

Greenwood Lake UFSD Athletics COVID-19 “Back to Play” Protocol

2020-2021 Fall 2 Season





Greenwood Lake UFSD 2021 Fall 2 Sports Guidelines March 1, 2021 - April 18, 2021

This document will provide you with a written form of guidelines, protocols, and other information provided by the Department of Health, NYSED and NYSPHSAA.

Background Information:

To ensure the safety and protection of all, the following guidelines will be in place for all team practices and games. These guidelines are consistent with the latest guidelines and protocols from the Center of Disease Control (CDC), the Orange County Department of Health (OCDOH), the New York State Department of Health (NYSDOH) and Section IX Athletics.

Committee Members for GWL “Back to Play” Document

Lina Polchinski	Director of Curriculum & Instruction
Jeffrey Golubchick	Middle School Principal
Ronald Mackey	Transportation Supervisor
William Cron	Co-Athletic Director / Sports Coach
Christopher Ferry	Co-Athletic Director / Sports Coach
Laura Laroche	School Nurse
Susan Selser	Board of Education President
Aaron Nowak	Board of Education Trustee
Dominick Scotto	Parent

Greenwood Lake UFSD Fall 2 Sports Include:

- Boys Soccer
- Girls Soccer
- Cross Country

GENERAL PRACTICES & PROCEDURES

Daily Screening and Temperature Check for Student-Athletes

- All student-athletes **must** complete a daily Covid Screening to attend practice and games (home and away).
 - [*Sample Screening Form](#)
- Coaches will administer the daily questionnaire and temperature check to each athlete. Contactless temperatures scanners will be provided to each coach.
- All athletes and support personnel (coaches, administrators, officials) will be subject to additional temperature checks by site personnel. For GWL home games, a backup secondary Oral Probe thermometer will be used if an athlete's skin temperature reads at 99 degrees F or higher.
- Any student who has an internal body temperature above 100 or is not feeling well must be sent home immediately.
- All coaches must obtain a record of player attendance and this must be documented for all practices and games (home and away).
- All rosters forms containing attendance with contact information including phone number and email for purposes of contact tracing will be emailed to the Host School prior to attending the athletic venue.
- [Attendance sheets](#) are to be given to the Athletic Directors following practices and games (home and away).
 - [Attendance Roster Form](#)
- Before each practice it is imperative that coaches check the "CANNOT PARTICIPATE" list. Students on this list should not be in attendance and must go home immediately.

Daily Screening and Temperature Check for Coaches

- All coaches must participate in daily screening questionnaire and temperature check. This daily screening for coaches will be facilitated by the Athletic Directors. The daily screening questionnaire for coaches may be completed virtually.

Personal Protective Equipment

- Masks will be worn at all times by students and coaches who are within 6 feet of each other. A distance of 6 feet is recommended for the duration of the practice.
- Mask breaks will be given as needed in a specific location and students should be at least 6 feet away from each other when masks are removed.
- Coaches will have med kits and will be given additional PPE supplies such as extra masks, hand sanitizer, and wipes.

Medical Protocols:

- Physical Date
- Covid history and whether doctor/cardiac clearance is required
- Interim Sports document which is required by all (within 30 days prior to the first day of sports season)
- Roster for athletes...name/email/phone/sport/grade/covid clearance
- Emergency history form-containing allergy/epi-pen/asthma with inhaler use/seizure

- Injuries with history of concussion
- For players who have had COVID-19 or develop it during the season, specific medical clearance will need to be provided and the amount of medical clearance documents required is contingent on the severity of diagnosis.

