Return To Interscholastic Athletics

2020-2021

FALL SEASON II & SPRING EDITION

This resource was prepared by NYSPHSAA staff, Section Executive Directors, Sport Coordinators and the NYSPHSAA COVID-19 Task Force to assist member schools when providing interscholastic athletic opportunities for students.

The contents of this document are subject to change

REVISED March 8, 2021

Table of Contents

Overview 3
NYSPHSAA Season Plan 5
Off-Season Conditioning Activities 6
Important Dates 9
NYSPHSAA Considerations For Interscholastic Athletics 10
Considerations For Facilities 15
Considerations For Officials 17
Fall Season II Considerations 20
- Cross Country 21
- Competitive Cheerleading 23
- Field Hockey 26
- Football 28
- Golf 30
- Gymnastics 31
- Soccer 33
- Swimming & Diving (Girls) 35
- Tennis 39
- Volleyball 41

Spring Considerations 43
- Baseball 44
- Golf 46
- Lacrosse (Boys) 47
- Lacrosse (Girls) 49
- Softball 51
- Tennis 53
- Track & Field (Outdoor) 55
- Wrestling 58

Frequently Asked Questions 60

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 certainly voluntary for both the individuals and the 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.

This Interim COVID-19 Guidance for Sports and Recreation ("Interim COVID-19 Guidance for Sports and Recreation") was created to provide owners/operators of sports and recreation businesses/leagues/organizations and their employees, as well as patrons/players/spectators, with precautions to help protect against the spread of COVID-19.

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 as "lower risk," "moderate-risk," and "higher risk." *(Pg. 3-5)*

Low-Risk (NYSDOH)

- Lower risk sports and recreation activities are characterized by:
  - 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...

Moderate-Risk (NYSDOH)

- Moderate-risk sports and recreation activities are characterized by:
  - 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...

High-Risk (NYSDOH)

- Higher risk sports and recreation activities are characterized by:
  - 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...

NYSDOH guidance, Interim Guidance for Sports and Recreation during the COVID-19 Public Health Emergency ("Interim COVID-19 Guidance for Sports and Recreation") states the following related to interscholastic athletic participation:

- Effective immediately and in accordance with this guidance, the abovementioned permitted statewide outdoor, low-risk recreational activities, as previously determined, may partake in all types of play.
- Effective July 6, 2020 in regions that have reached or surpassed Phase 3 of the State's reopening and in accordance with this guidance, participants in lower and moderate-risk sports and recreation activities may partake in all types of play.
- Effective February 1, 2021, participants in higher risk sports and recreation activities may partake in individual or distanced group training and organized no/low-contact group training and, further, may partake in other types of play, including competitions and tournaments, only as permitted by the respective local health authorities (i.e., county health departments).
    - Local health authorities should consider the following factors in authorizing or continuing to prohibit higher risk sports and recreational activities as, in many areas, these factors may weigh against permitting such activities:
        - whether there has been a more-transmissible variant of COVID-19 identified in the area,
        - local rates of COVID-19 transmission or rate of positivity, and
        - local ability to monitor and enforce compliance.
- For all lower, moderate, and higher risk sports, travel for practice or play is prohibited outside of the region or contiguous counties/regions. Interstate travel for practice or play is strongly discouraged and, if undertaken, must strictly adhere to the requirements of the State's travel advisory.
    - Travel for practice or play to, or from, any area within New York that has been designated as a red or orange zone may only be permitted following consultation with the respective state or local health authorities with consideration of the abovementioned factors. Travel for practice or play to, or from, any area within New York that has been designated as a yellow zone is permitted so long as it adheres to all applicable DOH guidance.

Upon reviewing this resource, NYSPHSAA member schools are encouraged to contact NYSPHSAA at website@nysphsaa.org, their Section Executive Director, or local Department of Health with questions.

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 Interim COVID-19 Guidance for Sports and Recreation 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 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.

NYSPHSAA Season Plan

2020-2021 (Fall Season II & Spring)

Fall Season II

- Low/Moderate sports start date of March 1, 2021, approved by NYSPHSAA Officers (9-9-20).
- High-risk sports are permitted to begin on March 1, 2021 only as permitted by the respective local health authorities (i.e., county health departments).
- Sections determine Fall Season II end date; recommended end date May 1st.
- Sections have the ability to move other sports to Fall Season II in addition to Fall Competitive Cheer, Football, and Volleyball.
- Practice requirements for Fall Season II are 6 for all sports, except for Football which will require 10, approved by NYSPHSAA officers (9-9-20).
- Seven Consecutive Day Rule has been waived for entire Fall Season II, approved by NYSPHSAA officers (9-9-20).
- Game/ Contest limits – no change.
- No Regional/ State Championships, approved by NYSPHSAA officers (7-16-20).

Spring Sports

- Low/ Moderate spring sports start date is scheduled for April 19, 2021 (9-9-20).
- High-risk sports are permitted to begin on April 19, 2021 only as permitted by the respective local health authorities (i.e., county health departments).
- Sections determine Spring sports end date.
    - NYSPHSAA staff will work with NYSED pertaining to the impact of the Regents exams upon the spring interscholastic athletic season.
- Fall Season II athletes may carryover three practices for all sports, except for Baseball which may carry over four practices, approved by NYSPHSAA officers (9-9-20).
- No Regional/ State Championships, approved by NYSPHSAA officers (2-2-21).
- Seven Consecutive Day Rule has been waived for the Spring season, approved by NYSPHSAA officers (1-24-21).

Off-Season Conditioning Activities

In accordance with NYSPHSAA rules and regulations:

- School sponsored activities conducted out of the sport season such as general conditioning, weight training, weight lifting, intramurals, recreation, open gyms, club activities and camps are permitted:
  (1) if such programs are not mandated by coaches or school personnel;
  (2) if such programs are available to all students.

- Off-season conditioning activities may occur for High-risk sports; however, if authorization has not been given by local health authorities, they CANNOT involve contact as per NYSDOH Guidance.

General Considerations (All Sports):

- 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.
- Responsible Parties should modify layouts so that individuals are at least six feet apart in all directions, to the greatest extent possible, particularly during field exercises, drills, and other practice activities.
- Responsible Parties should discourage sharing of equipment among patrons/players, unless it is able to be cleaned and disinfected between use.
  - **Note:** NYSDOH guidance does not prohibit specific equipment use.
- Coaches and students need to be screened daily (Interim COVID-19 Guidance for Schools).

Considerations for Coaches (All Sports):

- 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 (All Sports):

- 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.

