



## OHSL Fall 2020 Return to Athletics Plan

We in the OHSL believe that participation in interscholastic-athletics is an integral part of the educational process, providing student-athletes with learning experiences that may not be found in the traditional classroom and extending such learning beyond the traditional school day. It is in the interscholastic athletic environment that student-athletes learn vital life skills and values through their experiences. The educational goals of a quality interscholastic athletic program consist of competence, character, civility, and citizenship. We believe that participation in such a program enriches any student's learning experience, provides positive outlets, and increases the awareness of one's fitness, health, and wellness. The OHSL has provided this "athletics plan" to guide member school athletic directors in preparation of the Fall 2020 season.

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

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.

- Lower risk sports and recreation activities are characterized by:

- o Greatest ability to maintain physical distance and/or be performed individually; o Greatest ability to (1) avoid touching of shared equipment, (2) clean and disinfect any equipment between uses by different individuals, or (3) not use shared equipment at all... Moderate Risk (NYSDOH)

- Moderate risk sports and recreation activities are characterized by:

- o Limited ability to maintain physical distance and/or be done individually;
  - o 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:
  - o Least ability to maintain physical distance and/or be done individually;
  - o 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)

#### **DISCLAIMER**

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

## **Season dates**

- Fall September 21st - November 14th
  - Soccer
    - No culminating tournament
    - Games start October 2nd
    - JV/V 10-12 game regular season
    - Modified- 6-8 game season, scheduled on weekends
  - Golf
    - No culminating event
    - Matches start September 24th
    - Weekends mid-October, may need tri or quad matches
    - 12-16 matches
  - Cross country
    - No culminating event
    - Meets start October 2nd
    - 5 meet regular season (invitationals on weekend)
      - Mods may need to run on Saturday
      - Max of 4 team invitational 12-14 participant/team
  - Swimming and Dive
    - Outline w/ SCAC
  - Field Hockey
    - No culminating tournament
    - Games start October 2nd
    - JV/V 10 game regular season
    - Modified season played with regular group set up prior (6-8 game season, emphasis on weekends).
  - Tennis
    - No culminating event
    - Matches start Oct 2nd
    - 12 matches- 2 matches/week
    - Weekends mid-October unless facility has lights, double header on weekend
  - Football
    - Moved to Fall II (March 1-May 1)
  - Volleyball
    - Moved to Fall II (March 1-May 1)
- Winter- November 30th 2020, subject to change
- Spring- April 19th 2021, subject to change

## Alignments and scheduling

- Geographic

OHSL Fall 2020 Alignments					
Northwest	West	South	Central	North	East
Jordan Elbridge	Marcellus	OCS	SAS	Phoenix	Caz
Weedspport	Skaneateles	Tully	IFC	Mexico	Chitt
Port Byron	Westhill	Lafayette	Solvay	APW	CBA
Cato		FP	Ludden	Pulaski	Grimes
Mater Dei		FH		Hannibal	MPH

The rationale is to decrease travel time/distance for daylight and budget savings.

Girls Tennis				
West	North	East		789
Westhill	Mexico	Chitt		Mexico
Marcellus	Pulaski	CBA		Chitt
Skaneateles	Phoenix	MPH		Marcellus
JE	Grimes	Caz		
Homer				

6-8 league matches, utilize Monday and Friday. Weekends optional. Pick up NL games on own if interested.

Golf	
Group 1	Group 2
Tully	Mexico
Lafayette	PHX
Homer	JE
Caz	Westhill
Chitt.	CBA
Skaneateles	

Home and away in division, play 10-12 matches, start contests on September 24th, utilize as many September weekdays as possible, adjust to weekends as daylight becomes an issue.

