



Averill Park Return to Interscholastic Athletics

Winter 2021

Updated 1/29/2021

On Friday, January 22, 2021 Governor Andrew Cuomo announced that school-sponsored “high risk” sports in all regions may begin to practice and play beginning February 1st with local county health department approval.

See Page 5 of the [NYS Interim Guidance for Sport and Recreation](#) for further details.

[2021 January NYPHSAA Return to Interscholastic Athletics](#)

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.

Outlined below is a plan for Averill Park Central School District and its return to Interscholastic Athletics for the winter of 2021.

During the return to Interscholastic Athletics the following two documents will be referenced:

Department Of Health Interim Guidance for Sports and Recreation [Interim Guidance for Sports and Recreation](#)

[New York State Public High School Athletics Return to Interscholastic Athletics](#)

Dates

The Winter 2021 Sports season will commence on Monday, February 1st and run through Saturday, March 13th. Seasons will conclude with a Surburban Council championship tournament in each sport, if applicable.

Section 2 Athletics has determined that during the Winter 2021 sports season, no sectionals will be conducted.

Schedules

Each varsity and junior varsity team in each sport will play a reduced number of games. For the Winter of 2021, no non-league contests are permitted unless otherwise approved by the Director of Athletics. No team will be permitted to travel outside the boundaries of Section 2 unless otherwise approved by the Director of Athletics.

The Surburban Council has reduced league schedules to the following number of scheduled contests:

Boys and Girls Basketball - max of 14 league games plus tournament
Ice Hockey - max of 12 league games plus tournament
Cheerleading - 4 competitions max
Wrestling – TBD

Play Dates

League schedules will focus on having member schools play 3 days a week for boys and girls basketball, 2 days in hockey, 2 days in wrestling and 1 day in cheerleading.

Standardized start times will be:

- Boys and Girls Basketball: Weekday start times will be 4:30 for Junior
 - o Varsity and 6:15 pm for Varsity. Saturday game times will be standardized as 11am and 12:45pm for Junior Varsity and Varsity Games
- Wrestling - 4:30 pm for JV and 6 pm for Varsity
- Ice Hockey - TBD depending on availability of rink time.
- Cheerleading – TBD

Game times can be changed by mutual agreement of member schools.

Health Screening

The NYSED has extended the validity of school sport physicals through the end of the 2021 school year. Any student-athlete who had a physical in the 2018-2019 or 2019-2020 sports seasons can get medically cleared for Winter 2021 season with an updated Interval Health History form to be submitted within 30 days of the start of the season. Any student-athlete who did not have a sport physical during that time frame **MUST** obtain a new one.

Health History

Beginning with the start of the Winter 2021 season, Averill Park students are required to update their health history **which includes questions regarding Covid-19 infections and diagnosis**. These questions will be used by school health care providers to identify those student-athletes who may require additional medical screening before being cleared for sports. These questions are on Family ID. Recommendations for these changes can be found in the [NYSPHSAA Return to Athletics](#) document.

Roster Size

For the Winter 2021 season, coaches should consider limiting the roster size in each sport to be able to accommodate transportation restrictions. Each school agrees that only 3 non athletes or coaches (scorekeeper, statisticians) will be allowed to accompany teams.

Promotion

For the Winter 2021 season, it is recommended that once the first league game starts, coaches at each school track all promotions to ensure proper contact tracing should it be needed. The Suburban Council Promotion rule is suspended for the Winter 2021 season.

Athletic Placement Process

For the Winter 2021 season, only the students-athletes who were personally asked by the head varsity coach will be allowed to go through

the process. Permission slips and physical maturity forms are due by Thursday, January 28th.

Modified

There will be no scheduled contests at the modified level for Winter 2021. Averill Park is offering skill development sessions in place of the modified season. Modified student-athletes would only attend on their in-person day and not on their virtual day. Fully virtual students would attend on the day that they would have been in school had they elected the hybrid model.

Screening

Students - All student-athletes will be required to follow complete the daily self-assessment and get their temperature checked prior to practice/contest. Student-athletes will line up by the main entrance to the gym lobby for their temperature to be checked by the Athletic Trainer or coach. All athletes and coaches must have their temperature checked before practice or competitions regardless of being in the building that day.

Coaches - all coaches will fill out the self-assessment form each day prior to their arrival on campus.

