



Onondaga Central School District

OHSL 2020-2021 Return to Athletics Plan



On January 22, 2021, Governor Cuomo announced that effective February 1, 2021, participants in higher-risk sports and recreation activities may partake in individual or distanced group training and organized no/low- contact group training and may partake in other types of play, including competitions and tournaments, only as permitted by their local health departments. Effective February 1, 2021, and until otherwise indicated, student-athletes are permitted to participate in organized recreational leagues or K-12 sponsored higher-risk school sports in Onondaga County, provided that specific requirements are met.

Onondaga Central School District in collaboration with Onondaga County, and the Onondaga High School League (OHSL) believe that participation in interscholastic athletics is an integral part of the educational process, providing student-athletes with learning experiences that may not be found in the traditional classroom and extending such learning beyond the traditional school day. It is in the interscholastic athletic environment that student-athletes learn vital life skills and values through their experiences. The educational goals of a quality interscholastic athletic program consist of competence, character, civility, and citizenship. We believe that participation in such a program enriches any student's learning experience, provides positive outlets, and increases the awareness of one's fitness, health, and wellness. The OHSL has provided this "athletics plan" to guide member schools, athletic directors, in preparation for the Winter 2021 season.

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

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

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

- Lower risk sports and recreation activities are characterized by:
 - Greatest ability to maintain physical distance and/or be performed individually; o
 - Greatest ability to (1) avoid touching of shared equipment, (2) clean and disinfect

any equipment between uses by different individuals, or (3) not use shared equipment at all... Moderate Risk (NYSDOH)

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

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

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

Further, lower- and moderate-risk sports (e.g. bowling, gymnastics, indoor track, swimming, and ski) may practice and play, effective November 30, 2020. However, travel for practice or play is discouraged. Higher-risk winter sports (e.g., ice hockey, boys and girls basketball, competitive cheer, and wrestling) may begin practice, effective February 1, 2021, but not play beyond March 13, 2021; following the State and County-issued guidance. If school is closed for in-person education during the school year due to an increase in confirmed COVID-19 cases, school-sponsored sports must be suspended until in-person education is resumed; provided, however, that this restriction does not apply to schools that are conducting only remote instruction." (Pg. 4)

COVID-19 Testing

Onondaga Central School District will follow the Onondaga County Health Department recommends that each student-athlete, coach, manager, referee/official, or other individual associated with the higher-risk sport must undergo weekly, PCR-based SARS-CoV-2 testing unless the individual has documentation of a positive PCR-based SARS-CoV-2 test within the previous 90 days. Rapid tests such as an Antigen test is an acceptable substitute for testing asymptomatic individuals. Anyone who is symptomatic or has had a history of recent exposure to a case should get molecular (PCR) testing.

- Testing must be arranged or conducted by the district/school. The County will assist in this effort, under the health department's article 28, for such testing including uploading of data in NYSDOH's lab reporting system EPLRS
- The district/school must report patient-specific results (positive or negative) to the Onondaga County Health Department. The 'home' team is responsible for arranging for and reporting results from officials/referees.

OCS Dedicated 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](#).

Site Administrators:

- Jason Czarny, Athletic Director
- Email Address: jczarny@ocs.cnyric.org
- Phone: 315-552-5022
- Tim Mumford, Jr./Sr. High School Principal
- Email Address: tmumford@ocs.cnyric.org
- Phone: 315-552-5020

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

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

Season dates

- **Winter- JV/V February 1, 2021 - March 13, 2021; Modified February 22, 2021-March 26, 2021**
 - Basketball
 - No culminating event
 - Games start the week of February 8th (tentative)
 - 10-12 games for JV/V; 5-6 games for Modified
 - Ice Hockey

- No culminating event
 - Games start the week of February 8th (tentative)
 - 10-14 games
- Wrestling
 - No culminating event
 - Matches TBD
- **Fall 2- JV/V March 15, 2021-April 24, 2021; Modified April 5, 2021- May 7, 2021**
 - Volleyball
 - 10-12 games for JV/V; 5-6 games for Modified
 - Football
 - No culminating event
 - 5-6 games for JV/V; 3-4 games for Modified
- **Spring- April 19, 2021, subject to change**
 - Awaiting updated guidance from NYSPHSAA