Updated 9/15/2020

Cross Country			
West	North	South	East
Marcellus	PHX	OCS	Caz
Skan	Mexico	Tully	Chitt
Westhill/Ludden	APW	Lafayette	CBA
Solvay	Pulaski	FP	Grimes
Weedspport	Hannibal	FH	MPH
Cato		Homer	SAS
Mater Dei		Cincinattus	
JE			

5 duals on Wednesdays, exhibitions on weekends

Boys Soccer			Girls		JV	
West	South		West	South	Boys	Girls
Marcellus	OCS		Marcellus	OCS	Chitt	Chitt
Skan	Tully		Skan	Tully	Mexico	Mexico
Westhill	Lafayette		Westhill	Lafayette	Westhill	Westhill
JE	FP		JE	FP	Phoenix	Tully
Cato	FH		Cato	FH	CBA	CBA
Mater Dei	Homer		Hannibal	Homer	Marcellus	Marcellus
Central	East		Central	East	Caz	Caz.
SAS	Caz		APW	Caz	Skan	Skan
Solvay	Chitt		Solvay	Chitt	FP	FP
Ludden	CBA		Ludden	CBA	Mater Dei	Hannibal
PHX	Grimes		PHX	Grimes		
Mexico	MPH		Mexico	MPH		
			Pulaski			

V- 10 game schedule, pick up 2 NL games if interested, schedule on Tuesday/Thursday, have boys and girls at opposite sites on the same day when applicable. JV- 9 game schedule, pick up NL games if interested. Weekends may be necessary.

Modified Soccer				
Boys Soccer:				
West	South	Central	East	
JE	OCS	Solvay	Caz	
Cato	Tully	Ludden	Chitt	
Marcellus	Lafayette	PHX	CBA	
Skani Bl	FP	MEX	Grimes	
Skani Gld	FH			
Westhill	MPH			
Girls Soccer:				
West	South	Central	North	East
JE	OCS	Lyncourt	PHX	Caz
Cato	Tully	Ludden	MEX	Chitt
Marcellus	Lafayette	Solvay	APW	CBA
Skani Bl	FP	Grimes	Pulaski	MPH
Skani Gld			Hannibal	
Westhill Bl				
Westhill Wht				

6 game schedule. Practice M-F with Wednesday as an off day (hybrid). Play games on the weekend.

### **# of games**

- Soccer- 10-12
- Tennis- 10-12
- Golf- 12-16
- Swimming- 8-10
- Field Hockey- 10-12
- Cross-Country- 4-6
- Football- TBD
- VB- TBD

### **Contest start times**

- Dependent on individual school transportation/facilities.
  - Flexibility needed.
  - Daylight savings starts on November 1st.
  - Weekends are encouraged.
  - 7 day rule waived on October 12th.

## **Post season/championships**

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

## **Face coverings**

- In accordance with NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation) responsible parties must ensure a distance of at least six feet is maintained among individuals at all times, whether indoor or outdoor, unless safety or the core activity (e.g. practicing, playing) requires a shorter distance. If a shorter distance is required, individuals must wear acceptable face coverings, unless players are unable to tolerate a face covering for the physical activity (e.g. practicing, playing); provided, however, that coaches, trainers, and other individuals who are not directly engaged in physical activity are required to wear a face covering.
  - The OHSL encourages players to wear face coverings at all times. Mask breaks will be provided at appropriate times (see sport specific appendices A-F).
    - Game participants shall maintain 12 feet of distance when taking a mask break.
  - The OHSL encourages officials to wear face coverings at all times.
  - Coaches, trainers, bench players, game personnel, and all other individuals not directly involved in physical activity must wear a mask if they cannot maintain 6 feet of distance.
  - Recommended that all athletes have a bag for personal items, however, the bags must be placed 6 feet apart.
  - Spectators must maintain six feet of physical distance between individuals and/or family/household units at all times and all spectators must wear face coverings when they are in common areas and situations where six feet of distancing is not able to be maintained, so long as they are over the age of two and medically able to tolerate such covering.
  - Face coverings worn by athletes and coaching staff must be of a basic color, display school colors, display school name or display school logo. Masks displaying an athletic emblem (Nike/UA/Adidas etc..) are also acceptable. Personal agendas or messages scribed onto a mask should not be permitted during game play. Coaches are asked to monitor athlete masks.