Officials - all officials working contests at Averill Park will be emailed a self-assessment form to be completed the day of the contest and prior to arriving on campus. They will be also be emailed the claim form which will be sent back at the conclusion of the contest.

Team and Individual Photo Sessions

Team photos are allowed ONLY if students are wearing masks or they can be spaced at least 6ft apart.

IMPACT testing

Must be completed online and before athletes are allowed to begin practice on February, 5th 2021.

Locker rooms

There will be no gathering of student-athletes in locker room areas. Student-athletes should attempt to come to practice ready to go and not need to use the locker room. If a locker room is needed, student-athletes

and coaches are expected to wear masks at all times and adhere to social distancing guidelines.

- Middle school student-athletes should store their bags/equipment in the locker room prior to the start of the school day.
- 5 minutes only
- No showers
- Locker rooms are to be used for changing areas and not storage during practice. Equipment bags will be stored in the morning in the auxiliary gym.
- Must wear a mask at all times
- After changing, no storage of bags or personal items. Place bags 6ft apart:
 - Basketball – lining the bleachers
 - Wrestling – lining the hallway under trophies
 - Cheer- lining the bleachers
 - Volleyball- lining the bleachers
- No visiting teams allowed in locker rooms
- Locker rooms will not be open after practices or games.

Practice Guidelines

Student athletes are expected to report to their team's designated location at a designated time. Coaches should be able to identify the student athletes who were together at any time (keeping accurate attendance and group members). Acceptable face coverings must be worn at all times, unless engaged in physical activity (e.g. practicing, playing) AND a distance of at least six feet can be maintained among individuals. In accordance with NYSDOH guidance a distance of at least six feet must be maintained among individuals at all times, whether indoor or outdoor, unless safety or the core activity requires a shorter distance. If a player is unable to tolerate a face covering for the physical activity, approval from the school's district medical director is required for a waiver.

- Virtual and hybrid student athletes must come prepared for practice and will not be allowed in the locker rooms.
- All athletes must take personal items and bags to practice (locker rooms will not be open after practice) and store them 6ft apart.
- Wash or sanitize hands before going to practice and during practice breaks (hand sanitizer will be readily available)

- Take med kits with extra masks and hand sanitizer
- Athletes and coaches are required to bring their own filled water bottles (limited supply of extra bottles)
- No sharing of clothes, pinnies, food, or water
- Equipment not shared unless able to be sanitized in between uses
- During practice or when full team competition is taking place, when a distance of less than 6 feet cannot be maintained, student athletes should be wearing masks as tolerated. If a player is unable to tolerate a face covering for the physical activity, approval from the school's district medical director is required for a waiver.
- When sitting on sidelines, must be six feet apart AND wearing face covering
- Wash/sanitize hands after practice
- All personal equipment should be taken home and disinfected at the conclusion of each practice/contest.
- Immediately shower when arriving at home
- As student-athletes wait to be picked up at the conclusion of practices/contests they should wait in the gym lobby while wearing their face covering and maintaining a distance of at least six feet.

Game Day Guidelines

- Virtual and hybrid student athletes must come prepared for competition and will not be allowed in the locker rooms.
- Locker room for only athletes on campus for in-person learning
- All athletes must take personal items and bags to competitions (locker rooms will not be open after games) and place bags six feet apart:
 - Store in aux gym on designated X
- Wash or sanitize hands before going to competitions and during competition breaks (hand sanitizer will be readily available)
- Take med kits with extra masks and hand sanitizer
- Athletes and coaches are required to bring their own filled water bottles (limited supply of extra bottles)
- No sharing clothes, pinnies, food or water
- Equipment not shared unless able to be sanitized in between uses
- Acceptable face coverings must be worn at all times, unless engaged in physical activity (e.g. practicing, playing) AND a distance of at least six feet can be maintained among individuals. In accordance with

NYSDOH guidance a distance of at least six feet must be maintained among individuals at all times, whether indoor or outdoor, unless safety or the core activity requires a shorter distance. If a player is unable to tolerate a face covering for the physical activity, approval from the school's district medical director is required for a waiver.