Important Reminders

Affirmation:

Please be reminded that in accordance with NYSDOH guidance a school official must affirm they understand and meet the requirements outlined in the Interim Guidance for Sports and Recreation during the COVID-19 Public Health Emergency ("Interim COVID-19 Guidance for Sports and Recreation") *(Pg. 16)*

Link:
https://forms.ny.gov/s3/ny-forward-affirmation

Students

- In accordance with NYSDOH guidance, 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. *(Pg. 5-6)*
- No hugging, high fives, shaking hands, or fist bumps.

Coaches

- In accordance with NYSDOH guidance, 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. *(Pg. 5-6)*
- Set clear expectations for student-athletes from day one.
- Communicate guidelines in a clear and consistent manner to students and parents.
- No hugging, high fives, shaking hands, or fist bumps.

Parents/ Spectators

- As per NYSDOH guidance, 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. *(Pg. 7)*
- In accordance with NYSDOH guidance, responsible parties must limit spectators to no more than two spectators per player. *(Pg. 5)*
- Disinfect student's personal equipment after each game or practice.

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.
- In accordance with NYSDOH guidance, 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. *(Pg. 5-6)*

Screening

- NYSDOH guidance (Interim COVID-19 Guidance for Schools), states the following pertaining to screening:
  - **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)*
- 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. 14-15)*
  - Responsible Parties cannot mandate that patrons/players/spectators complete a health screen or provide contact information but may encourage patrons/players/spectators to do so. *(Pg. 14)*

Important Dates

March 1st

Fall Season II sports (Competitive Cheer, Football, and Volleyball) official start date is Monday, March 1st. High-risk sports can begin play only as permitted by the respective local health authorities (i.e., county health departments). Sections have the authority to determine a later start date.

April 19th

Spring sports official start date is Monday, April 19th. High-risk sports can begin play only as permitted by the respective local health authorities (i.e., county health departments). Sections have the authority to determine a later start date.

NYSPHSAA Considerations For Interscholastic Athletics

GENERAL CONSIDERATIONS (APPLY TO ALL SPORTS):

- Make sure to emphasize to all participants the importance of washing hands or using hand sanitizer before, during, and after competitions.
- Schools must ensure facilities have been properly sanitized and have hand sanitizer and disposable masks readily available for practices and contests.
- Clean and disinfect frequently touched surfaces and equipment including balls. Please use recommendations by ball manufacturers - Spalding ball cleaning recommendations.
- No hugging, high fives, shaking hands, or fist bumps.
- **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 permitted to utilize locker room facilities. 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.
- **12' Feet vs. 6' Feet Interpretation:**
  - Many schools have asked why there is a difference between physical education and interscholastic athletics in regards to NYSDOH social distancing restrictions. Based upon current guidance and interaction with state officials, gym class and school sports are inherently different, making separate guidance necessary. First and foremost, physical education, also known as gym class, is mandatory for nearly all students, while participating in interscholastic sports is a choice where the individual is able to choose whether or not to accept risks. In addition, the low-risk sports that have been allowed — like cross-country and tennis — are generally played outdoors, where the COVID-19 transmission risk is lower, and can be performed in a socially-distanced manner. The 12 feet is a "should" recommendation (not a "must" requirement) in the guidance designed to provide the maximum amount of protection. This provision was issued contemplating the riskiest gym scenario of an enclosed, indoor space with students who are not wearing 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. *(Pg. 5-6)*

- Social distancing should be maintained during the National Anthem and on sidelines.
- Outdoor sports may need to extend bench areas to permit social distancing. Indoor sports may need to use bleachers or multiple levels of seating to ensure social distancing. Schools should consider using paint or tape as a guide for students and coaches.
- Have a hydration plan and ability to provide water to student-athletes and coaches in a safe manner. Coordinate with visiting teams to ensure that they have safe access to water for their participants.
- Practice/ competition site – Only essential personnel should be permitted on the practice/ competition site as authorized. These are defined as athletes, coaches, medical personnel/athletic trainers, and officials (competition), etc.
- Personal Items – It is recommended that each athlete bring 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 practice or game.
- Media – Media members should contact host school administrators prior to arriving at games to plan appropriate entry, available workspace and determine school policies. Media is not guaranteed access to interscholastic events.

CONSIDERATIONS FOR STUDENTS:

- 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. *(Pg. 5-6)*
    - Acceptable face coverings for COVID-19 include but are not limited to cloth-based face coverings and disposable masks that cover both the mouth and nose. *(Pg. 6)*
- Teams should consider making each student responsible for their own supplies.
- Students should wear their own appropriate workout clothing and not share clothing.
- Individual clothing/towels should be washed and cleaned after every workout.
- 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
- Students are encouraged to shower at home as quickly as possible after practice and games.

CONSIDERATIONS FOR 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. *(Pg. 5-6)*
    - Acceptable face coverings for COVID-19 include but are not limited to cloth-based face coverings and disposable masks that cover both the mouth and nose. *(Pg. 6)*
- 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 should limit game day team/ roster sizes for social distancing purposes.
- Coaches should bring their own water bottle(s) and follow established guidelines for hydration.

CONSIDERATIONS FOR PARENTS/GUARDIANS:

A family's role in maintaining safety guidelines for themselves and others:

- In accordance with 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. *(Pg. 5-6)*
- 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. 5)*
- Provide personal items to children and clearly label them.
- Disinfect your student's personal equipment after each game or practice.

CONSIDERATIONS FOR SCHOOL ADMINISTRATORS

Teams and Programs:

- Individual school districts have the authority and autonomy to administer their district's athletic programs as they deem appropriate.
- School districts may consider scheduling practices, games and competitions to accommodate bus transportation availability (i.e. start times at 5:30 PM or Saturday and Sunday).
- Schools should limit game day team/ roster sizes for social distancing purposes.
- The determination of modified, junior varsity, varsity teams is made by individual school districts.
- Combined/ Merged Teams
    - NYSPHSAA rules and regulations permit merged and combined teams with league and section approval.

Traveling to competition or game:

- Make sure to communicate with the host school prior to the competition to discuss plans.
- Follow all policies and guidelines the host school has communicated.
- Make sure your team is bringing its own medical supplies and emergency action plans.
- Students should be made aware of the locker room availability and advised to bring additional shirts or clothing to easily change into, if locker room use is limited or not available.
- For all lower, moderate, and higher risk sports, travel for practice or play is prohibited outside of the region or contiguous counties/regions. Interstate travel for practice or play is strongly discouraged and, if undertaken, must strictly adhere to the requirements of the State's travel advisory.
    - Travel for practice or play to, or from, any area within New York that has been designated as a red or orange zone may only be permitted following consultation with the respective state or local health authorities with consideration of the abovementioned factors. Travel for practice or play to, or from, any area within New York that has been designated as a yellow zone is permitted so long as it adheres to all applicable DOH guidance.