Practices:

- Held 2:30 - 3:40 Monday through Friday
- Locker Rooms
 - As much as possible, come dressed to play prior to practice
 - If a student-athlete requires the locker room to change, the expectation is that student-athletes do so in a timely manner (a few minutes).
 - Supervision is required in the locker room area to ensure physical distancing.
- Practicing Outdoors
 - All teams will look to practice outdoors to the greatest extent possible (weather permitting).
 - Fields - when conditions allow
 - Lower parking lot
- Practicing Indoors
 - When practicing indoors is necessary, the number of individuals permitted at one time will be limited so that the physical distancing rule can be maximized.
 - The gym space will be the only available space to hold indoor practice; therefore, teams may have to consider rotating practices and/or split the gym to allow for 2 teams to practice at once.

Transportation

- Parents of remote students are responsible for student dropoff to practice
- Parent pickup required at the end of practice, no school bus transportation home
- Games:
 - Away: School bus transportation provided to away games and back to GWL. Parent pickup at arranged location upon return.
 - Home: Parents will pick up after the game. If at Winstanley field, students will be provided transportation TO the field only.

Protocols for Student Pickups

- Practice ends at **3:40** each day and parents are required to pick-up **on time** to avoid congregating on campus. ****Athletes who are continuously picked up late from practices may be prohibited from participating in athletics .***
- Cross Country pick-ups will be in the bus loop.
- Soccer pick-up will be in the upper parking lot (with the first car stopping at the no parking/sidewalk). Boys and girls soccer will be kept separate.

Sharing of Equipment/Supplies:

- Shared equipment should be wiped down (or sprayed) between use as is practical during the course of practice.
- Student-athletes will NOT be allowed to share uniforms.

- Encourage students to sanitize their hands frequently, especially after sharing equipment.
- Pinnies will NOT be used. Encourage students to have different colored shirts if delineation of groups is necessary.

Hydration Protocol

- Students must bring their own water bottle and the water bottle must be **labeled** with their name.
- Sharing or water/sports drinks is PROHIBITED.
- Bottled waters will be available, but it is strongly recommended that athletes provide enough water for themselves.

Cohorting:

- Consider conducting practices in “cohorts” of the same students always training and rotating together in practice to ensure more limited exposure.
- Groups should be kept small and manageable so that we can ensure distancing.

HOME GAMES (SOCCER ONLY)

Location: Winstanley Field by CVS in village of GWL

Entrance/Exit Points

- Players will enter the field by the post office side and immediately go to the check - in station (table set up with temperature scanner and PPE). Players will exit the field by the post-office side.
- People entering will do so to the right/bathroom side of the table. People leaving will do so on the left / strip mall side of the table.

Use of Locker Rooms Prior to Leaving for Games:

- As per guidance from Section IX Athletics, locker rooms will be used by student-athletes solely for changing purposes.
- As much as possible, come dressed to play prior to games.
- If a student-athlete requires the locker room to change, the expectation is that student-athletes do so in a timely manner (a few minutes).
- Supervision is required in the locker room area to ensure physical distancing.
- Away teams will not have access to locker rooms.

Bathroom Facilities (Winstanley Field)

- Full bathroom facilities will be available for use at Winstanley Field

Signage

- Signage will be clearly visible for social distancing, mask wearing and other COVID-19 protocols
- Check in stations, one-way entrances and exits, and isolation areas will be clearly marked with signage
- Cones will be used as markers to ensure social distancing for spectators.

Spectators:

- Per Section IX requirements, for safety reasons, practice sessions are open only to student-athletes, coaches and other authorized school personnel. No outside guests or spectators will be permitted to attend practice.
- As per Section IX requirements, 2 spectators are allowed per athlete for games for GWL players only.
 - No spectators from the away team
 - Spectators must maintain six feet of physical distance between individuals and /or family/household units at all times and all spectators **MUST** wear a face covering the entire time they are on campus.
 - Spectators must bring their own chair(s)

Physical Distancing:

- A minimum of 6 feet distance between individuals is required at all times unless for safety reasons or the core activity itself requires a shorter distance.
- To the greatest extent possible, coaches will structure practice and its components so that a minimum of 6 feet between individuals can be maintained.
- If 6 feet cannot be maintained, all student-athletes and coaches must be masked.