## **Screening procedures**

- NYSDOH guidance (Interim COVID-19 Guidance for Schools), states the following pertaining to screening: Responsible Parties must implement mandatory health screenings, including temperature checks, of students, faculty, staff, and, where applicable, contractors, vendors, and visitors to identify any individuals who may have COVID-19 or who may have been exposed to the COVID-19 virus. (Pg. 2)

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

## Spectators

- The OHSL encourages that no spectators attend contests; however, it is understood that the decision to allow spectators is at the discretion of the local school district. If spectators are permitted the following guidelines must be followed:
  - As per NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), spectators must maintain six feet of physical distance between individuals and/or family/household units at all times and all spectators must wear face coverings when they are in common areas and situations where six feet of distancing is not able to be maintained
  - 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)
  - 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 that for any indoor sport or recreational activity, capacity is limited to no more than 150 persons
- Each school is required to provide rostered players with 2 sport specific passes. Such passes shall be color coded by sport and level and used for entry into a contest.
- Spectators are subject to host school's health screening procedures and facility rules.
- Neutral sites contests are subject to facility restrictions.



## **Hosting a game**

- Have an administrative contact (cell # and email address) for all events.
- Players are responsible for their own personal water bottle (team water jugs will not be available).
  - If practicable, host sites will make bottle filling stations available.
- Since the COVID-19 crisis is fluid and ever evolving, it is recommended schools host “senior” recognition games at the beginning of the season rather than at the end.
- Stream games live when possible to reduce the number of spectators.
- Host school AD is responsible to communicate site protocols to visiting school and officials in advance of the contest (see Appendix G), items to be covered:
  - Parking
  - Where to enter facility
  - What equipment will be provided
  - Water availability
  - Bench area seating
  - locker room availability and location
  - restroom availability and location
  - emergency action plan
  - Game day paperwork
  - Media check in and game location
  - Cleaning and disinfecting protocol
  - Pre game conference and post game salutation
- Make sure facilities have been properly sanitized before the visiting team has arrived.
  - Have hand sanitizer and disposable masks readily available.
- It is recommended to make frequent announcements 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.

## **Visiting teams**

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

## **Confirmed case protocol**

- NYSDOH Guidance (Interim COVID-19 Guidance for Schools) states: Responsible Parties must establish protocols and procedures in consultation with the local health department(s), about the requirements for determining when individuals, particularly students, who screened positive for COVID-19 symptoms can return to 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)
  - Once a student has been cleared for participation following a positive COVID-19 diagnosis, schools should reference the following NYSPHSAA Handbook information: "The Handbook Committee recommends that each incidence of prolonged absence should be reviewed individually by the coach and the athletic director, consulting with the school physician when necessary, and a reasonable amount of practice time and playing time be established based on the athlete's readiness for safe return to competition."
- Schools are required to have a return to school protocol as established by the NYSDOH. The same protocol will be used for athletic teams.
- A student absent to school for sickness should not participate in a practice or contest that day.
- Furthermore, NYSDOH guidance (Interim COVID-19 Guidance for Schools) states: If school is closed for in-person education during the school year due to an increase in confirmed COVID-19 cases, school-sponsored sports must be suspended until in-person education is resumed; provided, however, that this restriction does not apply to schools that are conducting only remote instruction. (Pg. 4)
  - If a school is closed for a Covid related reason, interscholastic athletics is suspended for that school.

## **Facilities**

- 2 spectators per athlete, 150 person max capacity for large gatherings, 50% capacity for indoor facility (see "Spectators" on page 8)
  - Home and visiting schools must provide a roster 24 hours in advance to the host school.
- Responsible party must ensure a distance of 6 feet is maintained among individuals at all times
- Responsible party should put in place measures to reduce bi-directional foot traffic walking through a space (i.e.- Barriers, tape, signs with arrows)
- Responsible parties should designate separate entrances and exits, to the extent practicable.
- Responsible parties should rearrange waiting areas to maximize physical distancing.
- Responsible Parties must ensure the cashier or ticket-taker wears a face covering when interacting with any patron/player/spectator. This process should be contactless to the extent practicable.