Hosting a game or contest:

- Make sure to have an administrative contact (cell number and email address) for all events.
- Since the COVID-19 crisis is fluid and ever evolving, it is recommended schools host "senior" recognition games at the beginning of the season rather than at the end.
- Communicate ahead of time with the incoming schools, event personnel (i.e. scorekeepers, timers, announcers) and officials about procedures, policies and guidelines.
    - Examples to be covered include but not limited to, the following:
        - Parking;
        - Where to enter facility;
        - What equipment should the visiting team bring;
        - Water availability;
        - Bench area seating (how many players can be accommodated to maintain social distancing);
        - Locker room availability and resources;
        - Emergency action plans;
        - How will game day paperwork be handled (electronic exchange of information is preferred).
- 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.

SCREENING:

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

- **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. Specifically, all individuals must have their temperature checked each day. If an individual presents a temperature of greater than 100.0°F, the individual must be denied entry into the facility or sent directly to a dedicated area prior to being picked up or otherwise sent home. Responsible Parties must also use a daily screening questionnaire for faculty and staff reporting to school; and periodically use a questionnaire for students, particularly younger students, who may require the assistance of their parent/legal guardian to answer. Remote health screening (e.g., by electronic survey, digital application, or telephone, which may involve the parent/legal guardian) before any individual reports to school, is strongly advised. *(Pg. 2)*

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. 14)*
- Responsible Parties cannot mandate that patrons/players/spectators complete a health screen or provide contact information but may encourage patrons/players/spectators to do so. *(Pg. 14)*

CONFIRMED CASES & RETURN TO SCHOOL:

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)*

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)*

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."*

Considerations For Facilities

GATHERING LIMITATIONS & SOCIAL DISTANCING:

In accordance with NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), the following could be utilized to ensure appropriate social distancing during interscholastic athletic participation.

- Responsible Parties must ensure that for any indoor sport or recreational activity, capacity is limited to no more than 50% of the maximum occupancy for a particular area as set by the certificate of occupancy, inclusive of employees and patrons/players/spectators. *(Pg. 5)*
- Responsible Parties must ensure 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. *(Pg. 5-6)*
    - Acceptable face coverings for COVID-19 include but are not limited to cloth-based face coverings and disposable masks that cover both the mouth and nose. *(Pg. 6)*
- Responsible Parties should put in place measures to reduce bi-directional foot traffic of patrons/players/spectators walking through the space using barriers, tape, or signs with arrows on sidewalks, walking paths, aisles, or hallways. *(Pg. 10)*
- Responsible Parties should clearly designate separate entrances and exits, to the extent practicable. *(Pg. 10)*
- Responsible Parties should rearrange waiting areas (e.g. lines, parking areas) to maximize social distance among other patrons/players/spectators and minimize interaction with others in the area. *(Pg. 10)*
- 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. *(Pg. 10)*
- 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. *(Pg. 11)*

For spectators, the following additional safety measures apply:

- For sports events (e.g. games), Responsible Parties must limit spectators to **two** spectators per player. *(Pg.5)*
- Responsible Parties must 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, so long as they are over the age of two and medically able to tolerate such covering. *(Pg. 5-6)*

- Responsible Parties may facilitate appropriate distancing through the use of markings on the ground or seating areas, and other signage. *(Pg. 7)*
- Responsible Parties must ensure that, among all spectators, no individual group exceeds the gathering limit that is currently in place for the region. *(Pg. 7)*
- Responsible Parties may facilitate appropriate gathering size through the use of signage and/or staff to ensure groups are aware of and adhere to guidelines. *(Pg. 7)*

CLEANING AND DISINFECTION:

In accordance with NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), the following could be utilized for proper hygiene, cleaning and disinfecting: *(Pgs. 11-12)*

- Responsible Parties must ensure adherence to hygiene and cleaning and disinfection requirements as advised by the CDC and DOH, including "Guidance for Cleaning and Disinfection of Public and Private Facilities for COVID-19," and the "STOP THE SPREAD" poster, as applicable. Responsible Parties must maintain cleaning logs that include the date, time, and scope of cleaning and disinfection. *(Pg. 11)*
- Responsible Parties must provide and maintain hand hygiene stations on site, as follows:
    - For handwashing: soap, running warm water, and disposable paper towels.
    - For hand sanitizing: an alcohol-based hand sanitizer containing at least 60% alcohol for areas where handwashing facilities may not be available or practical.
    - Hand sanitizer must be placed throughout the site for use by employees and patrons/players/spectators. It should be placed in convenient locations such as points of entrance/exit. *(Pg. 12)*
- 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. 12)*
- 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. 12)*
- 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. 12)*
- Responsible Parties must ensure regular cleaning and disinfection of restrooms. Restrooms should be cleaned and disinfected more often depending on frequency of use. *(Pg. 12)*
- 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)*

Considerations For Officials

CONTACT THE HOST SCHOOL:

- 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.
- 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.
- Conversations should occur with the host school administration regarding the size of changing areas or locker rooms to ensure social distancing can occur.
- When possible, officials should come to contests fully dressed in uniform.

GENERAL OFFICIAL GUIDELINES:

- 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.
- 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. *(Pg. 5-6)*
    - **NOTE:** If an official cannot tolerate a face covering while officiating, it is recommended he/ she contact their local department of health for guidance.
- Upon conclusion of the contest, officials should leave the contest area and not interact with others.
- Officials must pay special attention to playing rules that require distances between players during play.
- Reminders should be issued for situations that involve hygiene (spitting, etc.).
- Officials should maintain distance from players if an altercation occurs and minimize the times they are within six feet of others.
- Officials should be aware of the location of medical personnel while on school property.
- Limit the exchanging of documents between officials and others.
- Once the contest begins, avoid conversations within six feet with coaches.
- Wash hands frequently.
- Officials' Uniforms and Equipment:
    - Electronic whistles are permissible.
        - Choose a whistle whose tone will carry outside.

        - Be aware of the increased risk of inadvertent whistles.
    - Bring own towels and hygiene materials. Do not share them with others.

GAME DAY:

- Complete a personal health assessment on the day of the contest.
- Communicate with school athletic administrator prior to the contest pertaining to school expectations.
- Upon arrival at the host site and throughout the contest, officials should wash and sanitize hands.
- When traveling to contests, considerations should be given to limiting carpooling or traveling with other individuals.
- Do not share uniforms, towels, apparel and equipment.
- Maintain social distancing of six feet at all times, including while in the locker room and/or on the court/field.
- Bring own water bottle or rehydration beverages.
- Use a mask when communicating verbally within six feet of others.
- To maintain social distancing, officiating positions may need to be changed in a manner that are not necessarily in conformance with standard officiating mechanics.

