



New Lebanon Central School District
Return to Interscholastic Athletics
Including High Risk Sports

Updated:
April 29, 2021

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MEDICAL DIRECTOR APPROVAL

I certify that I, Ronald Pope, D.O., operating in the role as district Medical Director, have reviewed and approve the attached plan for New Lebanon CSD for the Sports Season(s). Any amendments or adjustments to this plan must be reviewed and approved by myself prior to implementation.

Ronald Pope D.O.
PRINT NAME

3-4-2021
DATE

Ronald Pope D.O.
SIGNATURE

Introduction

On January 22, the New York State Department of Health (NYSDOH) authorized high-risk sports to begin practice and competition on February 1st, 2021 if permitted by the respective local health authorities.

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, further, may partake in other types of play, including competitions and tournaments, only as permitted by the respective local health authorities (i.e., county health departments).

Local health authorities should consider the following factors in authorizing or continuing to prohibit higher risk sports and recreational activities as, in many areas, these factors may weigh against permitting such activities:

- whether there has been a more-transmissible variant of COVID-19 identified in the area
- local rates of COVID-19 transmission or rate of positivity, and
- local ability to monitor and enforce compliance.

Columbia County DOH has approved the resumption of high risk sports on or around February 9, 2021, subject to specified requirements. Outlined below is a plan for New Lebanon Central School District and its return to Interscholastic Athletics.

Throughout the return to Interscholastic Athletics plan the following documents will be referenced:

- NYS Department of Health Interim Guidance for Sports and Recreation – Updated January 22, 2021
- New York State Public High School Athletics Return to Interscholastic Athletics – Updated January 25, 2021

Columbia County Guidance

General

The Columbia County Dept. of Health confirmed to our district that the 7-day average positivity rate in the county must remain below 4% in order for high-risk sports to resume in our schools.

When the positivity rate is 4% or lower, any district wishing to resume high-risk sports must begin actively planning for their return by meeting the following requirements:

- Each school district's Board of Education or non-public school's Board of Directors (or other appropriate person/entity) must approve the district/school's participation in each specific high-risk sport.
- Each school superintendent/school leader must oversee the creation of a sport-specific preparedness plan, to be approved by the district/school's medical director.
- Each parent/guardian must sign an informed consent.
- Each student-athlete must have medical clearance from their healthcare provider, and from the district's medical director if they have previously tested positive for COVID-19.
- Each parent/guardian, student-athlete, and school official must agree to fully cooperate with case investigation and contact elicitation and to adhere to isolation and quarantine orders.
- Each district/school must establish a confidential phone number and email address to allow student-athletes, parents, or others to report concerns.

You can see all the full detailed guidance from Columbia County DOH about resuming high-risk sports in schools [here](#).

Board of Education Approval

Pursuant to the above metrics and guidance, the New Lebanon CSD Board of Education has approved the following sports for the 2020-21 Season(s), effective 3 / 4 / 21

- _____
- _____

Plan Administrator

The Athletic Director will be responsible for communicating this plan to student-athletes, coaches, parents, trainers, referees/officials, and any other district/school who may be scheduled for athletic competition or events at any New Lebanon CSD facility.

The Athletic Director will communicate with the district COVID Coordinator should any cases be identified in conjunction with athletic practices or events/competitions. The Athletic Director will assist the district COVID Coordinator with facilitating and assisting the local county department of health with case investigation and contact elicitation and notification.

The Athletic Director will create a staggered schedule of practice and game times in order to avoid crowding and congestion when participants, referees/officials, and spectators are arriving, playing, and leaving. This schedule will be shared with each sports coach, the Director of Facilities, and the building administrators.

Monitoring

The district will adhere to the following:

- A daily system to ensure that no one associated with the practice or competition is ill, including, but not limited to, players, coaches, game personnel, referees/officials and spectators.
 - This must include: temperature checks and a health assessment screening consistent with NYSED and NYSDOH guidance.
 - Screenings must be completed at the start of each practice or competition.
 - Records shall be made accessible to the local County Health Department immediately upon request.

- A system for logging attendance by all individuals associated with the practice or competition, including, but not limited to, players, coaches, game personnel, referees/officials and spectators. The system must capture names (if applicable, parent or guardian), county of residence, phone numbers and email addresses.

Records shall be made accessible to the local County Health Department upon request.

Schedules

Winter Season – swimming started on January 4th

High Risk – basketball and boys volleyball – start upon BOE approval

Fall Season II sports (Soccer, Cross Country) official start date is Monday, March 15th- May 1st .

High-risk sports (Girls Volleyball) - Monday, March 15th.

Spring Season

Spring sports (baseball, softball, and track) official start date is April 26th through June 25th.

