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## Wappingers CSD Athletics Fall Guidelines

### **NYSPHSAA Authority:**

In response to questions and concerns expressed by member schools, the New York State Public High School Athletic Association (NYSPHSAA), offers this document as a recommended resource on how schools may consider approaching the [“Return To Interscholastic Athletics.”](#)

### **Implementing Interim COVID-19 Guidance for Sports and Recreation:**

In accordance with NYSDOH guidance ([Interim COVID-19 Guidance for Sports and Recreation](#)), the ability to participate in sports and recreation activities is determined by a combination of the risk for COVID-19 transmission (1) inherent in the sport or recreation activity itself and (2) associated with the “type of play” (e.g. individual practice vs. game). Sports and recreation activities are categorized by NYSDOH as “low” risk, “moderate” risk, and “high” risk.

#### **Low Risk (NYSDOH)**

- Lower risk sports and recreation activities are characterized by:
  - 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...

#### **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 of 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 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 development of these policies and the conduct of school-sponsored sports.

Further, lower- and moderate-risk sports (e.g., tennis, soccer, cross country, field hockey, and swimming) may practice and play, effective September 21, 2020. However, travel for practice or play is prohibited outside of the school’s region or contiguous regions/counties until October 19, 2020. Higher-risk sports (e.g., football, wrestling, rugby, hockey, and volleyball) may practice, effective September 21, 2020, but not play until authorized at a later date, but no later than December 31, 2020; in accordance with the State-issued guidance, such practices are limited to individual or group, no- to low-contact training (e.g., skills development) whereby contact between players may only be incidental and any activities that are specifically designed to promote close physical contact are prohibited. 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)

### **Fall Sports (October 1<sup>st</sup>- TBD)**

**Low & moderate risk sports** (Boys/Girls Cross Country, Field Hockey, Boys/Girls Soccer, Girls Swimming, Girls Tennis) Start date **10/1/2020** (Girls Swimming, due to lack of section 1 facilities maybe moved to Fall 2 season which would start mid-February).

- May practice
- In accordance with approved NYSPHSAA rules, teams must play games within their section or league until October 19<sup>th</sup>; games may be played beyond a school’s section or league after October 19<sup>th</sup>

**High risk sports** (Cheerleading, Football, Volleyball) Now playing in the Fall 2 season starting March 1<sup>st</sup> to TBD. ([NYSPHSAA Football, Volleyball and Competitive Cheer Memo](#))

**Modified Athletics-** No Fall Modified WBSD Athletics (Boys/Girls Cross Country, Field Hockey, Boys/Girls Soccer, Cheerleading, Football, Volleyball)

- Due to lack of facility space, Lack of Transportation, Lack of Administration and Chaperone Supervision, COVID-19 Screening of Athletes and Coaches, Lack of Officials)

# Important Reminders

## Student-Athletes

- 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. (Pg. 5)
- Students should tell coaches immediately when they are not feeling well.
- No hugging, high fives, shaking hands, or fist bumps.

## Coaches

- Must wear a facing covering at ALL times
- Set clear expectations for student-athletes from day one.
- Communicate guidelines in a clear and consistent manner to students and parents.
- No hugging, high fives, shaking hands, or fist bumps.

## Parents/ Spectators

- 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, so long as they are over the age of two and medically able to tolerate such covering. (Pg. 6)
- Disinfect student's personal equipment after each game or practice

## Screening

- NYSDOH guidance ([Interim COVID-19 Guidance for Schools](#)), states the following pertaining to screening:
  - **Screening** Responsible Parties must implement mandatory health screenings, including temperature checks, of students, faculty, staff, and, where applicable, contractors, vendors, and visitors to identify any individuals who may have COVID-19 or who may have been exposed to the COVID-19 virus. Specifically, all individuals must have their temperature checked each day. If an individual presents a temperature of greater than 100.0°F, the individual must be denied entry into the facility or sent directly to a dedicated area prior to being picked up or otherwise sent home. Responsible Parties must also use a daily screening questionnaire for faculty and staff reporting to school; and periodically use a questionnaire for students, particularly younger students, who may require the assistance of their parent/legal guardian to answer. Remote health screening (e.g., by electronic survey, digital application, or telephone, which may involve the parent/legal guardian) before any individual reports to school, is strongly advised. (Pg. 2)
- WCSD will be using Ezscrn for daily check-ins. More instruction to come on the Ezscrn app and login process.

