

McGraw Central High School Athletics
Re-Opening Process Winter 2021
 Re-Opening Guidance and Protocols Document 1/31/21

HEALTH & SAFETY TOPIC	PROTOCOL/PROCEDURE
<p>Athletics will follow the schedule and guidelines set by the Governor, NYS Department of Health NYSPHSAA, Section 4 and IAC</p>	<p>Winter Sports- Jan 4, 2020-March 2020</p> <ul style="list-style-type: none"> • Revised start date of Monday, November 30th practices for low/moderate risk sports • Sections determine Winter sports end date; cannot exceed 22 weeks • State Championships as scheduled (<i>Subject to change</i>) <p>December 31st State officials will reevaluate high risk sports by December 31st to assess what protocols will be appropriate at that time based on public health and safety metrics and recommendations from the NYSDOH. NYSDOH guidance (Interim COVID-19 Guidance for Schools) states: NYSDOH guidance states: <i>“Further...Higher-risk sports (e.g., football, wrestling, rugby, hockey, and volleyball) may practice, effective September 21, 2020, but not play until authorized at a later date, but no later than December 31, 2020; in accordance with the State-issued guidance, such practices are limited to individual or group, no- low-contact training (e.g., skills development) whereby contact between players may only be incidental and any activities that are specifically designed to promote close physical contact are prohibited.”</i> (Pg. 4)</p>
<p>School Closures</p>	<ul style="list-style-type: none"> • 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 • Schools will mutually agree if need on a rescheduling date or to cancel the contest.
<p>High Risk Sports</p>	<p>Contact between players may only be incidental and any activities that are specifically designed to promote close physical contact are prohibited.</p> <p>When determining if an activity/ drill meets the standards of NYSDOH guidance, consider the following items for High Risk sports:</p> <ul style="list-style-type: none"> • focused on skill development • individual or distanced group training • social distance maintained

Winter Sports	<ul style="list-style-type: none"> • Basketball-high risk • Bowling-low/moderate risks • Volleyball-high risk
Staff	<ul style="list-style-type: none"> • Only essential personnel should be permitted on the competition site as authorized. These are defined as athletes, coaches, medical personnel/athletic trainers, officials, event staff, athletic directors, and administrators (competition), etc
Number of Individual in the Gym	<ul style="list-style-type: none"> • 50 person maximum • Host schools will designated another location in the school where athletes can wait for their turn to play while maintaining social distancing guidelines.
Team Levels	<ul style="list-style-type: none"> • Varsity
Waiver for Scrimmages	<ul style="list-style-type: none"> • NYSPHSAA Modified Committee recommends scrimmage rule for the current school year be as follows. With Section/League approval for the 2020-2021 school year, all schools that are playing modified sports during the Winter, Fall II and Spring sports season, up to 100 % of the maximum number of games permitted for each modified level may be designated as scrimmages.
Time Schedule	<ul style="list-style-type: none"> • Start times will be determined by school as early as possible with a possible common time of on weeknights of 5:30 pm start times as early as possible • School districts may consider scheduling practices and competitions to accommodate bus transportation availability
Days	<ul style="list-style-type: none"> • Mondays, Tuesdays, Wednesdays, Thursday, Fridays, Saturdays, Sundays
Schedules and Dates	<ul style="list-style-type: none"> • Determined by length or season, the structure of each sport and IAC league scheduling
Transportation	<ul style="list-style-type: none"> • Travel with contest day roster size for social distancing purposes on the bus and at visiting site with seating charts
Use of Face Coverings and PPE	<ul style="list-style-type: none"> • Cloth face coverings are meant to protect other people in case the wearer is unknowingly infected but does not have symptoms. Cloth face coverings are not surgical masks, respirators,

