

# RETURN TO INTERSCHOLASTIC ATHLETICS SPRING SPORTS

**HIGH/MODERATE & LOW RISK SPORTS**



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March 26, 2021

## Signs and Symptoms of COVID-19

**Note:** *This is not an exhaustive list and there may be additional steps in each school and city to help prevent the spread of COVID-19. Even when taking all precautions, there will still be risk of transmitting illnesses. Everyone should stay vigilant about the health of members of their teams. Lastly, the situation with COVID-19 is rapidly changing and this information may quickly become outdated. Please continue to monitor information provided by the CDC as well as local and the NYSDOH.*

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According to the Centers for Disease Control and Prevention (CDC), people with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus.

People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

## When to Seek Emergency Medical Attention

Look for emergency warning signs\* for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

\*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

\*Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.

**Source:** <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

## Overview

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

As NYSPHSAA and its 11 member sections continue to gather information pertaining to the COVID-19 virus and receive continued feedback the contents of this document may be revised. NYSPHSAA is committed to

maximizing the interscholastic athletic opportunities for students across the state. Furthermore, NYSPHSAA will remain flexible in considering that certain sports may be impacted differently, and play may need to be modified at some point during the season.

Participation in interscholastic athletics is voluntary for both individuals and schools. NYSPHSAA 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.

- **Higher Risk:** Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants. As of September 4, 2020 – these sports are only allowed to practice. If no further action is taken, these sports may be permitted to play games after December 31, 2020.  
*Examples: Wrestling, football, basketball, boys lacrosse, competitive cheer, dance, ice hockey, volleyball.*
- **Moderate Risk:** Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants or intermittent close contact or group sports or sports that use equipment that cannot be cleaned between participants.  
*Examples: baseball, softball, soccer, field hockey, tennis, swimming relays, high jump, long jump, girls lacrosse.*
- **Lower Risk:** Sports that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.  
*Examples: Individual running events, throwing events (javelin, shot put, discus), individual swimming, golf, alpine skiing, sideline cheer, cross country running (with staggered starts)*

#### **April 19th (Family ID registration link opened on March 22nd)**

Spring sports official start date will be Monday, April 19th.

Spring sports end date is no later than June 13th.

High-risk sports can begin play only as permitted by the respective local health authorities (i.e., approval request from county health departments).

Approved by NYSPHSAA officers (09-10-20), Fall Sports Season II athletes may carry over three practices for all sports, except for Baseball which may carry over four practices.

State/Regional Championships are cancelled

#### **Reminders and Guidance**

##### **Student-Athletes**

- In accordance with NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation) responsible parties must ensure a distance of at least six feet is maintained among individuals at all times, whether indoor or outdoor, unless safety or the core activity (e.g. practicing, playing) requires a shorter distance. ***If a shorter distance is required, individuals must wear acceptable face coverings, unless players are unable to tolerate a face covering for the physical activity (e.g. practicing, playing); provided, however, that coaches, trainers, and other individuals who are***

***not directly engaged in physical activity are required to wear a face covering. When the mask is not tolerable, the student must be removed from the activity and take their mask break in a designated area.***

- Students should tell coaches immediately when they are not feeling well.
- Students are encouraged to keep their mouth guards in their mouth throughout the competition/ practice, however, if this is not possible, proper disinfection of the mouth guard should be performed prior to reinsertion. Hands should also be washed or disinfected before doing so.
- Students should be advised to bring and use their own water bottle.
  - High school athletes should drink enough fluid before, during and after practice and competition.
  - Student-athletes should follow established guidelines for hydration.
  - Please see National Athletic Trainer Association (NATA) Resource:
    - [Healthy Hydration For Young Athletes](#)
- Student-athletes are encouraged to shower at home as quickly as possible after practice and games.
- No hugging, high fives, shaking hands, or fist bumps.

### **Coaches**

- 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.
- Set clear expectations for student-athletes from day one.
- Communicate guidelines in a clear and consistent manner to students and parents.
- Consider conducting workouts in "cohorts" of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice and game/contest in case contact tracing is needed. Coaches will be provided digital thermometers and are expected to keep daily attendance logs
- Coaches may limit game day team/ roster sizes for social distancing purposes.
- Coaches should bring their own water bottle(s) and follow established guidelines for hydration.
- No hugging, high fives, shaking hands, or fist bumps.