PREGAME CONFERENCE:

- Limit attendees to one official, the head coach from each team, and a single captain from each team, while maintaining social distance.
- Pre-contest official crew meetings should be held outside when possible and where social distancing is more easily accomplished.
- Coin Toss – should involve only the Head Referee (wearing a face covering) and one captain and head coach from each team.
- Move the location of the pregame conference to the center of the court/field. All individuals should maintain a social distance of six feet.
- No handshakes are permitted.
- Maintain social distancing while performing all pregame responsibilities.

OFFICIALS' TABLE:

- 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:

- Traditional pre-game introductions should be altered to ensure social distancing occurs.
- No shaking hands during introductions.
- No postgame handshakes.

PERSONAL RESPONSIBILITIES:

- Training
  - Review current and past year rule and case books.
  - Attend online and in-person meetings to review the rules for the coming year.

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

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 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-and-administrators

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

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.
- 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 finish to assist with picking place to avoid congestion.
- 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.
- Teams are expected to provide individual water for their athletes and discourage the use of water stations and open cups.

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:
    - 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)
- 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 should not congregate around the finish area.

Competitive Cheerleading

The NYSDOH has determined that Competitive Cheerleading 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

- 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. (Waiver of NYSPHSAA regulation 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 participant are permitted.
- Spectators should not congregate around the competition area.

VIRTUAL COMPETITIVE CHEER / GAME DAY COMPETITION

The NFHS and NYSPHSAA, which govern the rules of Competitive / Game Day Cheer, assume that such competition will be conducted in an environment that is identical and thus equitable to all. "Virtual" competition may not provide such identical conditions, however. With that understanding, there are no NFHS or NYSPHSAA 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 NYSPHSAA to guide member schools in overseeing virtual competitive cheer competition with the **primary goal being participation for student-athletes.** These guidelines include maintaining integrity of competition, consistency of rules in New York State, consistency of scoring/judging, safety, and duplicating the competition environment.

GENERAL CONSIDERATIONS (INCLUDES CONSIDERATIONS FOR LIVE AND VIRTUAL COMPETION)

- Competition must be officiated by certified New York State judges.
- All NFHS/NYSPHSAA rules of in-person competition shall be maintained in routines.
- Four panel judges and a safety judge, at a minimum, shall be used for virtual competition and follow the same scoring format.
- All scoring shall be done electronically.
- Host school shall assign a moderator or tournament coordinator to log in teams and manage tournament. This includes setting competition times, announcing format and instructions to teams and judges, admitting/dismissing teams into the competition (during live video format) and spacing the schedule to avoid overlap (during live video format).
- Teams will be responsible for all filming operations during competition while at their school. This includes but is not limited to video quality, angle of video, and stability.
- Camera or cell phone recording shall be set on a tripod or stabilized in another manner; it is not recommended to hold by hand. Camera view must remain consistent and permanent; do not zoom in or out.
- The camera shall be set to view all four corners of the floor and from a judge's perspective.
    - If space does not allow for all four corners of the floor to be captured, then set the camera to capture as much of the floor as possible to ensure all skills are in full view for the judges.
    - If there are structural objects in the camera space (including but not limited to poles and roping) that may obstruct the view of the judges, ensure all skills are performed within view for the judges to see.
    - Any skill that is not visible in the frame or occurs behind a structural object will be treated as if it did not happen and it will not be scored.
- It is required teams have a board-approved coach or supervisor and it is recommended a certified athletic trainer be on site during warm-ups and a team's entire routine.
- It is required all safety measures and typical in-person competition safety equipment be used during virtual competition. It is required for schools to perform on a performance mat and recommended for the mat to be a minimum of seven (7) panels. It is also recommended to place teams in divisions based on number of mats. (Approved by NYSPHSAA Officers 2-5-2021)
- Teams must be comprised of 5-32 individuals.

PRE-RECORDED VIRTUAL COMPETITION

- Teams shall compete at their own schools for this type of virtual competition.
- Record with audio on. Do not edit or remove audio from your video before uploading.
- All videos must be recorded in a single take. Edited footage will not be accepted. Footage does not need an introduction card, program logo, etc. therefore does not need editing in that manner.
- Each team will be provided a time frame to record their routine and upload to a platform determined by the host school.
    - To verify authenticity of performing within that timeline, the team videographer shall state their name and display the current time on camera, using for example an iPhone or hand clock, prior to starting the routine.
- The tournament moderator or coordinator must confirm receipt of the uploaded routine immediately upon submission and verify the routine is viewable prior to releasing it to the judges.
- It is recommended to upload a sample file or practice routine named "practice" at least 24 hours prior to competition to ensure you can successfully submit from your device.

LIVE VIRTUAL COMPETITION

- Teams shall compete at their own schools for this type of virtual competition.
- The host school shall adopt a video conference platform for tournament management. A tournament moderator or coordinator shall manage the meet from start to finish utilizing the platform. Host schools must provide log-in information, instructions and competition schedule at least 24 hours in advance to all teams.
- Host schools and participating schools are responsible for all technological requirements and issues.
- Judges will be logged in and score competitions live on the platform. Judges may use the chat room feature or create their own communication system, in advance, to confer on scoring of routines.
- Final results will be released by the host school following completion of the competition.
- Communication between judges, teams and tournament organizers must be established prior to competition.

NOTATIONS

- Schools are expected to follow all virtual Competitive Cheer / Game Day protocols and procedures established by the host school or they could be disqualified.

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.
- Limit attendees to one official, the head coach from each team, and a single captain from each team.
- 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.

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. 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.

- 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)
- 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.

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 shall not be allowed unless integrated into the face mask, attached to the helmet and clear without the presence of any tint. However, these shields do not meet the NYSDOH rule of wearing a cloth face covering.
- 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 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.

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 own water bottle.

Considerations for Parents:

- Provide personal items for your child and clearly label them.
- Spectators should not congregate around the tee box, greens and clubhouse areas.
- In accordance with NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), only two spectators per participant are permitted. *(Pg. 5)*

Gymnastics

The NYSDOH has determined that Gymnastics 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.
- Equipment should be cleaned and sanitized after every practice and competition. Contact equipment manufacturers for specifics on proper cleaning protocols for their equipment. Continued use of disinfectant chemicals may reduce the life of the product.
- No outside equipment is allowed with the exception of springboards, a sting mat, round off entry mat and a vault safety collar.
- Remove common chalk bowls.
- Social distancing should be in practice while waiting for a turn on the apparatus or moving from one event to another.
- Communicate gym policies clearly to participants and parents.
- Everyone should wash and sanitize their hands before entering and leaving the gym and must wash/sanitize their hands between rotation to different events.