	<p>or other medical personal protective equipment. All individuals in school facilities and on school grounds must be prepared to put on a face mask.</p> <ul style="list-style-type: none"> • Students and staff will be expected to wear face coverings/masks at all times on buses, in school, practice and contest unless directed to by a staff member, taking a designated mask break, or when eating or drinking while social distancing six feet • Individuals must wear acceptable face coverings, unless players are unable to tolerate a face covering for the physical activity (e.g. practicing, playing) and have indicated they need a mask break • Personal Protective Equipment is acceptable face coverings for COVID-19 include, but not limited to, cloth-based face coverings (e.g. homemade sewn, quick cut, bandana), and surgical masks that cover both the mouth and the nose • Cloth Face Covering is a mask that is made from fabric, preferably tightly woven cotton. Cloth masks should include multiple layers of fabric • Faces shields worn without other face coverings are not considered adequate protection for source control against COVID-19 and should not be used • Any medical exemption would require healthcare provider documentation • Visiting schools must submit ahead of time 5 days in advance to the host schools a list of student athletes who have a medical exception • The host school will determine if they will hold the contest if there is an individual who is unable to wear a mask due to a medical exemption • If individuals refuse to wear masks the contest will not be held or will be terminated • Coaches, trainers, and other individuals who are not directly engaged in physical activity are required to wear a face covering • Extra disposable masks will be available for student athletes who do not have one
<p>Mask Breaks</p>	<ul style="list-style-type: none"> • When individual cannot tolerate the masks and has requested a mask break • Age-appropriate mask breaks will be provided when social distancing in place • Students should tell staff immediately if they are not feeling well while wearing their masks • Mask breaks will take place at designated timeouts and at half time while social distancing • <u>Suggested Practices for Mask Breaks</u> <ul style="list-style-type: none"> ○ While eating or drinking ○ Rotated by small groups of students

	<ul style="list-style-type: none"> ○ When outside ○ Mask breaks can be taken when students are outside when social distancing protocols of twelve feet are practiced and/or students are engaging in aerobic activity (heavy breathing) ● Masks should be stored in individual plastic bags, paper bags or plastic containers when not in use ● In the instance where masks become dirty or misplaced, a disposable make will be provided
<p>Physical/Social Distancing</p>	<ul style="list-style-type: none"> ● Social Distancing also called "physical distancing," means keeping a six-foot space between yourself and others ● Student athletes and staff will practice social distancing on campus from arrival through departure ● Movement patterns will be put in place to promote social distancing ● Signage throughout the school, gym, or field will guide movement patterns ● Schools will implement and enforce social distancing in all school facilities and on school grounds ● A distance of at least six feet is maintained among individuals at all times, whether indoor or outdoor ● Layouts of contest sites will be at least six feet apart ● During aerobic activity outside during a mask break social distancing must be 12 feet ● Social distancing is to be maintained during the National Anthem and on sidelines ● No physical contact, hugging, high fives, shaking hands, or fist bumps
<p>Seating and Sidelines</p>	<ul style="list-style-type: none"> ● Social distancing is to be maintained on sidelines ● Bench area should be extended to permit social distancing ● Multiple bleachers or levels of seating will need to be used to ensure social distancing ● Tape or marking must be put on the floor, field, benches, or beaches to mark off social distancing
<p>Screening Student Athletes</p>	<ul style="list-style-type: none"> ● Parents/guardians will be expected to screen all school-aged children in their household every day who are attending school and athletics. Families will be asked to complete screenings committing to screening their children daily. ● Parents/guardians will be required to submit an assurance remotely or by a paper form that they

	<p>are screening their child/ren for COVID-19 symptoms, and report any COVID-19 contact or positive test results each day to their home school before they enter the bus or school</p> <ul style="list-style-type: none"> ● When completing the screening commitment, parents/guardians will be attesting to the following for each child: <ul style="list-style-type: none"> ○ <u>Contact with Positive COVID-19 Patient</u>-In the last 14 days have you been designated a contact of a person who tested positive for COVID-19 by a local health department? ○ <u>Test Pending</u>-In the past 10 days have you been tested for the virus that causes COVID-19 (also known as SARS-CoV-2) and are still waiting for the result? ○ <u>Test Positive</u>-In the past 10 days have you been tested for the virus that causes COVID-19 (also known as SARS-CoV-2) and had a positive test result? ○ <u>COVID-19 Symptoms</u> -Do you currently have (or have had in the last 10 days) one or more new or worsening COVID-19 symptom? (Symptoms: Temperature 100° F or above, feel feverish or have chills, cough, loss of taste or smell, fatigue/feeling of tiredness, sore throat, shortness of breath or trouble breathing, nausea, vomiting, diarrhea, muscle pain or body aches, headaches, or nasal congestion/runny nose) ○ <u>Travel to High Risk Area</u>- Have you traveled to a state or territory on the NYS Advisory list https://coronavirus.health.ny.gov/covid-19-travel-advisory or internationally to a CDC level 2 or 3 COVID-19 related travel health notice country for more than 24 hours? Must obtain test within 3 days of departure, upon arrival to NY quarantine for 3 days, 4th day obtain another COVID test. Both test come back negative to exit quarantine
<p>Staff Screenings</p>	<ul style="list-style-type: none"> ● Coaches, athletic staff, and officials must be screened daily. ● Coaches, athletic staff, and officials must have their temperature checked daily. ● When completing the screening commitment staff will be attesting to the following: <ul style="list-style-type: none"> ○ <u>Contact with Positive COVID-19 Patient</u>-In the last 14 days have you been designated a contact of a person who tested positive for COVID-19 by a local health department? ○ <u>Test Pending</u>-In the past 10 days have you been tested for the virus that causes COVID-19 (also known as SARS-CoV-2) and are still waiting for the result? ○ <u>Test Positive</u>-In the past 10 days have you been tested for the virus that causes COVID-19 (also known as SARS-CoV-2) and had a positive test result? ○ <u>COVID-19 Symptoms</u> -Do you currently have (or have had in the last 10 days) one or more new or worsening COVID-19 symptom? (Symptoms: Temperature 100° F or above, feel feverish or have chills, cough, loss of taste or smell, fatigue/feeling of tiredness, sore throat, shortness of breath or