Alignments and scheduling

- Geographically

Boys and Girls Basketball:					
Northwest	West	South	Central	North	West/Central
Jordan Elbridge	Marcellus	Onondaga Central	Syracuse Academy of Science	Phoenix	Marcellus
Weedsport	Skaneateles	Tully	Christian Brothers Academy	Mexico	Skaneateles
Solvay	Westhill	Lafayette	Bishop Grimes	Altmar Parish Williamstown	Westhill
Cato-Meridian	Homer	Fabius Pompey	Bishop Ludden	Pulaski	Homer
Institute of Technical at Syracuse Central	Cazenovia	Faith Heritage		Hannibal	Cazenovia
	Chittenango	Manlius Pebble Hill			Chittenango
					Syracuse Academy of Science
					Christian Brothers Academy
					Bishop Grimes

					Ludden
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OHSL Wrestling	
Phoenix	Marcellus/OCS
Chittenango	Hannibal/Cato
Homer	Jordan Elbridge
Mexico	F-P/Tully/LaFayette

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

Contest start times

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

Postseason/championships

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

Face coverings

- In accordance with NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation) responsible parties must ensure a distance of at least six feet is maintained among individuals at all times, whether indoor or outdoor, unless safety or the core activity (e.g. practicing, playing) requires a shorter distance. If a shorter distance is required, individuals must wear acceptable face coverings, unless players are unable to tolerate a face covering for the physical activity (e.g. practicing, playing); provided, however, that coaches, trainers, and other individuals who are not directly engaged in physical activity are required to wear a face covering.
 - The OHSL encourages players to wear face coverings at all times. Mask breaks will be provided at appropriate times (see sport specific appendices A-F).
 - Game participants should maintain 12 feet of distance when taking a mask break.
 - The OHSL encourages officials to wear face coverings at all times.
 - Coaches, trainers, bench players, game personnel, and all other individuals not directly involved in physical activity must wear a mask if they cannot maintain 6 feet of distance.

- **Spectators will not be permitted for all indoor sports at this time.** If permitted, spectators must maintain six feet of physical distance between individuals and/or family/household units at all times and all spectators must wear face coverings when they are in common areas and situations where six feet of distancing is not able to be maintained, so long as they are over the age of two and medically able to tolerate such covering.
- Face coverings worn by athletes and coaching staff must be of a basic color, display school colors, display school name or display school logo. Masks displaying an athletic emblem (Nike/UA/Adidas etc..) are also acceptable. Personal agendas or messages scribed onto a mask should not be permitted during gameplay. Coaches are asked to monitor athlete masks.

Screening procedures

- NYSDOH guidance (Interim COVID-19 Guidance for Schools), states the following pertaining to screening: Responsible Parties must implement mandatory health screenings, including temperature checks, of students, faculty, staff, and, where applicable, contractors, vendors, and visitors to identify any individuals who may have COVID-19 or who may have been exposed to the COVID-19 virus. (Pg. 2)
 - **The OHSL requires that all student-athletes undergo a daily health screening before participation in a school-sponsored activity.**
- NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation) states the following pertaining to screening: Responsible Parties must implement mandatory daily health screening practices for employees and, where practicable, vendors, but such screenings shall not be mandated for delivery personnel or patrons/players/spectators. Responsible Parties are encouraged to offer optional health screenings for patrons/players/spectators. (Pg. 13)
 - **The OHSL requires that all staff/employees of the member school district undergo daily health screenings prior to participation in a school-sponsored activity.**
- Responsible Parties cannot mandate that patrons/players/spectators(if permitted) complete a health screen or provide contact information but may encourage patrons/players/spectators to do so. (Pg. 14)
 - **Due to contradictory information (page 12 of NYSPHSAA return to interscholastic athletics document) health screenings for spectators(if permitted) are at the discretion of the host school.**
- Athletic directors are required to develop facility protocols and distribute them to opposing school AD(see Appendix G).
- Each school is responsible for ensuring a health screening of their student-athletes before traveling to the opposing site.

