



**IRVINGTON UFSD  
ATHLETIC RE-ENTRY PLAN  
2020-21**



## **Mission**

Our top priority is to provide the safest possible re-entry to interscholastic athletics for our student-athletes, coaches, support staff and spectators. The Irvington Athletic Department will follow standards and guidelines provided by the Centers for Disease Control (“CDC”), the New York State Department of Health (“NYSDOH”) and local health departments, and the New York State Education Department (“NYSED”), while coordinating with best practices established by the New York State Public High School Athletic Association (NYSPHSAA) and the Section One COVID-19 Task Force. The Athletic Department will also operate in consultation with our District’s Medical Director to ensure proper measures are being considered with respect to our school community.

## **Goals**

The following goals are meant to provide a safe and enjoyable playing environment for all.

### **1. Establish precautions, based on CDC, NYSDOH, NYSED, and local health department guidance, to help protect against the spread of COVID-19**

#### **1.1. Signage,\* Stanchions and/or Floor and Bleacher Markings**

Signs must be posted throughout the site, consistent with and pursuant to DOH requirements and guidance. Customized signage specific to a workplace or setting may be developed, provided that such signage is consistent with DOH signage. Signage should be used to 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.

#### **1.2. Self-monitoring of symptoms (Quarantine if directed by medical professional)**

- 1.2.1. According to the Centers for Disease Control and Prevention (CDC), people with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19: *A temperature of 100 degrees or greater, Feeling feverish or having chills, Cough, Shortness of breath or difficulty breathing, Fatigue/feeling of tiredness, Muscle or body aches, Headache, New loss of taste or smell, Sore throat, Congestion or runny nose, Nausea or vomiting, Diarrhea.*
- 1.2.2. *Responsible Parties must implement mandatory health screenings, including temperature checks, of students, faculty, staff, and, where applicable, contractors, vendors, and visitors to identify any individuals who may have COVID-19 or who may have been exposed to the COVID-19 virus.*
- 1.2.3. *Screening practices may be performed remotely (e.g. by telephone or electronic survey), before the employee reports to the site, to the extent possible; or may be performed on site.*



- 1.2.4. *Screening should be coordinated to prevent employees from intermingling in close contact with each other prior to completion of the screening.*
- 1.2.5. *At a minimum, screening should be required of all employees and completed using a questionnaire that determines whether the employee has: (a) knowingly been in close or proximate contact in the past 14 days with anyone who has tested positive for COVID-19 or who has or had symptoms of COVID-19 in the past 14 days; (b) tested positive for COVID-19 in the past 14 days; and/or (c) has experienced any symptoms of COVID-19 in the past 14 days.*
- 1.2.6. *Refer to CDC and DOH guidance on “Symptoms of Coronavirus” for the most up to date information on symptoms associated with COVID-19.*
- 1.2.7. Student-athletes, and their immediate household members, must be asymptomatic from illness before participating in practice and competition (if there is doubt stay home).
- 1.2.8. Athletes should tell coaches immediately when they are not feeling well.
- 1.2.9. Employees must immediately disclose if and when their responses to any of the aforementioned screening questions changes, such as if they begin to experience symptoms, including during or outside work hours.
- 1.2.10. In addition to the screening questionnaire, temperature checks may also be conducted per EEOC or DOH guidelines.  
*NOTE: Responsible parties are **prohibited** from keeping records of employee health data (e.g. the specific temperature data of an individual), but are permitted to maintain records that confirm individuals were screened and the result of such screening (e.g., pass/fail, cleared/not cleared).*
- 1.2.11. Responsible Parties must ensure that any personnel performing screening activities, including temperature checks, are appropriately protected from exposure to potentially infectious workers or visitors entering the site. Personnel performing screening activities should be trained by employer-identified individuals who are familiar with CDC, DOH, and OSHA protocols.
- 1.2.12. Screeners should be provided and use PPE, including at a minimum, a face mask, and may include gloves, a gown, and/or a face shield.
- 1.2.13. An individual who screens positive for COVID-19 symptoms must not be allowed to enter the worksite and must be sent home with instructions to contact their healthcare provider for assessment and testing.
- 1.2.14. Responsible Parties should provide such individuals with information on healthcare and testing resources.
- 1.2.15. Responsible Parties must immediately notify the state and local health department about the case if test results are positive for COVID-19.
- 1.2.16. Responsible Parties should refer to DOH’s “Interim Guidance for Public and Private Employees Returning to Work Following COVID-19 Infection or Exposure” regarding protocols and policies for employees seeking to return to work after a suspected or confirmed case of COVID-19 or after the employee had close or proximate contact with a person with COVID-19.