Meet Protocols:

- March in: socially distant six feet in-between gymnasts and for the National Anthem.
- There will be no presenting to the judges. Teams go directly to the first event.
- There will be no improper uniform deduction for wearing a face covering.
- Non-competing athletes must be in a designated area.
- Judges should be six feet from events, athletes/crowd. Judges workstations will be cleaned in between events.
- Runners/score flashers/timers must remain at least six feet away from judges/events will remain with the same judges throughout the competition.
- There should be a designated waiting area, socially distanced, for athletes waiting to compete.
- Each team should have all floor music on a device and managed by only one coach/athlete (per team).

Considerations for Coaches:

- Communicate guidelines in a clear manner to students and parents.
- Consider conducting workouts in "cohorts" of same students always training and rotating together on apparatus 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.
- Athlete spotting is permissible.
- Expectations regarding spotting or alternative teaching/coaching methods should be clearly communicated during practice.

Considerations for Students:

- Student athletes should sanitize their hands after every event.
- 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.
- Bring own water bottle.

Considerations for Judges:

- Judges 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
- Sanitize the judges' desk in between events.
- Follow social distancing guidelines.
- Space judges six feet apart at judging tables.
- Do not shake hands and follow pre and post meet ceremony guidelines established by state associations.
- Develop a procedure for reporting scores that limits contact.

Considerations for Parents:

- Provide personal items for your child and clearly label them.
    - Gym bag, water bottle, grips, tapes, pre-wrap, wrist guards, personal chalk bag etc. (See gym bag document)
    - Individual chalk bags, plastic bins, buckets or other storage containers should be used and stored in the athlete's gym bag.
- In accordance with NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), only two spectators per participant are permitted. *(Pg. 5)*

Gym Bag:

Supplies needed for personal gym bag:

1. Grips, wristbands and any braces that are normally used during practices must stay in student's gym bag when not in use.
2. Travel size water bottle filled with water to spray grips is permitted. The water bottle must remain in gym bag until use.
3. Disinfectant wipes for personal use can be alcohol wipes. These must be used when starting an event, after each event and before exiting facility.
4. 1 ½" white athletic tape and any other tape used during practice is permitted.
5. Fingernail clippers must be flat edge.
6. Shoes must be stored in gym bag, in a separate compartment or bag to prevent possible cross contamination with other items in the gym bag.
7. A gallon size bag or container for personal chalk. There will not be any shared chalk buckets available in the gym.
8. Everything inside the gym bag must be disinfected after every practice. The interior and exterior of the bag should be disinfected as well.

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)
  - Limit attendees to head referee or center referee, the head coach from each team, and a single captain from each team. (Waiver of NFHS Rule approved by NYSPHSAA Officers 9-9-20)
  - Move the location of the pregame conference to 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.
- 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.
- Goalkeepers may not spit on their gloves. They can wet them with a water bottle. If the official determines this happen, gloves will be taken out of play. (Approved by NYSPHSAA Officers 9-9-20)
- A mandatory two (2) minute hydration/mask break will be taken at the first dead ball situation after the 20-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 following the break. (Waiver of NFHS Rule approved by NYSPHSAA Officers 9-9-20)
- 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 NFHS Rule approved by NYSPHSAA Officers 9-9-20)

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)
  - Gloves 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.
- Electronic whistles are permissible.
- 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.

Swimming & Diving (Girls)

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 appropriate 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 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 semi-automatic 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)]

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.
    - 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 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. *(Pg. 5)*

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 match 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.
- 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 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.

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-and-administrators

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

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.
    - 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.

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

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 own water bottle.

Considerations for Parents:

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

Lacrosse (Boys)

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.
- 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.
- 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 should not congregate around the field entries/exits.

Lacrosse (Girls)

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

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.
    - 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), 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.

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.

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.
    - 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 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.

Track & Field (Outdoor)

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 <u>may</u> 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 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 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 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 participants 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 aleague champion.
- Sections which can only conduct virtual meets during the regular season and do not havethe ability to conduct a sectional or state qualifier meet may use virtual meet marks and times to qualify for a postseason event.

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 Waivers are listed below (Approved by NYSPHSAA Officers 1-31-2021):
    - Suspension of the NYSPHSAA honor weigh in procedure for the 2020-2021 season. Only mat side weigh ins will be allowed.
    - Waiver of the NFHS shoulder to shoulder weigh in procedure. Each school will weigh-in separately with both coaches present.
    - Revised the NYSPHSAA multi school meet language in the handbook.
    - Waiver of the NYSPHSAA 50% rule for the 2020-2021 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 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.

Frequently Asked Questions

(as of 3/8//2021)

NYSPHSAA COVID-19 Response

Q: What is NYSPHSAA doing to address the ongoing COVID-19 crisis?

A: *The NYSPHSAA continues to work with state officials in response to the COVID-19 crisis. NYSPHSAA has also established a COVID-19 Task Force with member representatives to examine the impact of the virus and provide guidance and recommendations to NYSPHSAA member schools. The Task Force is comprised of NYSPHSAA staff, superintendents, athletic directors, principals, section executive directors, and athletic trainers within the NYSPHSAA membership. NYSPHSAA staff and sport coordinators continue to analyze rules for each sport it sponsors to determine additional safety guidelines to minimize risk.*

Q: Where is the best source of information for interscholastic athletics related to the COVID-19 crisis?

A: *The NYSPHSAA has created a dedicated page on its website to provide up-to-date information related to the COVID-19 crisis. The website link can be found HERE.*

Q: Who has the authority to amend or change the state issued guidance related to interscholastic athletics?

A: *State Officials (New York State Department of Health, New York State Education Department, etc.) are the only entities that have the authority to modify, amend or revise the guidance provided to schools. NYSPHSAA is required to follow state issued guidance. NYSPHSAA only has the authority to amend NYSPHSAA rules or regulations.*

Q: How often is the NYSPHSAA COVID-19 Task Force meeting?

A: *The Task Force meets as needed to ensure the most updated information can be examined and reviewed. The Task Force has met on June 10, June 30, July 16, August 25, August 31, November 17 and December 11. The committee will continue to meet as concerns arise during the 2020-21 school year.*

Q: How will NYSPHSAA decisions be made moving forward?

A: *Based upon NYSDOH guidance, membership concerns, and readily available information, NYSPHSAA Officers, NYSPHSAA Executive/Central Committees, and NYSPHSAA Staff will be part of the decision-making process. The NYSPHSAA Officers have the authority, as per the NYSPHSAA constitution, to approve recommendations as needed.*

Eligibility Standards & NYSED

Q: If a student is fully remote, are they eligible to participate in interscholastic athletics?

