



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

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.

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

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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
 - Moved to Fall 2
 - 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- JV/V February 1, 2021 - March 13, 2021; Modified February 22, 2021-March 26th, 2021 (dates may be subject to change)
 - Basketball
 - No culminating event
 - Games start the week of February 8th (tentative)
 - 10-12 games for JV/V; 5-6 games for Modified
 - Modified will utilize available dates for games contingent on facility and officials availability
 -

- Ice Hockey
 - No culminating event
 - Games start the week of February 8th (tentative)
 - 10-14 games
- Wrestling
 - No culminating event
 - Matches TBD
- Competitive cheer
 - No culminating event
 - Competitions TBD; considering virtual events
- Bowling
 - No culminating event
 - 10 matches completed virtually
- Boys Swimming and Diving
 - No culminating event
 - 10 matches completed virtually
 - Combined with SCAC
- Fall 2- JV/V March 15, 2021- April 24, 2021; Modified April 5, 2021- May 7, 2021
 - Volleyball
 - 10-12 games for JV/V; 5-6 games for Modified
 - Modified will utilize available dates for games contingent on facility and officials availability
 - Football
 - No culminating event
 - 5-6 games for JV/V; 3-4 games for Modified
- Spring- April 19th 2021, subject to change
 - Awaiting updated guidance from NYSPHSAA

Alignments and scheduling

- Geographic

Boys and Girls Basketball:					
Northwest	West	South	Central	North	West/Central
Jordan Elbridge	Marcellus	OCS	SAS	Phoenix	Marcellus
Weedsport	Skaneateles	Tully	CBA	Mexico	Skaneateles
Solvay	Westhill	Lafayette	BG	APW	Westhill
Cato	Homer	FP	Ludden	Pulaski	Homer
ITC	Caz	FH		Hannibal	Caz
	Chitt	MPH			Chitt
					SAS
					CBA

					BG
					Ludden

Wrestling-TBD	
Liberty American	Liberty National
Chittenango	Hannibal/Cato
Homer	Jordan Elbridge
Mexico	F-P/Tully/LaFayette
Phoenix	
Marcellus/OCS	

Bowling - Cross Schedule
Chittenango
Homer
CBA
Solvay
APW/Pulaski
Grimes
Weedsport

Boys Swimming- Cross Schedule w/ SCAC		
SCAC		OHSL
JD/CBA		Mexico
Auburn		Pulaski
Oswego		Weedsport
Fulton		New Hartford (Aux.)

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

+Competitive cheer is TBD, consideration is given to virtual competitions.

Contest start times

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

Post season/championships

- Fall/Fall 2 and Winter- Due to the restrictions forced by the COVID 19 pandemic and return to play guidance it is not feasible to hold a legitimate postseason championship. Division champions are possible based on record. Individual awards will be given as usual.
- 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 should maintain 12 feet of distance when taking a mask break.
 - The OHSL encourages officials to wear face coverings at all times.
 - Coaches, trainers, bench players, game personnel, and all other individuals not directly involved in physical activity must wear a mask if they cannot maintain 6 feet of distance.
 - Recommended that all athletes have a bag for personal items, however, the bags must be placed 6 feet apart.
 - **Spectators will not be permitted for all indoor sports at this time.** If permitted, spectators must maintain six feet of physical distance between individuals and/or family/household units at all times and all spectators must wear face coverings when they are in common areas and situations where six feet of distancing is not able to be maintained, so long as they are over the age of two and medically able to tolerate such covering.
 - Face coverings worn by athletes and coaching staff must be of a basic color, display school colors, display school name or display school logo. Masks displaying an athletic

emblem (Nike/UA/Adidas etc..) are also acceptable. Personal agendas or messages scribed onto a mask should not be permitted during 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(if permitted) complete a health screen or provide contact information but may encourage patrons/players/spectators to do so. (Pg. 14)
 - **Due to contradictory information (page 12 of NYSPHSAA return to interscholastic athletics document) health screenings for spectators (if permitted) are at the discretion of the host school.**
- Athletic directors are required to develop facility protocols and distribute to opposing school AD (see Appendix G).
- Each school is responsible for ensuring a health screening of their student-athletes before traveling to the opposing site.