Spectators

- **With an abundance of caution and with student health and safety as the main priority the OHSL prohibits spectators at indoor sporting events at this time.**
- The OHSL encourages that no spectators attend contests; however, it is understood that the decision to allow spectators is at the discretion of the local school district. **If spectators are permitted**, the following guidelines must be followed:
 - As per NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), spectators must maintain six feet of physical distance between individuals and/or family/household units at all times and all spectators must wear face coverings when they are in common areas and situations where six feet of distancing is not able to be maintained
 - Following NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), responsible parties must limit spectators to no more than two spectators per player. (Pg. 6)
 - Responsible Parties must ensure that for any indoor sport or recreational activity, capacity is limited to no more than 50% of the maximum occupancy for a particular area as set by the certificate of occupancy, inclusive of employees and patrons/players/spectators if permitted. (Pg. 5)
 - Responsible Parties must ensure that for any indoor sport or recreational activity, capacity is limited to no more than 150 persons
- If spectators are permitted, each school is required to provide rostered players with 2 sport-specific passes. Such passes shall be color-coded by sport and level and used for entry into a contest.
- Spectators, if permitted, are subject to the host school's health screening procedures and facility rules. For higher-risk sports, school districts will be required to follow the guidance provided by county health departments.
- Neutral site contests are subject to facility restrictions.

Hosting a game

- Have an administrative contact (cell # and email address) for all events.
- Players are responsible for their own personal water bottle.
 - If practicable, host sites will make bottle filling stations available.
- Stream games live if possible.
- Host school AD is responsible to communicate site protocols to visiting school and officials in advance of the contest (see Appendix G), items to be covered:
 - Parking
 - Where to enter the facility
 - What equipment will be provided
 - Water availability
 - Bench area seating
 - locker room availability and location
 - restroom availability and location

- emergency action plan
- Gameday paperwork
- Media check-in and game location
- Cleaning and disinfecting protocol
- Pre-game conference and post-game salutation
- Make sure facilities have been properly sanitized before the visiting team has arrived.
 - Have hand sanitizer and disposable masks readily available.
- It is recommended to make frequent announcements before and during the competition, about face coverings being required and social distancing requirements.
- Clean and disinfect frequently touched surfaces and equipment including balls.

Visiting teams

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

Confirmed case protocol

- NYSDOH Guidance (Interim COVID-19 Guidance for Schools) states: Responsible Parties must establish protocols and procedures in consultation with the local health department(s), about the requirements for determining when individuals, particularly students, who screened positive for COVID-19 symptoms can return to them in-person learning environment at school. This return to school protocol shall include at minimum documentation from a health care provider following evaluation, negative COVID-19 diagnostic test result and symptom resolution, or if COVID-19 positive, release from isolation Responsible Parties should refer to DOH's 'Interim Guidance for Public and Private Employees Returning to Work Following COVID-19 Infection or Exposure' regarding protocols and policies for faculty and staff seeking to return to work after a suspected or confirmed case of COVID-19 or after the faculty or staff member had close or proximate contact with a person with COVID-19. (Pg. 3)
 - Once a student has been cleared for participation following a positive COVID-19 diagnosis, schools should reference the following NYSPHSAA Handbook information: "The Handbook Committee recommends that each incidence of prolonged absence should be reviewed individually by the coach and the athletic director, school nurse, consulting with the school physician when necessary, and a reasonable amount of practice time and playing time be established based on the athlete's readiness for safe return to competition."

- Schools are required to have a return to school protocol as established by the NYSDOH. The same protocol will be used for athletic teams.
- A student absent from school for sickness should not participate in a practice or contest that day.
- Furthermore, NYSDOH guidance (Interim COVID-19 Guidance for Schools) states: If school is closed for in-person education during the school year due to an increase in confirmed COVID-19 cases, school-sponsored sports must be suspended until in-person education is resumed; provided, however, that this restriction does not apply to schools that are conducting only remote instruction. (Pg. 4)