- 1.2.17. Responsible Parties must designate a central point of contact, which may vary by activity, location, shift or day, responsible for receiving and attesting to having reviewed all questionnaires, with such contact also identified as the party for individuals to inform if they later are experiencing COVID-19- related symptoms, as noted on the questionnaire.
- 1.2.18. Responsible Parties must designate a site safety monitor whose responsibilities include continuous compliance with all aspects of the site safety plan.
- 1.2.19. Identified point of contact should be prepared to receive notifications from individuals of positive cases and initiate the respective cleaning and disinfection procedures.
- 1.2.20. To the extent possible, Responsible Parties should 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 employee is diagnosed with COVID-19. Responsible Parties must cooperate with state and local health department contact tracing efforts.
- 1.2.21. Responsible Parties shall 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. Responsible Parties may not mandate that patrons/players/spectators leave their information and may not require identification before providing services or deny services if identification is not required.
- 1.2.22. Look for emergency warning signs\* for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately: Trouble breathing, Persistent pain or pressure in the chest, New confusion, Inability to wake or stay awake, Bluish lips or face.  
\*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.
- 1.2.23. Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.

**1.3. Reduce interpersonal contact and congregation, through methods such as:**

- 1.3.1. Adjusting workplace hours;
- 1.3.2. Reducing on-site workforce to accommodate social distancing guidelines;
- 1.3.3. Shifting design (e.g. A/B teams, staggered arrival/departure times)
- 1.3.4. Batching activities, where possible, to employees can adhere to social distancing;
- 1.3.5. Developing protocols for the safe use of common office equipment, such as telephones, radios, copiers, printers, registers, etc; and/or
- 1.3.6. The use of shared sporting equipment that cannot be cleaned and disinfected between individual users should, as much as is possible, (1) avoid touching of shared equipment, (2) clean and disinfect equipment between uses by different individuals, or (3) not use shared equipment at all.
- 1.3.7. Monitor and control the flow of traffic into the facility or area to ensure adherence to maximum capacity requirements



#### **1.4. Proper Hygiene & Respiratory Etiquette (Handwashing, apparel & towels)**

- 1.4.1. Wash hands with soap and warm water for at least 20 seconds.
- 1.4.2. Provide soap, running water, and disposable paper towels.
- 1.4.3. If handwashing facilities are not available or practicable, hand sanitizer that contains at least 60% alcohol will be supplied and used.
- 1.4.4. 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.
- 1.4.5. Spitting is prohibited.
- 1.4.6. Cover coughs and sneezes with a tissue or use the inside of your elbow.
- 1.4.7. Used tissues should be thrown in the trash and hands washed immediately with soap and water for at least 20 seconds or with sanitizer if soap and water are not available.
- 1.4.8. Hand sanitizer must be placed throughout the site for use by employees and patrons/players/spectators. It should be placed in convenient locations such as points of entrance/exit.
- 1.4.9. Prohibit shared food and beverages among employees (e.g. self-serve meals and beverages), encourage employees to bring lunch from home, and reserve adequate space for employees to observe social distancing while eating meals.

#### **1.5. Protective Equipment**

- 1.5.1. Ensure individuals not participating in sports or recreation activities (e.g. coaches, spectators) wear appropriate face coverings when they are within less than six feet of other individuals, unless a physical barrier is present. Additionally, employees must wear face coverings any time they interact with patrons/players/spectators, regardless of physical distance.
- 1.5.2. In addition to the necessary PPE as required for certain workplace activities, procure, fashion, or otherwise obtain acceptable face coverings, and provide such coverings to their employees while at work at no cost to the employee. Have an adequate supply of face coverings, masks and other required PPE on hand should an employee need a replacement. Acceptable face coverings include, but are not limited to, cloth (e.g. homemade sewn, quick cut, bandana), surgical masks, N95 respirators, and face shields.
- 1.5.3. Face coverings must be cleaned or replaced after use and may not be shared. Please consult the CDC guidance for additional information on cloth face coverings and other types of PPE, as well as instructions on use and cleaning.
- 1.5.4. Allow employees to use their own acceptable face coverings, but do not require employees to supply their own face coverings. Further, this guidance shall not prevent employees from wearing their personally owned additional protective coverings (e.g. surgical masks, N95 respirators, or face shields), or if the Responsible Parties otherwise require employees to wear more protective PPE due to the nature of their work. Employers should comply with all applicable OSHA standards.
- 1.5.5. Put in place measures to limit the sharing of objects, such as equipment and vehicles, as well as the touching of shared surfaces, such as cash registers; or, require workers to