# Wappingers CSD Requirements For Interscholastic Athletics

## GENERAL REQUIREMENTS (APPLY TO ALL SPORTS):

- Make sure to emphasize to all participants the importance of washing hands or using hand sanitizer before, during, and after practices/competitions.
- Facilities will be properly sanitized and have hand sanitizer and disposable masks readily available for practices and contests.
- Proper cleaning and disinfecting frequently touched surfaces and equipment including balls.
- No hugging, high fives, shaking hands, or fist bumps.
- Note: NYSDOH guidance for physical education classes requires 12' feet for aerobic activity, however NYSPHSAA is abiding by NYSDOH guidance ([Interim COVID-19 Guidance for Sports and Recreation](#)).
- 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. (Pg. 5)
- Social distancing will be maintained during the National Anthem and on sidelines.
- Outdoor sports will extend bench areas to permit social distancing. Indoor sports will use bleachers or multiple levels of seating to ensure social distancing. WCSD Athletics will use paint or tape as a guide for students and coaches if needed.
- Hydration:
  - All students shall bring their own water bottle. Water bottles must not be shared.
  - Hydration stations (water cows, water trough, water fountains, etc.) will not be utilized.
- Practice/ competition site – Only essential personnel should be permitted on the practice/ competition site as authorized. These are defined as athletes, coaches, medical personnel/athletic trainers, and officials (competition), etc. Spectators are to remain in stands and/or designated spectator areas.
- Personal Items – It is recommended that each athlete bring their own bag for personal items. All personal items should remain in the bag when not in use. Bags will be placed in a predetermined area six feet apart for the duration of practice or game.

## REQUIREMENTS FOR STUDENT-ATHLETES:

- 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. (Pg. 5)
  - 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. (Pg. 5)

- Students should wear their own appropriate workout clothing and not share clothing.
- Individual clothing/towels should be washed and cleaned after every workout.
- Students are encouraged to keep their mouth guards in their mouth throughout the competition/practice, however, if this is not possible, proper disinfection of the mouth guard should be performed prior to reinsertion. Hands should also be washed or disinfected before doing so.
- Students are to bring and use their own water bottle.
- Athletes should drink enough fluid before, during and after practice and competition.
- Student-athletes are encouraged to shower at home as quickly as possible after practice and games.
- Student-athletes must bring own equipment to and from campus (e.g. ball, water bottle, racket, sticks, etc.)

### REQUIRMENTS FOR COACHES:

- Coaches **MUST** wear a facing covering at all times.
  - 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.
- Communicate guidelines in a clear and consistent 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 and game/contest in case contact tracing is needed.
- Coaches should limit game day team/roster sizes for social distancing and transportation purposes.
- Coaches will bring their own water bottle(s) and follow established guidelines for hydration.
- Coaches will provide equipment for students who are in need.

### REQUIRMENTS FOR PARENTS/GUARDIANS:

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

- In accordance with 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, so long as they are over the age of two and medically able to tolerate such covering. (Pg. 6)
- In accordance with 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)
- Provide personal items to children and clearly label them.
- Disinfect your student’s personal equipment after each game or practice

### REQUIRMENTS FOR SCHOOL ADMINISTRATORS:

#### Teams and Programs:

- Wappingers Central School District has the authority and autonomy to administer our district’s athletic programs as we deem appropriate.
- WCSD will be flexible with scheduling practices, games and competitions to accommodate bus transportation availability (i.e. start times at 5:30 PM or Saturday and Sunday).
- Considerations will be made on limiting game day team/ roster sizes for social distancing and transportation purposes.

**Traveling to competition or game:**

- Make sure to communicate with the host school prior to the competition to discuss plans.
- Follow all policies and guidelines the host school has communicated.
- Make sure teams are bringing its own medical supplies and emergency action plans.
- Students should be made aware that there is **no** locker room availability until further notice and students are advised to bring additional shirts or clothing to easily change into.