Registration

Health Screenings

NYSED has extended the validity of student health screenings through the end of the 2021 school year. This permits student athletes to participate in the 2020-2021 sports seasons if they have previously had a health examination for school attendance in the 2018-2019 or 2019-2020 school years and provide a current health history completed and signed by their parent/guardian within 30 days of the start of the season, unless a current health examination is deemed necessary by the school district's director of school health services (medical director).

Health history

At the beginning of each athletic season, students are required to update their health history forms, which include questions about COVID-19.

These questions will be used by school health care providers to identify student athletes who may need additional medical screening before being cleared to participate in athletics. Please print and complete the health history form and return it to the school nurse or main office.

Recommendations for these changes can be found in the *NYSPHSAA Return to Athletics document*.

Student Interest Sign Up

Students will sign up for all sports teams using an electronic Google Form. This form will be posted on the district website, Facebook page, and in their Physical Education Google Classroom.

COVID Pledge

All students and their families will need to sign the COVID Pledge in order to participate in athletic events.

Athletic Placement Process (APP)

Student athletes in grades 7th and 8th must be approved through the Athletic Placement Process and our district's medical director to be eligible to try out for an athletic team.

APP Parent Packet

Roster Size

Coaches should consider limiting the roster size in each sport to be able to accommodate transportation restrictions.

Health and Safety Procedures

Face coverings

Individuals must wear acceptable face coverings at all times, unless players are unable to tolerate a face covering for the physical activity (e.g. practicing, playing). If a player is unable to tolerate a face covering during physical activity, **written notification from the child's healthcare provider is required for a waiver** and will be filed with the school health office. Coaches and other individuals who are not directly engaged in physical activity are required to wear a face covering at all times.

Social distancing

Individuals 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.

All student athletes will be required to complete the daily self-assessment COVID-19 survey and get their temperature checked prior to practice/contest. The daily self-assessment can be found on our district website [here](#). All athletes and coaches must have their temperature checked before practice or competitions regardless of being in the building that day. Coaches - all coaches will fill out the self-assessment form each day prior to their arrival on campus.

COVID Testing

When mandated by the DOH we are testing athletes for COVID-19 once per week. The testing schedule will begin at the commence of the sports season. Testing will take place in the "Principal's Conference Room."

The testing schedule will follow the format below:

Monday- Last names (A-La)

Tuesdays- Last names (Le-Z)

Wednesdays- All "remote" only students (testing will take place at Walter B. Howard between the time of 2:00-3:00PM)

Thursday- Last names (A-Law **if absent on Monday**)

Friday-Last names (Le-Z **if absent on Tuesday**)

Students will return to their typical classes immediately after their COVID test. They will resume their day given a negative COVID test.

If the test is positive the athlete and their parents will be notified by the school nurse and required to quarantine for 10 days.

Locker Rooms

There will be no gathering of student-athletes in locker room areas. Student-athletes should attempt to come to practice ready to go and not need to use the locker room. If a locker room is needed, student-athletes and coaches are expected to wear masks at all times and adhere to social distancing guidelines. Locker rooms are to be used for changing areas and not storage during practice. After changing, no storage of bags or personal items. Place bags 6ft apart at your practice or competition. All athletes must wear a mask at all times. No visiting teams allowed in locker rooms. If the visiting team needs to use the restroom a chaperone will escort them to the designated restroom. Locker rooms will not be open after practices or games.

Sanitization of Facilities

All facilities will be sanitized by school personnel at the conclusion of practice and competitions using disinfectant.

All busses will be sprayed with disinfectant before and after all trips for away games and transporting athletes to and from practices.

Practice Guidelines

- Student athletes are expected to report to their team's designated location at a designated time.
- Coaches should be able to identify the student athletes who were together at any time (keeping accurate daily attendance & group members)
- Acceptable face coverings must be worn at all times. In accordance with NYSDOH guidance a distance of at least six feet must be maintained among individuals at all times, Whether indoor or outdoor, Unless safety or the core activity requires a shorter distance. If a player is unable to tolerate a face covering for the physical activity, Written notification from the athlete's health care provider is required for a waiver and must be kept on file in the health office.
- Remote student athletes must come prepared for practice and will not be allowed in the locker rooms.
- All athletes must take personal items and bags to practice (locker rooms will not be open after practice) and store them 6ft apart.
- Wash or sanitize hands before going to practice and during practice breaks (hand sanitizer will be readily available).
- Coaches should take medkits with extra masks and hand sanitizer.
- Athletes and coaches are required to bring their own filled water bottles.
- No sharing of clothes, pinnies, food, or water is permitted.
- Equipment should not be shared unless able to be sanitized in between uses.
- Wash/sanitize hands after practice.
- All personal equipment should be taken home and disinfected at the conclusion of each practice/contest.

- Student-athletes waiting to be picked up at the conclusion of contests should wait wearing their face covering and maintaining a distance of at least six feet.
- Athletes should immediately shower when arriving at home.

