



Return to Athletics for Preseason **Workouts and Conditioning**

In accordance with NYSPHSAA rules and regulations: School sponsored activities conducted out of the sport season such as general conditioning, weight training, weight lifting, intramurals, recreation, open gyms, club activities and camps are permitted:

- (1) if such programs are not mandated by coaches or school personnel;
- (2) if such programs are available to all students.

The Onondaga Athletic Department will institute the following plan based on guidance from the NYSPHSAA (New York State Public High School Athletic Association) COVID Task Force, and the NFHS (National Federation of High Schools) Guidance for Opening up High School Athletics and Activities documents, to begin the process of opening up Onondaga Central for preseason and out of season athletic activities.

Examples of Permitted Workout Activities:

Moderate risk sports practices and competitions involving close, sustained contact but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants may begin. Examples are: Basketball, volleyball, baseball, softball, soccer, tennis, pole vault, high jump, long jump, girls lacrosse, 7 on 7 football.

Maximum lifts should be limited to the use of power cages and should be used for squats and bench presses, and deadlifts. Spotters should stand at each end of the bar.

This plan is contingent upon our region remaining in phase four. In the event that conditions in the state or region change or additional executive orders are passed that include placing further restrictions on recreational activities or school based activities, this plan will be modified or terminated.

The workouts that will be designed by our varsity coaching staff will be developmentally appropriate, taking into account that students have been separated from their normal training routines for several months and will include a phased reintroduction of physical activity.



Workouts will follow a proper heat acclimatization program with a focus on hydration with the following guidelines:

- Masks are to be worn at all times with frequent designated mask breaks with at least 12 feet of space between individuals.
- Sharing of water bottles or water sources is NOT permissible.
- All athletes and coaches will be required to provide their own water and water bottles for workouts that they attend.

General Considerations (All Sports):

- 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.
- Responsible Parties should 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.
- Responsible Parties should discourage sharing of equipment among patrons/players, unless it is able to be cleaned and disinfected between use.

Note: NYSDOH guidance does not prohibit specific equipment use.

- Coaches and students need to be screened daily (Interim COVID-19 Guidance for Schools).

General Considerations (High Risk Sports):

- Contact between players may only be incidental and any activities that are specifically designed to promote close physical contact are prohibited.
- When determining if an activity/ drill meets the standards of NYSDOH guidance, consider the following items for High Risk sports:
 - o focused on skill development
 - o individual or distanced group training
 - o social distance maintained

Considerations for Coaches (All Sports):

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in “cohorts” of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.



- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.

Considerations for Students (All Sports):

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

SPORT SPECIFIC SECTIONS

Football:

- Fall football conditioning/ drill work:
- Football players in grades 7-12 are invited to participate Wednesday and Thursday from 2:30-4 pm on the upper practice field.
- Players will participate in preseason conditioning activities (running, etc.)
- Players will participate in football specific drills that require no contact with other players (box drills, cone drills, etc.)
- There will be no use of bags or shields during fall workouts.
- All players must wear a mask at all times and stay a minimum of 6 feet apart.
- Players will provide their own water and are responsible for their own ride home following workouts.
- Players will work on 7 vs. 7 skills as allowed by NYS.
- Finally, coaches will supervise and make sure that all Covid-19 protocols are being followed.

BASKETBALL

COVID GUIDELINES FOR BOYS BASKETBALL OPEN GYM/WEIGHT TRAINING

Who:

- Basketball open gym/workouts for 7th-12th grade boys.
- We will never exceed more than 9 people for each session (6 students/athletes, 3 coaches).
- Masks must be worn at all times by all individuals, unless getting a drink while socially distancing of at least 12 feet.



- Participants will arrange for their own transportation home and will bring their own water bottles.

COVID Screening:

All participants will complete a google form with the screening questions below prior to arrival for a training session. We will conduct a temperature check at the door.

- **TEMPERATURE:** Is your temperature greater than or equal to 100.0 degrees Fahrenheit? Note: Temperature will be taken on site with touchless infrared thermometer.
- **CONTACTS:** Have you had any known close contact with a person confirmed or suspected to have COVID-19 in the past 14 days? Note: Close contact does not include individuals who work in a health care setting wearing appropriate, required personal protective equipment.
- **SYMPTOMS:** Are you currently experiencing ANY of the following symptoms?
 - Cough (new or worsening)
 - Shortness of Breath (new or worsening)
 - Troubled Breathing (new or worsening)
 - Fever
 - Chills
 - Muscle Pain (new or worsening)
 - Headache (new or worsening)
 - Sore Throat (new or worsening)
 - New Loss of Taste
 - New Loss of Smell

Note: A few of the above symptoms may occur with pre-existing medical conditions, such as allergies or migraines. You should only answer “Yes” if your symptoms are new or worsening.