wear gloves (trade-appropriate or medical) when in contact with shared objects or frequently touched surfaces; or, require workers to perform hand hygiene before and after contact. For activities involving the handling of shared objects (e.g. payment devices), areas (e.g. pick-up area) and/or surfaces (e.g. doors), ensure that such shared areas and objects are cleaned and disinfected daily, at a minimum.

- 1.5.6. Train workers on how to adequately don, doff, clean (as applicable), and discard PPE, including but not limited to, appropriate face coverings.

#### **1.6. Tracing and Tracking**

- 1.6.1. Responsible Parties must notify the state and local health department immediately upon being informed of any positive COVID-19 test result by an employee at their site.
- 1.6.2. In the case of an individual who interacted at the site testing positive, the Responsible Parties must 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.
- 1.6.3. State and local health departments will implement monitoring and movement restrictions of infected or exposed persons including home isolation or quarantine.
- 1.6.4. 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 employer at the time of alert and shall follow the protocol referenced above.

#### **1.7. Pods**

- 1.7.1. Maintain “pods” of the same athletes and coaches for 80% of the practice, and combine pods for the last 20% of practice when necessary for team related activities. (80/20 Rule)
- 1.7.2. If possible, pods must train and rotate together during conditioning and individual skill work during practices to ensure more limited exposure if someone develops an infection.

#### **1.8. Daily pre-practice/game wellness checks**

- 1.8.1. **Practices are closed to all non-essential personnel.**
- 1.8.2. Responsible Parties must implement mandatory daily health screening practices, including temperature checks, of students, faculty, staff, and, where applicable, contractors, vendors, and visitors to identify any individuals who may have COVID-19 or who may have been exposed to the COVID-19 virus. Specifically, all individuals must have their temperature checked each day.
- 1.8.3. ***If an individual presents a temperature of greater than 100.0°F, the individual must be denied entry into the facility and sent directly to a dedicated area prior to being picked up or otherwise sent home.***
- 1.8.4. Coaches and student-athletes must complete mandatory health screenings prior to each practice or event. This includes temperature checks.



- 1.8.5. Wellness checks will utilize district approved screening questions.
- 1.8.6. Coaches will be screened using a district approved app one-hour prior to practice.
- 1.8.7. Coaches must conduct [wellness checks](#) of each athlete prior to the day's practice or event.
- 1.8.8. Arrival and departure times and locations will be staggered by the team to limit contact between groups and guardians as much as possible.
- 1.8.9. Coaches will designate a predetermined area at least 50-feet from the practice site for students screenings prior to practice/games.

### **1.9. Athletic Training Services/Medkits**

- 1.9.1. Weather permitted, all Athletic Training services will be provided outside of the side entrance to the TG.
- 1.9.2. All athletes must sign-in to the athletic training room using the QR code posted.
- 1.9.3. This sign-in will serve as the order as to who will be seen.
- 1.9.4. No athletes will be seen unless they have completed the sign-in form.
- 1.9.5. All athletes and staff must wear a face covering/mask while signing in, waiting for services, and receiving services.
- 1.9.6. Athletes must sanitize hands before entering the Athletic Training Room (ATR) and/or receiving services.
- 1.9.7. Bags, food and equipment will not be permitted in the ATR.
- 1.9.8. Certified Athletic Trainer (ATC) will notify/designate athletes to a training table to sit on depending on treatment needed.
- 1.9.9. ATR must be thoroughly cleaned each night.
- 1.9.10. Tables/chairs, equipment, etc. will be wiped down between each treatment/use.
- 1.9.11. Treatments will be limited to: taping deemed necessary by the ATC, evaluations of new injuries, and first aid.
- 1.9.12. Ice bags will be distributed by Athletic Trainer.
- 1.9.13. Coaches MUST be responsible for their own medical kits. Coaches should be the only person going into the medical kits to get first aid items.
- 1.9.14. Water jugs and/or water bottles will not be provided to teams for practice.
- 1.9.15. Every athlete will be responsible for bringing their own water bottles to practices and games (we recommend at least one gallon of water).
- 1.9.16. ATC will have additional water sources to refill water containers.
- 1.9.17. Water containers must be clearly labeled with the athlete's name.
- 1.9.18. Medkits will contain additional PPE, gloves, masks, & sanitation products.
- 1.9.19. Access to medkits will be restricted to the coaching staff, unless it is a medical emergency.