Game Day Guidelines

- Remote student athletes must come prepared for competition and will not be allowed in the locker rooms.
- All athletes must take personal items and bags to competitions (locker rooms will not be open after games) and place bags six feet apart:
- Wash or sanitize hands before going to competitions and during competition breaks (hand sanitizer will be readily available).
- Take med kits with extra masks and hand sanitizer.
- No sharing of clothes, pinnies, food, or water is permitted.
- Equipment should not be shared unless able to be sanitized in between uses.
- Acceptable face coverings must be worn at all times. In accordance with NYSDOH guidance a distance of at least six feet must be maintained among individuals at all times, Whether indoor or outdoor, Unless safety or the core activity requires a shorter distance. If a player is unable to tolerate a face covering for the physical activity, Written notification from the athlete's health care provider is required for a waiver and must be kept on file in the health office.
- When sitting on sidelines, must be six feet apart AND wearing a face covering.
- Wash hands after competition.
- All personal equipment should be taken home and disinfected at the conclusion of each practice/contest.
- Student-athletes waiting to be picked up at the conclusion of contests should wait wearing their face covering and maintaining a distance of at least six feet.
- Athletes should immediately shower when arriving at home.
- Scoring table is limited to essential personnel (home team scorer and timer).
- 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.

Home Games

Each head coach needs to make sure to have an administrative contact for all events. In the event of an issue, the coach should contact the Director of Athletics.

The New Lebanon CSD Athletic Office will communicate ahead of time with the incoming schools and officials about its 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)

- How will game day paperwork be handled (electronic exchange of rosters between coaches prior to game time is preferred).

The New Lebanon coach should walk their facility prior to competition to ensure that it has been properly sanitized before the visiting team has arrived. Please contact the Director of Athletics if there is an issue regarding your game day facility.

Contact the Director of Athletics if someone starts to display or says they have symptoms.

Visiting teams must bring: emergency contact list, med kit, disinfected equipment, Water, extra supply of masks and hand sanitizer, and supplies for stats/ scorer person.

Locker rooms will not be available for visiting teams.

If a person should have to use the restroom a designated restroom will be provided. Restrooms will be cleaned regularly by a maintenance staff member.

At the completion of every contest, coaches and players are expected to leave the facility immediately.

Coaches are reminded that pre, during and post contest handshakes, hugs, fist bumps, etc., are prohibited.

Protocol if Symptoms are Displayed

1. Coach contacts Athletic Director
2. Coach keeps athletes and personal belongings away from teammates and other staff
3. Contact athlete's parents
4. Notify Nurse
5. Form filled out by Nurse for sending athlete home with symptoms

Media

Media should contact the Athletic Director or Superintendent prior to the event to discuss protocols.

Spectators

The district reserves the right to restrict spectators and provide livestream social media events for athletic competitions and events.

The district reserves the right to determine which spectator limit – two per player or the social gathering limit – facilitates compliance with health and safety protocols for their specific sports and recreation event.

All indoor athletic contests will be conducted without spectators.

All outdoor athletic contests will allow 200 or fewer people **masked and socially distanced** (this excludes the participants in the athletic event) in outdoor non-residential settings.

Outdoor contests hosted at **Emma Willard** will allow **two** spectators per athlete. Each athlete will receive **two** spectator cards to be given out as they wish.

As per NYSDOH guidance, spectators must maintain six feet of physical distance between individuals and/or family/household units at all times.

All spectators must wear face coverings at all times, so long as they are over the age of two. In accordance with NYSDOH guidance, responsible parties must limit spectators to no more than two spectators per player.

Concessions/Booster Club

There will be no concessions at any contests until further notice. Post-contest meals are prohibited until further notice. This includes weekend or team gatherings, which are not part of the instructional process (i.e. pasta parties).

Senior Recognition Ceremonies

Senior recognition ceremonies are allowed, but must follow all COVID-19 protocols and be coordinated with the coach and approved by the Director of Athletics.

Away Games

Student athletes should change prior to departure and have all of their belongings and equipment with them when they leave New Lebanon Jr/Sr High School campus. New Lebanon student athletes and coaches are expected to follow all of the guidelines and procedures of other member schools upon arrival on their campus.

Travel

Coaches need to make sure they are in compliance with all New Lebanon Transportation Department guidelines during COVID-19. All coaches need to have an updated roster, emergency contact list, and med kit with them at all times.

In lieu of passing around a sign out sheet, parents need to either confirm via email or text with the head coach that they are driving their child to, or signing their child out from, an away contest.

Coaches can set up a Google document, instead of the email/text procedure, if they prefer. Students should not be released without electronic documentation.

Confirmed Cases & Return to Play

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 the 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) 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)

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 incident of prolonged absence should be reviewed individually by the coach and the athletic director, consulting with the school medical director 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."