- Responsible Parties must ensure individuals not participating in sports or recreation activities (e.g. coaches, spectators) wear appropriate face coverings when they are within less than six feet of other individuals, unless a physical barrier is present. Additionally, employees must wear face coverings any time they interact with patrons/players/spectators, regardless of physical distance.
- Responsible parties must ensure proper cleaning/disinfecting of facility after a practice/contest and prior to use by another team.
- In accordance with NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), the following could be utilized for proper hygiene, cleaning and disinfecting: (Pgs. 11-12)
  - Responsible Parties must ensure adherence to hygiene and cleaning and disinfection requirements as advised by the CDC and DOH, including “Guidance for Cleaning and Disinfection of Public and Private Facilities for COVID-19,” and the “STOP THE SPREAD” poster, as applicable. Responsible Parties must maintain cleaning logs that include the date, time, and scope of cleaning and disinfection. (Pg. 11)
  - Responsible Parties must provide and maintain hand hygiene stations on site, as follows:
    - For handwashing: soap, running warm water, and disposable paper towels.
    - For hand sanitizing: an alcohol-based hand sanitizer containing at least 60% alcohol for areas where handwashing facilities may not be available or practical.
    - Hand sanitizer must be placed throughout the site for use by employees and patrons/players/spectators. It should be placed in convenient locations such as points of entrance/exit. (Pg. 11)
    - Responsible Parties should post signage indicating that visibly soiled hands should be washed with soap and water; hand sanitizer is not effective on visibly soiled hands. (Pg. 11)
    - Responsible Parties must provide appropriate cleaning and disinfection supplies for shared and frequently touched surfaces and encourage employees to use these supplies, following manufacturers’ instructions, before and after use of these surfaces, followed by hand hygiene. (Pg. 11)
    - Responsible Parties must conduct regular cleaning and disinfection of the site and frequent cleaning and disinfection for high risk areas used by many individuals and for frequently touched surfaces. Cleaning and disinfection must be rigorous and ongoing and should occur at least after each shift, daily, or more frequently as needed. Please refer to DOH’s “Interim Guidance for Cleaning and Disinfection of Public and Private Facilities for COVID-19” for detailed instructions on how to clean and disinfect facilities. (Pg. 11)
    - Responsible Parties must ensure regular cleaning and disinfection of restrooms. Restrooms should be cleaned and disinfected more often depending on frequency of use. (Pg. 11)
    - Responsible Parties must ensure distancing rules are adhered to by using signage, occupied markers, or other methods to reduce restroom capacity where feasible. (Pg. 12)

## **Pre-game/post-game**

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

## **Officials**

- For modified, officials are optional and at the discretion of the host school.
- The OHSL encourages officials to come to contests fully dressed in uniform.
- The OHSL encourages officials to wear a face covering at all times.
- The OHSL prefers to have vouchers done electronically through Arbiter Pay.
- Contact should be made with school athletic administration leading up to the contest about (1) school expectations, (2) to determine where you should enter the host school's property and (3) to obtain other information that you or the school may want to communicate to each other prior to your arrival.
  - Officiating crews should designate one crew member to contact the host school and provide information to other members of the crew.
  - Conversations should occur with the host school administration regarding the size of changing areas or locker rooms to ensure social distancing can occur.
- Request hand sanitizer be available at scorer's table, if applicable, and use it between periods and during time outs; officials are encouraged to bring their own in the event none is available.
- Officials are not responsible for monitoring activities on the sidelines, such as social distancing, face coverings, hand washing, symptoms of illnesses and other such issues. This monitoring obligation remains with the coaching staff and school personnel.
- Be prepared to have a health screening conducted upon arrival at a school campus.
- Upon conclusion of the contest, officials should leave the contest area and not interact with others.
- Officials must pay special attention to playing rules that require distances between players during play.
- Reminders should be issued for situations that involve hygiene (spitting, etc.).
- Officials should maintain distance from players if an altercation occurs and minimize the times they are within six feet of others.
- Officials should be aware of the location of medical personnel while on school property.
- Limit the exchanging of documents between officials and others.
- Once the contest begins, avoid conversations within six feet with coaches.
- Wash hands frequently. Bring own towels and hygiene materials. Do not share them with others.

Updated 9/15/2020

- Electronic whistles are permissible. Choose a whistle whose tone will carry outside. Be aware of the increased risk of inadvertent whistles.