### **1.10. Isolation & notification system for symptomatic participants**

- 1.10.1. Isolate athlete(s) from practice facility.
- 1.10.2. Contact parent/guardian
- 1.10.3. Outdoor participants must return home or remain approximately 50ft from the practice area if awaiting parent/guardian pickup.



- 1.10.4. Indoor participants must return home; Weather permitting, exit the building or enter an isolation room while under a coach's supervision, while awaiting parent/guardian pickup.
- 1.10.5. Refer the student-athlete to their primary care physician for guidance.
- 1.10.6. Immediately notify Athletic Trainer and Athletic Director

#### **1.11. Positive Tests**

- 1.11.1. When a student or personnel reports to their school or administration a positive COVID-19 test. The school should immediately call 914-813-5110 during business hours, or 914-813-5100 evenings and weekends, to initiate the contact tracing.
- 1.11.2. Identify potential at-risk persons who may have had close contact with the positive COVID 19 individual (close contact is defined in most literature/protocols as exposure to a person within 6 feet for >15 minutes with or without a mask).
- 1.11.3. Document those individuals and refer them to their primary care physician.
- 1.11.4. Contact the Director of Athletics and make them aware of the diagnosis.
- 1.11.5. At the discretion of the primary care physician, individuals who are deemed "at risk" may be required to self-isolate and monitor symptoms for 14 days AND/OR obtain a COVID-19 test for verification.
- 1.11.6. Those who test positive and develop symptoms in isolation, should then monitor symptoms for 10 days after onset and be fever free for 24 hours before returning to school or sport.
- 1.11.7. Those who test positive and do not develop symptoms can return after 10 days from the initial positive test with a Doctor's clearance note.
- 1.11.8. Provide for the cleaning and disinfection of exposed areas, with such cleaning to include, at a minimum, all heavy transit areas and high-touch surfaces (e.g. shared equipment, cash registers, machines, vehicles, handrails, toilets).
- 1.11.9. Close off areas used by the person suspected or confirmed to have COVID-19.
- 1.11.10. Open outside doors and windows to increase air circulation in the area.
- 1.11.11. Wait 24 hours before you clean and disinfect. If 24 hours is not feasible, wait as long as possible.
- 1.11.12. Once the area has been appropriately cleaned and disinfected, it can be reopened for use.

#### **1.12. Return to Play**

- 1.12.1. Clearance from a medical professional is required prior to returning to play.
- 1.12.2. The athletic department will consult with the District's Medical Director, on a case-by-case basis to determine appropriate re-entry to athletic participation. [The Graduated Return to Play Protocol](#) may be used to return student-athletes to participation following a positive COVID-19 diagnosis.

#### **1.13. Use of face covering**

- 1.13.1. Individuals **must** wear acceptable face coverings, unless players are unable to tolerate a face covering for the physical activity (e.g. practicing, playing)



- 1.13.2. Coaches, trainers, and other individuals who are not directly engaged in physical activity are **required** to wear a face covering. (i.e. Game day personnel, Spectators, etc.)
- 1.13.3. Face coverings must be worn by athletes when not physically active, i.e. bench, sideline, huddles, halftime, or walking to/from source of transportation.
- 1.13.4. Cloth face coverings are permitted. (As per [CDC](#), two or more layers)
- 1.13.5. Bandanas, gaiters & vented masks are PROHIBITED.**
- 1.13.6. People wearing face coverings should be reminded to not touch the face covering and to wash their hands frequently.
- 1.13.7. [How to Safely Wear and Take Off a Cloth Face Covering](#)