- When sitting on sidelines, must be six feet apart AND wearing a face covering
- Wash hands after competition
- All personal equipment should be taken home and disinfected at the conclusion of each practice/contest
- Immediately shower when arriving at home
- As student-athletes wait to be picked up at the conclusion of contests, they should wait in the gym lobby while wearing their face covering and maintaining a distance of at least six feet.
- Scoring table is limited to essential personnel (home team scorer and timer).
- 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 (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)

Media

Media members should contact school prior to the event to discuss protocols.

Hosting

Each head coach needs to make sure to have an administrative contact for all events. In the event of an issue, the coach should contact the Director of Athletics, a Faculty Manager or the Athletic Trainer. The Averill Park Athletic Office will communicate ahead of time with the incoming schools and officials about its 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;
- How will game day paperwork be handled (electronic exchange of rosters between coaches prior to game time is preferred).

An Averill Park coach should walk their facility to ensure that it has been properly sanitized before the visiting team has arrived. Clean and disinfect frequently touched surfaces and equipment. Please contact the Director of Athletics, Facility Manager, or Athletic Trainer if there is an issue regarding your game day facility. Contact the Athletic Trainer if someone starts to display or say they have symptoms.

Visiting teams must bring: emergency contact list, med kit, disinfected equipment, water (limited supply of extra water bottles at AP), extra supply of masks and hand sanitizer, and supplies for stats/scorer person.

Locker rooms will not be available for visiting teams. Restrooms are available in the gym lobby.

At the completion of every contest, spectators are expected to leave the facility immediately.

Coaches are reminded that pre, during, and post contest handshakes, hugs, fist bumps etc., are prohibited.

Protocol if Symptoms are Displayed

1. Contact Athletic Trainer
2. Keep athlete and personal belongings away from teammates and other staff
3. Contact parents
4. Notify Nurse
5. Google Form filled out by ATC or Nurse for sending athlete home with symptoms

Athletic Training Room

- Room will be located in auxiliary gym
- Entrance is the main door
- Wait in line six feet apart
- Athletic trainer will sign athletes in/out
- Masks are required at all times
- Athletes cannot get their own ice
- Athletes must leave after treatment or tape, cannot wait for friends

During the school day, athletes:

- Can only be seen during gym class for emergencies
- Cannot come down during advisory or study halls
- Cannot come down with late arrivals or early dismissal

Booster Clubs/Concessions

There will be no concessions at any contests until further notice. Post contest meals are prohibited until further notice. This includes weekend or team gatherings, which are not part of the instruction process (i.e. pasta parties).

Senior recognition ceremonies are allowed, but must follow all COVID-19 protocols and be coordinated with the coach and approved by the Athletic Department.

Away Games

Student athletes should change prior to departure and have all of their belongings and equipment with them when they leave Averill Park campus. Averill Park student-athletes and coaches are expected to follow all of the

guidelines and procedures of other member schools upon arrival on their campus.

Busing/Travel to and From Away Contests

Coaches need to make sure they are in compliance with all Averill Park Transportation Department guidelines during COVID-19. All coaches need to have an updated roster, emergency contact list, and med kit with them at all times.

In lieu of passing around a sign out sheet, parents need to either confirm via email or text with the head coach that they are driving their child to, or signing their child out from, an away contest. Coaches can set up a Google document, instead of the email/text procedure, if they prefer. Students should not be released without electronic documentation.

Spectators/Parents

In accordance with the [NYSPHSAA Return Athletics Guidelines](#), page 14, schools will have to limit capacity of indoor facilities to no more than 50 percent occupancy and limit spectators to no more than two spectators per player, in addition to implementing social distancing and face coverings.

As of January 26th, all Surburban Council athletic contests held indoors will be conducted without spectators. The issues of allowing limited spectators will be reviewed at a later date.

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)

Mask protocols

Student-Athletes

Acceptable face coverings must be worn at all times, unless engaged in physical activity (e.g. practicing, playing) AND a distance of at least six feet can be maintained among individuals. In accordance with NYSDOH guidance, a distance of at least six feet must be maintained among individuals at all times, whether indoor or outdoor, unless safety or the core activity requires a shorter distance. If a player is unable to tolerate a face covering for the physical activity, approval from the school's district medical director is required for a waiver.

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.”

Student-athletes MUST have a written clearance from their physician before starting the RTP progression. It is a 5 stage progression, lasting 7 days. They will be able to participate in practices but in a limited capacity until day 7.