## Appendix A- 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
  - The OHSL recommends limiting travel rosters to 10 per 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:
  - 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 the finish to assist with picking a runners finish position to avoid congestion.
- The OHSL encourages masks to be worn at all times unless 6 feet of physical distance can be maintained and 12 feet of distance can be maintained when engaged in aerobic activity.
  - The OHSL recommends that face coverings are worn at the starting line. After runners get out on the course and physically distance face coverings can come off. Face coverings must go back on at the finish line.
- 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.
  - Allowing spectators to move about the course 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:
  - Bring personal hand sanitizer. Wash hands frequently
  - Don't share equipment.
  - Follow social distancing guidelines:

- Pre and Post Meet conferences,
    - Clerking at the start line,
    - 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), and 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.
  - Spectators should not congregate around the finish area.
  - In accordance with NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), only two spectators per participant are permitted. (Pg. 5)

## Appendix B- Boys Golf

The NYSDOH has determined that golf 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:

- The OHSL recommends to restrict travel rosters to 6 per team. Face masks must be worn unless 6 feet of distance can be maintained.
- Single tee starts should be staggered – refer to golf course protocols.
- When directed to, each group of players will move to the 1st tee, remaining socially distanced. Scorecards and pencils will be handed out to players by the home coach who may wear protective gloves during the process. Each player will receive a scorecard for their own scorekeeping and the other player's score. At no time will players exchange scorecards.
- All safety protocols put in place by the golf course must be followed. Physical Distancing must be adhered to in the locker rooms and Pro Shop.
- Considerations for Coaches:
  - Communicate your guidelines in a clear manner to students and parents.
  - Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.
  - Prior to each match, visiting coaches should send a list of participants to the home coach. The home coach should send a copy of the local rules to the opposing coach to eliminate the need for any handouts, other than scorecards.
  - All coaches should make sure that their players are familiar with the Rules of Golf and Golf Course modifications specific to COVID-19, especially local rules for bunker play and not touching the flagsticks.
- Considerations for Students:
  - Consider making each student responsible for their own equipment.
  - Golf towels should not be shared and should be washed after every practice and match.
  - Players should only touch and use their own golf ball and not touch other players golf ball or equipment.
  - Bring own water bottle.
- Considerations for Parents:
  - Provide personal items for your child and clearly label them.
  - Spectators are prohibited.



## Appendix C- 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)
  - The OHSL recommends limiting attendees to the head referee or center referee and one representative from each team (coach or captain)(Rule waiver)
  - Move the location of the pregame conference to the 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.
  - The OHSL recommends allowing substitutions during any dead ball situation.
- 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.
  - The OHSL recommends the home book to be the official book, visiting bookkeepers are discouraged.
- 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)
- The OHSL encourages masks to be worn at all times unless 6 feet of physical distance can be maintained and 12 feet of distance can be maintained when engaged in aerobic activity.
- The OHSL mandates a thirty (30) second mask break will be taken every 10 minutes. Players must stay on the field during the break and may remove their mask as long as they maintain physical distancing of 12 feet. 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.
- Soccer Rules Interpretations •

- Rule 4-1 EQUIPMENT AND ACCESSORIES
  - No hard material should be worn on face covering.
  - Gloves are permissible.
  - Rule 4-2 LEGAL UNIFORM
    - Long sleeves are permissible. (4-1-1)
    - Long pants are permissible. (4-1-1)
    - 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
- By state association adoption, long-sleeved shirt/jackets are permissible. (5-1-3) (Waiver of the NFHS Rule)
- Electronic whistles are permissible (supplies are limited). Choose a whistle whose tone will carry outside. Fox 40 Mini – Fox 40 Unisex Electronic - 3 tone Ergo-Guard - (3 tone) - orange Windsor - (3 tone) grey Check the market for other choices o Gloves are permissible.
- Considerations for Officials:
  - Bring personal hand sanitizer. Wash hands frequently
  - Do not share equipment.
  - Consider using electronic whistle.
  - Do not shake hands and maintain social distancing guidelines during pre and post-game ceremonies.
- Considerations for Coaches:
  - Communicate your guidelines in a clear manner to students and parents.
  - Consider conducting workouts in “cohorts” of 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. (Pg. 5)

## Appendix D- 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.
  - The OHSL recommends limiting attendees to the head referee or center referee and one representative from each team (coach or captain)
  - 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.
- The OHSL encourages masks to be worn at all times unless 6 feet of physical distance can be maintained and 12 feet of distance can be maintained when engaged in aerobic activity.
- Considerations for Officials:
  - Bring personal hand sanitizer. Wash hands frequently.
  - Do not share equipment.
  - Follow social distancing guidelines. Consider six feet minimum distance when carding or talking to others (players, coaches, other officials).
  - Consider using electronic whistle.
  - Do not shake hands and maintain social distancing guidelines during pre and post-game ceremonies.
  - Use of radios to communicate with partner is permissible.
  - 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.