Spectators

- **With an abundance of caution and with student health and safety as a main priority the OHSL prohibits spectators at indoor sporting events at this time.**
- The OHSL encourages that no spectators attend contests; however, it is understood that the decision to allow spectators is at the discretion of the local school district. **If spectators are permitted**, the following guidelines must be followed:
 - As per NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), spectators must maintain six feet of physical distance between individuals and/or family/household units at all times and all spectators must wear face coverings when they are in common areas and situations where six feet of distancing is not able to be maintained
 - 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 if permitted. (Pg. 5)
- Responsible Parties must ensure that for any indoor sport or recreational activity, capacity is limited to no more than 150 persons
- If spectators are permitted, each school is required to provide rostered players with 2 sport specific passes. Such passes shall be color coded by sport and level and used for entry into a contest.
- Spectators, if permitted, are subject to host school's health screening procedures and facility rules. For higher risk sports, school district's will be required to follow guidance provided by county health departments.
- 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.
 - If practicable, host sites will make bottle filling stations available.
- Stream games live if possible.
- Host school AD is responsible to communicate site protocols to visiting school and officials in advance of the contest (see Appendix G), items to be covered:
 - Parking
 - Where to enter 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 (if permitted).

Confirmed case protocol

- NYSDOH Guidance (Interim COVID-19 Guidance for Schools) states: Responsible Parties must establish protocols and procedures in consultation with the local health department(s), about the requirements for determining when individuals, particularly students, who screened positive for COVID-19 symptoms can return to 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)

Facilities

- If permitted, 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(if permitted). It should be placed in convenient locations such as points of entrance/exit. (Pg. 11)
 - Responsible Parties should post signage indicating that visibly soiled hands should be washed with soap and water; hand sanitizer is not effective on visibly soiled hands. (Pg. 11)
 - Responsible Parties must provide appropriate cleaning and disinfection supplies for shared and frequently touched surfaces and encourage employees to use these supplies, following manufacturers’ instructions, before and after use of these surfaces, followed by hand hygiene. (Pg. 11)
 - Responsible Parties must conduct regular cleaning and disinfection of the site and frequent cleaning and disinfection for high risk areas used by many individuals and for frequently touched surfaces. Cleaning and disinfection must be rigorous and ongoing and should occur at least after each shift, daily, or more frequently as needed. Please refer to DOH’s “Interim Guidance for Cleaning and Disinfection of Public and Private Facilities for COVID-19” for detailed instructions on how to clean and disinfect facilities. (Pg. 11)
 - Responsible Parties must ensure regular cleaning and disinfection of restrooms. Restrooms should be cleaned and disinfected more often depending on frequency of use. (Pg. 11)
 - Responsible Parties must ensure distancing rules are adhered to by using signage, occupied markers, or other methods to reduce restroom capacity where feasible. (Pg. 12)

- Weight Rooms: There is nothing in the NYSDOH guidance prohibiting use of weight rooms, so long as the school can appropriately clean and disinfect the area.
- Locker Rooms: Schools are allowed to utilize locker room facilities, however; the Onondaga County Health Department guidance strongly discourages use of locker rooms. It is strongly recommended for schools to follow guidance included in the Gym and Fitness Center Guidance: Responsible Parties must put in place practices for adequate social distancing in small areas, such as locker rooms, restrooms, and breakrooms, and should develop signage and systems (e.g., flagging when occupied) to restrict occupancy when social distancing cannot be maintained in such areas.

Pre-game/post-game

- No handshakes.
- Maintain 6 feet of distance during 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.
- No hugging, high fives, shaking hands, or fist bumps (NYSPHSAA Return to Interscholastic Athletics Guidance, page 11)

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. Given restrictions created by the pandemic, schools may not have facilities available to accommodate officials with a dressing room.
- The OHSL encourages officials to wear a face covering at all times. Member schools may be subject to more restrictive guidance developed by county health departments.
- The OHSL prefers to have vouchers done electronically.
- Contact should be made with school athletic administration leading up to the contest about (1) school expectations, (2) to determine where you should enter the host school's property and (3) to obtain other information that you or the school may want to communicate to each other prior to your arrival.
 - Officiating crews should designate one crew member to contact the host school and provide information to other members of the crew.
 - Conversations should occur with the host school administration regarding the size of changing areas or locker rooms (if available) to ensure social distancing can occur.
- Request hand sanitizer 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.
 - Officials are responsible for game management only.
 - 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.
- 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- Girls Swimming and Diving (Moved to Fall 2)

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.

- 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.