Facilities

- If permitted, 2 spectators per athlete, 150 people max capacity for large gatherings, 50% capacity for the indoor facility (see “Spectators” on page 8)
 - Home and visiting schools must provide a roster 24 hours in advance to the host school.
- Responsible party must ensure a distance of 6 feet is maintained among individuals at all times
- The responsible party should put in place measures to reduce bi-directional foot traffic walking through space (i.e.- Barriers, tape, signs with arrows)
- Responsible parties should designate separate entrances and exits, to the extent practicable.
- Responsible parties should rearrange waiting areas to maximize physical distancing.
- Responsible Parties must ensure the cashier or ticket-taker wears a face covering when interacting with any patron/player/spectator. This process should be contactless to the extent practicable.
- Responsible Parties must ensure individuals not participating in sports or recreation activities (e.g. coaches, spectators) wear appropriate face coverings when they are within less than six feet of other individuals unless a physical barrier is present. Additionally, employees must wear face coverings any time they interact with patrons/players/spectators, regardless of physical distance.
- Responsible parties must ensure proper cleaning/disinfecting of the facility after a practice/contest and before use by another team.
- Following NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), the following could be utilized for proper hygiene, cleaning, and disinfecting: (Pgs. 11-12)
 - Responsible Parties must ensure adherence to hygiene and cleaning and disinfection requirements as advised by the CDC and DOH, including “Guidance for Cleaning and Disinfection of Public and Private Facilities for COVID-19,” and the “STOP THE SPREAD” poster, as applicable. Responsible Parties must maintain cleaning logs that include the date, time, and scope of cleaning and disinfection. (Pg. 11)

- Responsible Parties must provide and maintain hand hygiene stations on-site, as follows:
 - For handwashing: soap, running warm water, and disposable paper towels.
 - For hand sanitizing: an alcohol-based hand sanitizer containing at least 60% alcohol for areas where handwashing facilities may not be available or practical.
 - Hand sanitizer must be placed throughout the site for use by employees and patrons/players/spectators(if permitted). It should be placed in convenient locations such as points of entrance/exit. (Pg. 11)
 - Responsible Parties should post signage indicating that visibly soiled hands should be washed with soap and water; hand sanitizer is not effective on visibly soiled hands. (Pg. 11)
 - Responsible Parties must provide appropriate cleaning and disinfection supplies for shared and frequently touched surfaces and encourage employees to use these supplies, following manufacturers' instructions, before and after use of these surfaces, followed by hand hygiene. (Pg. 11)
 - Responsible Parties must conduct regular cleaning and disinfection of the site and frequent cleaning and disinfection for high-risk areas used by many individuals and for frequently touched surfaces. Cleaning and disinfection must be rigorous and ongoing and should occur at least after each shift, daily, or more frequently as needed. Please refer to DOH's "Interim Guidance for Cleaning and Disinfection of Public and Private Facilities for COVID-19" for detailed instructions on how to clean and disinfect facilities. (Pg. 11)
 - Responsible Parties must ensure regular cleaning and disinfection of restrooms. Restrooms should be cleaned and disinfected more often depending on the frequency of use. (Pg. 11)
 - Responsible Parties must ensure distancing rules are adhered to by using signage, occupied markers, or other methods to reduce restroom capacity where feasible. (Pg. 12)
 - Weight Rooms: There is nothing in the NYSDOH guidance prohibiting the use of weight rooms, so long as the school can appropriately clean and disinfect the area.
 - Locker Rooms: Schools are permitted to utilize locker room facilities. It is strongly recommended for schools to follow guidance included in the Gym and Fitness Center Guidance: Responsible Parties must put in place practices for adequate social distancing in small areas, such as locker rooms, restrooms, and break rooms, and should develop signage and

systems (e.g., flagging when occupied) to restrict occupancy when social distancing cannot be maintained in such areas.

Pre-game/post-game

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

Officials

- For modification, officials are optional and at the discretion of the host school.
- The OHSL encourages officials to come to contests fully dressed in uniform. Given restrictions created by the pandemic, schools may not have facilities available to accommodate officials with a dressing room.
- The OHSL encourages officials to wear a face-covering at all times. Member schools may be subject to more restrictive guidance developed by county health departments.
- The OHSL prefers to have vouchers done electronically.
- Contact should be made with school athletic administration leading up to the contest about (1) school expectations, (2) to determine where you should enter the host school's property, and (3) to obtain other information that you or the school may want to communicate to each other prior to your arrival.
 - Officiating crews should designate one crew member to contact the host school and provide information to other members of the crew.
 - Conversations should occur with the host school administration regarding the size of changing areas or locker rooms (if available) to ensure social distancing can occur.
- Request hand sanitizer is available at the scorer's table, if applicable, and use it between periods and during time-outs; officials are encouraged to bring their own in the event none is available.
- Officials are not responsible for monitoring activities on the sidelines, such as social distancing, face coverings, hand washing, symptoms of illnesses, and other such issues. This monitoring obligation remains with the coaching staff and school personnel.
- Be prepared to have a health screening conducted upon arrival at a school campus.