- The OHSL recommends the home book to be the official book, visiting bookkeepers are discouraged.
  - If a team member is carded, it is recommended to mark a location of where the individual is to stand that is socially distant from the officials' table.
- 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), and 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. (Pg. 5

## Appendix E- Swimming and Diving

The NYSDOH has determined that swimming & diving 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).

On June 11, 2020 NYSDOH provided Interim Guidance for Pools and Recreational Aquatic Spray Grounds During the COVID-19 Public Health Emergency. Schools should review this guidance for swimming & diving teams.

The following is included in the aforementioned NYSDOH pool guidance:

- Ensure that all individuals maintain a distance of at least six feet from other individuals at all times, unless they are members of the same household or family unit, or safety or the core activity requires a shorter distance.
  - However, any time individuals are within six feet of individuals outside of their household or family unit and not in the water, they must wear an acceptable face covering that covers both the nose and mouth. Individuals must be prepared to don a face covering if another person unexpectedly comes within six feet.
  - For health and safety concerns, ensure face coverings are not worn by individuals while they are in the water;
- Limit the maximum size of any single group of people on the premise or in the water to 10 or fewer individuals; however, there may be more than one group on premise or in water so long as they are able to be separated by at least six feet;
  - Occupancy of the premise and pool should be limited to the number of individuals and groups who can be safely and appropriately spaced such that each individual and group is at least six feet away from others.
  - Ensure different groups of people are separated by at least six feet on the premise or in the water, to the extent possible;
  - However, if physical barriers are used to separate groups of individuals, they must not present a health or safety risk by obstructing supervision or impairing air flow, heating, cooling, or ventilation.

General Considerations:

- Swimming Warm-up Areas - Establish multiple sessions for warm-up periods to limit number of swimmers per lane. Restrict the number of swimmers in competition area. Limit number of swimmers per lane during warm-up and warm-down periods.
- Diving Warm-up Areas - Limit number of divers during warm-up by creating multiple sessions. During competition, divers may not approach the board until their turn to compete. Hot tubs should not be permitted. Dive order sheets should be posted in multiple areas to reduce the number of divers viewing at the same time.
- Teams Seating and Lane Placement - Keep the teams on opposite sides of the pool.
- Preparing Athletes for Competition - Athlete clerking areas should be eliminated.
- Warm down for Relay teams – Keep proper social distancing of six feet.
- Rule Considerations:

- Conduct (1-3-2) - Recommend athletes to arrive at a venue already in competitive attire or provide alternative accommodations for swimmers and divers to change that allows for six feet of social distancing.
- Lap Counting (2-7-6, 3-4) - Only one person per lane should be permitted at turning end. Provide hand sanitizer and require lap counters to clean hands and wipe down devices.
- Pre-Meet Conference (3-3-6, 4-2-1d) - Decrease number of participants or hold one conference with coaches and one meeting with captains. The referee can use the P.A. system or starting system microphone to allow participants to hear but keep them properly separated. Participants in the pre-conference must wear masks and only one captain per team is allowed.
- Meet Officials (4-8, 4-10, 4-11, 4-12, 4-13) - Officials responsible for information processing are often located together at a desk/table adjacent to the competition course or in an office/remote location. Develop alternative methods for submitting entries (3-2) and movement of non electronic information. Require a distance of six feet between individuals seated at the desk/table.
- Timers (4-9) - Timers must assemble at the finish of each race, at the edge of the pool within the 6-8 feet confines of the lane which they are timing.
- Submission of Entries to Referee (5-2) - Alternative forms of entry submission can be designed to reduce face-to-face interaction when submitting a proper entry, where/how/to whom entries are submitted, and a reduction or elimination of certain penalties currently attached to improper entries.
- Relay Takeoff Judges and Relays (8-3) - Require all takeoff judging from the sides of the pool. Space relay swimmers apart from one another.
- Diving Officials (9-6) - Alternative methods for submitting entries (3-2) and movement of non electronic information will be required. Recommendations include a distance of 3-6 feet between individuals seated at the desk/table. Create a six foot space between judges by spacing groups of judges on opposite sides of boards or on one side of the board on a multi-level platform.
- Considerations for Officials:
  - Bring personal hand sanitizer. Wash hands frequently.
  - Don't share equipment.
  - Consider using electronic whistle.
  - Do not shake hands and maintain social distancing guidelines during pre and post-game ceremonies.
- Considerations for Coaches:
  - Communicate your guidelines in a clear manner to students and parents.
  - Consider conducting workouts in "cohorts" of 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.