VIRTUAL SWIMMING AND DIVING COMPETITION:

- The NFHS rules which govern high school swimming and diving competition assume that such competition will be “head-to-head” with ALL participants engaging in an environment that is identical for all and thus equitable to all. “Virtual” competition cannot provide such identical conditions, however. With that understanding, there are no NFHS rules provisions that would prohibit “virtual” competition when unique conditions, such as a pandemic, necessitate its use. The following practices and suggestions are a compilation of guidance from the NFHS and NYSPHSAA to guide member schools in overseeing “virtual” swimming and diving competition.
- GENERAL CONSIDERATIONS:
 - Competition for each team/school involved should take place in a venue that meets all requirements of Rule 2 (Pool, Lanes, and Equipment Specifications) and Rule 9 (Diving Competition), with special emphasis on risk minimization.
 - Competition should be officiated by qualified personnel of sufficient number (see Rule 4-1-3) to assure fair results at each location. The meet must be conducted under the supervision of a meet referee who is a duly certified NFHS or state association registered official. The official(s) may not be coaches of any team involved in the meet.
 - All rules regarding athlete, participation and conduct should apply; technical rules for competition (Rules 8 and 9) should be enforced. Entries shall follow all NFHS rules for each event.
 - The course must be the same at each site. All teams must compete in short course yards or short course meters. • NYSPHSAA has determined its member schools should follow NISCA standards for All-America qualifications.
- SWIMMING
 - The NFHS suggests state associations consider whether a swimmer achieving a qualifying time from the “virtual” competition be permitted for any purposes other than deciding the outcome of the immediate “virtual” competition. NYSPHSAA has determined it will permit any qualifying times achieved during “virtual” competition may be used for postseason events. (Approved by NYSPHSAA Officers 11-16-20)
 - NYSPHSAA has determined fully automatic timing should be used when available.
 - State associations may permit competition to be conducted using manual watches or semiautomatic timed results. Fully automatic timing is the most equitable in a “virtual” situation, but some facilities may not be able to offer that environment. Be aware that it will not be possible for the meet referee or other official to perform an across-the-board place pick to serve as a “check” on the times from stop watches/buttons. Regardless, the

same timing protocol should be used at all venues involved in the “virtual” competition. There should be no mixing of fully automatic timing, semi-automatic timing, or manual watches.

- The NFHS suggests state associations consider whether “breaks” in the competitive program will be permitted in addition to the required break following the 50-yard freestyle. State association may need to stipulate the pace of the meet and determine if extended pauses between events will be permitted. NYSPHSAA has determined it will permit breaks during the competitive program, as needed, in addition to the required break following the 50-yard freestyle however breaks for both teams must take place during the same points of the virtual meet. Example: If schools want a second break within the meet they must agree after what race the second break will occur.
- NYSPHSAA will follow NFHS rules pertaining to race configurations and diving order. Exhibition swimmers and divers will be permitted in a virtual meet but should be noted on entry cards.
- Lane Scoring – The home team’s pool will determine the number of lanes scored in the meet. If both coaches agree, teams may use the same number of lanes at each pool for scoring purposes.
- DIVING
 - The NFHS suggests state associations consider whether scores from the “virtual” competition be permitted for any purposes other than deciding the outcome of the immediate “virtual” competition. NYSPHSAA has determined it will permit any scores from “virtual” competition to be used for postseason events provided the 11 dive and 5 judges criteria are met.
 - NEW RULE: For virtual meets, participating schools may have either one or two judges to score points toward the meet. Participating schools do not need to have the same number of judges to score points in diving. (Approved by NYSPHSAA Officers 1-11-21)
 - [PREVIOUS RULE: For virtual meets, if both participating schools have only one judge, each school may score points toward the meet. However, if one school has two judges and one school has one judge, only the school with two judges may score points towards the meet. The school with one judge will participate in exhibition. (Approved by NYSPHSAA Officers 1-7-21)]
 - [PREVIOUS RULE: Divers will be judged by different sets of officials. NYSPHSAA has determined a minimum of two certified judges must be used at each school. Diving may be conducted with one judge at a site if a school cannot secure a certified judge, however, the school with just one judge will not score points during that virtual meet. (Approved by NYSPHSAA Officers 11-16-20)]

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 3/23/2021

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

Winter Sport Considerations

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

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

High-risk winter sports (Basketball, Ice Hockey, Competitive Cheer, Volleyball, and Wrestling) official start date is Monday, February 1st, 2021 only as permitted by the respective local health authorities (i.e., county health departments). Sections have the authority to determine a later start date.

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

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

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

Appendix G- Basketball

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

General Considerations:

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

Appendix H- Bowling

The NYSDOH has determined that bowling 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:

- Communicate in advance with bowling center on policies, procedures and permitted time frames for practice and competition.
- Communicate with teams and leagues to ensure schools are following the same competition protocols during practice and competition.
- Communicate with section coordinators and local departments of health if any issues arise.
- Teams should follow all procedures and protocols of the bowling center hosting the competition.
- Each team shall get their own table or area to sit in. Consider signage for competition noting Reserved For “lane # or team #”.
- Rule 18 Bowling Ball-Altering Surface Exception – The use of isopropyl alcohol only to disinfect balls. No other performance cleaners are permitted.
- During league warm up, mark on floor where bowler should stand “on deck”; only one “on deck” bowler at a time.
- If teams are competing together on the same pair of lanes for a match, practice times should be staggered. (2021 matches are virtual)