	<p>trouble breathing, nausea, vomiting, diarrhea, muscle pain or body aches, headaches, or nasal congestion/runny nose)</p> <ul style="list-style-type: none"> ○ <u>Travel to High Risk Area</u>- Have you traveled to a state or territory on the NYS Advisory list https://coronavirus.health.ny.gov/covid-19-travel-advisory or internationally to a CDC level 2 or 3 COVID-19 related travel health notice country for more than 24 hours? Must obtain test within 3 days or departure, upon arrival to NY quarantine for 3 days, 4th day obtain another COVID test. Both test come back negative to exit quarantine
<p>Screening Results</p>	<ul style="list-style-type: none"> ● If the answer to any of the questions above for students or staff is yes, the student/staff member must not come to the contest that day as it indicates a possible illness that may decrease the student’s ability to participate and the staff member’s ability to complete assigned duties, as well as risk spreading illness to others. For students, the school must be notified about the response to the screening and the parent/guardian will be provided with additional directions from the home school. For staff, results will be reported directly to the home school supervisor NOTE: This is not a comprehensive list of symptoms associated to COVID-19 infection
<p>Temperature Checks</p>	<ul style="list-style-type: none"> ● Staff and Student Athletes are to have their temperatures checked ● Temperature checks will be conducted each day prior to entering the host school or upon entering as the host school ● Student athlete temperature screenings will be performed by home school or the host school designee or athletic trainer ● While waiting their turn to have temperature checked individuals must social distance ● Electronic scanning device or touch-free thermometers will be used to check temperatures ● The electronic scanner will read normal or abnormal ● The touch-free thermometer will read the degrees of the individual’s temperature ● If the temperature reads 100 degrees or greater or abnormal then the individual needs to be assessed by the nurse or medical director or leave the contest site and contact their health care provider ● If the abnormal or 100 degrees or greater than the coach, athletic trainer, nurse or medical director, school official is to be alerted ● Individuals with abnormal reads or temperatures 100 degrees or greater will be need to return home ● When assisting an individual with temperature checks for an assessment all parties should be in compliance with FERPA and Education 2-d to protect the individual’s confidentiality ● If the athletic trainer, nurse or medical director is not available, schools will have to isolate the

	<p>individual from the group while maintaining supervision of 12 feet and dismiss home any student or staff who has a fever or other symptoms of COVID-19</p> <ul style="list-style-type: none"> ● The individual’s family will be informed and he/she must go home ● The family is called and informed that the individual must contact their health care provider
<p>Student or Staff become Ill with Symptoms of COVID-19 at School Practice</p>	<ul style="list-style-type: none"> ● The following are the most common symptoms of COVID-19: <ul style="list-style-type: none"> ○ Fever or chills (100°F or greater) ○ 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, and/or diarrhea ● School staff must immediately report any illness of student or staff to the athletic trainer, school nurse, medical director or school administrator by phone ● To report an ill student or staff member to the athletic trainer, school nurse, medical director, or school administrator a phone call to the designated supervisor should be made ● The staff member will then need to go home ● The ill student will then be removed from the group and supervised while social distancing of 12 feet or put in an isolated room. ● If the athletic trainer, nurse or medical director makes an assessment of staff or student it should be done in a manner that protects the individual’s confidentiality ● If the individual’s temperature is 100 degree or greater, and the assessment indicates symptoms, then he/she must removed from the group while social distancing and if possible put in isolation. ● The individual’s family will be informed and he/she must go home ● If the athletic trainer, nurse or medical director is not available, the school will have to isolate and dismiss home any student or staff who has a fever or other symptoms of COVID-19 ● Parents/Guardians or Family will be called and informed that the individual must contact their health care provider