Student athletes must have written clearance from their physician before starting the Return to Play Protocol.

Return to Play Protocol

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

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

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

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

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

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

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

Appendix A



New Lebanon COVID-19 Athletic Agreement & Pledge

As a student athlete choosing to participate on a sports team at New Lebanon JR/SR High School, I know that I must take steps to stay healthy in order to protect others and promote interscholastic athletics in my school. I pledge to take responsibility for my own health to help stop the spread of COVID-19.

New Lebanon CSD has put in place preventative measures to reduce and minimize the potential exposure of athletes to COVID-19 while participating in interscholastic athletics by following applicable state and federal guidance. However, I understand that my school district cannot guarantee that a student athlete will not be exposed to COVID-19. I am aware that I may be exposed to COVID-19 while participating or attending practices and/or competitions.

In order to reduce my risk, I agree to be an active participant in maintaining my own health, wellbeing and safety, as well as the safety of others. I agree to following all the guidelines and expectations outlined by my school.

I agree to the following:

- I will stay home if any member of my household is having any of the following symptoms:
 - Fever of 100.3°F or higher
 - Respiratory symptoms, such as dry cough or shortness of breath
 - Sore throat
 - Headache
 - Body aches
 - Chills
 - Loss of taste or smell
- If I develop the above symptoms, I agree to contact and to follow the school district's instructions which may include being tested for COVID-19 and self-quarantining while the test results are pending.
- I will stay home if any member of my household has been diagnosed with COVID-19 or has a suspected diagnosis of COVID-19.
- I will stay home if I have traveled internationally or from a state with widespread community transmission of COVID-19 per the New York State Travel Advisory in the past 14 days.
- I will comply with wearing a face mask at all times, with the exception of being physically in the swimming pool.
- I will comply with daily temperature checks.
- I will complete a daily COVID-19 Survey prior to attending practices and competitions or I will not be able to participate.
- I agree to immediately inform Stephanie Luce, Athletic Director, at sluce@newlebanoncsd.org of any known or potential exposures to COVID-19.

I have read, understand, and agree to comply with the expectations above. I acknowledge that these expectations are a condition of my participation in interscholastic athletics at New Lebanon CSD. Any failure to comply with this pledge may result in immediate removal of athletic participation privileges. I take this pledge seriously and will do my part to protect my school and community.