**Hosting a game or contest:**

- Make sure to have an administrative contact (cell number and email address) for all events.
- Will communicate ahead of time with the incoming schools, event personnel (i.e. scorekeepers, timers, announcers) and officials about procedures, policies and guidelines.
  - Examples to be covered include but not limited to, the following:
    - Parking;
    - Where to enter facility;
    - What equipment should the visiting team bring;
    - Water availability;
    - Bench area seating (how many players can be accommodated to maintain social distancing);
    - Locker room availability and resources;
    - Emergency action plans;
    - How will game day paperwork be handled
- Make sure facilities have been properly sanitized before the visiting team has arrived.
  - Have hand sanitizer and disposable masks readily available.
- Frequent announcements prior to and during the competition, pertaining to face coverings being required and social distancing requirements.
- Clean and disinfect frequently touched surfaces and equipment including balls.

# Facilities Guidelines

## GATHERING LIMITATIONS & SOCIAL DISTANCING:

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

- Responsible Parties must ensure that for any indoor sport or recreational activity, capacity is limited to no more than 50% of the maximum occupancy for a particular area as set by the certificate of occupancy, inclusive of employees and patrons/players/spectators. (Pg. 5)
- 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. (Pg. 5)
- 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. (Pg. 5)
- Responsible Parties should 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. (Pg. 9)
- Responsible Parties should clearly designate separate entrances and exits, to the extent practicable. (Pg. 10)
- Responsible Parties should rearrange waiting areas (e.g. lines, parking areas) to maximize social distance among other patrons/players/spectators and minimize interaction with others in the area. (Pg. 10)
- 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. (Pg. 10)
- Responsible Parties must ensure individuals not participating in sports or recreation activities (e.g. 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. (Pg. 10).

## For spectators, the following additional safety measures apply:

- For sports events (e.g. games), Game will limit spectators to **two spectators per player**. (Pg.6)
- Responsible Parties must ensure 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. (Pg. 6)
- Responsible Parties may facilitate appropriate distancing through the use of markings on the ground or seating areas, and other signage. (Pg. 6)
- Responsible Parties must ensure that, among all spectators, no individual group exceeds the gathering limit that is currently in place for the region. (Pg. 6)
- Responsible Parties may facilitate appropriate gathering size through the use of signage and/or staff to ensure groups are aware of and adhere to guidelines. (Pg. 6)

### Facilities Cleaning:

- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility will be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts if permissible.
- Hand sanitizer will be plentiful and available to individuals as they transfer from place to place.
- Weight equipment will be wiped down thoroughly before and after an individual's use of equipment using disinfecting wipes.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- Students will be encouraged to shower and wash their workout clothing immediately upon returning to home.

## Other important Guidelines:

### Stay at Home When Appropriate:

- Sick staff, coaches and students must stay home
- Individuals, including staff, coaches, and students, must stay home if they have tested positive for or are showing, COVID-19 symptoms.
- Individuals, including staff, coaches, and students, who have recently had close contact with a person with COVID-19 must also stay home and monitor their health.
- Based upon consultation with a healthcare provider, individuals may need to quarantine for a 14-day period.
- It is critical everyone involved in the off-season workout program understands sick individuals must not attend the workout; they should notify school administration and coach if they or a family member becomes sick with COVID-19 symptoms, test positive for COVID-19 or have been exposed to someone with COVID-19 symptoms or a confirmed or suspected case.

### Before workouts:

#### Students should...

- Wash hands with disinfectant soap and water (for 20 seconds or longer) or use a hand sanitizer if soap and water are not readily available.
- Bring a full bottle to avoid touching a tap or water fountain handle, Water bottle are **NOT** to be shared.
- Avoid and/or limit the use of carpools.
- Avoid touching gates, fences, benches, etc. If possible.