Suggested Competition Format: **(2021 Matches are conducted virtually)**

- Conduct league bowling as normal. Team on odd lane is assigned bowlers area and team on even lane is assigned a table or area on the concourse. Still bowling cross lane.
- Conduct league bowling with two teams on a pair but with no cross lane—team on odd lane is assigned bowlers area and only bowls on odd lane and team on even lane is assigned a table on the concourse and only bowls even lane.
- Conduct league with one team per pair of lanes—one team bowls on a pair of lanes, normal cross lane.
- Conduct league with one team per pair of lanes—one team bowls on a pair but only using odd lane, no cross lane.
- Conduct league with skipping pair between teams—teams 1 and 2 bowl on lanes 1 and 2—teams 3 and 4 bowl on lanes 5 and 6—lanes 3 and 4 are dark.
- 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 are not permitted during the 2021 Winter season.
- **VIRTUAL BOWLING COMPETITION** General Considerations:
 - Conduct the league using entirely pre and post bowling, or USBC Rule 111. Stipulate in the league rules the exact procedure on how to conduct such a match. Example: Team A is scheduled to Bowl Team B. Team A agrees with Team B on a schedule, and then schedules a time to bowl at the scheduled bowling center on X date/time. Team B schedules their date time to bowl at the scheduled bowling center on Y date time. Both scores are kept confidential and sent to the league secretary and a winner is determined.
 - Leagues may conduct virtual competitions. With section/league approval, teams may permit matches to be bowled at separate venues as long as scoring follows USBC Rule 111 where scores are kept confidential and sent to a predetermined league secretary. (Approved by NYSPHSAA Officers 11-16-20)
 - Note: Any changes to the format of the leagues which may have a direct, or indirect, impact on qualifying for the state championship composite division, should be brought to the attention of your section committee for review.

Appendix I- Competitive Cheerleading

The NYSDOH has determined that competitive cheer is a high-risk sport (least ability to maintain physical distance and/or be performed individually; least 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:

- Disinfect props following each routine.
- Contact the manufacturer about cleaning mats after practices and competitions.
- Only one student should use a specific prop during routines.
- There shall not be a formal awards ceremony.
- It is recommended to use computer scoring system for all competitions.
- 2019-20 scoresheet shall be used for all 2020-21 competitions. (Approved by NYSPHSAA Officers 1-25-21)
- Considerations for Judges:
 - Judges are responsible for competition management, which does not include monitoring activities at 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 or devices.
 - Follow social distancing guidelines:
 - Judges should be appropriately spaced to ensure proper social distancing.
- 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 athlete if permitted.
 - Spectators, if permitted, should not congregate around the competition area. **Spectators are not being permitted for the 2021 winter season.**

Appendix J- Ice Hockey

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

General Considerations:

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

- Consider conducting workouts in “cohorts” of 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 if allowed.

Appendix K- Indoor Track

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

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

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

- Consider using electronic whistle.
- Do not shake hands and follow pre- and post-game ceremony guidelines established by state associations.
- Considerations for Coaches:
 - Communicate your guidelines in a clear manner to students and parents.
 - Consider conducting workouts in “pods” of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
 - Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.
- Considerations for Students:
 - Consider making each student responsible for their own supplies
 - Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
 - Hand sanitizer should be plentiful at all contests and practices.
 - Bring your own labeled water bottle.
- Considerations for Parents:
 - Make sure your child and immediate household members are not exhibiting symptoms of Covid before participating in practice and competition (if there is doubt stay home),
 - Provide personal items for your child and clearly label them.
 - Spectators should not congregate around the competition areas if spectators are permitted this season.

VIRTUAL INDOOR TRACK & FIELD COMPETITION:

- The NYSPHSAA rules which govern high school indoor track and field competition assume that such competition will be “head-to-head” with all participants engaging in an environment that is identical and thus equitable to all. “Virtual” competition cannot provide such identical conditions, however. With that understanding, there are no NYSPHSAA rules provisions that would prohibit “virtual” competition when unique conditions, such as a pandemic, necessitate its use. The following practices and suggestions are a compilation of guidance from the NYSPHSAA to aide member schools in overseeing “virtual” competition.
 - Virtual competition shall be conducted only for regular season. Sections may determine if they would like to conduct a virtual section postseason event.
 - Competition for each team/school involved should take place at venues of similar nature with similar specifications for each event with special emphasis on risk minimization. Surfaces and surrounding conditions are recommended to be similar.
 - The meet must be conducted under the supervision of at least one certified NFHS or state association registered official at each venue.
 - All rules regarding athlete participation and conduct should apply; technical rules for competition shall be enforced. Entries shall follow all NFHS rules for each event.
 - It is suggested but not required that schools use an applicable technology to record results of each event and also have the capacity to compare against their opponents’ results. The same application is recommended to be used by each school for a virtual dual meet. Suggested applications for virtual meets include, but are not limited to, Hytek, MileSplit, Athletic.net.

