

# **South Orangetown Central School District**

## **Department of Physical Education, Health & Athletics**

15 Dutch Hill Road Orangeburg, NY 10962 – Phone (845) 680-1640/41; Fax (845) 680-1953

### **Tappan Zee Athletics COVID-19 Day to Day Practice Protocols & General Protocols for Spring High Risk Sports**

#### **General Requirements for Students:**

- **Mandatory daily pre-screening form.**
- **Temperature check before admittance to daily practice.**
- **Masks to be worn for duration of practice (except water breaks).** If an athlete is unable to tolerate a face covering they must:
  - Remove themselves from practice (by notifying their coach).
  - Move to a designated area and discontinue participation until the athlete can wear a face covering again.
- **Athletes must bring their own water.**
- **Belongings and water must be placed away from others on team.**
- **Social distancing during team talks, etc.**
- **No use of locker rooms, come dressed, leave dressed.**
- **Hand sanitizing stations will exist in all practice locations.**

#### **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 be 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 Coaches:**

- Communicate your guidelines in a clear manner to students and parents.
- To the maximum extent practicable, conduct 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.

#### **Other Considerations for Students:**

- Consider making each student responsible for their own equipment and supplies. If students cannot clean and sanitize their own equipment and supplies at home, the custodian will provide the coach with disinfecting wipes to use on student equipment.



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- 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.

*These protocols have been developed in accordance with the updated guidelines developed by the New York State Department of Health and the New York State Public High School Athletic Association (“NYSPHSAA”). In the event that guidance is modified or updated, these protocols will be modified accordingly. For the most recent NYSPHSAA Return to Interscholastic Athletics Handbook, click [here](#).*

### ***Additional Student-Athlete Expectations Related to COVID-19 In accordance with NYSDOH guidance, (Interim COVID-19 Guidance for Sports and Recreation)***

- Responsible parties must ensure that a distance of at least six feet is maintained between individuals at all times, whether indoor or outdoor, unless safety or the core activity (e.g. practicing, playing) requires a shorter distance.
- Students should tell the coach/athletic trainer *immediately* when they are not feeling well.
- Students will refrain from hugging, high fives, shaking hands, or fist bumps.
- Students will come to practice ready to play with the appropriate clothing and equipment.
- Students will provide their own personal, labeled, water bottle.
- Students will not share uniforms, towels, apparel and/or personal equipment.

### ***Additional Coaching Expectations Related to COVID-19***

- Only coaches approved by the Board of Education will be permitted at practice and on the sidelines for games.
- Coaches will ensure that meetings and “huddles” are socially distanced.
- Coaches will ensure that warm-up activities are socially distanced.
- Coaches will ensure students place their equipment in socially distanced spaces.

### ***Home Game Procedures:***

- Student athletes will not physically interact with each other outside the actual contest (hand slapping, hand shaking, chest bumping, etc.).
- As a reminder, all student athletes are to wear masks at all times, including when on the bench.
- When taking a mask or water break, students must maintain social distance.
- All student athletes, coaches and officials will have their own water bottle.
- No food will be consumed on the sidelines or after the game.

All District personnel chaperoning games, and contest officials, will complete the screening steps outlined above for coaches and students.

Locker rooms will be closed to students and not available for storage or changing.

Equipment/Cleaning Hand sanitizer and disinfectant will be provided for each team to be used for practices and games.



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Coaches should develop and enforce a daily cleaning schedule and routine for their athletes' personal equipment.

### ***COVID-19 Testing Protocols for High Risk Spring Sports***

In an effort to support the safe participation of our student-athletes in sports which have been identified as "Higher-Risk", the District will be implementing COVID-19 testing of our student-athletes who are participating in boys lacrosse during the spring season, as long as the County-wide average positivity exceeds 5% (based upon a seven day rolling average). The District will be testing 50% of student-athletes who participate in higher-risk spring sports every week where the 7-day rolling average exceeds 5% (except for those individuals who have been fully vaccinated within the preceding three month period or have recovered from a medically diagnosed and documented case of COVID-19 within the last three months). This testing metric will be strategically implemented so that 50% of each team will be tested weekly should the positivity rate in the county be greater than 5% over a 7-day rolling average (measured from Wednesday to Wednesday to make a decision for the following week for testing on Monday [or Tuesday if Monday is a holiday]), will be using a cross-section of players in each pod for each higher-risk sports team in order to detect and isolate any asymptomatic positives. This procedure should continue to mitigate against the asymptomatic proliferation of the virus and help keep the District's students and staff as safe as possible and limit the impact of COVID-19 positive individuals on the District's instructional program.

In addition, if a team participates in an interscholastic game with a team from another County where the positivity rate exceeds 5%, testing may be conducted subsequent to such game. Testing requirements may be amended as determined to be appropriate by the Superintendent of Schools, in consultation with the District's Athletic Director and Medical Director, or if otherwise required by the county.

While the Rockland County Department of Health is not mandating testing for student-athletes who participate in higher-risk sports, the District believes that testing of such student-athletes is an integral part of running its higher-risk sports program in a manner that will facilitate the detection and isolation of individuals who test positive for COVID-19 but are otherwise asymptomatic.

Consent to testing is required for any student-athlete who wishes to participate in higher-risk spring sports. This testing is especially important in light of the new variants that have emerged, some of which are significantly more contagious than the original strain of the 2019 novel coronavirus. ***Refusal to participate in the District's sports testing program will render students ineligible to engage in either games or practices.***

Students and their parents may elect to produce their own COVID-19 testing results from an outside healthcare provider during the scheduled intervals consistent with the testing schedule developed by the District (provided that students waiting for test results from an outside provider will not be permitted to participate). Student-athletes participating in higher-risk spring sports will be tested a maximum of one time every other week.