- **POSITIVE TEST RESULTS:** Have you tested positive for COVID-19 through a diagnostic test in the past 14 days?
- **TRAVEL:** Have you traveled within a state with significant community spread of COVID-19 for longer than 24 hours within the past 14 days? Note: For a list of states currently under New York’s travel advisory requiring a 14-day quarantine upon return, please visit:

<https://coronavirus.health.ny.gov/covid-19-travel-advisory#restricted-states>

Cleaning and Disinfecting:

1. When possible, participants will not share any equipment during training sessions.
2. When equipment is being shared, proper cleaning and disinfecting will occur based on the school’s cleaning supplies (weights, treadmills, jump ropes, etc.).
3. After each session all equipment touched by any persons will be cleaned and disinfected, that includes but not limited to: weight training equipment, basketballs, doors/handles, benches, etc.



Proposed Training Details

- Small groups of student-athletes (6 total persons at a time) to participate in small group practices and/or weight training.
- At all times participants will be socially distanced of at least 12 feet when possible (unless spotting from the side for weightlifting)
- Masks must be worn during all and any activities.
- Activities **to be** included:
Shooting drills, dribbling drills, defensive positioning drills, rebounding drills, passing drills, running workouts, agility workouts, strength workouts, plyometric workouts, weightlifting exercises, and conditioning.
- Activities **not to be included**:
offensive guarding person vs person, scrimmages/games, and any contact with other players.
- Emphasis will be on individual skill development and fitness training.

Training Sessions

- We would like to start with Tuesday Open Gym/Workouts from 2:30 to 4pm and from 4:30 to 6pm, at High School.
- We would like to possibly add a 2nd Open Gym/Workout day in future weeks.
- Each training session will last a maximum of 1 hour 30 minutes.
- There will be a 30-minute break between for proper cleaning before the next group arrives for their training session.
- No participants will be allowed entrance into facilities or onto the practice surface until: Proper cleaning has been completed, screening has been completed, temperature check, and mask is worn by participants.

Example Schedule Session One:

- 2:30 pm- 4:00 pm Group A
- 4:00 pm- 4:30pm Cleaning/Disinfecting
- 4:30pm- 6:00pm Group B

Girls Basketball-

- Same as boys basketball plan listed above **except**-

Training Sessions

- If possible, we would like to start Monday, November 2nd and Wednesday, November 4th
- Open Gyms- Monday and Wednesdays
 - Session one- 3:15-4:00
 - Session two- 4:15-5:00
- Each training session will last 45 minutes with 15 minutes in between for athletes from session one to exit and equipment to be sanitized



VOLLEYBALL

COVID GUIDELINES FOR VOLLEYBALL OPEN GYM/WEIGHT TRAINING

Who:

- Volleyball open gym/workouts for 7th-12th grade girls.
- We will never exceed more than 9 people for each session (7 students/athletes, 2 coaches).
- Masks must be worn at all times by all individuals, unless getting a drink while socially distancing of at least 12 feet.
- Participants will arrange for their own transportation home and will bring their own water bottles.

COVID Screening:

All participants will complete a google form with the screening questions below prior to arrival for a training session. We will conduct a temperature check at the door.

- **TEMPERATURE:** Is your temperature greater than or equal to 100.0 degrees Fahrenheit? Note: Temperature will be taken on site with touchless infrared thermometer.
- **CONTACTS:** Have you had any known close contact with a person confirmed or suspected to have COVID-19 in the past 14 days? Note: Close contact does not include individuals who work in a health care setting wearing appropriate, required personal protective equipment.
- **SYMPTOMS:** Are you currently experiencing ANY of the following symptoms?
 - Cough (new or worsening)
 - Shortness of Breath (new or worsening)
 - Troubled Breathing (new or worsening)
 - Fever
 - Chills
 - Muscle Pain (new or worsening)
 - Headache (new or worsening)
 - Sore Throat (new or worsening)
 - New Loss of Taste
 - New Loss of Smell

Note: A few of the above symptoms may occur with pre-existing medical conditions, such as allergies or migraines. You should only answer "Yes" if your symptoms are new or worsening.