	<ul style="list-style-type: none"> • Ill students will be escorted out of the building to his/her family outside
<p>Contact Tracing</p>	<ul style="list-style-type: none"> • A fundamental public health activity to identify people (contacts) who may be infected from an exposure to a communicable disease. The health department works with patients (symptomatic and asymptomatic) who have a communicable disease to determine other people that may be exposed. This process prevents further transmission of the communicable disease by separating exposed people from the general public. • Keep accurate records of those athletes and staff who attend each practice and game/contest in case contact tracing is needed. • Contact tracing DOH will need the following information regarding all close and proximate contacts: Legal Name, DOB, address, Parent/Guardian Name (if contact was a student), and contact phone number • If a case occurs then schools participating in the contest will provide the contract tracing information to the DOH
<p>Cleaning and Disinfecting</p>	<ul style="list-style-type: none"> • Schools will be cleaned daily; disinfection will focus on bathrooms, locker rooms and major touch entry points in common areas such as doorknobs, handles, elevator buttons, stairwell railings, light switches, and soap dispensers. • Custodial staff will disinfect these areas on a regular schedule during athletics using proper cleaning products with cloths to spray and wipe down objects. • All disinfectant and sanitizing products meet OSHA (Occupational Safety and Health Administration), WHMIS (Workplace Hazardous Materials Information System), and GHS (Globally Harmonized System of Classification and Labeling of Chemicals) standards. <p>Scheduling and Routine</p> <ul style="list-style-type: none"> • Throughout athletics, the custodial staff will implement a routine of bathroom, locker room, contest site and surface cleaning of major touchpoint areas <p>Logs</p> <ul style="list-style-type: none"> • Cleaning logs that include the date, time, and scope of cleaning and disinfection
<p>Hygiene</p>	<ul style="list-style-type: none"> • School district will provide hand-washing facilities • School district will provide hand sanitizer stations • Signage indicating that hand washing practices

	<ul style="list-style-type: none"> ● Students and staff will practice good hand hygiene to help reduce the spread of COVID- 19. Staff will teach and train students on good hygiene practices. <p>Schedules will allow for:</p> <ul style="list-style-type: none"> ● Traditional handwashing with soap and water for 20 seconds ● Use of alcohol-based hand sanitizer (at least 60% alcohol) ● Paper towels will be used to dry hands ● Handwashing: <ul style="list-style-type: none"> ○ Upon entering the building or contest location ○ Before and after using shared objects ○ Before and after hydrating, and snacks ○ After using the bathroom ○ Before and after contests ○ After sneezing, wiping, or blowing the nose, or coughing into hands ○ Anytime hands are visibly soiled ● Students should wear their own appropriate workout clothing or uniforms (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout immediately upon returning home ● Student-athletes are encouraged to shower at home as quickly as possible after practice ● 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
<p>Respiratory Hygiene</p>	<ul style="list-style-type: none"> ● The Covid-19 virus spreads from person to person in droplets produced by coughs and sneezing. Staff will teach and train students on good respiratory hygiene practices. ● To prevent the spread of droplets: ● Students and staff must cover their mouths and noses with a tissue when coughing or sneezing and dispose of the tissue appropriately ● A supply of tissues and trash cans should be available in each practice site ● If no tissue is available, the inside of the elbow or shirtsleeve is preferable to covering the mouth or nose with hands. ● Always perform hand hygiene after sneezing, coughing, and handling dirty tissues or soiled material