Student Athlete Signature

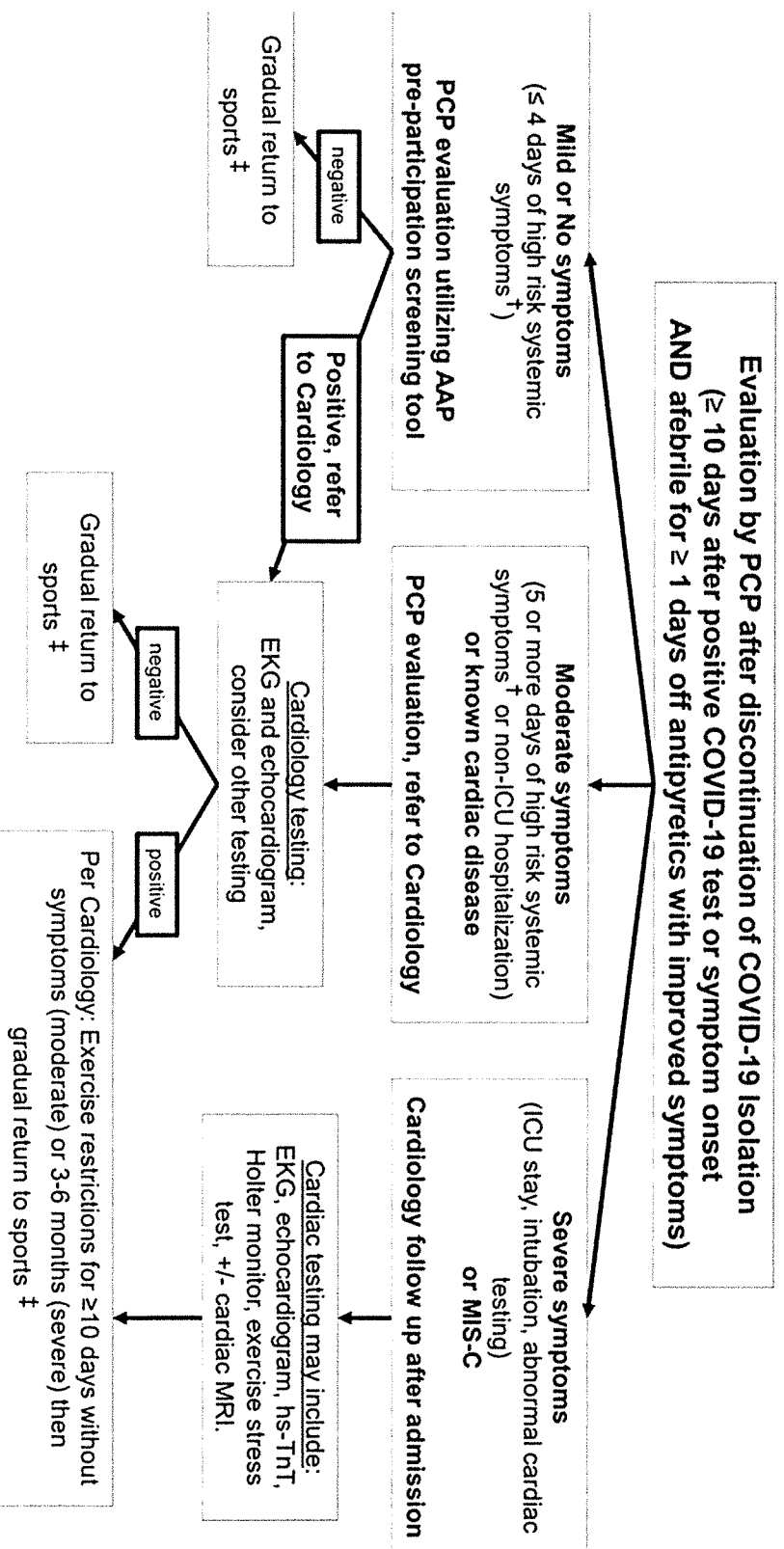
Date

Parent/Guardian Signature

Date

Return to Play Related to COVID-19 Infection in Pediatric Patients (K-12)*

This document contains interim suggested guidance based on current information available to inform assessment and risk stratification for release to participation in physical education, sports and moderate to vigorous play for pediatric patients.
 Note, patients with close contact exposure to COVID-19 are restricted from participation for ≥ 14 days (same duration as quarantine).



* Published by UR GCH COVID Pediatric RTP Workgroup on 12/15/2020 using the AAP Updated Guidance on Returning to Sports Activities: <https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/covid-19-interim-guidance-return-to-sports/>

† High risk systemic symptoms are: fever > 100.4, myalgia, chills, or profound lethargy

‡ Gradual return to sports can begin immediately (Mild or No symptoms) or ≥ 10 days after the end of symptoms and should be over at least 7 days with no return of symptoms. An AAP-suggested protocol is on the attached page.

Assessment/Release for Return to Play

Patient: _____ School: _____

DOB: _____ Sport: _____

PCP:
.

Date of onset of COVID symptoms:

Date of COVID positive test:

Date of resolution of COVID symptoms:

Symptoms longer than 4 days?: N Y

Hospitalization due to COVID symptoms?: N Y

H/o cardiac abnormalities followed by cardiology?: N Y

Recent symptoms:

Chest pain at rest or with exertion? (not musculoskeletal or costochondritis): N Y

Shortness of breath with minimal activity? (unrelated to respiratory symptoms): N Y

Excessive fatigue with exertion?: N Y

Abnormal heartbeat or palpitations?: N Y

Syncope or near-syncope?: N Y

Normal cardiovascular exam?: Y N

Cardiology referral indicated?: N Y

Cleared for gradual return to sports?: Y N

Signature: _____

Printed Name: _____

Date: _____

Suggested gradual return to sports progression*

(adapted from Elliott N, et al, infographic, British Journal of Sports Medicine, 2020):

Stage 1: 2 days minimum, ≤ 15 minutes, light activity (walking, jogging, stationary bike), no resistance training.

Stage 2: 1 day minimum, ≤ 30 minutes, add simple movement activities (eg. running drills).

Stage 3: 1 day minimum, ≤ 45 minutes, progress to more complex training, may add light resistance training.

Stage 4: 2 days minimum, 60 minutes, normal training activity.

*Patient should be symptom free before progressing to next stage.

Sport Considerations (per NYSPHSAA Return to Interscholastic Athletics Guidance)

Volleyball

General Considerations

- For pre-match conference, participants must all wear masks and each team is allowed one captain to attend.
- Suspend handshakes, fist bumps and similar gestures prior to and following the pregame conference.
- Players should sanitize hands between sets.
- Four (4) game balls should be available throughout the match.
- Substitutes may stand directly in front of the team bench, chairs or bleachers. (waiver of NCAA

Rule approved by NYSPHSAA Officers 1-25-21)

- Teams are recommended to refrain from high fives and other similar celebrations following each point.
- Teams should remain on the same bench area throughout the match (waiver of NCAA Rule approved by NYSPHSAA Officers 1-25-21)
- Officials Table - Limit essential personnel which includes home team scorer, libero tracker and timer to maintain social distance between individuals. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternative location. All table help must wear masks.
- Uniform - Long sleeves and long pants are permissible.
- Uniform - 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 shirt/sweater are permissible.
- Electronic whistles are permissible.
- Gloves are permissible.