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- Schools shall communicate with their virtual opponent, in advance, the timing methods, venue, event specifications, entries and other details associated with a track meet so both schools ensure equity for the competition.
- It is recommended but not required to have schools compete virtually on the same day.
- Sections may determine if times and marks achieved during virtual competition qualify for a sectional or state qualifier meet. A league will decide if a virtual competition can be used to determine a league champion.
- Sections which can only conduct virtual meets during the regular season and do not have the ability to conduct a sectional or state qualifier meet may use virtual meet marks and times to qualify for the State Tournament or postseason event.

Appendix L- Boys Swimming and Diving

The NYSDOH has determined that swimming & diving is a low/moderate-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 number of divers viewing at the same time.
 - Teams Seating and Lane Placement - Keep team benches on opposite sides of the pool. Prior to the meet, the coaches may agree to use lanes 1-3 and 4-6 for their team's lane placement. If the coaches do not agree, then lane placement will default to the NFHS rule using every other lane for placement of swimmers from each team. (waiver of NFHS Rule approved by NYSPHSAA Officers 11-16-20)
 - 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 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 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 nonelectronic 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. Coaches must submit their lineups to the table prior to the meet but may make changes during the meet. This rule will be in place for the 2020-21 season only. (waiver of NFHS Rule approved by NYSPHSAA Officers 11-16-20)
 - 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 six 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:
 - 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.
 - 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.
 - 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, if permitted, should not congregate around the finish area, deck or student entry to venue.
 - In accordance with NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), only two spectators per participant are permitted.

VIRTUAL SWIMMING AND DIVING COMPETITION

- The NFHS rules which govern high school swimming and diving competition assume that such competition will be “head-to-head” with ALL participants engaging in an environment that is identical for all and thus equitable to all. “Virtual” competition cannot provide such identical conditions, however. With that understanding, there are no NFHS rules provisions that would prohibit “virtual” competition when unique conditions, such as a pandemic, necessitate its use. The following practices and suggestions are a compilation of guidance from the NFHS and NYSPHSAA to guide member schools in overseeing “virtual” swimming and diving competition.
- GENERAL CONSIDERATIONS:
 - Competition for each team/school involved should take place in a venue that meets all requirements of Rule 2 (Pool, Lanes, and Equipment Specifications) and Rule 9 (Diving Competition), with special emphasis on risk minimization.
 - Competition should be officiated by qualified personnel of sufficient number (see Rule 4-1-3) to assure fair results at each location. The meet must be conducted under the supervision of a meet referee who is a duly certified NFHS or state association registered official. The official(s) may not be coaches of any team involved in the meet.
 - All rules regarding athlete, participation and conduct should apply; technical rules for competition (Rules 8 and 9) should be enforced. Entries shall follow all NFHS rules for each event. The course must be the same at each site. All teams must compete in short course yards or short course meters.
 - NYSPHSAA has determined its member schools should follow NISCA standards for All-America qualifications.
- SWIMMING
 - The NFHS suggests state associations consider whether a swimmer achieving a qualifying time from the “virtual” competition be permitted for any purposes other than deciding the outcome of the immediate “virtual” competition. NYSPHSAA has determined it will

permit any qualifying times achieved during “virtual” competition may be used for postseason events. (Approved by NYSPHSAA Officers 11-16-20)