### **Parents/ Spectators**

- As per NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), spectators must maintain six feet of physical distance between individuals and/or family/household units at all times and all spectators must wear face coverings when they are in common areas and situations where six feet of distancing is not able to be maintained, so long as they are over the age of two and medically able to tolerate such covering.
- Disinfect student's personal equipment after each game or practice.
- 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.
- Provide personal items to children and clearly label them.

### **Spectators at Sporting Events**

- For sports events (e.g. only home games), Mamaroneck must limit spectators at outdoor events to **two spectators from the family of the player for that game.** In cases of doubleheader contests, spectators may only attend the game their child/player is playing in. All spectators will be asked to

leave the facility as soon as the contest is completed. We will have a sign-in for parents each game. *Spectators will be subjected to a screening practice of completing an electronic attestation form for each game.*

The Mamaroneck School District will ensure spectators maintain six feet of physical distance between individuals and/or family/household units at all times and **all spectators must wear face coverings when** they are in common areas and situations where six feet of distancing is not able to be maintained.

The Mamaroneck School District will ensure that, among all spectators, no individual group exceeds the gathering limit that is currently in place for the region.

### **Screening**

NYSDOH guidance (Interim COVID-19 Guidance for Schools), states the following pertaining to screening:

- **Coaches/Athletic Staff:** the Mamaroneck School District will conduct daily health screenings of coaches and athletic staff, to be completed via online district reporting system or upon arriving to school each day
- Students will be screened daily. If a student is physically in school the web based assessment will be completed daily. If a student is home virtually, the student must complete the online assessment form before coming to practice.
- If a student does not have the form completed, they may not participate until the assessment form is completed and a green screen presented.
  - <https://entry.neric.org/mamkschools>
  - You must present the green screen for entry to practice

### **Cleaning and Disinfecting**

In accordance with the NYSDOH ["Interim Guidance for Sports and Recreation During the COVID 19 Public Health Emergency"](#) (August 15, 2020) the following could be utilized for proper hygiene, cleaning and disinfecting (Pgs. 10-11):

- 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.
- Responsible Parties must provide and maintain hand hygiene stations on site, as follows:
  - The district will post signage indicating that visibly soiled hands should be washed with soap and water; hand sanitizer is not effective on visibly soiled hands.
  - The district will 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.
    - *The district has also purchased disinfecting wipes, cleaners and PPE to be used as needed when disinfecting surfaces or equipment*
  - The district will conduct regular cleaning and disinfection of the site and more 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.
    - *These locations will be cleaned and disinfected daily by custodial staff*



- The district will ensure regular cleaning and disinfection of restrooms. Restrooms should be cleaned and disinfected more often depending on frequency of use.
- The district will ensure distancing rules are adhered to by using signage, occupied markers, or other methods to reduce restroom capacity where feasible.
- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
  - *Hand sanitizer will be included in every medical kit for each team*
  - *Students should utilize their own masks, however the school district will place a few back up masks in every med kit for emergency purposes.*
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

### **SOCIAL DISTANCING:**

In accordance with the NYSDOH "[Interim Guidance for Sports and Recreation During the COVID 19 Public Health Emergency](#)" (March 25, 2021) the following could be utilized to ensure appropriate social distancing during interscholastic athletic participation.

### **Preventing Transmission**

The following information has been provided to State High School Athletic Associations by the National Federation of State High School Association (NFHS) to minimize COVID-19 transmission for interscholastic athletic participation.

### **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.
- Clean and disinfect frequently touched surfaces and exercise equipment.
- *All Mamaroneck School District coaches will complete the National Federation of State High School Associations (NFHS) prior to their season starting.*

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

### **Hand Hygiene and Respiratory Etiquette**

- All medical kits will have available hand sanitizer, gloves and masks for athletes and coaches.
- Teach and reinforce handwashing with soap and water for at least 20 seconds.
  - If soap and water are not readily available, hand sanitizer that contains at least 60% alcohol can be used (for staff and older children who can safely use hand sanitizer).
- Do not allow spitting and encourage everyone to cover their coughs and sneezes with a tissue or use the inside of their elbow. Used tissues should be thrown in the trash and hands washed immediately with soap and water for at least 20 seconds. If soap and water are not readily available, hand sanitizer that contains at least 60% alcohol can be used.