Considerations for Coaches:

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

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

Considerations for Students:

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

Considerations for Parents:

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

Basketball

General Considerations

- BOYS - For pregame conference, limit attendees to the referee and the head coach from each team with each coach standing on the center circle on each side of the division line.
- GIRLS – For pregame conference, limit attendees to the referee and one athlete per team standing on the center on each side of the division line.
- For pregame conference, all individuals maintain a social distance of 6 feet or greater at the center circle.
- Limit the number of bench personnel to observe social distancing of 6 feet or greater.
- Place team benches opposite the spectator seating.
- Additional chairs or rows may be added to allow bench personnel to observe social distancing of 6 feet or greater.
- Create separation between the team bench and spectator seating behind the bench.
- Limit contact between players when substituting.
- The host school should sanitize the table before the game and at half time.
- Place officials table sufficiently away from the sideline to allow for additional space for substitutes.
- Limit seats at the table to essential personnel which includes home team scorer, timer and shot clock operator with a recommended distance of 6 feet or greater between individuals. Other personnel (visiting scorer, statisticians, media, etc.) may not be deemed essential personnel and consider an alternate location for them.
- Eliminate all handshakes, fist bumps and similar gestures pre- and post-game.
- Give game ball to officials in the locker room where it is sanitized as recommended by the ball manufacturer and not used for warm-ups.
- The host school should ensure that the ball is sanitized during time-outs and between quarters.
- Sanitizer should be provided by the host team at the table.
- Long-sleeved shirts are permissible.

Considerations for Officials:

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

Considerations for Coaches:

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

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

Considerations for Students:

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

Considerations for Parents:

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

Cross Country

General Considerations:

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

Pre and Post Meet:

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

Considerations for Officials:

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

Considerations for Coaches:

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

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

Considerations for Students:

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

Considerations for Parents:

- Provide personal items for your child and clearly label them.
- In accordance with NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), only two spectators per participant are permitted.
- Spectators should not congregate around the finish area.

Soccer

General Considerations:

- Pregame Conference (5-2-2d)
 - o Limit attendees to head referee or center referee, the head coach from each team, and a single captain from each team. (Waiver of NFHS Rule approved by NYSPHSAA Officers 9-9-20)
 - o Move the location of the pregame conference to center of the field. All individuals maintain a social distance of six feet.
 - o Suspend handshakes prior to and following the Pregame Conference.
- Team Benches (1-5-1)
 - o No linear bench area, adjust backward from the touch line.
- Substitution Procedures (3-4)
 - o 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)
 - o 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 happen, gloves will be taken out of play. (Approved by NYSPHSAA Officers 9-9-20)
- A mandatory two (2) minute hydration/mask break will be taken at the first dead ball situation after the 20-minute mark. Players must stay on the field during the break and may remove their mask as long as they maintain social distancing. Substitutes who report to the table prior to the break taking place, may enter the game following the break. (Waiver of NFHS Rule approved by NYSPHSAA Officers 9-9-20)
- The use of a dropped ball is suspended. To replace this procedure, an indirect kick will be awarded to the team whom the referees deemed to be in possession at the time of stoppage. (Waiver of NFHS Rule approved by NYSPHSAA Officers 9-9-20)

Pre and Post Match Ceremony

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

Soccer Rules Interpretations

- Rule 4-1 EQUIPMENT AND ACCESSORIES
 - o No hard material should be worn on face covering.
 - o Gloves are permissible.
- Rule 4-2 LEGAL UNIFORM
 - o Long sleeves are permissible. (4-1-1)
 - o Long pants are permissible. (4-1-1)
 - o Under garments are permissible but must be of a similar length for the individual and a solid like color for team. (4-1-1d)
- Rule 5-3 OFFICIALS UNIFORM AND EQUIPMENT
 - o By state association adoption, long-sleeved shirt/jackets are permissible. (5-1-3) (Waiver of the NFHS Rule)
 - o Gloves are permissible.

Considerations for Officials:

- Officials are responsible for game management, which does not include monitoring activities on the sidelines, such as social distancing, face coverings, hand washing, symptoms of illnesses and other such issues. This monitoring obligation remains with the responsible parties.
- Bring personal hand sanitizer. Wash hands frequently
- Do not share equipment.
- Electronic whistles are permissible.
- Do not shake hands and maintain social distancing guidelines during pre and post-game ceremonies.

