsible Parties do not necessarily need to close operations, if they can close off the affected areas.
- Open outside doors and windows to increase air circulation in the area.
- Wait 24 hours before you clean and disinfect. If 24 hours is not feasible, wait as long as possible.
- Clean and disinfect all areas used by the person suspected or confirmed to have COVID-19, such as offices, bathrooms, common areas, and shared equipment.
- Once the area has been appropriately cleaned and disinfected, it can be reopened for use.
- Workers without close or proximate contact with the person suspected or confirmed to have COVID-19 can return to the work area immediately after cleaning and disinfection.
- Refer to DOH's "Interim Guidance for Public and Private Employees Returning to Work Following COVID-19 Infection or Exposure" for information on "close and proximate" contacts.
- If more than seven days have passed since the person suspected or confirmed to have COVID-19 visited or used the facility, additional cleaning and disinfection is not necessary, but routine cleaning and disinfection should continue.

REFERENCE DOCUMENTS

Athletics Guidance Resources

[Consideration for Youth Sports \(CDC\)](#)

[Interim Guidance for Sports and Recreation During the COVID-19 Public Health Emergency](#)

[NYS PHSAA Return to Interscholastic-Athletics Document](#)

[Interim Guidance for Cleaning and Disinfection of Public and Private Facilities for COVID-19](#)

Reopening Guidance Resources

[NYS Education Department Reopening Guidance](#)

[NYS DEPARTMENT OF HEALTH INTERIM GUIDANCE FOR IN-PERSON INSTRUCTION AT PRE-K TO GRADE 12 SCHOOLS DURING THE COVID-19 PUBLIC HEALTH EMERGENCY](#)

[Oneida County Department of Health](#)

[STOP THE SPREAD Poster](#)

New York State Forward Statewide Guidelines

[Statewide Guidelines](#)

[Sports and Recreation Guidelines](#)

[Interim Guidance for Sports and Recreation](#)

Sport-Specific Guidelines

[SOCCER RECOMMENDATION GUIDE \(US SOCCER\)](#)

TO: MEMBERS, BOARD OF EDUCATION
FROM: MARY-MARGARET ZEHR
RE: MEMORANDUM OF UNDERSTANDING: 2020-2021
ATHLETIC/COACHING STIPENDS
DATE: FEBRUARY 3, 2021

The Memorandum of Understanding between the Oneida City School District (OCSD) and the Oneida Teachers' Association (OTA) is attached for your review and approval as submitted.

RECOMMENDED ACTION

Motion to approve the Memorandum of Understanding between the OCSD and the OTA as submitted.

MOTION MADE BY _____

SECONDED BY _____

A ___ N ___

**MEMORANDUM OF UNDERSTANDING
BETWEEN
ONEIDA CITY SCHOOL DISTRICT AND
ONEIDA TEACHERS ASSOCIATION**

2020-2021 Athletic/Coaching Stipends

This Memorandum of Agreement is hereby made and entered into by and between Oneida City School District (hereinafter referred to as the "District") and the Oneida Teachers Association (hereinafter referred to as the "Association").

WHEREAS, pursuant to Article XXVI and Appendix C of the District's collective bargaining agreement ("CBA") with the Association, Association members are entitled to receive extra pay for performing coaching assignments; and

WHEREAS, due to the COVID-19 pandemic, winter sports were postponed and winter season was shortened; and

WHEREAS, the District and the Association wish to adjust contractual stipends to ensure that members are fairly compensated in proportion to the actual season.

NOW, THEREFORE, the parties stipulate and agree as follows:

1. Stipends for winter athletic seasons starting on or after February 1, 2021 will be paid as followed:

- Seasons that are 4 weeks shall be paid at 33% of the contractual stipend for the particular sport.
- Seasons that are 5 weeks shall be paid 42% of the contractual stipend for the particular sport.
- Seasons that are 6 weeks shall be paid 50% of the contractual stipend for the particular sport.
- The prorated stipends shall be guaranteed even if athletics are later cancelled.

Should the employee who otherwise would be entitled to appointment to a coaching assignment for 2020-2021 athletic seasons beginning on or after February 1, 2021, but who decline such assignment due to health related concerns, will be eligible for appointment to the coaching position for the 2021-2022 school year as if they were appointed in 2020-2021 with no reduction in their longevity step. Alternate employees will be appointed to coaching positions in 2020-2021.

2. This Agreement shall expire and shall have no force or effect as of June 30, 2021 and is entered into for the convenience of the parties and shall not create a precedent or practice beyond the implementation of the terms herein.

For the Association:

For the District:

David Dampf
OTA President

Mary Margaret Zehr,
Superintendent of Schools

Dated: _____

Dated: _____

TO: MEMBERS, BOARD OF EDUCATION
FROM: MARY-MARGARET ZEHR
RE: 2020-2021 COACHING APPOINTMENTS
DATE: FEBRUARY 3, 2021

The Board of Education appoints the following individuals to the coaching appointments as attached pursuant to the District's reopening plan and any executive orders issued by the State or County.

RECOMMENDED ACTION

Motion to approve the 2020-2021 Coaching Appointments as submitted.

MOTION MADE BY _____

SECONDED BY _____

A____ N____

TO: MEMBERS, BOARD OF EDUCATION

FROM: MARY-MARGARET ZEHR

RE: 2021-2022 BUDGET

DATE: FEBRUARY 3, 2021

Discussion regarding the 2021-2022 Budget.

FOR DISCUSSION ONLY