- NYSPHSAA has determined fully automatic timing should be used when available.
- State associations may permit competition to be conducted using manual watches or semiautomatic timed results. Fully automatic timing is the most equitable in a “virtual” situation, but some facilities may not be able to offer that environment. Be aware that it will not be possible for the meet referee or other official to perform an across-the-board place pick to serve as a “check” on the times from stop watches/buttons. Regardless, it is recommended but not required the same timing protocol should be used at all venues involved in the “virtual” competition.
- The NFHS suggests state associations consider whether “breaks” in the competitive program will be permitted in addition to the required break following the 50-yard freestyle. State association may need to stipulate the pace of the meet and determine if extended pauses between events will be permitted. NYSPHSAA has determined it will permit breaks during the competitive program, as needed, in addition to the required break following the 50-yard freestyle however breaks for both teams must take place during the same points of the virtual meet. Example: If schools want a second break within the meet they must agree after what race the second break will occur.
- NYSPHSAA will follow NFHS rules pertaining to race configurations and diving order. Exhibition swimmers and divers will be permitted in a virtual meet but should be noted on entry cards.
- Lane Scoring – The home team’s pool will determine the number of lanes scored in the meet. If both coaches agree, teams may use the same number of lanes at each pool for scoring purposes.
- DIVING
 - The NFHS suggests state associations consider whether scores from the “virtual” competition be permitted for any purposes other than deciding the outcome of the immediate “virtual” competition. NYSPHSAA has determined it will permit any scores from “virtual” competition to be used for postseason events provided the 11 dive and 5 judges criteria are met.
 - NEW RULE: For virtual meets, participating schools may have either one or two judges to score points toward the meet. Participating schools do not need to have the same number of judges to score points in diving. (Approved by NYSPHSAA Officers 1/11/21) •
 - [PREVIOUS RULE: For virtual meets, if both participating schools have only one judge, each school may score points toward the meet. However, if one school has two judges and one school has one judge, only the school with two judges may score points towards the meet. The school with one judge will participate in exhibition. (Approved by NYSPHSAA Officers 1-7-21)]
 - [PREVIOUS RULE: Divers will be judged by different sets of officials. NYSPHSAA has determined a minimum of two certified judges must be used at each school. Diving may be conducted with one judge at a site if a school cannot secure a certified judge, however, the school with just one judge will not score points during that virtual meet. (Approved by NYSPHSAA Officers 11-16-20)]

Appendix M- Wrestling

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

General Considerations:

- No handshakes prior to and following the coin toss in addition to pre- and post match ceremonies.
- Wash stations or sanitizer should be placed at mat side.
- If writing implements are used, they should be sanitized and not shared with anyone.
- Disinfect the mats prior to competition.
- Participate/host smaller events (more duals, fewer large tournaments).
- Have hand sanitizer and wipes available at the scorer's table.
- The scorekeeper shall be the only individual to touch the scoresheet.
- Only official scorer and official timer should be permitted at the scorer's table.
- Ankle bands are recommended to be disinfected after each match.
- Weigh-ins should be conducted separately for each team and not shoulder to shoulder as stated in the NFHS rule. (Waiver of NFHS Rule approved by NYSPHSAA Officers 1-25-2021)
- Honor weigh-ins will not be permitted for the 2020-21 season (Waiver of NYSPHSAA Rule approved by NYSPHSAA Officers 1-25-2021).
- Weight Certification - coaches will use Track Wrestling to verify weight.
- A wrestler's certified weight at his/her first competition will be the lowest weight the wrestler uses for competition for the season.
- Considerations for Officials:
 - Officials are responsible for meet management, which does not include monitoring activities in the facility such as social distancing, face coverings, hand washing, symptoms of illnesses and other such issues. This monitoring obligation remains with the responsible parties.
 - Bring personal hand sanitizer. Wash hands frequently.
 - Do not share uniforms, towels and equipment.
 - Change standard whistle several times during the day.
 - Electronic whistles are permissible.
 - May wear disposable gloves. If so, then they must change after each match.
 - Conduct separate pre-meet administration including skin checks. During pre-meet administration, use visual inspections and avoid direct contact with wrestlers.
 - Referees will not raise the winner's arm; winners are asked to raise their arm signifying victory.
- Considerations for Coaches:
 - Communicate your guidelines in a clear manner to students and parents.
 - Consider conducting workouts in "pods" of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
 - Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.
 - Eliminate all handshakes, fist bumps and similar gestures post-match.

- Considerations for Students:
 - Eliminate all handshakes, fist bumps and similar gestures pre- and post-match.
 - Eliminate handshakes with coaches post-match.
 - Consider making each student responsible for their own supplies.
 - Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
 - Hand sanitizer should be plentiful at all contests and practices.
 - Bring your own labeled water bottle.
- Considerations for Parents:
 - Provide personal items for your child and clearly label them.
 - In accordance with NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), only two spectators per participant if permitted.

Fall Season II Considerations

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

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

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

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

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

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

Appendix N- Volleyball

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

General Considerations:

- For 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 - Under garments 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 if permitted.