Considerations for Coaches:

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

Considerations for Students:

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

Considerations for Parents:

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

Baseball

The NYSDOH has determined that Baseball 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:

- Only the scorekeeper shall touch/handle the scoresheet.
- Disinfect the bench/dugout prior to competition.
- The home team will be responsible for game baseballs.
 - o One individual in the home dugout should be appointed to handle game baseballs which includes entering a ball into a game, collecting used baseballs, and sanitizing baseball as needed.
 - o Every half inning should be started with a new or sanitized game ball; previously used game balls should be collected and sanitized immediately for re-entry into the game at a later time. Balls will be tossed to the catcher to be put back in play.
 - o Umpires are not required to collect or handle game balls at any time.
- Sanitize bases after each contest.
- Suspend handshakes, fist bumps and similar gestures prior to and following the pregame conference in addition to at the conclusion of the game.
- A socially distanced plate conference with umpires and head coaches will be conducted for game/ground rules, etc.
 - o Each team shall provide the umpire a lineup card; teams may exchange paper lineups at the plate conference or make arrangements prior to the game to share lineups (examples; teams post lineups in dugout, send a digital photo, etc.)

Considerations for Umpires:

- Bring personal hand sanitizer.
- Wash hands frequently.
- Do not share equipment.
- Follow social distancing guidelines.
- Gloves are permissible.

Considerations for Coaches:

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

Considerations for Students:

- Consider making each student responsible for their own equipment and 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 own water bottle.
- Students should minimize or limit blowing on hands, licking fingers, spitting on hands or engaging in similar actions during a game.

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), Responsible Parties must limit spectators to no more than two spectators per player or the State’s social gathering limit, which is 100 or fewer people in indoor non-residential settings and 200 or fewer people in outdoor non-residential settings, as of March 22, 2021. Responsible Parties may determine which spectator limit – two per player or the social gathering limit – facilitates compliance with health and safety protocols for their specific sports and recreation event. (Pg. 5)
- Spectators should not congregate around the dugouts.

NOTE: Approval of a revised pitch count for the 2021 season will be requested on April 9th

Softball

The NYSDOH has determined that Softball 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:

- Only the scorekeeper shall touch/handle the scoresheet.
- Disinfect the bench/dugout prior to competition.
- The home team will be responsible for game balls.
 - o One individual in the home dugout should be appointed to handle game balls which includes entering a ball into a game, collected used game balls, and sanitizing balls as needed.
 - o Every half inning should be started with a new or sanitized game ball; previously used game balls should be collected and sanitized immediately for re-entry into the game at a later time. Balls will be tossed to the catcher to be put back in play.
 - o Umpires are not required to collect or handle game balls at any time.
- Sanitize bases after each contest.
- Suspend handshakes, fist bumps and similar gestures prior to and following the pregame conference in addition to at the conclusion of the game.
- A socially distanced plate conference with only the umpires and head coaches will be conducted for game/ground rules, etc.
 - o Each team shall provide the umpire a lineup card; teams may exchange paper lineups at the plate or make arrangements prior to the game to share lineups (examples: teams post lineups in dugout, send a digital photo, etc.).

Considerations for Umpires:

- Bring personal hand sanitizer.
- Wash hands frequently.
- Do not share equipment.
- Follow social distancing guidelines.
- Gloves are permissible.
- Umpires will not be required to check player's equipment prior to the game. Umpires, instead, will ask the head coach if players are legally equipped and if they will remain so throughout the game. (Waiver of USA Softball Rule approved by NYSPHSAA Officers 3-3-2021)

Considerations for Coaches:

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

Considerations for Students:

- Consider making each student responsible for their own equipment and 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 own water bottle.
- Students should minimize or limit blowing on hands, licking fingers, spitting on hands or engaging in similar actions during a game.

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), Responsible Parties must limit spectators to no more than two spectators per player or the State’s social gathering limit, which is 100 or fewer people in indoor non-residential settings and 200 or fewer people in outdoor non-residential settings, as of March 22, 2021. Responsible Parties may determine which spectator limit – two per player or the social gathering limit – facilitates compliance with health and safety protocols for their specific sports and recreation event. (Pg. 5)
- Spectators should not congregate around the dugouts.

Track & Field (Outdoor)

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).

Rule Changes:

- Rule 5-10-5 Current rule: The baton is the implement which is used in a relay race and is handed by each competitor to a succeeding teammate. Gloves are not permitted in relay events.
 - o 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)
 - o It is recommended that schools bring and use their own batons, and not share 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)

General Considerations:

- Discus and Shot Put should enforce social distancing for all athletes and officials.
 - o To limit contact, athletes can provide their own implements (that pass inspection) and retrieve their own implements after all throws.
 - o 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.
 - o To lower the risk of these events, pits may be covered by a tarp that is removed and disinfected after each athlete use (therefore multiple tarps needed to keep event moving) or individuals may bring their own mat or tarp for use on pits.
 - o A disinfectant spray may also be used as an alternative to using tarps to cover but disinfecting must take place following each athlete's use.
 - o To limit contact, athletes should not share vaulting poles.
- 100M and Straight Hurdles may use every other lane to assist with distancing.
 - o Blocks should be disinfected after each heat / race.
 - o Baskets are not recommended at start line for apparel.