Sportsmanship:

- No hugging, high fives, shaking hands or fist bumps.

CoVid Specific Staffing

- Nurse: A nurse will be on duty for all home games
 - Assist with temperature checks
 - Observe players, coaches, and spectators for signs of illness
 - Treat injuries
 - Responsible for oversight of health screening documentation
- Modified Sports Overseer, required by NYSPHSAA
 - See Appendix E for job description

ADDITIONAL IMPORTANT INFORMATION

Disinfecting:

- Hand sanitizer will be made available to coaches and athletes.
- Coaches and athletes are highly encouraged to use hand sanitizer before, during and after each practice session.
- Disinfecting wipes will also be made available to coaches. All equipment and supplies are to be adequately sanitized at the conclusion of practice on a daily basis.
- All shared equipment and spaces (benches) will be disinfected prior to and between contests.
- As per Section IX Guidelines for Fall Two, sanitizing stations will be placed by entry, exits, benches and bathrooms.

Additional Information:

- All players must have a **physical** for this academic school year
- Covid-19 Athletic Participation **waivers** must be completed by all athletes and parents/guardians.
- All students must be in **attendance** in school/remote (participate fully in remote classes) to legally participate in an extracurricular activity that day.
- All student-athletes/participants are required to **meet all academic eligibility guidelines** consistent with policies and procedures set forth by Greenwood Lake Union Free School District.
 - The principal and guidance counselor will review all 7th and 8th grade report cards and determine students who failed two or more Q2 courses.
 - The guidance counselor will meet with students desiring to play sports who are on probation as a result of their Q2 grades; letters will be sent home
 - ALL students can start practicing on 3/1 and the guidance counselor/principal will check-in on students' progress before the first game; as in past years, coaches can help monitoring this by checking-in with the respective student-athlete(s) and if there is no progress, those kids will be benched for the game. We'll check-in with teachers as well.

SUSPECTED CASES OF COVID-19

COVID-19 Procedures:

Isolation area will be established for anyone developing symptoms during the contest. This area will be a separate area outdoors away from players, coaches and spectators with signage. (*As per Section IX Guidelines*)

- **COVID-19 Symptoms:**
 - Fever over 100 degrees F, chills/body aches and fatigue
 - Respiratory symptoms: cough, shortness of breath, congestion/runny nose, and sore throat (allergy and asthma are not an acute illness)
 - New loss of smell or taste
 - Gastrointestinal symptoms: Diarrhea/vomiting
 - If there are any signs of respiratory distress, call 911 and notify parents and administration immediately
 - Trouble Breathing
 - Persistent pain or pressure in chest
 - New confusion
 - Inability to wake or stay awake
 - Blue-ish lips or face

- **Suspected COVID-19 Student (athlete)**
 - Coaches should notify Athletic Directors and Administration ASAP
 - Place in designated isolation area (monitored by staff)
 - Phone call to the parent for pick up
 - Take history and determine others at risk
 - Direct contact with infected individual
 - Within 6 feet of infected individual without face mask for greater than 10-15 minutes who have been diagnosed with COVID-19
 - Prepare for student to get picked up
 - Continue to have contact with family in regards to follow up. If positive results, alert administration and contact local DOH for guidance.

- **Suspected COVID-19 Case (Staff)**
 - **If symptoms are discovered before arriving to work:**
 - Stay home and notify the Athletic Directors of your absence ASAP
 - Follow all district protocols for staff regarding illnesses.
 - Continue to have contact with Athletic Directors and Administration.
 - If positive results, contact the local DOH for guidance.