- Upon conclusion of the contest, officials should leave the contest area and not interact with others.
- Officials must pay special attention to playing rules that require distances between players during play.
 - 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.
- Reminders should be issued for situations that involve hygiene (spitting, etc.).
- Officials should maintain distance from players if an altercation occurs and minimize the times they are within six feet of others.
- Officials should be aware of the location of medical personnel while on school property.
- Limit the exchanging of documents between officials and others.
- Once the contest begins, avoid conversations within six feet with coaches.
- Wash hands frequently. Bring your towels and hygiene materials. Do not share them with others.
- Electronic whistles are permissible. Choose a whistle whose tone will carry outside. Be aware of the increased risk of inadvertent whistles.
 - 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 the team. (4-1-1d)
 - Rule 5-3 OFFICIALS UNIFORM AND EQUIPMENT
 - By state association adoption, long-sleeved shirts/jackets are permissible. (5-1-3) (Waiver of the NFHS Rule)
 - Electronic whistles are permissible (supplies are limited). Choose a whistle whose tone will carry outside. Fox 40 Mini – Fox 40 Unisex Electronic - 3 tone Ergo-Guard - (3 tones) - orange Windsor - (3 tones) grey Check the market for other choices
 - Gloves are permissible.
- Considerations for Officials:
 - Bring personal hand sanitizer. Wash hands frequently
 - Do not share equipment.
 - Consider using electronic whistles.
 - Do not shake hands and maintain social distancing guidelines during pre and post-game ceremonies.
- Considerations for Coaches:
 - Clearly communicate your guidelines to students and parents.
 - Consider conducting workouts in “cohorts” of the 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 supplies.
 - Students should wear their appropriate workout clothing (do not share clothing)
 - Individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
 - Bring your water bottle.
- Considerations for Parents:
 - Provide personal items for your child and clearly label them.
 - Following NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), only two spectators per participant are permitted. (Pg. 5)

Winter Sport Considerations

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

The official start date for low/ moderate-risk: November 30, 2020. Sections have the authority to determine a later start date.

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

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

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

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

Appendix A- Basketball

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

General Considerations:

- For the pregame conference, limit attendees to the referee and the head coach from each team with each coach standing on the center circle on each side of the division line.
- For pregame conferences, all individuals maintain a social distance of 6 feet or greater at the center circle.
- Limit the number of bench personnel to observe social distancing of 6 feet or greater.
- Additional chairs or rows may be added to allow bench personnel to observe social distancing of 6 feet or greater.
- Create separation between the team bench and spectator seating(if permitted) behind the bench.
- Limit contact between players when substituting.
- The host school should sanitize the table before the game and at half time.
- Place officials table sufficiently away from the sideline to allow for additional space for substitutes.
- Limit seats at the table to essential personnel which includes the home team scorer, timer, and shot clock operator with a recommended distance of 6 feet or greater between individuals. Other personnel (visiting scorers, statisticians, media, etc.) may not be deemed essential personnel and consider an alternate location for them.
- Eliminate all handshakes, fist bumps, and similar gestures pre-and post-game.
- Give a game ball to officials where it is sanitized as recommended by the ball manufacturer and not used for warm-ups. Additional game balls will be provided by the host school and rotated into the game as appropriate.
 - The host school should ensure that the ball is sanitized during time-outs and between quarters.
- Sanitizer should be provided by the host team at the table.
- Long-sleeved shirts are permissible.
- Considerations for Officials:
 - Officials are responsible for game management, which does not include monitoring activities on the sidelines, such as social distancing, face coverings, hand washing, symptoms of illnesses, and other such issues. This monitoring obligation remains with the responsible parties.
 - Bring personal hand sanitizer. Wash hands frequently.
 - Do not share equipment.