- **POSITIVE TEST RESULTS:** Have you tested positive for COVID-19 through a diagnostic test in the past 14 days?
- **TRAVEL:** Have you traveled within a state with significant community spread of COVID-19 for longer than 24 hours within the past 14 days? Note: For a list of states currently under New York's travel advisory requiring a 14-day quarantine



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Cleaning and Disinfecting:

- When possible, participants will not share any equipment during training sessions.
- When equipment is being shared, proper cleaning and disinfecting will occur based on the school's cleaning supplies (weights, treadmills, jump ropes, etc.).
- After each session all equipment touched by any persons will be cleaned and disinfected, that includes but not limited to: weight training equipment, volleyballs, doors/handles, benches, etc.
- **Proposed Training Details**
- Small groups of student-athletes (6 total persons at a time) to participate in small group practices and/or weight training.
- At all times participants will be socially distanced of at least 12 feet when possible (unless spotting from the side for weightlifting)
- Masks must be worn during all and any activities.
- Activities **to be** included:
 - *Underhand passing (bumping) drills, overhand passing (setting) drills, blocking drills, hitting drills, serving drills, running workouts, agility workouts, strength workouts, circuit training drills and conditioning.*
- Activities **not to be included**:
 - *Any drills that involve contact with other players.*
- Emphasis will be on individual skill development and fitness training.

Training Sessions

- We would like to start with Tuesday/Thursday Open Gym/Workouts from 3:30 to 5:15 pm at Wheeler Gym (To be able to utilize our practice nets).
- Each training session will last a maximum of 45 minutes.
- There will be a 15-minute break between for proper cleaning before the next group arrives for their training session.
- No participants will be allowed entrance into facilities or onto the practice surface until: Proper cleaning has been completed, screening has been completed, temperature check, and mask is worn by participants.

Example Schedule Session one and two:

- 3:30 pm- 4:15 pm Group A
- 4:15-4:30 pm Cleaning/Disinfecting
- 4: 30 pm- 5:15 pm Group B

WRESTLING

- Wrestling conditioning/ solo drill work:
- Wrestlers in grades 7-12 are invited to participate in TBD, only 10 people in the weight room at one time.



- Players will participate in preseason conditioning activities (running, weight lifting etc.)
- Players will participate in wrestling specific drills that require no contact with other players (cone drills, etc.)
- There will be no use of bags or drilling during workouts.
- All players must wear a mask at all times and stay a minimum of 6 feet apart.
- Players will provide their own water and are responsible for their own ride home following workouts.
- Players will work on skills as allowed by NYS.
- Finally, coaches will supervise and make sure that all Covid-19 protocols are being followed.

COVID Screening:

All participants will complete a google form with the screening questions below prior to arrival for a training session. We will conduct a temperature check at the door.

- **TEMPERATURE:** Is your temperature greater than or equal to 100.0 degrees Fahrenheit? Note: Temperature will be taken on site with touchless infrared thermometer.
- **CONTACTS:** Have you had any known close contact with a person confirmed or suspected to have COVID-19 in the past 14 days? Note: Close contact does not include individuals who work in a health care setting wearing appropriate, required personal protective equipment.
- **SYMPTOMS:** Are you currently experiencing ANY of the following symptoms?
 - Cough (new or worsening)
 - Shortness of Breath (new or worsening)
 - Troubled Breathing (new or worsening)
 - Fever
 - Chills
 - Muscle Pain (new or worsening)
 - Headache (new or worsening)
 - Sore Throat (new or worsening)
 - New Loss of Taste
 - New Loss of Smell

Note: A few of the above symptoms may occur with pre-existing medical conditions, such as allergies or migraines. You should only answer “Yes” if your symptoms are new or worsening.

- **POSITIVE TEST RESULTS:** Have you tested positive for COVID-19 through a diagnostic test in the past 14 days?
- **TRAVEL:** Have you traveled within a state with significant community spread of COVID-19 for longer than 24 hours within the past 14 days? Note: For a list of states currently under New York’s travel advisory requiring a 14-day quarantine



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Cleaning and Disinfecting:

- When possible, participants will not share any equipment during training sessions.
- When equipment is being shared, proper cleaning and disinfecting will occur based on the school's cleaning supplies (weights, treadmills, jump ropes, etc.).
- After each session all equipment touched by any persons will be cleaned and disinfected, that includes but not limited to: weight training equipment, volleyballs, doors/handles, benches, etc.
- **Proposed Training Details**
- Small groups of student-athletes (10 total persons at a time) to participate in small group practices and/or weight training.
- At all times participants will be socially distanced of at least 12 feet when possible (unless spotting from the side for weightlifting)
- Masks must be worn during all and any activities.
- Activities **to be** included:
 - *Individual drills*
- Activities **not to be included**:
 - *Any drills that involve contact with other players.*
- Emphasis will be on individual skill development and fitness training.

SPRINGS SPORTS

BASEBALL/SOFTBALL: TBD