#### **1.14. Personal/Shared equipment (Limitations/Restrictions)**

- 1.14.1. Athletes are expected to provide and label their own water bottles & face coverings.
- 1.14.2. The use of shared sporting equipment that cannot be cleaned and disinfected between individual users should, as much as is possible, (1) avoid touching of shared equipment, (2) clean and disinfect equipment between uses by different individuals, or (3) not use shared equipment at all.
- 1.14.3. All shared athletic equipment, including balls, bats, helmets, protective eyewear and goalie/catcher's gear must be cleaned between each use, and prior to the next workout.
- 1.14.4. Other equipment, such as hockey helmets/pads, wrestling ear guards, football helmets/other pads, lacrosse helmets/ pads/gloves/eyewear must be worn by only one individual and not shared.

#### **1.15. Locker Room & Weight Room Facilities (Limitations/Restrictions)**

- 1.15.1. Access to the locker rooms and the weight room are currently **PROHIBITED**.
- 1.15.2. Use of these facilities will be reevaluated after initial re-entry.

#### **1.16. Cleaning & disinfection of athletic equipment/facilities**

- 1.16.1. Ensure adherence to hygiene and cleaning and disinfection requirements as advised by the CDC, DOH & District re-entry plan. Refer to DOH's "Interim Guidance for Cleaning and Disinfection of Public and Private Facilities for COVID-19" for detailed instructions on how to clean and disinfect facilities. Also refer to the Department of Environmental Control "DEC" list of products registered in New York State and identified by the Environmental Protection Agency ("EPA") as effective against COVID-19.
- 1.16.2. If cleaning or disinfection products or the act of cleaning or disinfection causes safety hazards or degrades the material, equipment or machinery, ensure that hand hygiene stations are put in place between use and/or provide a supply of disposable gloves and/or limitations on the number of employees and patrons/players using such equipment or machinery.
- 1.16.3. District will provide appropriate cleaning supplies to coaches.
- 1.16.4. Maintain cleaning logs that include the date, time, and scope of cleaning and disinfection.
- 1.16.5. Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.



- 1.16.6. Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.

## 2. Educate All Involved Parties on Protocols

### 2.1. Coaches and/or Responsible Parties

- 2.1.1. Will be required to complete free [COVID-19 for Coaches and Administrators](#) course.
- 2.1.2. All Responsible Parties must affirm that they have reviewed and understand the state-issued industry guidelines, and that they will adhere to them.
- 2.1.3. Responsible Parties should, in partnership with community organizations, leagues, etc., develop a communications plan for employees and patrons/players/spectators that includes applicable instructions, training, signage, and a consistent means to provide employees with information. Responsible Parties may consider developing webpages, text and email groups, and social media.
- 2.1.4. Responsible Parties should 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, through verbal communication and signage.
- 2.1.5. Responsible Parties should post signage inside and outside of the retail location to remind personnel and patrons/players/spectators to adhere to proper hygiene, social distancing rules, appropriate use of PPE, and cleaning and disinfecting protocols.
- 2.1.6. Will review guidance & protocols for practice and games during Pre-season Meetings
- 2.1.7. Will be supplied with NYSPHSAA Sport specific guidance and considerations.
- 2.1.8. Will communicate guidelines in a clear and consistent manner to students and parents.
- 2.1.9. Will consider conducting workouts in “pods” of the same students, always training and rotating together in practice, to ensure more limited exposure if someone develops an infection.
- 2.1.10. Will keep accurate records of those athletes and staff who attend each practice and game/contest in case contact tracing is needed.
- 2.1.11. Should limit game day team/ roster sizes for social distancing purposes.
- 2.1.12. Should bring their own water bottle(s) and follow established guidelines for hydration.

### 2.2. Student-athlete

- 2.2.1. Will review expectations & protocols during pre-season meetings with their coach.
- 2.2.2. Must ensure a distance of at least six feet is maintained among individuals at all times, whether indoor or outdoor, unless safety or the core activity (e.g. practicing, playing) requires a shorter distance. If a shorter distance is required, individuals must wear acceptable face coverings, unless players are unable to tolerate a face covering for the physical activity (e.g. practicing, playing);
- 2.2.3. Wear acceptable face coverings for COVID-19 include but are not limited to cloth-based face coverings and disposable masks that cover both the mouth and nose.
- 2.2.4. **Bandanas, gaiters & vented masks are PROHIBITED.**
- 2.2.5. Will tell coaches immediately when they are not feeling well.