### During workouts:

#### Student should...

- Follow directions for spacing and stay at least six feet apart from others.
- NOT share equipment.
- DO NOT make physical contact with others, such as shaking hands or giving high fives.
- Avoid touching face, sharing food, drinks and/or towels.
- Maintain appropriate social distancing from others when taking breaks.
- Remain together and work in the same small groups (cohorting), rather than switching groups or mixing sports.

### Following workouts:

#### Students should...

- Wash hands thoroughly or use hand sanitizer after leaving the workout.
- NOT use the locker rooms.
- Leave the facility as soon as reasonably possible after workout.
- Shower at home and wear proper attire to and from practice.

# Fall Sport Specific information from NYSPHSAA

## Cross Country

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

### General Considerations:

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

### Pre and Post Meet:

- Establish cross country specific social distancing meet protocols including the elimination of handshakes before and after the match.
- The use of team tents on site is discouraged.
- Teams are expected to provide individual water for their athletes and discourage the use of water stations and open cups.

## Field Hockey

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

### General Considerations:

- No hugging, shaking hands, or fist bumps.
- Clean and disinfect frequently touched surfaces and exercise equipment including balls.
- Ball Retrievers should be placed on the opposite side of the team bench.
- Balls – Each player should bring their own ball or use the same school-issued ball during practice. Skill training, conditioning, agility, etc. can be done with the one player/one ball concept. Balls should be sanitized before and after each practice/game.
- Bench area may be extended to the 15 for teams with 30+ players. Coaches are still restricted to remain between the 45 and 25. There must still be 5 yards between the sideline and the bench area.

### Pre and Post Game Ceremony:

- Establish field hockey specific social distancing game protocols including the elimination of handshakes before and after the match.
- Limit attendees to one official, the head coach from each team, and a single captain from each team.
- Move the location of the pregame conference to center of the field. All individuals should maintain a social distance of six feet during the conference.
- Suspend handshakes prior to and following the pregame conference.

## Soccer

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

### General Considerations:

- Pregame Conference (5-2-2d)
  - Limit attendees to head referee or center referee, the head coach from each team, and a single captain from each team. (Rule waiver)
  - Move the location of the pregame conference to center of the field. All individuals maintain a social distance of six feet.
  - Suspend handshakes prior to and following the Pregame Conference.
- Team Benches (1-5-1)
  - No linear bench area, adjust backward from the touch line.
- Substitution Procedures (3-4)
  - Maintain social distancing of six feet between the substitute, officials and/or teammate(s) by encouraging substitutions to occur closer to the center line. Hand sanitizer should be used prior to entering the game.
- Officials Table (6-2; 6-3)
  - Limit the table to essential personnel, including the 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.
- Goalkeepers may not spit on their gloves. They can wet them with a water bottle. If the official determines this happens, gloves will be taken out of play. (NYSPHSAA Rule)
- A mandatory two (2) minute hydration/mask break will be taken at the first dead ball situation after the 20-minute mark. Players must stay on the field during the break and may remove their mask as long as they maintain social distancing. Substitutes who report to the table prior to the break taking place, may enter the game following the break. (Waiver of the NFHS Rule)
- The use of a dropped ball is suspended. To replace this procedure, an indirect kick will be awarded to the team whom the referees deemed to be in possession at the time of stoppage. (Waiver of the NFHS Rule)

### Pre and Post Match Ceremony

- Suspend the pregame world cup introduction line and send players to their field positions with bench personnel lined up on the touch line (six feet apart) for introductions.
- Suspend post game protocol of shaking hands.

## Tennis

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

### General Considerations:

- Maintain social distancing when changing ends.
- Consider spraying tennis balls briefly with a disinfectant spray (e.g., Lysol or Clorox) at the conclusion of play. Using new balls on a regular basis is encouraged.
  - When possible consider using one separate can of balls per player per match. Players should serve their own tennis balls throughout the match.
- Tennis practice equipment should be touched only by the coach and should be cleaned frequently. Use alcohol-based disinfectant to clean all tennis gear, including racquets, towels, target cones, ball machines, etc.
- Consider using a ball machine for giving lessons. Using ball tubes and basket pickups to pick up loose balls after a ball machine rotation also limits contact.
- Avoid using unnecessary equipment such as throw-down lines.