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 when:
 - o General Clerking
 - o Clerking at Finish Line
 - o Tabulating and posting of results
- Consider using electronic whistle.
- Do not shake hands and follow pre- and post-meet 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 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 own water bottle.

Considerations for Parents:

- Provide personal items for your child and clearly label them.
- Spectators should not congregate around the competition areas.
- 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 or the State's social gathering limit, which is 100 or fewer people in indoor non-residential settings and 200 or fewer people in outdoor non-residential settings, as of March 22, 2021. Responsible Parties may determine which spectator limit – two per player or the social gathering limit – facilitates compliance with health and safety protocols for their specific sports and recreation event. (Pg. 5)

Appendix D

New Lebanon Central School District
Columbia County COVID-19 Student-Athlete
Testing Parental Consent Form

STUDENT NAME: _____

SCHOOL: _____

GRADE: _____

SPORT(S): _____

I am the parent/legal guardian of the above-named student who attends the New Lebanon Central School District ("District") and have legal authority to make medical and educational decisions for him/her. I understand and acknowledge that participation in the above sport(s) may expose student-athletes to COVID-19. Symptomatic and asymptomatic individuals can spread the virus. Masking, distancing, and other mitigation measures reduce, but do not eliminate the risk. COVID-19 can lead to serious medical conditions and death for people of all ages. The long-term effects of COVID-19 are, at present, unknown; even people with mild cases may experience long-term complications. There is a significant risk of transmission to those in the home of infected student-athletes. Older people and people with underlying health conditions are at a higher risk of serious disease. Based on the guidance from the County Department of Health, and as part of The District Plan for Resumption of High-Risk Sports, the district has mandated that student-athletes and coaches participating in high-risk sports must be tested for COVID-19 once per week during the requisite high-risk sports season, which includes the following sports: cheerleading, boys/girls basketball, wrestling.

Accordingly, I hereby knowingly and voluntarily consent to participation in the above sport and COVID-19 testing of my above named child on a weekly basis pursuant to and in accordance with District guidelines for resumption of sports, for such period of time such testing is required.

PRINT NAME, Parent/Legal Guardian

SIGNATURE, Parent/Legal Guardian

DATE

Appendix E

New Lebanon Central School District

Informed Consent for Sporting Events for the New Lebanon Central School District as authorized by Medical Director within Columbia County Department of Health.

READ THIS CAREFULLY- IT AFFECTS YOUR LEGAL RIGHTS

WARNING: Parent and student-athlete acknowledge and assume all risks and dangers associated with the Event or other promotions/activities before, during or after the Event ("Event Activities"), acknowledge that attendance is voluntary, and further agree that the New Lebanon CSD, together with their respective officers, directors, employees, agents, licensees, sponsors, and vendors (collectively the "Released Parties"), will not be responsible for any personal injury (including death), illness, property damage, or other loss suffered in connection with the Event/Event Activities, the negligence of any of the released parties or any other incidents caused by crowds of people. By attending the Event/Event Activities, the parent/guardian and student-athlete are deemed to have given a full release of liability to the Released Parties to the fullest extent permitted by law from any and all claims which student-athlete has or may have causes of action arising out of attendance at, observation of and/or participation in the Event/Event Activities. If parent/guardian does not wish to, or is not authorized to grant such rights, releases, and waivers on behalf of an accompanied student-athlete, the parent/guardian should immediately leave the facility with the student-athlete.

COVID-19 is an extremely contagious disease that can lead to severe illness and death in individuals of all ages and can be spread by symptomatic or asymptomatic individuals. While age and underlying conditions present more serious risk, long term effects of COVID-19 are not presently known, and even mild COVID-19 infections may be accompanied by long term consequences. At present, it cannot be predicted who will become seriously ill if infected. An inherent risk of exposure to COVID-19 exists in any public place regardless of precautions and mitigation measures that may be taken. Participation in higher risk sports places the student-athlete at risk of exposure to COVID-19. A student-athlete who becomes infected poses a significant risk to those with whom the student-athlete currently resides. By attending the event, you agree to assume all risks associated with COVID-19 and other infectious or communicable diseases, viruses, bacteria or illnesses. Parent/guardian and student athlete consent to health and security searches or screening, including but not limited to, temperature screening and COVID-19 testing, and waive all related claims, and also consents to health-related conditions for attendance, including any requirements pertaining to the wearing of masks or social distancing. Parent and student-athlete further acknowledge that a condition for continued participation in the Event will be full cooperation with case and contact investigations involving COVID-19 and any associated quarantine or isolation as required.

Student-Athlete Name

Student-Athlete Signature

Date

Parent/Guardian Signature

Date