- 2.2.6. Will refrain from hugging, high fives, shaking hands, or fist bumps.
- 2.2.7. Will be responsible for their own supplies.
- 2.2.8. Will wear their own appropriate workout clothing and not share clothing.
- 2.2.9. Should wash and clean their Individual clothing/towels after every workout.
- 2.2.10. Will be encouraged to keep their mouth guards in their mouth throughout the competition/ practice, however, if this is not possible, proper disinfection of the mouth guard should be performed prior to reinsertion.
- 2.2.11. Will wash or disinfect hands before doing so.
- 2.2.12. Will be advised to bring and use their own water bottle.
- 2.2.13. Should drink enough fluid before, during and after practice and competition.
- 2.2.14. Should follow established guidelines for hydration. Please see National Athletic Trainer Association (NATA) Resource: Healthy Hydration For Young Athletes
- 2.2.15. Are encouraged to shower at home as quickly as possible after practice and games.

### **2.3. Chaperones and/or Responsible Parties**

- 2.3.1. Will complete a training to review guidance & protocols during pre-season meetings
- 2.3.2. All Responsible Parties must affirm that they have reviewed and understand the state-issued industry guidelines, and that they will adhere to them.
- 2.3.3. Responsible Parties should, in partnership with community organizations, leagues, etc., develop a communications plan for employees and patrons/players/spectators that includes applicable instructions, training, signage, and a consistent means to provide employees with information. Responsible Parties may consider developing webpages, text and email groups, and social media.
- 2.3.4. Responsible Parties should 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, through verbal communication and signage.
- 2.3.5. Responsible Parties should post signage inside and outside of the retail location to remind personnel and patrons/players/spectators to adhere to proper hygiene, social distancing rules, appropriate use of PPE, and cleaning and disinfecting protocols.
- 2.3.6. Will screen gate list spectators using district approved questions and provide temperature checks prior to admittance.

### **2.4. Officials**

- 2.4.1. Will contact school athletic administration leading up to the contest about (1) school expectations, (2) to determine where you should enter the host school's property and (3) to obtain other information that you or the school may want to communicate to each other prior to your arrival.
- 2.4.2. Will designate one crew member to contact the host school and provide information to other members of the crew.
- 2.4.3. Will use hand sanitizer between periods and during time outs; officials are encouraged to bring their own in the event none is available.
- 2.4.4. Will come to contests fully dressed in uniform.



2.4.5. Will be screened prior to arrival.

**2.5. Parents/Spectators**

- 2.5.1. Must maintain six feet of physical distance between individuals and/or family/household units at all times and all spectators.
- 2.5.2. Must wear face coverings when they are in common areas and situations where six feet of distancing is not able to be maintained, so long as they are over the age of two and medically able to tolerate such covering.
- 2.5.3. Will be limited to no more than two spectators per player as per accordance with NYSDOH guidance.
- 2.5.4. Will provide personal items to children and clearly label them.
- 2.5.5. Will disinfect your student's personal equipment after each game or practice.

**3. Safely Reintroduce Student-Athletes to Physical Activity**

**3.1. Implement National, State & Section Guidance**

- 3.1.1. NYS DOH [Interim Guidance for In-Person Instruction](#) (August 26th, 2020)
- 3.1.2. NYS DOH [Interim Guidance for Sports & Recreation](#) (August 15th, 2020)
- 3.1.3. NYSPHSAA [Return to Interscholastic Athletics & Considerations for Fall Sports](#)

**3.2. Additional Resources**

- 3.2.1. CDC [Cleaning & Disinfecting Your Facility](#)
- 3.2.2. NYS DOH [Stop The Spread](#) Poster