Updated 9/15/2020

- 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 own water bottle.
- Considerations for Parents:
  - Provide personal items for your child and clearly label them.
  - The OHSL recommends that spectators are not permitted on the pool deck.
  - In accordance with NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), only two spectators per participant are permitted. (Pg. 5)
  - Spectators will be subject to facility rules and regulations.

## Appendix F- 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.
- The OHSL encourages masks to be worn at all times unless 6 feet of physical distance can be maintained and 12 feet of distance can be maintained when engaged in aerobic activity.
  - Doubles partners are encouraged to wear masks at all times.
- The OHSL recommends that travel rosters are limited to 11 players.
- Consider spraying tennis balls briefly with a disinfectant spray (approved for school use) 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.
- Considerations for Officials:
  - Bring personal hand sanitizer. Wash hands frequently.
  - Do not share equipment.
  - 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), and individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
  - Bring own water bottle.
  - Use the racquet/foot to pick up balls and hit them to your opponent. Avoid using your hands to pick up the balls. If a ball from another court comes to you, send it back with a kick or with your racquet.
- Considerations for Parents:
  - Provide personal items for your child and clearly label them.



Updated 9/15/2020

- In accordance with NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), only two spectators per participants are permitted. (Pg. 5)

## Appendix G- Facility Protocols Template

### **Home Facilities Form**

**(complete for each contest site)**

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

**Field location (address):**

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

**What equipment should the visiting team bring?**

Updated 9/15/2020

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

**Describe your health screening protocols:**

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

**What restrooms are available for spectators?**





**Will concessions be available?**





**Will the game be streamed live?**

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

Appendix H- Spectator Pass Template

 <p><b>OHSL FAN PASS</b> FALL 2020</p>  <p><b>Skaneateles Lakers</b> SPORT: Varsity Girls SOCCER PLAYER: XX</p> <p><u>*Pass is only good for above listed sport*</u></p>	 <p><b>OHSL FAN PASS</b> FALL 2020</p>  <p><b>Skaneateles Lakers</b> SPORT: Varsity Girls SOCCER PLAYER: XX</p> <p><u>*Pass is only good for above listed sport*</u></p>
 <p><b>OHSL FAN PASS</b> FALL 2020</p>  <p><b>Skaneateles Lakers</b> SPORT: Varsity Girls SOCCER PLAYER: XX</p> <p><u>*Pass is only good for above listed sport*</u></p>	 <p><b>OHSL FAN PASS</b> FALL 2020</p>  <p><b>Skaneateles Lakers</b> SPORT: Varsity Girls SOCCER PLAYER: XX</p> <p><u>*Pass is only good for above listed sport*</u></p>
 <p><b>OHSL FAN PASS</b> FALL 2020</p>  <p><b>Skaneateles Lakers</b> SPORT: Varsity Girls SOCCER PLAYER: XX</p> <p><u>*Pass is only good for above listed sport*</u></p>	 <p><b>OHSL FAN PASS</b> FALL 2020</p>  <p><b>Skaneateles Lakers</b> SPORT: Varsity Girls SOCCER PLAYER: XX</p> <p><u>*Pass is only good for above listed sport*</u></p>
 <p><b>OHSL FAN PASS</b> FALL 2020</p>  <p><b>Skaneateles Lakers</b> SPORT: Varsity Girls SOCCER PLAYER: XX</p> <p><u>*Pass is only good for above listed sport*</u></p>	 <p><b>OHSL FAN PASS</b> FALL 2020</p>  <p><b>Skaneateles Lakers</b> SPORT: Varsity Girls SOCCER PLAYER: XX</p> <p><u>*Pass is only good for above listed sport*</u></p>