- **If symptoms arise at work:**
 - Place in isolation area
 - Take history and determine others at risk
 - Direct contact with infected individual

- Within 6 feet of infected individual without face mask for greater than 10-15 minutes who have been diagnosed with COVID-19
 - Living with an infected individual (s)
 - Notify Athletic Directors and Administration of a suspected case.
 - Nursing judgement on ability of the staff member to self-transport or arrange transportation if needed.
 - Continue to have contact. If positive results, contact the local DOH for guidance.
- **Return to Athletic Participation After Positive COVID-19 Diagnosis**
- **All athletes diagnosed with COVID-19 must be cleared for physical activity by their primary care physician and provide written documentation** to the School Nurse prior to being permitted to return to school and athletics.
 - No athlete will be permitted to return to athletics any earlier than 10 days after the onset of symptoms and must be 24 hours fever free without the use of fever reducing medication.
 - All teammates/coaches/other individuals exposed to a positive case of COVID-19 will be required to quarantine as directed by the local department of health.

Appendix A

(Directly from [NYSPHSAA](#))**Sport Specific Guidelines:****Fall 2 Season:** Modified (Soccer) Boys and Girls

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 materials, (2) clean and disinfect equipment between uses or (3) not use shared equipment at all.

General Considerations:

- Practices will be outdoors to the greatest extent possible
- Should practice be moved to indoors, the MS gymnasium will be used

General Considerations for Practice and Games:

- As needed, Coaches and Athletic Directors will create a practice plan that may include staggered times and smaller practice pods in order to minimize exposure. These decisions will be based on roster size and practice space.
- Eliminate all handshakes, fist pumps and similar gestures pre- and post-match
- Limit the number of non-essential personnel who are on the field level throughout the game
- Players, Coaches, and Officials must be masked whenever social distancing can not be maintained
- Pinnies will not be used and there is to be NO sharing of uniforms or equipment
- Goalkeepers must not spit on their gloves they can wet them with their water bottles and must use their own goalkeeper gloves
- 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.

Considerations for Officials:

- Officials are responsible for game management, which does not include monitoring activities on the sidelines such as social distancing, face coverings, handwashing, symptoms of illness and other such issues. This monitoring obligation remains with the CoVid overseer.

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 your own water bottle.

Considerations for Parents

- Provide personal items for your child and clearly label them.
- In accordance with NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), only two spectators per participant are permitted. This consideration may want to be further discussed if games are played at the district field

Sport Specific Guidelines:**Fall 2 Season:** Modified (Cross Country) Boys and Girls

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:

- Practices will be outdoors to the greatest extent possible.
- 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.
- Cross country meets should consider using staggered, wave or interval starts, with a minimum of one (1) minute.

General Considerations for Pre and Post Meets:

- Establish cross country specific social distancing meet protocols including the elimination of handshakes before and after the match.
- Teams are expected to provide individual water for their athletes and discourage the use of water stations and open cups.

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 your own water bottle.

Considerations for Parents

- Provide personal items for your child and clearly label them.
- If Spectators are allowed, Spectators should not congregate around the finish area.

Code of Conduct**SCHOOL DISTRICT:** _____ **SPORT:** _____**STUDENT ATHLETE/GRADE** _____**PARENT/GUARDIAN:** _____

The State of New York recently updated its “*Interim COVID-19 Guidance for Sports and Recreation*” permitting in-school sports and athletic competitions for certain sports only if permitted by local health departments. This Code of Conduct is intended to enable students/parents and guardians of students to acknowledge the personal responsibility involved in taking steps to protect those around student-athletes, spectators and those involved with student athletics.

In order to reduce my risk of contracting COVID-19, I commit to abiding by all existing guidelines both on and off the field to ensure the safety of my teammates, classmates, community and myself. I commit to reviewing these guidelines and understand that my School District may provide updates as additional information is learned. It is my responsibility to stay apprised of these changes to protect myself and classmates. As an Orange County student-athlete, I pledge to:

___ (initial) participate in daily assessments and self-assessments of COVID-19 exposure and symptoms;

___ (initial) follow all social distancing guidelines, including the wearing of masks or appropriate face coverings;

___ (initial) not participate in unapproved social gatherings, parties or other activities which are known to increase the potential spread of COVID-19;

___ (initial) submit to COVID-19 testing any time it is required, and abide by any and all isolation or quarantine orders as I am directed by the school or health care providers; and

___ not participate in school classes or athletic events or practices if I am feeling any of the following symptoms, until cleared to return to practice by a health care professional including but not limited to: Fatigue; Headache; Unfamiliar muscle pain (myalgia); Fever; Cough; Nasal congestion or rhinorrhea; New loss of taste or smell; Sore throat.