**3.3. Training modifications**

- 3.3.1. Pods will be developed for practices by position, specialty or other means and determined by coaching staff.)
- 3.3.2. Use of indoor facilities during inclement weather will be initially prohibited.\*
- 3.3.3. Modify layouts so that individuals are at least six feet apart in all directions, to the greatest extent possible, particularly during field exercises, drills, and other practice activities.
- 3.3.4. Virtual Chalk Talks/remote conditioning sessions will be utilized in the event of a practice cancellation due to inclement weather.
- 3.3.5. Utilize guidance as per NYSPHSAA [Return to Interscholastic Athletics & Considerations for Fall Sports](#)
- 3.3.6. First week of practice shall not exceed an hour and fifteen minutes (1:15).
- 3.3.7. Starting in week two, practices will resume standard practice lengths as determined by coaching staff, not to exceed 2 hours.
- 3.3.8. Practice structures will incorporate the 80/20 Rule. (80% or more of practice time will be facilitated as individual/pod activities, and if necessary, up to 20% of the remaining time will be dedicated to full team activities.)
- 3.3.9. Gradual activity progressions (Frequency, Intensity, Time & Type; 50, 30, 20, 10 Rule)



3.3.10. Stagger conditioning formations (Avoid single-file lines)

*\*If inclement weather is prolonged we will reevaluate the use of Gyms for practices*

#### 4. Safely Return to Interscholastic Competitions

##### 4.1. Opponent Screening

- 4.1.1. Confirm with competing districts of completed screening prior to arrival
- 4.1.2. Athletic office will provide visiting schools with district protocols
- 4.1.3. Screen all spectators prior to entering

##### 4.2. Sidelines

- 4.2.1. Essential Personnel Only (Coaches, Players, ATC, Event Staff)
- 4.2.2. Masks worn by all essential personnel at all times.
- 4.2.3. Essential personnel must maintain 6 ft of social distancing.
- 4.2.4. Personal and shared equipment bags must be spaced 6 feet apart.
- 4.2.5. Benches will be marked in accordance with social distancing guidelines.
- 4.2.6. 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.

##### 4.3. Pre, Post & In game sportsmanship practices

- 4.3.1. Acknowledge opponents from at least 6 feet away prior to and/or after competition.
- 4.3.2. No hugging, hand shaking, or fist bumps for support/encouragement

##### 4.4. Event Management

- 4.4.1. Adhere to the NYS DOH gathering requirements. (Including essential personnel)
- 4.4.2. Ensure that for any indoor sport or recreational activity, capacity is limited to no more than 50% of the maximum occupancy for a particular area as set by the certificate of occupancy, inclusive of employees and patrons/players/spectators.
- 4.4.3. Ensure spectators maintain 6 feet of distance by adhering to ground and/or seating markings, and/or other signage. Post signage and distance markers denoting spaces of six feet in all commonly used areas indoors for employees and any areas in which lines are commonly formed or people may congregate (e.g. clock in/out stations, health screening stations, break rooms, equipment checkout areas, cash register areas, locker rooms, etc.).
- 4.4.4. 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.



- 4.4.5. Ensure that, among all spectators, no individual group exceeds the gathering limit that is currently in place for the region.
- 4.4.6. Facilitate appropriate gathering size through the use of signage and/or staff to ensure groups are aware of and adhere to guidelines.
- 4.4.7. Families may sit together in designated areas.
- 4.4.8. For sports events (e.g. games), spectators are limited to two spectators per player.
- 4.4.9. Spectators maintain six feet of physical distance between individuals and/or family/household units at all times and all spectators must wear face coverings when they are in common areas and situations where six feet of distancing is not able to be maintained, so long as they are over the age of two and medically able to tolerate such covering.
- 4.4.10. Reserve adequate space for employees and patrons/players/spectators to move within the facility or area, considering appropriate social distancing. This may include, but is not limited to, creating one-way lines, rearranging traffic flow, or otherwise using alternating cash registers/appointment desks.
- 4.4.11. Prohibit the use of small spaces (e.g. behind cash registers, equipment checkout areas) by more than one individual at a time, unless all individuals in such space at the same time are wearing acceptable face coverings. However, even with face coverings in use, occupancy must not exceed 50% of the maximum capacity of the space or vehicle, unless it is designed for use by a single occupant.
- 4.4.12. Adhere to DOH's "Interim Guidance for Food Services during the COVID-19 Public Health Emergency" and all other applicable state, local and/or region-issued guidance for and beverage service on the premise of the facility.
- 4.4.13. Adhere to retail guidelines applicable to the region for any retail services activities.
- 4.4.14. Department will provide a [google form](#) link to coaches for the purpose of identifying two spectators per players who will be added to a guest lists the night before each event.
- 4.4.15. Will implement mandatory health screenings, including temperature checks, of all spectators using district approved questions to identify any individuals who may have COVID-19 or who may have been exposed to the COVID-19 virus.
- 4.4.16. Ensure facilities have been properly sanitized and have hand sanitizer and disposable masks readily available for practices and contests.
- 4.4.17. Clean and disinfect frequently touched surfaces and equipment including balls.