## **Face Coverings**

- Teach and reinforce the use of cloth face coverings. Face coverings are not intended to protect the wearer, but rather to reduce the risk of spreading COVID-19 from the person wearing the mask (who may not have any symptoms of disease). Face coverings must be worn by coaches, youth sports staff, officials, parents, athletes and spectators as much as possible.

## **Transportation**

Transportation to any off campus activities will be provided by the district via contacted bus vendor, First Mile Square LLC. This contracted vendor will conduct transportation activities that are consistent with state-issued public transit guidance and NYSED School Reopening Guidelines. Athletes and coaches must wear acceptable face coverings at all times on school buses and should maintain appropriate social distancing to the extent practicable. Masks will be provided for those who do not have their own.

Bus drivers are required to perform a self health assessment for symptoms of Covid-19 before arriving at work. If personnel are experiencing any of the symptoms of Covid-19, they will notify their employer as per the reporting policies and seek medical attention. Bus drivers must wear a face covering along with an optional face shield.

Only pre-screened individuals will be permitted to travel on buses to and from Mamaroneck Schools. Due to social distancing guidelines, playing rosters, travel rosters and practice roster sizes will be adjusted accordingly.

## **Bus Seating**

- When on the bus teams and individuals are to be seated in the following manner:
  - Wear a mask at all times
  - Social distancing
  - Load buses from the back to the front to avoid congestion

## **Athletics Training Room:**

Currently, the Athletic Training Room is located outside near the Athletic Office. There is a tent stationed outside for inclement days. For the winter season the athletic trainer will treat athletes at the training site 1 at a time or 1 at a time in the back room of the Athletic Office.

- The **six-foot rule** must be adhered to while inside the Athletic Training Room. Treatment tables will be properly spaced and capacity will be **limited to 2** athletes at a time.
- Students will be required to **wash hands with soap** and water for a period of 20 seconds or longer or use a hand sanitizer upon entering and leaving the Athletic Training Room.
- Students **must** wear a face covering whenever possible while inside the Athletic Training Room.
- All shared rehabilitation equipment and treatment tables will be sanitized after each use.
- Students will not be allowed to take items from the Athletic Training Room.
- Loitering will be not permitted inside the Athletic Training Room and all social distancing signs should be adhered to.

## **Baseball**

**Varsity Coach:** Mike Chiapparelli [mchiapparelli@mamkschools.org](mailto:mchiapparelli@mamkschools.org)

**JV Coach:** AJ Martucci [amartucci@mamkschools.org](mailto:amartucci@mamkschools.org)

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

**Considerations for Coaches:**

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in "cohorts" of the 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 your own water bottle.
- Students should minimize or limit blowing on hands, licking fingers, spitting on hands or engaging in similar actions during a game.

**Considerations for Parents:**

- Provide personal items for your child and clearly label them.
- Spectators should not congregate around the dugouts.



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

### **Softball**

**Varsity Coach:** Susan Hannon [mamaronecksoftball@gmail.com](mailto:mamaronecksoftball@gmail.com)

**JV Coach:** Ryan Gage [rgage@mamkschools.org](mailto:rgage@mamkschools.org)

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, collecting 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.
  - 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.
  - Do not share equipment.
  - Gloves are permissible.
  - Umpires will not be required to check the 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)

- Wash hands frequently.
- Follow social distancing guidelines.

#### **Considerations for Coaches:**

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in "cohorts" of the 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 your own water bottle.
- Students should minimize or limit blowing on hands, licking fingers, spitting on hands or engaging in similar actions during a game.

#### **Considerations for Parents:**

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

### **Golf**

**Varsity Coach:** Adam Rizzuti [arizzuti@mamkschools.org](mailto:arizzuti@mamkschools.org)

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 1<sup>st</sup> 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.