A: *According to the New York State Education Department, a student may participate in interscholastic athletics if he/she is taking three courses plus physical education (Bona Fide Student) regardless of the education platform being utilized (fully remote, hybrid, etc.).* [See NYSED September 1, 2020 MEMO in Attachments]

Q: Do students need a physical exam to participate in the Fall Season II or Spring interscholastic athletic seasons?
A: *NYSED waived the physical exam requirement for students for the 2020-21 school year. If they have previously had a health examination for school attendance in the 2018-2019 or 2019-2020 school years and provide a current health history* ***completed and signed by their parent/guardian*** *within 30 days of the start of the season, unless a current health examination is deemed necessary by the school district's director of school health services (medical director).*

Q: Has the NYSPHSAA Transfer Rule been amended or revised because of the COVID-19 crisis?
A: *There have been no revisions to the current NYSPHSAA Transfer Rule.*

Q: Has the NYSED Athletic Placement Process (APP) been modified or revised as a result of the COVID-19 crisis Testing?
A: *No revisions have been made to the APP. According to the New York State Education Department, students must complete all components of the Athletic Placement Process (APP) including a current physical, maturation test and physical fitness test.*

Q: Has the NYSED recommended any revisions to the Health History update?
A: *No revisions have been recommended for the Health History update form. According to the New York State Education Department, all students are required to provide the school district an updated health history form if they have not had an updated physical within 30 days of the season.*

Q: Will students be provided additional years of eligibility because of the COVID-19 crisis?
A: *As per the New York State Education Department's Duration of Competition Regulation, students are limited to 4 consecutive years of athletic eligibility upon entering the 9th grade (5 years for students who participate at the high school level as an 8th grader and 6 years for students who participate at the high school level as a 7th grader). Students are able to apply for an extension of eligibility, as per the regulation, if the student experiences an illness, accident or social/ emotional condition which causes the student to miss a semester of eligibility AND the illness, accident or social/ emotional condition requires the student to take additional semesters to graduate. The current interpretation is students who repeat a grade because of the COVID-19 crisis would not be candidates for an extension of eligibility since school has continued to occur and credits towards graduation have not been interrupted.*

Q: Can DASA training be conducted online?
A: *On March 20, 2020, the NYSED provided the following guidance on DASA training:*

> *"Some institutions of higher education and other organizations that provide the six hour Dignity for All Students Act (DASA) training are no longer holding classes in-person due to the coronavirus (COVID-19) public health emergency, preventing them from conducting the required minimum three clock hours of face-to-face instruction in the DASA training.*
>
> *To allow DASA training to continue, all approved DASA training providers, and institutions of higher education that include the DASA training in their educator preparation program curricula, may offer the DASA training entirely online during the time period of the state of emergency in New York State for the COVID-19 virus.*

Contact the Office of Teaching Initiatives at otidasa@nysed.gov if you have any questions regarding the DASA training." [See NYSED March 20, 2020 MEMO in Attachments]

Q: Have NYSED coaching certification requirements been amended because of the COVID-19 crisis?

A: *Yes. NYSED's June 23rd memo states:*

"All coaches of extracurricular sports must complete a sport-specific theory and techniques of coaching course within five years of their initial appointment as a coach. One of the requirements in this course is an internship experience. Due to the COVID-19 outbreak, coaches are currently not able to complete the internship experience in-person with P-12 students, mentors, and/or supervisors given the closures of schools, sports teams, and other athletics settings.

For the internship experience during Summer 2020, we encourage course instructors to provide opportunities for coaches to work with P-12 students, mentors, and supervisors in-person or virtually using distance education instructional methods and technologies, wherever possible. If this type of interaction is not possible for the entire experience, course instructors may supplement the internship experience with alternative methods of instruction. However, the internship must include some virtual and/or in-person interaction with P-12 students.

Alternative methods of instruction must ensure that the coaches develop the knowledge and skills expected during internship experience. Examples of alternative methods of instruction include, but are not limited to, simulations, video case studies, and other coaching exercises." [See NYSED June 23, 2020 MEMO in Attachments]

A second, December 8th NYSED memo states:

"Due to the COVID-19 outbreak, current and prospective coaches may not be able to maintain or gain first aid and CPR/AED certification, respectively, with certification courses not being held in-person. Given the lack of in-person certification courses, the Department is providing the following additional flexibility regarding the first aid and CPR/AED certification requirements for coaches.

Extension. Current coaches who previously earned first aid and/or CPR/AED certification through a course from a NYSED-approved provider, and whose certification expires between March 1, 2020 and April 30, 2021, will have the certification expiration date extended to April 30, 2021. If opportunities for in-person certification courses are not available by April 30th, the Department will revisit the extension and provide a new expiration date. Coaches who earned first aid and/or CPR/AED certification through NYSED-approved courses offered by a national provider would not have the certification expiration date extended by NYSED, and must update their first aid and/or CPR/AED certification per certifying agency requirements. For coaches who earned first aid and/or CPR/AED certification through American Red Cross course(s), possible certificate extensions are described on the American Red Cross COVID-19 Guidance webpage.

Online Content. For first aid and/or CPR/AED certification courses from a NYSED-approved provider, the content can continue to be taught either online and/or in-person. However,

candidates must demonstrate their (psychomotor) skills in-person to earn first aid and/or CPR/AED certification. Candidates who complete NYSED-approved first aid and/or CPR/AED certification courses offered by a national provider must complete their first aid and/or CPR/AED certification per certifying agency requirements. [See NYSED December 8, 2020 MEMO in Attachments]

High-Risk Sports Approval

Q: What are the new additions in the NYS DOH guidance released on January 22, 2021?

A: There are two new aspects of the most recent Interim COVID-19 Guidance for Sports and Recreation:

1. *High-risk winter sports may begin on Monday, February 1st only as permitted by the respective local health authorities (i.e., county health departments).*
2. *For all lower, moderate, and higher risk sports, travel for practice or play is prohibited outside of the region or contiguous counties/regions. Interstate travel for practice or play is strongly discouraged and, if undertaken, must strictly adhere to the requirements of the State's travel advisory.*
    a. *Travel for practice or play to, or from, any area within New York that has been designated as a red or orange zone may only be permitted following consultation with the respective state or local health authorities with consideration of the abovementioned factors. Travel for practice or play to, or from, any area within New York that has been designated as a yellow zone is permitted so long as it adheres to all applicable DOH guidance.*

For clarifications on either of these new items, consult with your local Department of Health.

Fall Season II

Q: What is the Fall Season II?

A: *The NYSPHSAA officers approved the creation of an additional season (Fall Season II) to commence on March 1, 2021. Some Sections have delayed this start date. The sections have the responsibility to determine season end dates, however the NYSPHSAA officers have recommended the season end on May 1, 2021.*

Q: Has the NYSPHSAA Seven Consecutive Day Rule been waived?