Appendix O- Football

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

General Considerations:

- Eliminate all handshakes, fist bumps and similar gestures pre- and post-game.
- Limit the number of non-essential personnel who are on the field level throughout the contest.
- If available, dressing facilities for game officials and teams should be large enough for them to use social-distancing protocols and should be properly cleaned and sanitized prior to their arrival.
- The team box may be extended on both sides of the field to the 10-yard lines (for players only) in order for more social-distancing space for the teams.
- The ball should be cleaned and sanitized throughout the contest as recommended by the ball manufacturer.
- The ball holders should maintain social distancing of six feet at all times during the contest.
- Plastic shields covering the entire face (unless integrated into the face mask and attached to the helmet and clear without the presence of any tint) shall not be allowed during the contest.
- Tooth and Mouth Protectors – If mouthguards are removed on the sidelines or bench area, the athlete should use hand sanitizer each time after touching the mouthguard.
- Gloves are permissible but still must comply with Rule 1-5-2b by meeting either the NOCSAE Standard or the SFIA Specification.
- Time Outs - A single charged time-out may be extended to a maximum of two minutes in length.
- Time Outs - The authorized conference for the charged time-out should take place between the 9- yard marks and not at the sideline for social-distancing purposes (It would be permissible for more than one coach to be involved in this conference and for technology to be used).
- The intermission between periods may be extended to a maximum of two minutes between the first and second and the third and fourth periods, and following a try, successful field goal or safety, and prior to the succeeding free kick.
- Considerations for Officials:
 - Officials are responsible for game management, which does not include monitoring activities on the sidelines, such as social distancing, face coverings, hand washing, symptoms of illnesses and other such issues. This monitoring obligation remains with the responsible parties.
 - Bring personal hand sanitizer. Wash hands frequently.
 - Do not share uniforms, towels and equipment.
 - Electronic whistles are permissible.
 - Gloves are permissible.
 - For the coin toss, limit attendees to the referee, umpire and one designated representative from each team.

- Coin toss should take place in the center of the field with designated individuals maintaining social distancing of six feet. No handshakes prior to and following the coin toss.
- Maintain social distancing of six feet while performing all pregame responsibilities with all officiating crew members, game administration staff, line-to-gain crew, clock operators, individuals handling the balls during the game and team personnel.
- For the overtime procedure, please use the same procedure as used at the start of the contest for the coin toss.
- Considerations for Coaches:
 - Communicate your guidelines in a clear manner to students and parents.
 - Consider conducting workouts in “pods” of 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.

Spring Considerations

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

Scheduled start date: April 19, 2021 High-risk Spring sports (Boys Lacrosse) only as permitted by the respective local health authorities (i.e., county health departments). Sections have the authority to determine a later start date.

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

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

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

Appendix P- 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.
 - 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.
 - 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.
 - 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.

Updated 3/23/2021

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 dugouts.

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

Appendix Q: 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.
 - 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.
 - 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.
 - 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), an 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 water bottle.

Updated 3/23/2021

- 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), only two spectators per participant are permitted.
- Spectators should not congregate around the dugouts.

Appendix R: Boys Lacrosse

The NYSDOH has determined that Boys Lacrosse is a high-risk sport (least ability to maintain physical distance and/or be performed individually; least 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 prior to competition.
- 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 pre-game conference with referees and one captain from each team will be conducted.
- Limit seats at the scorer's table to essential personnel which may include home team scorer, visitor team scorer, penalty timer and clock operator with a recommended distance of 6 feet or greater between individuals. Other personnel (statisticians, media, etc.) may not be deemed essential personnel and an alternate location should be considered for them.
- Individuals in bench and penalty box areas must adhere to social distancing as much as possible.
- Clear, molded, and non-rigid face shields approved by the helmet manufacturer are permitted however these shields do not meet the NYSDOH rule of wearing a cloth face covering.

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.
- Follow social distancing guidelines.
- Gloves are permissible. If it is necessary for an official to check a stick, it is recommended for officials to use gloves.
- NYSPHSAA will waive the NFHS Rule for mandatory stick checks, by officials, in each half of a game. No such checks will be required for the spring 2021 season. (Waiver of NFHS Rule approved by NYSPHSAA Officers on 3-10-2021)
- Officials will be adjusting faceoff mechanics to adhere to social distancing guidelines.

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.

Updated 3/23/2021

- Bring your own water bottle.

Considerations for Parents:

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

Appendix S: Girls Lacrosse

The NYSDOH has determined that Girls Lacrosse is a moderate-risk sport (limited ability to maintain physical distance and/or be performed individually; limited 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 prior to competition.
- Suspend handshakes, fist bumps and similar gestures prior to and following the pregame conference in addition to at the conclusion of the game.
- A mandatory two (2) minute hydration/mask break will be taken after the first dead ball situation after the 12-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 at the conclusion of the break. Students may leave the field on the break to obtain their water bottle, not be provided a bottle by others. (Waiver of NFHS Rule approved by NYSPHSAA Officers on 3-3-2021)
- A socially distanced pre-game conference with referees and one captain from each team will be conducted.
- Limit seats at the scorer's table to essential personnel which may include home team scorer, visitor team scorer, penalty timer and clock operator with a recommended distance of 6 feet or greater between individuals. Other personnel (statisticians, media, etc.) may not be deemed essential personnel and an alternate location should be considered for them.
- Individuals in bench and penalty box areas must adhere to social distancing as much as possible.