- Follow social distancing guidelines.
- Suspend handshakes, fist bumps, and similar gestures before and following the pregame conference.
- Officials are not required to wear jackets during pregame court/player observation.
- Electronic whistles are permissible.
- Gloves are permissible.
- Officials may stand 6 feet or greater away from the player making a throw-in and bounce the ball to that player on a frontcourt throw-in.
- The lead official shall stand on the end line and bounce the ball to the free thrower.
- Considerations for Coaches:
 - Clearly communicate your goal to students and parents.
 - Consider conducting workouts in “cohorts” of the 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 your own water bottle.
- Considerations for Parents:
 - Provide personal items for your child and clearly label them.
 - In accordance with NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), only two spectators per participant if permitted.

Appendix B - Ice Hockey

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

General Considerations:

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

- Do not shake hands and maintain social distancing guidelines during pre and post-game ceremonies.
- Considerations for Coaches:
 - Communicate your guidelines in a clear manner to students and parents.
 - Consider conducting workouts in “cohorts” of the 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 your own water bottle.
- Considerations for Parents:
 - Provide personal items for your child and clearly label them.
 - In accordance with NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), only two spectators per participant are permitted if allowed.

Appendix C- Indoor Track

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

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

- Weight Throw and Shot Put should enforce social distancing for all athletes and officials.
 - To limit contact, athletes can provide their own implements (that pass inspection) and retrieve their own implements after all throws.
 - If athletes can't provide their own implements, then it is recommended that implements be sanitized between each use.
- Long Jump and Triple Jump should enforce social distancing for all athletes and officials.
- High Jump and Pole Vault should enforce social distancing for all athletes and officials.
 - To lower the risk of these events, pits may be covered by a tarp that is removed and disinfected after each athlete uses it (therefore multiple tarps needed to keep the event moving) or individuals may bring their own mat or tarp for use on pits.
 - To limit contact, athletes should not share vaulting poles.
- Sprint, Hurdle, Relay Events run entirely in lanes, may use every other lane to assist with distancing.
 - Blocks should be disinfected after each heat/race.
 - Baskets are not recommended at the start line for apparel.
- Rule Changes:
 - Rule 5-10-5 Current rule: The baton is the implement that is used in a relay race and is handed by each competitor to a succeeding teammate. Gloves are not permitted in relay events.
 - NYSPHSAA has elected to permit the use of sanitary gloves for this year (2020-21). (waiver of NFHS Rule approved by NYSPHSAA Officers 11-16-20)
 - It is recommended that schools bring and use their own batons, and not share them with other schools.
 - Rules 6-4-11 and 6-5-24: Vertical jumpers may complete all three of their jumps consecutively with three (3) minutes being permitted for each jump. (waiver of NFHS Rule approved by NYSPHSAA Officers 11-16-20)
- Considerations for Officials:
 - Officials are responsible for meet management, which does not include monitoring activities in the facility such as social distancing, face coverings, hand

washing, symptoms of illnesses, and other such issues. This monitoring obligation remains with the responsible parties.

- Bring personal hand sanitizer. Wash hands frequently.
- Do not share equipment.
- Follow social distancing guidelines:
 - Clerking at the start line.
 - Tabulations and posting of results.
- Consider using electronic whistles.
- Do not shake hands and follow pre-and post-game ceremony guidelines established by state associations.
- Considerations for Coaches:
 - Communicate your guidelines in a clear manner to students and parents.
 - Consider conducting workouts in “pods” of the same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
 - Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.
- Considerations for Students:
 - Consider making each student responsible for their own supplies
 - Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
 - Hand sanitizer should be plentiful at all contests and practices.
 - Bring your own labeled water bottle.
- Considerations for Parents:
 - Make sure your child and immediate household members are without symptoms of illness before participating in practice and competition (if there is doubt stay home),
 - Provide personal items for your child and clearly label them.
 - Spectators should not congregate around the competition areas if spectators are permitted this season.