A: *The Seven Consecutive Day Rule has been waived for the entire Fall Sports Season II.*

Q: Will there be Regionals and State Championships for Fall Season II?

A: *No; there will not be NYSPHSAA Regionals or State championship events for Fall Season II.*

Q: Can sections host a Sectional Championship for Fall Season II?

A: *Yes; sections can host a Sectional Championship for Fall Season II.*

Q: Will Modified and Junior Varsity athletics be permitted for Fall Season II?

A: *The hosting of interscholastic athletics during Fall Season II is at the sole discretion of the individual school district.*

Q: When can Fall Season II start practicing and competing?
A: NYSPHSAA approved March 1st as the scheduled Fall Season II start date. High-risk Fall Season II sports can begin only as permitted by the respective local health authorities (i.e., county health departments). Sections have the authority to determine a later start date. See page 6 for information on off-season conditioning activities. The decision to conduct off-season activities is determined by the individual school districts.

Q: Can a student participate in the traditional Fall season, Winter season, Fall Sports Season II and the Spring season?
A: Yes, a student may participate in all four seasons during the 2020-2021 school year assuming they meet all NYSPHSAA and NYSED eligibility requirements.

Q: Will the NYSPHSAA practice requirements be adjusted for the Fall Season II?
A: No, students may represent their school after six practices in all sports with the exception of football and gymnastics which will require 10 practices.

Q: Can other sports be added to the Fall Season II?
A: Other sports seasons may be added to Fall Season II; this would be at the discretion of the individual sections.

Spring 2021 Season

Q: When can Spring sports start practicing and competing?
A: NYSPHSAA approved April 19th as the official Spring sports start date. High-risk Spring sports can begin only as permitted by the respective local health authorities (i.e., county health departments). Sections have the authority to determine a later start date. See page 6 for information on off-season conditioning activities. The decision to conduct off-season activities is determined by the individual school districts.

Boys Lacrosse and Wrestling are the only Spring sports categorized as high-risk by the NYSDOH.

Q: Has the NYSPHSAA Seven Consecutive Day Rule been waived?
A: The Seven Consecutive Day Rule has been waived for the Spring season.

Q: Will there be Regionals and State Championships during the Spring Season?
A: No, all Spring State Championships have been cancelled.

Q: There is an overlap between Fall Season II and the Spring sports season. Can students participate in both seasons and will any practices carryover?
A: Sections may allow students to participate in both seasons. The NYSPHSAA officers approved allowing three practices for all sports (4 for baseball) to carry over to the Spring sports season.

THE STATE EDUCATION DEPARTMENT / THE UNIVERSITY OF THE STATE OF NEW YORK / ALBANY, NY 12234

Deputy Commissioner
Office of Higher Education
Room 975, Education Building Annex
Albany, New York 12234
Tel: (518) 486-3633
hedepcom@nysed.gov

March 20, 2020

To: Approved Dignity for All Students Act (DASA) Training Providers
Deans/Directors of NYS Institutions Offering Educator Preparation Programs

From: William P. Murphy

Subject: Approval to Offer the Dignity for All Students Act (DASA) Training Entirely Online

Some institutions of higher education and other organizations that provide the six clock hour Dignity for All Students Act (DASA) training are no longer holding classes in-person due to the coronavirus (COVID-19) public health emergency, preventing them from conducting the required minimum three clock hours of face-to-face instruction in the DASA training.

To allow DASA training to continue, all approved DASA training providers, and institutions of higher education that include the DASA training in their educator preparation program curricula, may offer the DASA training entirely online during the time period of the state of emergency in New York State for the COVID-19 virus.

Please feel free to contact the Office of Teaching Initiatives at otidasa@nysed.gov if you have any questions regarding the DASA training.

THE STATE EDUCATION DEPARTMENT / THE UNIVERSITY OF THE STATE OF NEW YORK / ALBANY, NY 12234

Kathleen R. DeCataldo, Esq.
Assistant Commissioner
Office of Student Support Services
89 Washington Avenue, Room 318-M EB
Phone: (518) 486-6090 Web: http://www.p12.nysed.gov/sss/

Date: December ____, 2020

To: BOCES District Superintendents, Superintendents of Public School Districts, Principals of Public Schools, Charter School Leaders

From: Kathleen R. DeCataldo

Subject: School Health Examinations in Light of COVID-19 Pandemic

In the May 21, 2020 New York State Education Department memo School Health Examinations in Light of COVID-19 Pandemic, the Department asked schools to continue to accept any physical examination form from students for physicals conducted on or before January 30, 2021, regardless of the form used; allowed parents/guardians additional time to obtain a health exam for school attendance, and allowed students to participate in fall interscholastic athletics if they met the requirements in the memo. In light of the current status of the COVID-19 pandemic, the Department is again extending the requirements for a health exam for school attendance and participation in interscholastic athletics. Schools should:

- Allow additional time for parents/guardians to obtain a health examination from a private healthcare provider before scheduling an appraisal with the director of school health services (medical director) if private healthcare providers are unavailable due to the COVID crisis. We encourage schools not to schedule grade level health appraisals with their medical director until April 2021, although that may change depending on the status of the COVID-19 pandemic in the spring; and
- Permit student athletes to participate in the 2020-2021 sports seasons if they have previously had a health examination for school attendance in the 2018-2019 or 2019-2020 school years and provide a current health history **completed and signed by their parent/guardian** within 30 days of the start of the season, unless a current health examination is deemed necessary by the school district's director of school health services (medical director). Schools should use the revised Interval Health History for Athletics form which includes questions on COVID-19. The Department will provide updated information as needed.

Please note - Beginning January 31, 2021 physical examinations for school are to be documented on the NYS Required Health Examination Form or an electronic health record equivalent form. The Instructions for Completion of New York State School Health Examination Form provides direction to healthcare providers on the details of the required components and the required presentation order of those components for an electronic health record form to be an equivalent form. Both of these documents are available on NYSED's School Health Services Webpage.

Please contact the Office of Student Support Services if you have questions by email at studentsupportservices@nysed.gov or at 518-486-6090.

THE STATE EDUCATION DEPARTMENT / THE UNIVERSITY OF THE STATE OF NEW YORK / ALBANY, NY 12234

June 23, 2020

TO: District Superintendents
Superintendents of Schools
Public School Administrators
Charter School Administrators
Deans/Directors of NYS Institutions Offering Educator Preparation Programs

FROM: Kimberly Young Wilkins, Office of P-12 Education
William P. Murphy, Office of Higher Education

SUBJECT: Theory and Techniques of Coaching (Sport Specific) Course Internship Experience Flexibility in Response to the COVID-19 Outbreak

All coaches of extracurricular sports must complete a sport-specific theory and techniques of coaching course within five years of their initial appointment as a coach. One of the requirements in this course is an internship experience. Due to the COVID-19 outbreak, coaches are currently not able to complete the internship experience in-person with P-12 students, mentors, and/or supervisors given the closures of schools, sports teams, and other athletics settings.