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.
- Follow social distancing guidelines.
- Gloves are permissible.
- Pre-game stick and equipment checks will be completed by one official per team. All sticks should be sanitized prior to stick checks. Each team will place their sticks on their restraining line during pregame meetings. One official per team will check sticks and it is recommended for officials to use gloves for stick checks and the draw. Players return to collect their own stick after the pregame check is completed.

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.

Updated 3/23/2021

- 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.
- Bring your own water bottle.

Considerations for Parents:

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

Appendix T: 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:

- 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. Social 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 your own water bottle.

Considerations for Parents:

- Provide personal items for your child and clearly label them.
- No spectators permitted.

Appendix U: Tennis

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

General Considerations:

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

Considerations for Officials:

- Officials are responsible for match 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.
- Do not shake hands and maintain social distancing guidelines during pre and post-match 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 your 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.
- Spectators should not congregate around a court without maintaining social distancing.
- In accordance with NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), only two spectators per participants are permitted.

Appendix V: Track and Field

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.
 - NYSPHSAA has elected to permit the use of sanitary gloves for this year (2020-21). (waiver of NFHS Rule approved by NYSPHSAA Officers 11-16-20)
 - It is recommended that schools bring and use their own batons, and not share 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.
 - To limit contact, athletes can provide their own implements (that pass inspection) and retrieve their own implements after all throws.
 - If athletes can't provide their own implements, then it is recommended that implements be sanitized between each use.
- Long Jump and Triple Jump should enforce social distancing for all athletes and officials.
- High Jump and Pole Vault should enforce social distancing for all athletes and officials.
 - To lower the risk of these events, pits may be covered by a tarp that is removed and disinfected after each athlete use (therefore multiple tarps needed to keep event moving) or individuals may bring their own mat or tarp for use on pits.
 - A disinfectant spray may also be used as an alternative to using tarps to cover but disinfecting must take place following each athlete use.
 - To limit contact, athletes should not share vaulting poles.
- 100M and Straight Hurdles may use every other lane to assist with distancing.
 - Blocks should be disinfected after each heat / race.
 - 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:
 - General Clerking/Clerking at Finish Line
 - Tabulating and posting of results
- Consider using electronic whistles.
- 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 your 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), only two spectators per participant are permitted.

VIRTUAL OUTDOOR TRACK & FIELD COMPETITION

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

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

Updated 3/23/2021

- Sections which can only conduct virtual meets during the regular season and do not have the ability to conduct a sectional or state qualifier meet may use virtual meet marks and times to qualify for a postseason event.

Appendix W- Parent Consent Form

*****TEMPLATE-Please Copy and Paste*****

[TO BE PLACED ON DISTRICT LETTERHEAD]

_____, 2021

Re: SARS-CoV-2 Athletic Informed Consent

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

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

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

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

Parent/Guardian Signature

Date

Appendix X- 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 3/23/2021

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 Y- Spectator Pass Template

 <p>OHSL FAN PASS FALL 2020</p>  <p>CHITTENANGO BEARS SPORT: VARSITY BOYS SOCCER PLAYER: XX</p> <p><u>*Pass is only good for above listed sport*</u></p>	 <p>OHSL FAN PASS FALL 2020</p>  <p>CHITTENANGO BEARS SPORT: VARSITY BOYS SOCCER PLAYER: XX</p> <p><u>*Pass is only good for above listed sport*</u></p>
 <p>OHSL FAN PASS FALL 2020</p>  <p>CHITTENANGO BEARS SPORT: VARSITY BOYS SOCCER PLAYER: XX</p> <p><u>*Pass is only good for above listed sport*</u></p>	 <p>OHSL FAN PASS FALL 2020</p>  <p>CHITTENANGO BEARS SPORT: VARSITY BOYS SOCCER PLAYER: XX</p> <p><u>*Pass is only good for above listed sport*</u></p>
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 <p>OHSL FAN PASS FALL 2020</p>  <p>CHITTENANGO BEARS SPORT: VARSITY BOYS SOCCER PLAYER: XX</p> <p><u>*Pass is only good for above listed sport*</u></p>	 <p>OHSL FAN PASS FALL 2020</p>  <p>CHITTENANGO BEARS SPORT: VARSITY BOYS SOCCER PLAYER: XX</p> <p><u>*Pass is only good for above listed sport*</u></p>

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

SOCIAL DISTANCING MUST BE MAINTAINED

IF YOU ARE FEELING ILL, HAVE A TEMPERATURE OVER 100.0, OR HAVE ANY SIGNS & SYMPTOMS OF COVID-19, PLEASE STAY HOME.

Updated 3/23/2021