As a student-athlete, I understand that I have a personal responsibility to take steps to protect those around me, working to limit the spread of COVID-19 and ensure a safe environment for everyone in the school community, as well as my own.

By signing below, I acknowledge that I have read, understand and will abide by this Code of Conduct Relating to School Sports. I recognize that COVID-19 is a highly contagious virus and it is possible to develop and contract the COVID-19 disease even if I follow all of the safety recommendations of the school and comply with the pledge. I further understand that even though the school is following the guidelines issued by the CDC and other experts to reduce the spread of infection, a COVID-19 free environment can never be guaranteed. I understand that if I do not honor my pledge, I would be failing to comply with a legitimate school directive and pursuant to school and Section IX policies, I therefore could be subject to the appropriate accountability measures and disciplinary actions

Student Name/Signature: _____

Parent/Guardian Name/Signature: _____

Date: _____

Greenwood Lake UFSD Athletics Participation Screening Form

Athletes, Coaches and all visiting personnel participating in a Section IX Athletic Contest must answer all of the questions below prior to entering the bus and traveling to host school for an athletic contest. Completion of the Section IX Health Participation Screening Form will be documented on a roster checklist and handed to the site coordinator or designee at the host school.

To be read by a coach or designee and answered individually by each person traveling to the contest.

Date: _____ **Name:** _____

Are you experiencing any of the following symptoms:

Fever above 100F, chills, cough, fatigue, shortness of breath, difficulty breathing, muscle or body aches, sore throat, new loss of taste or smell, headache, congestion, nausea, vomiting or diarrhea?

Yes

No

Have you tested positive for COVID-19 in the past 14 days?

Yes

No

Have you been told to quarantine by a medical professional or Department of Health representative in the last 14 days?

Yes

No

Have you traveled in the past 14 days to a US State or Country designated as a high risk area by NYS/Federal Government?

Yes

No

Has anyone in your home been infected with the Coronavirus within the past 14 days or currently waiting for results from a COVID - 19 Test?

Yes

No

If you answered YES to any of the above questions, you are NOT CLEARED to participate or travel for an interscholastic athletic contest.

Appendix E

**GWL Modified Sports Overseer
Fall 2 Season**Job Description:

- *Individual will attend home games to ensure the health and safety of players, coaches and spectators*
- *Ensure execution of Covid-19 protocols for all home games*
- *Oversee coaches to ensure health screenings and temperature checks have been completed prior to home games*
- *Ensure all student-athletes follow the code of conduct during home games*
- *Ensure all student-athletes, coaches and spectators are masked; mandated as per NYSPHSAA, Section IX and GWL*
- *Ensure there is no congregating after home games have commenced and that all student-athletes, coaches and spectators depart immediately*
- *Ensure all student-athletes are picked up in the designated pick-up area*

All interested individuals must either be enrolled in a School Leadership Program or possess a certification in School Administration.

List of Home Games:

March 19th - 4pm
March 22nd- 4pm
March 25th - 4pm
March 26th - 4pm
April 7th - 4pm
April 8th - 4pm
April 15th - 4pm

Appendix F

Financial Considerations

- Signage for Check-In Table, Entrances, Exits etc
- Modified Sports Overseer Stipend (home games)
- Additional PPE (masks, hand sanitizer, and wipes)
- Purchase of Bottled Water
- Rental Fee for Town Field by CVS ~ \$50 application fee
- Nurse Stipend (home games)