For the internship experience during Summer 2020, we encourage course instructors to provide opportunities for coaches to work with P-12 students, mentors, and supervisors in-person or virtually using distance education instructional methods and technologies, wherever possible. If this type of interaction is not possible for the entire experience, course instructors may supplement the internship experience with alternative methods of instruction. However, the internship must include some virtual and/or in-person interaction with P-12 students.

Alternative methods of instruction must ensure that the coaches develop the knowledge and skills expected during internship experience. Examples of alternative methods of instruction include, but are not limited to, simulations, video case studies, and other coaching exercises.

For questions about coaching courses, including internship experiences, please contact the Office of Curriculum and Instruction at emscurric@nysed.gov or (518) 474-5922.

THE STATE EDUCATION DEPARTMENT / THE UNIVERSITY OF THE STATE OF NEW YORK / ALBANY, NY 12234

December 8, 2020

TO: District Superintendents
Superintendents of Schools
Public School Administrators
Charter School Administrators

FROM: Marybeth Casey, Office of Curriculum & Instruction *Marybeth Casey*

Laura Glass, Office of Teaching Initiatives *Laura Glass*

SUBJECT: First Aid and Cardiopulmonary Resuscitation (CPR)/Automatic External Defibrillator (AED) Certification Flexibility for Coaches of Extracurricular Sports in Response to the COVID-19 Outbreak

All coaches of extracurricular sports must hold valid first aid and cardiopulmonary resuscitation (CPR)/automatic external defibrillator (AED) certification by completing courses from a New York State Education Department (NYSED)-approved provider, or NYSED-approved courses offered by a national provider (e.g., American Red Cross). Currently, certification courses cannot be completed entirely online because coaching candidates must demonstrate particular skills for first aid and CPR/AED certification.

Due to the COVID-19 outbreak, current and prospective coaches may not be able to maintain or gain first aid and CPR/AED certification, respectively, with certification courses not being held in-person. Given the lack of in-person certification courses, the Department is providing the following additional flexibility regarding the first aid and CPR/AED certification requirements for coaches.

- **Extension.** Current coaches who previously earned first aid and/or CPR/AED certification through a course from a NYSED-approved provider, and whose certification expires between March 1, 2020 and April 30, 2021, will have the certification expiration date extended to April 30, 2021. If opportunities for in-person certification courses are not available by April 30th, the Department will revisit the extension and provide a new expiration date. Coaches who earned first aid and/or CPR/AED certification through NYSED-approved courses offered by a national provider would not have the certification expiration date extended by NYSED, and must update their first aid and/or CPR/AED certification per certifying

agency requirements. For coaches who earned first aid and/or CPR/AED certification through American Red Cross course(s), possible certificate extensions are described on the American Red Cross COVID-19 Guidance webpage.

- **Online Content.** For first aid and/or CPR/AED certification courses from a NYSED-approved provider, the content can continue to be taught either online and/or in-person. However, candidates must demonstrate their (psychomotor) skills in-person to earn first aid and/or CPR/AED certification. Candidates who complete NYSED-approved first aid and/or CPR/AED certification courses offered by a national provider must complete their first aid and/or CPR/AED certification per certifying agency requirements.

Information about coaching courses is available on the Athletics and Coaching webpage, Valid First Aid Course for Coaching License webpage, and Valid CPR Course for Coaching License webpage. For questions about coaching, including approved certification courses and course providers, please contact the Office of Curriculum and Instruction at emscurric@nysed.gov or (518) 474-5922.

THE STATE EDUCATION DEPARTMENT / THE UNIVERSITY OF THE STATE OF NEW YORK / ALBANY, NY 12234

Office of Instructional Support
Deputy Commissioner

September 1, 2020

TO: District Superintendents
Superintendents of Schools
Public School Administrators
Nonpublic School Administrators
Charter School Administrators

From: Marybeth Casey, Assistant Commissioner
Office of Curriculum Instruction and Early Learning

Re: Eligibility for Interscholastic Athletics, Inclusive Athletics and Extracurricular Activities

Per the school reopening guidance that the New York State Education Department (NYSED) issued earlier this month, districts have been afforded flexible scheduling options as they plan to begin the 2020-21 school year. Some districts are planning to open with all or some of their students in person, some have chosen fully remote instruction, and some are offering their students a choice of in person classes or remote instruction.

This guidance is meant to clarify that regardless of the type of schedule chosen by either the district, or in some cases the student, districts must make any planned school sponsored activities available to all students who are enrolled in the district and otherwise qualified to participate. Districts may not exclude students from participating in any school sponsored activity solely on the basis of their instructional program. For purposes of this memo, "enrolled in the district" means those students who are reported in SIRS with a district of resident code and those included in the Average Daily Membership calculation in SAMS for state aid purposes.

If districts are conducting extracurricular activities, including sports, clubs, arts or others, all students enrolled in the district must be given fair and equal access to such activities for which they are otherwise qualified to participate, regardless of the choice of schedule whether made by the student or by the school or district. Schools and districts have the option whether or not to participate in interscholastic sports or provide extracurricular activities as they deem appropriate. However, students may not be restricted or excluded from participating in any activities offered and for which they qualify, simply on the basis of the educational program selected (in person, remote or hybrid). These activities include interscholastic athletics available per the Governor's Guidance issued August 24, 2020.

Specific to interscholastic and inclusive athletic activities, and subject to all other usual eligibility requirements, the New York State Education Department regulations (135.4 Physical Education) states the following:

> *A pupil shall be eligible for interschool competition or inclusive athletic activities in a sport during a semester, provided that he is a bona fide student, enrolled during the first 15 school days of such semester, is registered in the equivalent of three regular courses, is meeting the physical education requirement, and has been in regular attendance 80 percent of the school time, bona fide absence caused by personal illness excepted."*

Students who are enrolled in a school or district, are included in the state aid calculations, and meet the bona fide student regulation noted above must not be restricted from participating in interscholastic athletics or other extracurricular activities simply on the basis of their instructional program format, be it in person, hybrid or fully remote. However, the district is not required to provide transportation to and from the school for such activities to students who are enrolled in a hybrid or fully remote program. Transportation may be provided to students in the in person program as part of their academic day, but districts are not required to provide additional transportation to the student specifically for interscholastic athletics.

All such extracurricular activities shall be conducted per the Interim Guidance for In-Person Instruction at Pre-K to Grade 12 Schools During the COVID-19 Public Health Emergency issued by the New York State Department of Health. Any questions related to this guidance may be directed to emscurric@nysed.gov.