Locker Rooms	<ul style="list-style-type: none"> • Host schools will determine if locker room facilities will be available or not and will communicate this information to visiting school in advance • Adequate social distancing in areas, such as locker rooms and restrooms will be conducted • Signage and systems will be put into place to limit occupancy in locker rooms and bathrooms • Student athletes can only use the locker rooms in their designated teams at the beginning and end of the contest • Belonging will be kept in the gym or at the contest site six feet apart
Practice and Contest Sites	<ul style="list-style-type: none"> • Must ensure that for any indoor sport or recreational activity, capacity is limited to no more 50 people inclusive of employees and players • Only essential personnel should be permitted on the practice/ competition site as authorized These are defined as athletes, coaches, medical personnel/athletic trainers, athletic director • Outdoor spaces designed to permit & ensure social distancing 6 feet • Indoor sports layout to permit & ensure social distancing 6 feet • Paint, tape, cones, spots, and markers as boundary guides for students, coaches, and event staff • Place measures to reduce bi-directional foot traffic of coaches/players/event staff walking through the space using barriers, tape, or signs with arrows on sidewalks, walking paths, aisles, or hallways • Clearly designate separate entrances and exits, to the extent practicable
Equipment and Supplies	<ul style="list-style-type: none"> • Sharing equipment will be limited whenever possible. • Equipment and supplied will be cleaned and disinfected between use • Facilities and equipment will be cleaned and disinfected daily
Medical	<ul style="list-style-type: none"> • Schools responsible for own medical supplies • Schools responsible for emergency action plans
Personal Items	<ul style="list-style-type: none"> • Each student athlete responsible for their own athletic supplies • Each athlete brings their own bag for personal items. All personal items should remain in the bag when not in use • Bags should be placed in a predetermined area six feet apart for the duration of conditioning or practice session or contests
Hydration	<ul style="list-style-type: none"> • Students should 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

	<ul style="list-style-type: none"> • Students are not to share drinking cups, bottles, jugs or containers
Host Schools	<ul style="list-style-type: none"> • Administrative emergency contact information • Receiving ahead of time from the visiting school roster with athletic director/administrator contact information, coaching staff, support staff and student athletes' names • Screening forms and signatures • Temperature check stations if host district school procedure • Visitors and guest sign in logs • Provide extra disposable masks if needed • Communicate expectations and facility use to officials • Communication ahead of time to visiting school <ul style="list-style-type: none"> ✓ Expectations ✓ Parking ✓ Where to enter facility ✓ Equipment visiting school should bring ✓ Water availability ✓ Seating arrangements accommodated to maintain social distancing ✓ Locker room availability ✓ Emergency action plans ✓ Signage and announcement about safety protocols, social distancing and mask wearing
Visiting School	<ul style="list-style-type: none"> • Provide the athletic director/administrator contact information, rosters with coaching staff, support staff and student athletes' names • Must complete screening process and temperature checks upon arriving at host school • Must sign in visitor log upon entering the host school • Must social distance, practice proper hygiene and wear masks

Officials	<ul style="list-style-type: none"> • Officials must complete the COVID-19 screening questions • Officials have their temperature checked upon arrival onto school grounds • Officials must social distance 6 feet within the playing rules that require distances between students during contests • Officials should come fully dressed in uniform • Officials should bring their own water bottle for hydrations • Officials must wear mask face coverings • Officials maintain social distancing while performing all pregame responsibilities, no handshakes permitted • Officials should maintain distance from players if an altercation occurs and minimize the times, they are within six feet of others • Hand hygiene between before the contest, between periods and during time outs • Upon conclusion of the contest, officials should leave the contest area and not interact with others
Score table	<ul style="list-style-type: none"> • 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
Pregame and Postgame Ceremony	<ul style="list-style-type: none"> • No shaking hands during introductions • Traditional pre-game introductions should be altered to ensure social distancing occurs • No postgame handshakes
Spectators	<ul style="list-style-type: none"> • No spectators will be permitted at contests
COVID-19 Communication	<ul style="list-style-type: none"> • School website Reopening Plans and Health & Safety Topics • Signs will state all the guidelines and recommendations set forth by NYS guidance documents (signs and symptoms, social distancing, masks, hand washing, hand sanitizer stations, etc.)

Resources

[NYS PHAA Return to Interscholastic Athletics 20-21](#)

[NYSDOH Interim Guidance for Sports and Recreation](#)

[NYSED Reopening Guidance](#)

[NYSDOH Pre-K to Gr 12 COVID-19 Toolkit](#)