#### **Lacrosse (Boys)**

**Varsity Coach:** Jeff Barnard [jbarnard@mamkschools.org](mailto:jbarnard@mamkschools.org)

**JV Coach:** Robert Rainaldi [rrainaldi@mamkschools.org](mailto:rrainaldi@mamkschools.org)

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).

For high risk sports, transmission risk is high regardless of being outdoors or masked and the 10 minute exposure requirement does not apply.

As per Westchester County DOH, below are the general guidelines for high risk sports:

1. Team that COVID (+) player or coach was on – entire team – all players, coaches, staff are considered exposed
2. During competitive play/games - Opposing team (team without the COVID (+) player or coach)
  - a. All players, or other individuals on the field or court at any time during competitive play/game, regardless of duration (need not be 10 min) or whether infected player from other team was reportedly on the court at the same time – are considered exposed
  - B. Coaches, players, or others who were never on the court or field during competitive play/game and who were never within 6 feet of the COVID (+) individual would not be considered exposed
3. Referees and any other staff on the field at any time during competitive play/game are considered exposed.

All exposed individuals must be excluded from school, practices, games, etc. and are subject to quarantine.

#### **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 1 captain from each team.
- 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 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.

- Bring personal hand sanitizer. Wash hands frequently.
- Do not share equipment.
- Electronic whistles are permissible.
- Do not shake hands & maintain social distancing guidelines during pre and post game
- Follow social distancing guidelines.
- Gloves are permissible. If it is necessary to check a stick, it is recommended to use gloves.
- 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 the 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.
- 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.

#### **Lacrosse (Girls)**

**Varsity Coach:** Racquel Lividini [lividini.mhsgirlslax@gmail.com](mailto:lividini.mhsgirlslax@gmail.com)

**JV Coach:** Danielle Jaycox [djaycox@mamkschools.org](mailto:djaycox@mamkschools.org)

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 will check sticks per team and it is recommended for officials to use gloves for stick checks and the draw. Players return to collect their own stick after the pre-game 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.
- 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.



### **Tennis (Boy's)**

**Varsity Coach:** Tim Hooker [thooker@mamkschools.org](mailto:thooker@mamkschools.org)

**JV Coach:** Scott Gilberti [sgilberti@mamkschools.org](mailto:sgilberti@mamkschools.org)

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.
- 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.

#### **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.
- Students should bring their 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:**

- A family's role in maintaining safety guidelines for themselves and others:
- 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 participant are permitted.

### **Track & Field (Outdoor)**

**Varsity Coach:** Robert Morrissey [rmorrissey@mamkschools.org](mailto:rmorrissey@mamkschools.org)

**Assistant Coach:** Marge McEvoy [mmcevoy@mamkschools.org](mailto:mmcevoy@mamkschools.org)

**Assistant Coach:** David Smith [dsmith@mamkschools.org](mailto:dsmith@mamkschools.org)

**Assistant Coach:** Nick Larosa [nlarosa@mamkschools.org](mailto:nlarosa@mamkschools.org)

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)
  - o It is recommended that schools bring and use their own batons, and not share with other schools.
- Rules 6-4-11 and 6-5-24: Vertical jumpers may complete all three of their jumps consecutively with three (3) minutes being permitted for each jump. (waiver of NFHS Rule approved by NYSPHSAA Officers 11-16-20)

**General Considerations:**

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

**Considerations for Officials:**

- Officials are responsible for meet management, which does not include monitoring activities in the facility such as social distancing, face coverings, hand washing, symptoms of illnesses and other such issues. This monitoring obligation remains with the responsible parties. • Bring personal hand sanitizer. Wash hands frequently.
  - Do not share equipment.
  - Follow social distancing guidelines when:
    - o General Clerkin
    - o Clerking at Finish Line
    - o Tabulating and posting of results
  - Consider using electronic whistle.
  - Do not shake hands and follow pre- and post-meet ceremony guidelines established by state associations.

**Considerations for Coaches:**

- Communicate your guidelines in a clear manner to students and parents.

- Consider conducting workouts in “pods” of the 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 to aide member schools in overseeing “virtual” competition.

- Schools shall communicate with their virtual opponent, 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.
- 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.