 <p><b>PASSES MAY NOT BE DUPLICATED OR TRANSFERRED</b></p> <p><b>ADMIT ONE PERSON PER PASS</b></p> <p><b>MASKS ARE REQUIRED</b></p> <p><b>SOCIAL DISTANCING MUST BE MAINTAINED</b></p> <p><b>IF YOU ARE FEELING ILL, HAVE A TEMPERATURE OVER 100.0, OR HAVE ANY SIGNS &amp; SYMPTOMS OF COVID-19, PLEASE STAY HOME.</b></p>	 <p><b>PASSES MAY NOT BE DUPLICATED OR TRANSFERRED</b></p> <p><b>ADMIT ONE PERSON PER PASS</b></p> <p><b>MASKS ARE REQUIRED</b></p> <p><b>SOCIAL DISTANCING MUST BE MAINTAINED</b></p> <p><b>IF YOU ARE FEELING ILL, HAVE A TEMPERATURE OVER 100.0, OR HAVE ANY SIGNS &amp; SYMPTOMS OF COVID-19, PLEASE STAY HOME.</b></p>
 <p><b>PASSES MAY NOT BE DUPLICATED OR TRANSFERRED</b></p> <p><b>ADMIT ONE PERSON PER PASS</b></p> <p><b>MASKS ARE REQUIRED</b></p> <p><b>SOCIAL DISTANCING MUST BE MAINTAINED</b></p> <p><b>IF YOU ARE FEELING ILL, HAVE A TEMPERATURE OVER 100.0, OR HAVE ANY SIGNS &amp; SYMPTOMS OF COVID-19, PLEASE STAY HOME.</b></p>	 <p><b>PASSES MAY NOT BE DUPLICATED OR TRANSFERRED</b></p> <p><b>ADMIT ONE PERSON PER PASS</b></p> <p><b>MASKS ARE REQUIRED</b></p> <p><b>SOCIAL DISTANCING MUST BE MAINTAINED</b></p> <p><b>IF YOU ARE FEELING ILL, HAVE A TEMPERATURE OVER 100.0, OR HAVE ANY SIGNS &amp; SYMPTOMS OF COVID-19, PLEASE STAY HOME.</b></p>

 <p><b>PASSES MAY NOT BE DUPLICATED OR TRANSFERRED</b></p> <p><b>ADMIT ONE PERSON PER PASS</b></p> <p><b>MASKS ARE REQUIRED</b></p> <p><b>SOCIAL DISTANCING MUST BE MAINTAINED</b></p> <p><b>IF YOU ARE FEELING ILL, HAVE A TEMPERATURE OVER 100.0, OR HAVE ANY SIGNS &amp; SYMPTOMS OF COVID-19, PLEASE STAY HOME.</b></p>	 <p><b>PASSES MAY NOT BE DUPLICATED OR TRANSFERRED</b></p> <p><b>ADMIT ONE PERSON PER PASS</b></p> <p><b>MASKS ARE REQUIRED</b></p> <p><b>SOCIAL DISTANCING MUST BE MAINTAINED</b></p> <p><b>IF YOU ARE FEELING ILL, HAVE A TEMPERATURE OVER 100.0, OR HAVE ANY SIGNS &amp; SYMPTOMS OF COVID-19, PLEASE STAY HOME.</b></p>
 <p><b>PASSES MAY NOT BE DUPLICATED OR TRANSFERRED</b></p> <p><b>ADMIT ONE PERSON PER PASS</b></p> <p><b>MASKS ARE REQUIRED</b></p> <p><b>SOCIAL DISTANCING MUST BE MAINTAINED</b></p> <p><b>IF YOU ARE FEELING ILL, HAVE A TEMPERATURE OVER 100.0, OR HAVE ANY SIGNS &amp; SYMPTOMS OF COVID-19, PLEASE STAY HOME.</b></p>	 <p><b>PASSES MAY NOT BE DUPLICATED OR TRANSFERRED</b></p> <p><b>ADMIT ONE PERSON PER PASS</b></p> <p><b>MASKS ARE REQUIRED</b></p> <p><b>SOCIAL DISTANCING MUST BE MAINTAINED</b></p> <p><b>IF YOU ARE FEELING ILL, HAVE A TEMPERATURE OVER 100.0, OR HAVE ANY SIGNS &amp; SYMPTOMS OF COVID-19, PLEASE STAY HOME.</b></p>

Updated 9/15/2020