#### **4.5. Controlled entry & exiting of facilities**

- 4.5.1. Designate single point of entry for home and away spectators.
- 4.5.2. Spectators must exit the venue immediately following the contest.
- 4.5.3. Congregating in common areas is strictly prohibited.
- 4.5.4. Spectators will check-in at a designated location with an event chaperone.
- 4.5.5. Chaperones will check-in spectators using a gate list provided by the athletic department.
- 4.5.6. Re-entry to athletic events is prohibited.
- 4.5.7. Designate and mark Home and Away sections & entry points.



- 4.5.8. Ensure that employees at check-in or appointment desks maintain six feet from other employees and patrons/players/spectators, unless there is a physical barrier between the employee and other individual(s). Any time employees (e.g. cashiers, ticket takers, etc.) interact with patrons/players/spectators (e.g. operating appointment desks), they must wear acceptable face coverings, regardless of physical distance. If used, physical barriers should be put in place in accordance with OSHA guidelines.
- 4.5.9. Implement touchless payment options or pay ahead or reserve options to be used by patrons/players, when available. Minimize handling of cash, credit cards, reward cards, and mobile devices, where possible.

#### **4.6. Restrooms**

- 4.6.1. Ensure regular cleaning and disinfection of restrooms. Restrooms should be cleaned and disinfected more often depending on frequency of use.
- 4.6.2. Ensure distancing rules are adhered to by using signage, occupied markers, or other methods to reduce restroom capacity where feasible.

#### **4.7. Transportation**

- 4.7.1. District will conduct transportation activities that are consistent with state- issued public transit guidance and NYSED School Reopening guidelines.
- 4.7.2. Students and coaches will follow screening procedures prior to entering the bus.
- 4.7.3. Coaches will conduct screening of all athletes prior to entry.
- 4.7.4. Athletes will maintain 6ft of distance and wear a mask while awaiting entry to the bus.
- 4.7.5. Athletes presenting symptoms or a temperature of 100° or above will be denied entry to the bus. (Coach will follow previously mentioned screening procedures)
- 4.7.6. Coaches will maintain a passenger log for each run to assist with contact tracing when needed. (FamilyID Attendance and Screening Feature)
- 4.7.7. All students and school staff must wear acceptable face coverings at all times on school buses (e.g., entering, exiting, and seated).
- 4.7.8. Spare, clean cloth face coverings will be available to ensure all students wear face coverings on the school bus.
- 4.7.9. Maintain appropriate social distancing to the extent practicable.
- 4.7.10. Members of the same household may be seated in the same seat.
- 4.7.11. When possible, seating will be arranged to provide social distance on the bus.
- 4.7.12. Students will be loaded from the back to the front of the bus.
- 4.7.13. Students will unload from front to the back of the bus.
- 4.7.14. Students who are able, will be required to wear masks to the extent practicable; however, students whose physical or mental health would be impaired are not required to wear a face covering, and will be appropriately socially distanced at the rear of the bus. **(This decision will require medical documentation and approval by the District Medical Director.)**
- 4.7.15. When temperatures are above 45 degrees Fahrenheit, drivers will increase bus ventilation by opening the top hatches of buses or opening windows



4.7.16. Students and school staff remain at least 6 feet apart while waiting for transportation,

## 5. Provide Social/Emotional Support

### 5.1. Coaches

- 5.1.1. Preseason training with IHS & IMS School Psychologists.
- 5.1.2. Daily check-ins (Coaches w/Coaches, AD, Trainer, etc.)

### 5.2. Student-Athletes

- 5.2.1. Coaches will discuss and implement school psychologists social and emotional recommendations.
- 5.2.2. Daily check-in at the start of practices.