INDOOR TRACK & FIELD COMPETITION:

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

- The virtual competition shall be conducted only for the regular season. Sections may determine if they would like to conduct a virtual section postseason event.
- Competition for each team/school involved should take place at venues of similar nature with similar specifications for each event with special emphasis on risk minimization. Surfaces and surrounding conditions are recommended to be similar.
- The meet must be conducted under the supervision of at least one certified NFHS or state association registered official at each venue.
- All rules regarding athlete participation and conduct should apply; technical rules for the competition shall be enforced. Entries shall follow all NFHS rules for each event.
- It is suggested but not required that schools use an applicable technology to record results of each event and also have the capacity to compare against their opponents' results. The same application is recommended to be used by each school for a virtual dual meet. Suggested applications for virtual meets include, but are not limited to, Hytek, MileSplit, Athletic.net.
- Schools shall communicate with their virtual opponent, in advance, the timing methods, venue, event specifications, entries, and other details associated with a track meet so both schools ensure equity for the competition.
- It is recommended but not required to have schools compete virtually on the same day.
- Sections may determine if times and marks achieved during virtual competition qualify for a sectional or state qualifier meet. A league will decide if a virtual competition can be used to determine a league champion.
- Sections that can only conduct virtual meets during the regular season and do not have the ability to conduct a sectional or state qualifier meet may use virtual meet marks and times to qualify for the State Tournament or postseason event.

Appendix D- Wrestling

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 sanitizers should be placed at the 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 the official scorer and the 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 - coaches will use Track Wrestling to verify the weight.
- A wrestler's certified weight at his/her first competition will be the lowest weight the wrestler uses for competition for the season.
- 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 the 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 the 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 if permitted.

Fall Season II Considerations

The following sport-specific information is intended to provide athletic administrators and coaches with basic guidance and considerations related to Fall Sports Season II interscholastic sports programs.

Scheduled start date: March 1, 2021, as set by NYS

High-risk Fall Season II sports (Competitive Cheer, Football, and Volleyball) only as permitted by the respective local health authorities (i.e., county health departments). Sections have the authority to determine a later start date. **The OHSL has determined the Fall 2 season to start March 15, 2021.**

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

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

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

Appendix E - Volleyball

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 the 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 their 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 - Undergarments 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 shirts/sweaters 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 the 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 is permitted.

Appendix F - Football

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 the 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.

Appendix G- Parent Consent Form

TEMPLATE-Please Copy and Paste

[TO BE PLACED ON DISTRICT LETTERHEAD]

_____, 2021

Re: SARS-CoV-2 Athletic Informed Consent

Participation in interscholastic athletics is voluntary and carries inherent risks. By permitting my child to participate, I am acknowledging that:

- Participation in the higher-risk sport places the student-athlete at risk of exposure to SARS-CoV-2.
- Symptomatic and asymptomatic individuals can spread the virus.
- Masking, distancing, and other mitigation measures reduce, but do not eliminate risk.
- At present, it cannot be predicted who will become severely ill if infected.
- SARS-CoV-2 can lead to serious medical conditions and death for people of all ages.
- The long-term effects of SARS-CoV-2 are, at present, unknown; even people with mild cases may experience long-term complications.
- There is a significant risk of transmission to those in the home of infected student-athletes.
- Older people and people with underlying health conditions are at higher risk of serious disease.
- A condition for ongoing participation will be full cooperation with case/ contact investigations and compliance with isolation/quarantine requests if indicated.
- Testing for COVID-19 is recommended by the Onondaga County Department of Health and I consent on behalf of child to such testing, if implemented.
- I have received medical clearance from my student athlete's healthcare provider.

By signing below, I am indicating that I have read and understood the specific warnings above and have been made aware of the potential dangers as a result of my child's participation in athletics. I also agree to comply with the sport-specific safe return preparedness plan developed by the District.

I hereby give permission for my child to participate in interscholastic athletics and understand that the degree of danger and the potential of exposure to the SARS-CoV-2 varies significantly from one sport to another, with contact sports carrying the higher risk.

Parent/Guardian Signature

Date

Appendix H- Facility Protocols Template

Home Facilities Form

(complete for each contest site)

Administrator/Site Supervisor Contact (Cell Phone # and E-mail):

Field location (address):

Briefly describe your facilities for the visiting team (Locker rooms, restrooms, bench area, warm-up location, bus parking, etc.- include a map)

What equipment should the visiting team bring?

Describe any facilities limitations and/or problems that might concern the opposing team:

Describe your health screening protocols:

Where should spectators park and enter the facility (provide a map if possible)?

What restrooms are available for spectators?

Will concessions be available?

Will the game be streamed live?

Please provide your emergency action plan; including shelter plans for inclement weather: