



Bainbridge-Guilford CSD
REOPENING
PROTOCOLS & PROCEDURES
February 3, 2021

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Jr-Sr. High School Principal: William Zakrajsek
Athletic Coordinator: Kevin Hores

The purpose of the following document is to inform you as the Athlete and Parent or Guardian as to what the district has put into place to comply with both state and county regulations in regards to the global Covid-19 health pandemic. All information on the following pages is subject to change pending future COVID-19 pandemic guidance from the CDC, the NYSDOH, and the NYSPHSAA. Once you have completed reading the entirety of the document please sign and return to the HS Main Office.

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Note: The NYSPHSAA has established Protocols and Implementation Procedures for the 2020-2021 Winter Sports and Fall II Sports seasons. The NYSPHSAA has not established these for the Spring Sports season to date (as of January 2021). Therefore, Spring sports are not included in this version of the Bainbridge-Guilford Reopening Procedures and Protocols, which is based on guidance from the NYSPHSAA.

NYSDOH GUIDANCE: RISK DEFINITIONS

Low, Moderate, High

In accordance with New York State Department of Health guidance (Interim COVID-19 Guidance for Sports and Recreation), 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 recreational activities are categorized by NYSDOH as “low” risk, “moderate” risk, and “high” risk.

Low Risk (NYSDOH)

Bowling, Golf, Tennis, Indoor Track and Field

Low-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)

Baseball, Softball, Soccer

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)

Basketball, Football, Volleyball, Wrestling

High-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.

Note: Risk definitions are subject to change pending future COVID-19 pandemic guidance from the Centers for Disease Control, the New York State Department of Health, and the New York State Public High School Athletic Association.

Chenango County Draft

- New York State's [Interim Guidance For Sports And Recreation During The Covid-19 Public Health Emergency](#) categorizes sports and recreation activities as lower risk, moderate risk, and higher risk. Wrestling, ice hockey, basketball, contact lacrosse, and volleyball are among the sports categorized as higher risk.
- On January 22, 2021, Governor Cuomo announced that 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 may partake in other types of play, including competitions and tournaments, only as permitted by their local health departments.
 - The [Interim Guidance For Sports And Recreation During The Covid-19 Public Health Emergency](#) stipulates that the following factors should be considered regarding higher risk sports, which may weigh against permitting such activities:
 - Whether a more-transmissible variant of SARS-CoV-2 (the virus that causes COVID-19 disease) has been identified by New York State Department of Health (NYSDOH) in the area.
 - NYSDOH's Wadsworth Center performs SARS-CoV-2 sequencing. In general, SARS-CoV-2 sequencing is not performed by hospital or commercial laboratories.
 - Local rates of SARS-CoV-2 transmission or rate of positivity.
 - Local health departments are not able to estimate the effective reproduction number (Rt), which characterizes the SARS-CoV-2 transmission rate. NYSDOH no longer publishes Rt estimates.
 - The Department of Biostatistics at the [Harvard Chan School of Public Health publishes county-level Rt estimates](#) based on publicly available NYSDOH data.
 - Local ability to monitor and enforce compliance with requirements.
 - Effective February 1, 2021, and until otherwise indicated, student-athletes are permitted to participate in K-12 sponsored higher-risk school sports in Chenango County, provided that specific requirements are met.

REQUIREMENTS FOR HIGHER RISK K-12 SCHOOL SPORTS IN CHENANGO COUNTY

Effective February 1, 2021, and until otherwise indicated, student-athletes are permitted to participate in K-12 sponsored higher-risk school sports in Chenango County, provided that the following requirements are met.

- Each school district's Board of Education or non-public school's Board of Directors (or other appropriate person/entity) must approve the district/school's participation in each specific higher-risk sport.
- Each school superintendent/school leader must oversee the creation of a sport-specific preparedness plan that delineates:
 - A plan administrator, who is responsible for communicating the plan to student-athletes, coaches, parents, trainers, referees/officials, etc. *Athletic Director William Zakrajsek*
 - A plan coordinator, who will serve as a point of contact, should any cases be identified. The coordinator must facilitate and assist with case investigation and contact elicitation and notification. *Athletic Coordinator Kevin Hores & Athletic Director William Zakrajsek*
 - A daily system to ensure that no one associated with the practice or competition is ill,

- including referees/officials and spectators. *Temperature checks and school form for reopening Plan filled out by each student/athlete. Outlined on Pg. 13*
- A system for logging attendance by all individuals associated with the practice or competition, including referees/officials and spectators. The system must capture names, phone numbers and email addresses. *The Athletic Director will hand out sign in sheets at all athletic events.*
 - How practice and game times can be staggered to avoid crowding and congestion when participants, referees/officials and spectators are arriving, playing, and leaving.
 - If feasible, how pods can be created to limit the potential for transmission in the event of an exposure. A pod is a group of student-athletes who only practice or play with members of their own pod.
 - Pods should either practice in physically separate rooms, facilities or areas or steps taken to ensure that pods are appropriately distanced.
 - Teams should avoid reassigning athletes to different pods to the maximum extent possible.
 - The smaller the pod size, the more the team can minimize potential transmission.
 - How sharing of objects (e.g., water bottles, towels, and snacks) will be avoided and the use of dedicated personal equipment encouraged.
 - If feasible, how practices or competitions can be held outdoors. If not feasible, how time spent indoors can be minimized.
 - How locker rooms and facility shower use can be avoided.
 - How carpooling can be discouraged to the extent possible.
- Each sport-specific preparedness plan must be approved by the district/school's medical director.
 - Each parent/guardian must sign a district/school developed SARS-CoV-2 informed consent that, at a minimum, acknowledges that:
 - Participation in the higher-risk sport places the student-athlete at risk of exposure to SARS-CoV-2.
 - Symptomatic and asymptomatic individuals can spread the virus.
 - Masking, distancing, and other mitigation measures reduce, but do not eliminate risk.
 - At present, it cannot be predicted who will become severely ill if infected.
 - SARS-CoV-2 can lead to serious medical conditions and death for people of all ages.
 - The long-term effects of SARS-CoV-2 are, at present, unknown; even people with mild cases may experience long-term complications.
 - There is a significant risk of transmission to those in the home of infected student-athletes.
 - Older people and people with underlying health conditions are at higher risk of serious disease.
 - Each district/school obtains a medical clearance from the student-athletes healthcare provider.
 - Each district/school establishes and disseminates their own dedicated phone number and email address to allow athletes, parents or others to report alleged failures to adhere to the obligations reflected in these requirements and/or those in NYS' [Interim Guidance For Sports And Recreation During The Covid-19 Public Health Emergency](#).
 - Masks that conform to recommendations from the [Centers for Disease Control and Prevention](#) must be worn at all times, by all student-athletes, coaches, managers, referees/officials, spectators, individuals dropping off or picking up student-athletes, etc.
 - Any mask that becomes saturated with sweat must be changed immediately.
 - Reusable masks (cloth face coverings) must be washed daily in hot water and not reused until cleaned.

- Coaches, managers, and other school employees should monitor proper use and correct improper use by student-athletes, when indicated.
- **Each student-athlete, coach, manager, referee/official, or other individual associated with the higher-risk sport must undergo weekly SARS COVID-19 rapid testing provided by the district. Tests will be conducted in the district nurses office which is licensed to test under the direction of Lourdes.**
 - **Testing must be arranged or conducted by the district/school.**
 - **The district/school must report patient-specific results (positive or negative) to Chenango County.**
 - **The 'home' team is responsible for arranging for and reporting of results from officials/referees.**
- Travel for practice or play to, or from anywhere other than the following counties is not permitted.
 - Broome, Cortland, Delaware, Otsego, Madison, Tioga, Tompkins
 - Travel to, or from, any area that has been designated as a red or orange zone is not permitted.
 - Travel to, or from, any area that has been designated as a yellow zone is permitted so long as it adheres to all applicable NYS guidance.
 - Superintendents/school leaders from districts/schools from outside Chenango County must stipulate to the host district/school that no one associated with the team is known to be ill or currently infected with SARS-CoV-2 prior to their team traveling to Chenango County to participate in a practice or competition.
- Districts/schools must limit spectators to minimize the risk of transmission and comply with venue guidance and capacity limits. No more than two spectators per student-athlete may be permitted for indoor sports.
- Multi-team events or tournaments involving higher-risk sports are not permitted in Chenango County.
- **Each district/school will maintain at their own expense a valid policy of insurance covering the liability arising from their sponsorship of higher-risk sports teams.**

Overview:

1. On January 22, 2021, Governor Cuomo announced that 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 may partake in other types of play, including competitions and tournaments, only as permitted by their local health departments
2. Schools, players, parents, and coaches must understand that social interactions outside of an actual practice or competition (e.g. locker rooms, buses) are potential places of transmission among student-athletes. Regarding clusters of SARS-CoV-2 cases among athletes, at this time, there is insufficient data to determine whether transmission is more likely to have occurred because of the nature of a given sport or because of the social factors and environment surrounding the athletes and teams.
3. Effective February 1, 2021, and until otherwise indicated, student-athletes are permitted to participate in K-12 sponsored higher-risk school sports in Chenango County, provided that specific requirements are met.
4. **Ultimately, the decision falls on a parents/guardian to decide whether they will allow their children to participate in a given sport or activity. Each parent/guardian must sign the district SARS-CoV-2 informed consent that is included in this document.**

General Practices Used:

Responsible Parties (coaches) must ensure a distance of at least **six feet or twelve feet, for cardio training**, 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.

5. Responsible Parties (coaches) should modify layouts so that individuals are at least six feet or twelve feet, for cardio training, apart in all directions, to the greatest extent possible, particularly during field exercises, drills, and other

practice activities. • Responsible Parties (coaches) should discourage sharing of equipment among patrons/players, unless it is able to be cleaned and disinfected between use.

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.

Considerations for Coaches (All Sports):

1. Coaches will communicate guidelines in a clear manner to students and parents.
2. Coaches will conduct workouts in “cohorts” of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
3. Accurate attendance records of athletes and staff who attend each practice will be kept in case contact tracing is needed.
4. Coaches and staff will make sure to emphasize to all participants the importance of washing hands or using hand sanitizer before, during, and after any off-season workouts.
5. Coaches and staff will ensure our facilities have been properly sanitized, have hand sanitizer and disposable masks readily available for all off-season workouts.
6. Coaches and staff will clean and disinfect frequently touched surfaces and equipment including balls.

Considerations for Students (All Sports):

1. Students need to 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.
2. Each athlete needs to bring their own water bottle.

3. No hugging, high fives, shaking hands, or fist bumps.
4. Students need to tell coaches immediately when they are not feeling well.
5. Student-athletes will be encouraged to shower at home as quickly as possible after practice and games.

Maximum Occupancy for B-G per location:

For any **indoor** off-season workout, capacity needs to be limited to **no more than 50%** of the maximum occupancy for a particular area (Gyms) and **33% for weight rooms** as set by the certificate of occupancy, inclusive of coaches/players.

MPR: 1400 with 50% being 700 total people

Old Gym:1000 with 50% being 500 total people

Fitness Center: 51 with 33% being 16 total people

Functional Fitness Room: 19 with 33% being 6 total people

Greenlawn Gym:490 with 50% being 245 people.

Screening and Testing per outlined Guidance from CCHD

1. All athletes will be required to perform the Home Health Screening by Noon on the day of their Practice or Game. Responses to screening questions for each person will be recorded and stored.
2. All coaches and students will be screened for signs/symptoms of COVID-19 prior to a workout. For each day of training, coaches will complete the Health Screening sent to their email prior to coaching any off season conditioning session. Screening for athletes will include a temperature check upon arrival to school. These Screenings will be completed by Mr. Zakrajsek, Mr Graham, or Mr. Hores or a designated trained Coach.
3. Any person with positive symptoms reported will not be allowed to take part in workouts and should contact his or her primary care provider; or other appropriate health-care professionals per school district and health department protocols.
4. Temperature Checks for students coming from home will be at 3:10pm located outside the cage MPR Doors.

Bainbridge-Guilford Central Schools Visitor Entry Form – Health Screening

Print your name _____ Date and Time _____

Address: _____

Destination _____ Phone Number _____

1) Have you had any COVID-19 symptoms that you can't attribute to another condition in the past 14 days, including a temperature over 100.0F? Temperatures must be taken prior to coming into the school building.

Symptoms can include but are not limited to:

- Fever or chills - New loss of taste or smell - New or unexplained cough - Nasal congestion - Shortness of breath or difficulty breathing - Unexplained sore throat - Unexplained fatigue - Nausea or vomiting

Yes or No _____

2) Have you had a positive COVID-19 test in the last 14 days?

Yes or No _____

3) Have you knowingly been in close contact with a person who has a confirmed or suspected case of COVID-19 in the last 14 days?

Yes or No _____

4) Have you traveled internationally or from a state with a widespread community transmission of COVID-19 per the New York State Travel Advisory in the past 14 days? (Please see attached list)

Yes or No _____

If you answer "No" to ALL of the questions, initial here _____ and proceed.

If you answer "Yes" to any of the questions, please leave immediately and contact us via email or phone.

B-G FITNESS CENTER RULES

Maintain a social distance of 6 ft unless spotting a partner. Maintain a social distance of 12 ft when using cardio machines and while performing any aerobic activity.

Coaches should discourage free weight exercises that require a spotter. However, if those exercises occur, a coach wearing a face covering should be available or the athlete who is lifting the weights should have a member of their household or team who is wearing a face covering available to spot. In either case, spotting must be conducted within the least amount of time possible (i.e., no lingering or socializing).

Coaches, staff and athletes must always be wearing a mask.

Equipment must be disinfected (wiped down using spray bottles) between each use.

Wear proper athletic attire.
(shirt, shorts or sweats, and athletic shoes)

Store personal items in lockers or cubbies.

Water is allowed (no food, drink, or gum).

Sign-in when entering, record your time out when leaving.

Use collars with free weights.

Use safety bars in racks when bench pressing or squatting.

Use spotters when doing heavy or maximum lifts.

Keep dumbbells, weights and bars off benches.

Have the Fitness Center Supervisor get bars from storage.

Return all equipment to its proper place.

Keep to 20 minutes on Cardio equipment.

Wipe down equipment when finished.

Report broken or improperly working equipment immediately.

Boys Basketball Practice Daily Attendance Record



Team _____ Date _____

Coach(s) _____

Hours _____ Location _____



	Athlete Name:	Track: (A), (B), or (D)	Parent or Guardian Contact Number & Address	Checked Coming From Home Doc (Y) or (NA)	Present (P) Absent (A)
1	Phil	A	On File	N/A	
2	Bob	A		N/A	
3	Randy	A		N/A	
4	Nate	B			
5	Nick	D			
6	Kevin	B			
7					
8					
9					
10					
11					
12					
13					
14					
15					

Coming from Home sign-in/Screening



Date _____

Coach(s) _____

Hours _____



	Athlete Name	Home Health Screening: Pass/Fail	Parent or Guardian Contact Number & Address	Temp P or F:	Session:
1	Nate	Pass	On File	P	Football
2	Nick	Pass	On File	F	Football
3	Kevin	Pass	On File	P	Football
4	Cristine	Pass	On File	P	Soccer
5	Sarah	Pass	On File	P	Soccer
6					
7					
8					
9					
10					
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14					
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16					
17					

BASKETBALL PROTOCOLS

General Considerations

The NYSDOH has determined that Basketball 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).

Athletic Director (William Zakrajsek or Designee) is responsible for communicating the plan to student-athletes, coaches, parents, trainers, referees/officials, etc.

Athletic Coordinator (Kevin Hores) will serve as a point of contact, should any cases be identified. Kevin Hores will facilitate and assist with case investigation and contact elicitation and notification.

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 activity in case contact tracing is required.
- Social distancing is required at all times.
- Wear face coverings at all times.

Coaches will:

- Complete the daily COVID questionnaire before their arrival to the facility.
- Follow directions on COVID questionnaire regarding their attendance that day.
- Help other coaches identify student-athletes who should not be in the gymnasium (must leave immediately).
- Communicate directly with the athletic director before starting activities for the day to assure that all procedures have been completed with student-athletes and coaches.
- Keep their athletes in groupings 10 or less at all times, with social distancing enforced.
- Wear a face covering at all times.
- Immediately stop any activity for the day if guidelines are not being followed.
- Coaches, managers, and other school employees should monitor proper use and correct improper use by student-athletes, when indicated.

Considerations for Student-Athletes

- Consider making each student responsible for their own supplies.
- Students must wear their own appropriate clothing (no shared items); all clothing/towels/masks must be washed/cleaned after every activity immediately upon returning home.
- Once an activity is concluded, all borrowed materials will be collected and disinfected.

Student-Athletes will:

- Complete the daily COVID questionnaire before their arrival to the facility.
- Wear face coverings unless they cannot tolerate them during physical activity.
- Follow the directions of the screeners at ALL TIMES.
- Refrain from hugging, handshaking, fist-bumping, etc. (i.e., no contact).
- Any mask that becomes saturated with sweat must be changed immediately.

- Reusable masks (cloth face coverings) must be washed daily in hot water and not reused until cleaned.

Considerations for Parents

- Provide personal items for your child and clearly label them.
- Make sure their student-athletes complete the daily screening.
- Pick up their child immediately if contacted regarding the possibility that child has COVID-19 symptoms or determined to be in close contact with a COVID-19 positive person.
- Get medical clearance for their child to participate in activities, if directed by the district.
- If spectators are permitted, only two per participant will be allowed, in accordance with NYSDOH guidance.
- If spectators are permitted, they cannot congregate by others at the facility.

Parents will:

- Follow the NYSDOH guidance if permitted to attend as spectator (two per participant).
- Check in with assigned staff upon entry.
- Refrain from congregating by others at the facility.
- Wear a face covering, unless seated.
- Wash hands/use hand sanitizer frequently.

Facility Cleaning

- All areas and equipment used by participants must be disinfected.

Cleaning Procedures

- Rigorously clean and disinfect any shared equipment (e.g., basketballs) between use.
- Disinfect shared chairs and tables (scorer's table and bench chairs) between use.
- Remind players and coaches to clean and disinfect equipment before and after use.
- Locker rooms will be off-limits, unless requested by the traveling school.
- Proper social distancing must be practiced in all bathrooms.
- Everyone in attendance – participants, coaches, game personnel, officials, spectators, trainers, etc. – must wash their hands for a minimum 20 seconds or use hand sanitizer upon arrival and departure. Hand sanitizer will be available at the venue, if needed.

Failed Screenings

In the event of failed screening, the following steps must be taken:

- The designated screener will send the student-athlete home immediately and will communicate with parents/guardians. (Parents/guardians are asked to remain in the vicinity until their children clear the screening process.)
- The designated screener will notify coaches of the athlete's participation status.
- Student-athletes will be required to obtain a medical clearance from a physician to return to activity.

Arrival Procedures

- All walkers and those who self-transport will enter the building utilizing one designated point of entry (MPR Cage Doors). Face coverings and proper social distancing are required upon arrival.
- Officials will enter the building utilizing one designated point of entry (MPR Cage Doors). Face coverings and proper social distancing are required upon arrival.
- Officials will use the coach's office one at a time to maintain social distancing.
- All students arriving on buses will enter the building utilizing one designated point of entry (Cafe Double Doors).
- All bused students must wear face coverings while disembarking the buses and entering the building.
- Athletes will be verbally dismissed from the buses by the driver, one row at a time, to maintain proper social distancing (front-back).
- Students will be screened before entering the building, if not done so before the start of the school day.
- Daily attendance will be monitored by coaches to see which students were absent and which cohort was present that day.
- In the event of a failed screening, the designated screener (coach/administrator) will send the student-athlete home immediately and will communicate with parents/guardians. (Parents/guardians are asked to remain in the vicinity until their children clear the screening process.)
- Guest schools will be screened by their home districts. No locker rooms will be used, with the exception of special requests. Access bags and clothes will be in a designated area behind their team bench.
- Spectators from home and away teams must enter the gym through the Cafe Double doors in the back of school.

Activity Procedures

- If spectators are allowed, restrict facility capacity to no more than two per player.
- Gate list must be provided by both schools to ensure occupancy rules are enforced.
- Face coverings must be worn at all times by coaches and spectators (if allowed).
- Enforce social distancing of at least six feet by spectators (if allowed).
- Spectators, if allowed, will have to sit in designated areas (indicated with an "X").
- Staff must wear face coverings at all times.
- Access chairs will be available for bench players, who must be six feet apart and wear face coverings.
- Coach will have a designated area six feet from others by the sideline while play is live.
- Support staff will be seated six feet from others (utilize two score tables).
- Refrain from hugging, handshaking, fist-bumping, etc. (i.e., no contact).
- No concession stand.

Departure Procedures

- All spectators (if permitted) will exit the building utilizing one designated point of exit (MPR Cage doors). Face coverings and proper social distancing are required when departing grounds.
- All walkers and those who self-transport will exit the building utilizing one designated point of exit (MPR Cage Doors). Face coverings and proper social distancing are required when departing grounds.

- All students departing on buses will exit the building utilizing one designated location (MPR Cage Doors).
- All bused students must wear face coverings while exiting the building and boarding the buses. Dismissal will be staggered to maintain proper social distancing (front-back).
- All officials will exit the building utilizing one designated location (Cafe Double doors).

Cleaning Procedures

- Consider spraying basketballs with disinfectant (i.e., 60% alcohol Sanitizer, Lysol, or Clorox) at conclusion of play.
- Use of new basketballs on a regular basis is encouraged.
- Everyone in attendance – participants, coaches, game personnel, officials, spectators, trainers, etc. – must wash their hands for minimum 20 seconds or use hand sanitizer upon arrival and departure. Hand sanitizer will be available at the venue, if needed.

BOWLING PROTOCOLS

General Considerations

The NYSDOH has determined that Bowling 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).

Athletic Director (William Zakrajsek or Designee) is responsible for communicating the plan to student-athletes, coaches, parents, trainers, referees/officials, etc.

Athletic Coordinator (Kevin Hores) will serve as a point of contact, should any cases be identified. Kevin Hores will facilitate and assist with case investigation and contact elicitation and notification.

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 activity in case contact tracing is required.
- Social distancing is required at all times.
- Every other lane must be dark (closed) unless there is a barrier between each lane.

Coaches will:

- Complete the daily COVID questionnaire before their arrival to the facility.
- Follow directions on COVID questionnaire regarding their attendance that day.
- Help other coaches identify student-athletes who should not be at facility (must leave immediately).
- Communicate directly with the athletic director before starting activities for the day to assure that all procedures have been completed with student-athletes and coaches.
- Keep their athletes in groupings 10 or less at all times, with social distancing enforced.
- Wear a face covering at all times.
- Immediately stop any activity for the day if guidelines are not being followed.

- Coaches, managers, and other school employees should monitor proper use and correct improper use by student-athletes, when indicated.

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Considerations for Student-Athletes

- Consider making each student responsible for their own supplies.
- Students should wear their own appropriate bowling clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every activity immediately upon returning home.
- Bring your own bowling ball (if possible) and water bottle.
- A participant who does not have his/her own ball will be issued a ball that only that participant can use for the duration of the activity.
- Once the activity is concluded, all borrowed materials will be collected and disinfected.

Student-Athletes will:

- Complete the daily COVID questionnaire before their arrival to the facility.
- Wear face coverings unless they cannot tolerate them during physical activity.
- Follow the directions of the screeners at ALL TIMES.
- Refrain from hugging, handshaking, fist-bumping, etc. (i.e., no contact).
- Any mask that becomes saturated with sweat must be changed immediately.
- Reusable masks (cloth face coverings) must be washed daily in hot water and not reused until cleaned.

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Considerations for Parents

- Provide personal items for your child and clearly label them.
- Make sure their student-athletes complete the daily screening.
- Pick up their child immediately if they are contacted regarding any indications that their child might have symptoms of COVID-19.
- Get medical clearance for their child to participate in activities, if directed by the district.
- If spectators are permitted, only two per participant will be allowed, in accordance with NYSDOH guidance.
- If spectators are permitted, they cannot congregate around the bowling area nor by others at the facility.

Parents will if permitted to attend:

- Follow the NYSDOH guidance if permitted to attend as spectator (two per participant).
- Check in with assigned staff upon entry.
- Refrain from congregating by others at the facility.
- Wear a face covering, unless seated.
- Wash hands/use hand sanitizer frequently.

Facility Cleaning

- All areas and equipment used by participants must be disinfected.

Failed Screenings

In the event of failed screening, the following steps must be taken:

- The designated screener will send the student-athlete home immediately and will communicate with parents/guardians. (Parents/guardians are asked to remain in the vicinity until their children clear the screening process.)
- The designated screener will notify coaches of athlete's participation status.
- Student-athletes will be required to obtain a medical clearance from a physician to return to activity.

BOWLING IMPLEMENTATION PROCEDURES

Arrival Procedures

- All walkers and those who self-transport will enter the building utilizing one designated point of entry (front entrance). Face coverings and proper social distancing are required upon arrival.
- All students arriving on buses will enter the building utilizing one designated point of entry (front entrance).
- All bused students must wear face coverings while disembarking the buses and entering the building.
- Athletes will be verbally dismissed from the buses by the driver, one row at a time, to maintain proper social distancing.
- Entry ticket must be submitted to the coach for review before entering the building, if not done so before the start of the school day.
- Daily attendance will be monitored by coaches to see which students were absent and which cohort was present that day.
- Guest schools may need to be screened. No locker rooms will be used. Access bags and clothes will need to be in a designated area only for coaches and players of that team.

Activity Procedures

- Restrict facility capacity to no more than 50% of the maximum occupancy.
- Gate list must be provided by both schools to ensure occupancy rules are enforced.
- Face coverings must be worn at all times.
- Enforce social distancing of at least six feet, including during play.
- Physical barriers are set up between lanes to limit contact. If physical barriers are not present, the adjacent lane will be closed during play.
- Players may only interact with members of their household at their assigned lane.
- Staff must wear face coverings at all times.
- Refrain from hugging, handshaking, fist-bumping, etc. (i.e., no contact).
- If spectators are permitted during matches, only two per participant will be allowed, in accordance with NYSDOH guidance.

Departure Procedures

- All walkers and those who self-transport will exit the building utilizing one designated point of exit (front entrance). Face coverings and proper social distancing are required when departing grounds.
- All students departing on buses will exit the building utilizing one designated location (front entrance).

- All bused students must wear face coverings while exiting the building and boarding the buses. Dismissal will be staggered to maintain proper social distancing (front-back).

Cleaning Procedures

- Rigorously clean and disinfect any rented or shared equipment (e.g., bowling balls, bowling shoes) between uses.
- Disinfect lanes (scorer's table and chairs) between uses.
- Remind players to clean and disinfect equipment before and after use.
- Encourage players to use their own equipment.
- Everyone in attendance – participants, coaches, game personnel, officials, spectators, trainers, etc. – must wash their hands for minimum 20 seconds or use hand sanitizer upon arrival and departure. Hand sanitizer will be available at the venue, if needed.

FOOTBALL PROTOCOLS

General Considerations

The NYSDOH has determined that Football is a **high-risk sport** (Least 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).

Athletic Director (William Zakrajsek or Designee) is responsible for communicating the plan to student-athletes, coaches, parents, trainers, referees/officials, etc.

Athletic Coordinator (Kevin Hores) will serve as a point of contact, should any cases be identified. Kevin Hores will facilitate and assist with case investigation and contact elicitation and notification.

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 required.

Coaches will:

- Complete the daily COVID questionnaire before their arrival to the facility.
- Follow directions on the COVID questionnaire regarding their attendance that day.
- Help other coaches identify student-athletes who should not be at field (must leave immediately).
- Communicate directly with the athletic director before starting activities for the day to assure that all procedures have been completed with student-athletes and coaches.
- Keep their athletes in groupings 10 or less at all times, with social distancing enforced.
- Wear a face covering at all times.
- Immediately stop any activity for the day if guidelines are not being followed.

- Coaches, managers, and other school employees should monitor proper use and correct improper use by student-athletes, when indicated.

Considerations for Student-Athletes

- Consider making each student responsible for their own supplies.
- Students should wear their own appropriate clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every activity immediately upon returning home.
- Once the activity is concluded, all borrowed materials will be collected and disinfected.

Student-Athletes will:

- Complete the daily COVID questionnaire before their arrival to the facility.
- Wear face coverings unless they cannot tolerate them during physical activity.
- Follow the directions of the screeners at ALL TIMES.
- Refrain from hugging, handshaking, fist-bumping, etc. (i.e., no contact).
- Any mask that becomes saturated with sweat must be changed immediately.
- Reusable masks (cloth face coverings) must be washed daily in hot water and not reused until cleaned.
-

Considerations for Parents

- Provide personal items for your child and clearly label them.
- Make sure their student-athletes complete the daily screening.
- Pick up their child immediately if contacted regarding possibility that child has COVID-19 symptoms.
- Get medical clearance for their child to participate in activities, if directed by the district.
- If spectators are permitted, only two per participant will be allowed, in accordance with NYSDOH guidance.
- If spectators are permitted, they should not congregate by others at the facility.

Parents will:

- Follow the NYSDOH guidance if permitted to attend as spectator (two per participant).
- Check in with assigned staff upon entry.
- Refrain from congregating by others at the facility.
- Wear a face covering when social distancing is not possible.
- Wash hands/use hand sanitizer frequently.

Facility Cleaning

- All areas and equipment that was used by participants must be disinfected.

Failed Screenings

In the event of failed screening, the following steps must be taken:

- The designated screener will send the student-athlete home immediately and will communicate with parents/guardians. (Parents/guardians are asked to remain in the vicinity until their children clear the screening process.)
- The designated screener will notify coaches of athlete's participation status.

- Student-athletes will be required to obtain a medical clearance from a physician to return to activity.

FOOTBALL IMPLEMENTATION PROCEDURES

Arrival Procedures

- All walkers and those who self-transport will enter the field utilizing one designated point of entry. Face coverings and proper social distancing are required upon arrival.
- Officials will enter the field utilizing one designated point of entry. Face coverings and proper social distancing are required upon arrival.
- Officials will use the coach's office one at a time to maintain social distancing.
- All students arriving on buses will enter the field utilizing one designated point of entry.
- All bused students must wear face coverings while disembarking the buses and entering the field.
- Athletes will be verbally dismissed from the buses by the driver, one row at a time, to maintain proper social distancing (front-back).
- Students will be screened before entering the field, if not done so before the start of the school day.
- Daily attendance will be monitored by coaches to see which students were absent and which cohort was present that day.
- The designated screener (coach/administrator) will send the student-athlete home immediately if there is a failed screening and will communicate with parents/guardians. (Parents/guardians are asked to remain in the vicinity until their children clear the screening process.)
- Guest schools will be screened by their home districts. No locker rooms will be used, with the exception of special requests. Access bags and clothes will need to be in a designated area behind the bench of their team.

Activity Procedures

- Face coverings must be worn at all times by coaches and spectators (if permitted).
- Enforce social distancing of at least six feet for spectators (if permitted).
- Spectators, if permitted, may not congregate in one area.
- No gate list required from home or away teams.
- Staff must wear face coverings at all times.
- If spectators are permitted, only two per participant will be allowed, in accordance with NYSDOH guidance.
- Surplus of chairs will be available for players on the bench to be six feet apart. Bench players must wear face coverings.
- Football bench area may be extended to the 15-yard line for teams with 30+ players. Coaches are still restricted to remain between the 45- and 25-yard line. There must still be 5 yards between the sideline and the bench area.
- Coach will have a designated area six feet from others by the sideline while play is live.
- Support staff will be seated six feet from others (utilize two scorer's tables).
- Refrain from hugging, handshaking, fist-bumping, etc. (i.e., no contact).
- No concession stand.

Departure Procedures

- All spectators will exit the field utilizing face coverings and proper social distancing.
- All bused students must wear face coverings while boarding the bus. Dismissal will be staggered to maintain proper social distancing (front-back).
- All officials will exit the field using social distancing guidelines.

Cleaning Procedures

- Consider spraying footballs briefly with disinfectant (i.e., 60% alcohol Hand Sanitizer Lysol or Clorox) during any stoppage of play.
- Use of clean footballs on a regular basis is encouraged.
- Everyone in attendance – participants, coaches, game personnel, officials, spectators, trainers, etc. – must wash their hands for minimum 20 seconds or use hand sanitizer upon arrival and departure. Hand sanitizer will be available at the venue, if needed.

GOLF PROTOCOLS

General Considerations

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).

Athletic Director (William Zakrajsek or Designee) is responsible for communicating the plan to student-athletes, coaches, parents, trainers, referees/officials, etc.

Athletic Coordinator (Kevin Hores) will serve as a point of contact, should any cases be identified. Kevin Hores will facilitate and assist with case investigation and contact elicitation and notification.

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 required.
- Each participant should use his/her own scorecard.
- 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.
- Face coverings must remain on, unless more than six feet from others.

Coaches will:

- Complete the daily COVID questionnaire before their arrival to the facility.
- Follow directions on the COVID questionnaire regarding their attendance that day.
- Help other coaches identify student-athletes who should not be at the course (must leave immediately).
- Communicate directly with the athletic director before starting activities for the day to assure that all procedures have been completed with student-athletes and coaches.

- Keep their athletes in groupings 10 or less at all times, with social distancing enforced.
- Wear a face covering at all times.
- Immediately stop any activity for the day if guidelines are not being followed.
- Coaches, managers, and other school employees should monitor proper use and correct improper use by student-athletes, when indicated.

Considerations for Student-Athletes

- Consider making each student responsible for his/her own equipment.
- Golf towels may not be shared and should be washed after every practice and match.
- Players may only touch and use their own golf balls and may not touch other players' golf balls or equipment.
- Bring your own water bottle.
- Face coverings must remain on, unless more than six feet from others.
- Any mask that becomes saturated with sweat must be changed immediately.
- Reusable masks (cloth face coverings) must be washed daily in hot water and not reused until cleaned.

Student-Athletes will:

- Complete the daily COVID questionnaire before their arrival to the facility.
- Wear face coverings unless they cannot tolerate them during physical activity.
- Follow the directions of the screeners at ALL TIMES.
- Refrain from hugging, handshaking, fist-bumping, etc. (i.e., no contact).

Considerations for Parents

- Provide personal items for your child and clearly label them.
- Make sure their student-athletes complete the daily screening.
- Pick up their child immediately if contacted regarding possibility that child has COVID-19 symptoms.
- Get medical clearance for their child to participate in activities, if directed by the district.
- If spectators are permitted, only two per participant will be allowed, in accordance with NYSDOH guidance.
- If spectators are permitted, they may not congregate around the tee box, greens, or clubhouse areas.

Parents will:

- Follow the NYSDOH guidance if permitted to attend as spectator (two per participant).
- Check in with assigned staff upon entry.
- Refrain from congregating by others at the facility.
- Wear a face covering when social distancing is not possible.
- Wash hands/use hand sanitizer frequently.

Facility Cleaning

- All areas and equipment that was used by participants must be disinfected.

Failed Screenings

In the event of failed screening, the following steps must be taken:

- The designated screener will send the student-athlete home immediately and will communicate with parents/guardians. (Parents/guardians are asked to remain in the vicinity until their children clear the screening process.)
- The designated screener will notify coaches of athlete's participation status.
- Student-athletes will be required to obtain a medical clearance from a physician to return to activity.

GOLF IMPLEMENTATION PROCEDURES

Arrival Procedures

- All walkers and those who self-transport will enter the clubhouse utilizing one designated point of entry. Face coverings and proper social distancing are required upon arrival.
- All students arriving on buses will enter the clubhouse utilizing one designated point of entry.
- All bused students must wear face coverings while disembarking the buses and entering the clubhouse/course.
- Athletes will be verbally dismissed from the buses by the driver, one row at a time, to maintain proper social distancing (front-back).
- Students must check in at the MPR Cage doors before getting on the bus, if not done so before the start of the school day (or before entering the clubhouse if self-transporting).
- Daily attendance will be monitored by coaches to know which students were absent and which cohort was present that day.
- The designated screener (coach/administrator) will send the student-athlete home immediately if there is a failed screening and will communicate with parents/guardians. (Parents/guardians are asked to remain in the vicinity until their children clear the screening process.)
- Guest schools will be screened by their home districts. Access bags and clothes will need to be in a designated area for their team.

Activity Procedures

- Face coverings must be worn at all times by coaches and spectators (if permitted).
- Enforce social distancing of at least six feet for spectators (if permitted).
- Spectators, if permitted, may not congregate in one area.
- No gate list required from home or away teams.
- Staff must wear face coverings at all times.
- If spectators are permitted, only two per participant will be allowed, in accordance with NYSDOH guidance.
- Refrain from hugging, handshaking, fist-bumping, etc. (i.e., no contact).
- No concession stand.
- Single tee starts should be staggered.
- When directed to, each group of players will move to the first tee, remaining socially distanced.
- Scorecards and pencils will be handed out to players by the home coach. Each player will receive a scorecard for their own scorekeeping and the other player's score. There should be no scorecard exchanges.
- Refer to course modifications specific to COVID-19 regarding bunker play and not touching the flagpoles.

Departure Procedures

- All spectators will exit the field utilizing face coverings and proper social distancing.
- All bused students must wear face coverings while boarding the bus. Dismissal will be staggered to maintain proper social distancing (front-back).
- All officials will exit the field using social distancing guidelines.

Cleaning Procedures

- Rigorously clean and disinfect any shared equipment between uses.
- Remind players and coaches to clean and disinfect equipment before and after use.
- Bathrooms may be used one person at a time.
- Everyone in attendance – participants, coaches, game personnel, officials, spectators, trainers, etc. – must wash their hands for minimum 20 seconds or use hand sanitizer upon arrival and departure. Hand sanitizer will be available at the venue, if needed.

INDOOR TRACK AND FIELD PROTOCOLS

General Considerations

The NYSDOH has determined that Track and 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).

Athletic Director (William Zakrajsek or Designee) is responsible for communicating the plan to student-athletes, coaches, parents, trainers, referees/officials, etc.

Athletic Coordinator (Kevin Hores) will serve as a point of contact, should any cases be identified. Kevin Hores will facilitate and assist with case investigation and contact elicitation and notification.

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 required.
- Each participant should use his/her own equipment.
- All coaches should make sure that their players are familiar with the Rules of Indoor Track and Field Event modifications specific to COVID-19, especially facility rules.
- Face coverings must remain on, unless more than six feet from others.

Coaches will:

- Complete the daily COVID questionnaire before their arrival to the facility.
- Follow directions on the COVID questionnaire regarding their attendance that day.
- Help other coaches identify student-athletes who should not be at the practice or away facility i.e., Norwich YMCA (must leave immediately).
- Communicate directly with the athletic director before starting activities for the day to assure that all procedures have been completed with student-athletes and coaches.

- Keep their athletes in groupings 10 or less at all times, with social distancing enforced.
- Wear a face covering at all times.
- Immediately stop any activity for the day if guidelines are not being followed.
- Coaches, managers, and other school employees should monitor proper use and correct improper use by student-athletes, when indicated.

Considerations for Student-Athletes

- Consider making each student responsible for his/her own equipment.
- Batons may be used if participants are wearing gloves.
- T&F athletes may only touch and use their assigned equipment. i.e., starting blocks, shot put and discus.
- Bring your own water bottle.
- Face coverings must remain on, unless more than six feet from others.
- If a face covering cannot be tolerated, a participant must show medical documentation.

Student-Athletes will:

- Complete the daily COVID questionnaire before their arrival to the facility.
- Wear face coverings unless they cannot tolerate them during physical activity.
- Follow the directions of the screeners at ALL TIMES.
- Refrain from hugging, handshaking, fist-bumping, etc. (i.e., no contact).
- Any mask that becomes saturated with sweat must be changed immediately.
- Reusable masks (cloth face coverings) must be washed daily in hot water and not reused until cleaned.

Considerations for Parents

- Provide personal items for your child and clearly label them.
- Make sure their student-athletes complete the daily screening.
- Pick up their child immediately if contacted regarding possibility that child has COVID-19 symptoms.
- Get medical clearance for their child to participate in activities, if directed by the district.
- If spectators are permitted, only two per participant will be allowed, in accordance with NYSDOH guidance.
- If spectators are permitted, they may not be allowed inside of the track or within six feet of, events.

Parents will if permitted:

- Follow the NYSDOH guidance if permitted to attend as spectator (two per participant).
- Check in with assigned staff upon entry.
- Refrain from congregating by others at the facility.
- Wear a face covering when social distancing is not possible.
- Wash hands/use hand sanitizer frequently.

Facility Cleaning

- All areas and equipment that was used by participants must be disinfected.

Failed Screenings

In the event of failed screening, the following steps must be taken:

- The designated screener will send the student-athlete home immediately and will communicate with parents/guardians. (Parents/guardians are asked to remain in the vicinity until their children clear the screening process.)
- The designated screener will notify coaches of athlete's participation status.
- Student-athletes will be required to obtain a medical clearance from a physician to return to activity.

INDOOR TRACK AND FIELD IMPLEMENTATION PROCEDURES

Arrival Procedures

- All walkers and those who self-transport will enter the school/ YMCA utilizing one designated point of entry. Face coverings and proper social distancing are required upon arrival.
- All students arriving on buses will enter the clubhouse utilizing one designated point of entry.
- All bused students must wear face coverings while disembarking the buses and entering the clubhouse/course.
- Athletes will be verbally dismissed from the buses by the driver, one row at a time, to maintain proper social distancing (front-back).
- Students will be screened prior to getting on the bus, if not done so before the start of the school day (or before entering the clubhouse if self-transporting).
- Daily attendance will be monitored by coaches to know which students were absent and which cohort was present that day.
- The designated screener (coach/ administrator) will send the student-athlete home immediately if there is a failed screening and will communicate with parents/guardians. (Parents/guardians are asked to remain in the vicinity until their children clear the screening process.)
- Guest schools will be screened by their home districts. Access bags and clothes will need to be in a designated area for their team.

Activity Procedures

- Face coverings must be worn at all times by coaches and spectators (if permitted).
- Enforce social distancing of at least six feet for spectators (if permitted).
- Spectators, if permitted, may not congregate in one area.
- No gate list required from home or away teams.
- Staff must wear face coverings at all times.
- If spectators are permitted, only two per participant will be allowed, in accordance with NYSDOH guidance.
- Refrain from hugging, handshaking, fist-bumping, etc. (i.e., no contact).
- No concession stand.
- EVENTS starts should be staggered.
- When directed to, each group of Track and Field Athletes will move to the designated staging area, remaining socially distanced.
- Refer to event modifications specific to COVID-19 regarding Track and Field events.

Departure Procedures

- All spectators will exit the field utilizing face coverings and proper social distancing.
- All bused students must wear face coverings while boarding the bus. Dismissal will be staggered to maintain proper social distancing (front-back).
- All officials will exit the field using social distancing guidelines.

Cleaning Procedures

- Rigorously clean and disinfect any shared equipment between use.
- Remind players and coaches to clean and disinfect equipment before and after use.
- Bathrooms may be used one person at a time.
- Everyone in attendance – participants, coaches, game personnel, officials, spectators, trainers, etc. – must wash their hands for minimum 20 seconds or use hand sanitizer upon arrival and departure. Hand sanitizer will be available at the venue, if needed.
- If a face covering cannot be tolerated, a participant must show medical documentation.

Student-Athletes will:

- Complete the daily COVID questionnaire before their arrival to the facility.
- Wear face coverings unless they cannot tolerate them during physical activity.
- Follow the directions of the screeners at ALL TIMES.
- Refrain from hugging, handshaking, fist-bumping, etc. (i.e., no contact).

Considerations for Parents

- Provide personal items for your child and clearly label them.
- Make sure their student-athletes complete the daily screening.
- Pick up their child immediately if contacted regarding possibility that child has COVID-19 symptoms.
- Get medical clearance for their child to participate in activities, if directed by the district.
- If spectators are permitted, only two per participant will be allowed, in accordance with NYSDOH guidance.
- If spectators are permitted, they may not congregate.

Parents will:

- Follow the NYSDOH guidance if permitted to attend as spectator (two per participant).
- Check in with assigned staff upon entry.
- Refrain from congregating by others at the facility.
- Wear a face covering when social distancing is not possible.
- Wash hands/use hand sanitizer frequently.

Facility Cleaning

- All areas and equipment that was used by participants must be disinfected.

Failed Screenings

In the event of failed screening, the following steps must be taken:

- The designated screener will send the student-athlete home immediately and will communicate with parents/guardians. (Parents/guardians are asked to remain in the vicinity until their children clear the screening process.)
- The designated screener will notify coaches of athlete's participation status.
- Student-athletes will be required to obtain a medical clearance from a physician to return to activity.

VOLLEYBALL PROTOCOLS

General Considerations

The NYSDOH has determined that Volleyball 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).

Athletic Director (William Zakrajsek or Designee) is responsible for communicating the plan to student-athletes, coaches, parents, trainers, referees/officials, etc.

Athletic Coordinator (Kevin Hores) will serve as a point of contact, should any cases be identified. Kevin Hores will facilitate and assist with case investigation and contact elicitation and notification.

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 activity in case contact tracing is needed.
- Social distancing is required at all times.
- Wear face covering at all times.

Coaches will:

- Complete the daily COVID questionnaire before their arrival to the facility.
- Follow directions on the COVID questionnaire regarding their attendance that day.
- Help other coaches identify student-athletes who should not be at the facility (must leave immediately).
- Communicate directly with the athletic director before starting activities for the day to assure that all procedures have been completed with student-athletes and coaches.
- Keep their athletes in groupings 10 or less at all times, with social distancing enforced.
- Wear a face covering at all times.
- Immediately stop any activity for the day if guidelines are not being followed.
- Coaches, managers, and other school employees should monitor proper use and correct improper use by student-athletes, when indicated.

Considerations for Student-Athletes

- Consider making each student responsible for his/her own supplies.
- Students should wear their own appropriate clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every activity immediately upon returning home.
- Once the activity is concluded, all borrowed materials will be collected and disinfected.

Student-Athletes will:

- Complete the daily COVID questionnaire before their arrival to the facility.
- Wear face coverings unless they cannot tolerate them during physical activity.
- Follow the directions of the screeners at ALL TIMES.
- Refrain from hugging, handshaking, fist-bumping, etc. (i.e., no contact).
- Any mask that becomes saturated with sweat must be changed immediately.
- Reusable masks (cloth face coverings) must be washed daily in hot water and not reused until cleaned.

Considerations for Parents

- Provide personal items for your child and clearly label them.
- Make sure their student-athletes complete the daily screening.
- Pick up their child immediately if contacted regarding possibility that child has COVID-19 symptoms.
- Get medical clearance for their child to participate in activities, if directed by the district.
- If spectators are permitted, only two per participant will be allowed, in accordance with NYSDOH guidance.
- If spectators are permitted, they may not congregate by others at the facility.

Parents will if permitted:

- Follow the NYSDOH guidance if permitted to attend as spectator (two per participant).
- Check in with assigned staff upon entry.
- Refrain from congregating by others at the facility.
- Wear a face covering, unless seated.
- Wash hands/use hand sanitizer frequently.

Facility Cleaning

- All areas and equipment used by participants must be disinfected.

Failed Screenings

In the event of failed screening, the following steps must be taken:

- The designated screener will send the student-athlete home immediately and will communicate with parents/guardians. (Parents/guardians are asked to remain in the vicinity until their children clear the screening process.)
- The designated screener will notify coaches of athlete's participation status.
- Student-athletes will be required to obtain a medical clearance from a physician to return to activity.

VOLLEYBALL IMPLEMENTATION PROCEDURES

Arrival Procedures

- All walkers and those who self-transport will enter the building utilizing one designated point of entry (MPR Cage Doors). Face coverings and proper social distancing are required upon arrival.
- Officials will enter the building utilizing one designated point of entry (MPR Cage Doors). Face coverings and proper social distancing are required upon arrival.
- Officials will use the coach's office one at a time to maintain social distancing.

- All students arriving on buses will enter the building utilizing one designated point of entry (Back of school Cafe Double Doors).
- All bused students must wear face coverings while disembarking the buses and entering the building.
- Athletes will be verbally dismissed from the buses by the driver, one row at a time, to maintain proper social distancing (front-back).
- Students will be screened before entering the building, if not done so before the start of the school day.
- Daily attendance will be monitored by coaches to know which students were absent and which cohort was present that day.
- The designated screener (coach/ administrator) will send the student-athlete home immediately if there is a failed screening and will communicate with parents/guardians. (Parents/guardians are asked to remain in the vicinity until their children clear the screening process.)
- Guest schools will be screened by their home districts. No locker rooms will be used unless requested. Access bags and clothes will need to be in a designated area behind the bench of their team.
- Spectators from home and away teams, if permitted, must enter the gymnasium through the front entrance.

Activity Procedures

- If spectators are allowed, restrict facility capacity to no more than two per player, in accordance with NYSDOH guidance.
- Gate list must be provided by both schools to ensure occupancy rules are enforced.
- Face coverings must be worn at all times by coaches and spectators (if permitted).
- Enforce social distancing of at least six feet for spectators (if permitted).
- Spectators, if allowed, will have to sit in designated areas (indicated with an "X").
- Staff must wear face coverings at all times.
- Access chairs will be available for players on the bench to be six feet apart. Bench players must wear face coverings.
- Coach will have a designated area six feet from others by the sideline while play is live.
- Support staff will be seated six feet from others (utilize two score tables). If six feet cannot be utilized, then masks will be required.
- At halftime, both teams will be provided a classroom.

Activity Procedures (continued)

- Recommendation: Rotate sanitized volleyball prior to every serve.
- Refrain from hugging, handshaking, fist-bumping, etc. (i.e., no contact).
- No concession stand.

Departure Procedures

- All spectators (if permitted) will exit the building utilizing one designated point of exit (Front Entrance). Face coverings and proper social distancing are required when departing grounds.
- All walkers and those who self-transport will exit the building utilizing one designated point of exit (Front Entrance). Face coverings and proper social distancing are required when departing grounds.
- All students departing on buses will exit the building utilizing one designated location (Locker Room Entrance).

- All bused students must wear face coverings while exiting the building and boarding the buses. Dismissal will be staggered to maintain proper social distancing (front-back).
- All officials will exit the building utilizing one designated location (Locker Room Entrance).

Cleaning Procedures

- Consider spraying volleyballs with disinfectants (i.e., 60% Alcohol Hand Sanitizer Lysol or Clorox) during any stoppage of play.
- Use of clean volleyballs on a regular basis is encouraged.
- Everyone in attendance – participants, coaches, game personnel, officials, spectators, trainers, etc. – must wash their hands for minimum 20 seconds or use hand sanitizer upon arrival and departure. Hand sanitizer will be available at the venue, if needed.

WRESTLING PROTOCOLS

General Considerations

The NYSDOH has determined that Wrestling 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).

Athletic Director (William Zakrajsek or Designee) is responsible for communicating the plan to student-athletes, coaches, parents, trainers, referees/officials, etc.

Athletic Coordinator (Kevin Hores) will serve as a point of contact, should any cases be identified. Kevin Hores will facilitate and assist with case investigation and contact elicitation and notification.

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 activity in case contact tracing is required.
- Social distancing is recommended, when possible.
- Wear face coverings at all times.

Coaches will:

- Complete the daily COVID questionnaire before their arrival to the facility.
- Follow directions on the COVID questionnaire regarding their attendance that day.
- Help other coaches identify student-athletes who should not be at the facility (must leave immediately).
- Communicate directly with the athletic director before starting activities for the day to assure that all procedures have been completed with student-athletes and coaches.
- Keep their athletes in groupings 10 or less at all times, with social distancing enforced.
- Wear a face covering at all times.
- Immediately stop any activity for the day if guidelines are not being followed.

Considerations for Student-Athletes

- Consider making each student responsible for his/her own supplies.

- Students should wear their own appropriate clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every activity immediately upon returning home.
- Once the activity is concluded, all borrowed materials must be collected and disinfected.

Student-Athletes will:

- Complete the daily COVID questionnaire before their arrival to the facility.
- Wear face coverings unless they cannot tolerate them during physical activity.
- Follow the directions of the screeners at ALL TIMES.
- Refrain from hugging, handshaking, fist-bumping, etc. (i.e., no contact).

Considerations for Parents if permitted

- Provide personal items for your child and clearly label them.
- Make sure their student-athletes complete the daily screening.
- Pick up their child immediately if contacted regarding possibility that child has COVID-19 symptoms.
- Get medical clearance for their child to participate in activities, if directed by the district.
- If spectators are permitted, only two per participant will be allowed, in accordance with NYSDOH guidance.
- If spectators are permitted, they may not congregate by others at the facility.

Parents will:

- Follow the NYSDOH guidance if permitted to attend as spectator (two per participant).
- Check in with assigned staff upon entry.
- Refrain from congregating by others at the facility.
- Wear a face covering, unless seated.
- Wash hands/use hand sanitizer frequently.

Facility Cleaning

- All areas and equipment that was used by participants must be disinfected.

Failed Screenings

In the event of failed screening, the following steps must be taken:

- The designated screener will send the student-athlete home immediately and will communicate with parents/guardians. (Parents/guardians are asked to remain in the vicinity until their children clear the screening process.)
- The designated screener will notify coaches of athlete's participation status.
- Student-athletes will be required to obtain a medical clearance from a physician to return to activity.

Facility Cleaning

- All areas and equipment that was used by participants must be disinfected.

Failed Screenings

In the event of failed screening, the following steps must be taken:

- The designated screener will send the student-athlete home immediately and will communicate with parents/guardians. (Parents/guardians are asked to remain in the vicinity until their children clear the screening process.)

- The designated screener will notify coaches of athlete's participation status.
- Student-athletes will be required to obtain a medical clearance from a physician to return to activity.

WRESTLING IMPLEMENTATION PROCEDURES

Arrival Procedures

- All walkers and those who self-transport will enter the building utilizing one designated point of entry (MPR Cage Doors). Face coverings and proper social distancing are required upon arrival.
- Officials will enter the building utilizing one designated point of entry (MPR Cage Doors). Face coverings and proper social distancing are required upon arrival.
- Officials will use the coach's office one at a time to maintain social distancing.
- All students arriving on buses will enter the building utilizing one designated point of entry (Back of school Cafe Doors).
- All bused students must wear face coverings while disembarking the buses and entering the building.
- Athletes will be verbally dismissed from the buses by the driver, one row at a time, to maintain proper social distancing (front-back).
- Students will be screened before entering the building, if not done so before the start of the school day.
- Daily attendance will be monitored by coaches to know which students were absent and which cohort was present that day.
- The designated screener (coach/ administrator) will send the student-athlete home immediately if there is a failed screening and will communicate with parents/guardians. (Parents/guardians are asked to remain in the vicinity until their children clear the screening process.)
- Guest schools will be screened by their home districts. No locker rooms will be used unless requested. Access bags and clothes will need to be in a designated area behind the bench of their team.
- If spectators from home and away teams are permitted, they must enter the gym through the front entrance.

Activity Procedures

- Weigh-ins must be conducted with face coverings and social distancing guidelines.
- If spectators are allowed, restrict facility capacity to no more than two per player, in accordance with NYSDOH guidance.
- Gate list must be provided by both schools to ensure occupancy rules are enforced.
- Face coverings must be worn at all times by coaches and spectators.
- Enforce social distancing of at least six feet by spectators (if permitted).
- Spectators, if allowed, will have to sit in designated areas (indicated with an "X").
- Staff must wear face coverings at all times.
- Access chairs will be available for athletes on the bench to be six feet apart. Bench athletes must wear face coverings.
- Coach will have a designated area six feet from others by the sideline while match is live.
- Support staff will be seated six feet from others (utilize two score tables).

Activity Procedures (continued)

- Athletes must wash hands or sanitize before and after every match. (Only contact should be the opponent of the opposing school).
- Mats must be cleaned after every match (utilize two mats for time purposes).
- Refrain from hugging, handshaking, fist-bumping, etc. (i.e., no contact).
- No concession stand.

Departure Procedures

- If spectators are permitted, all must exit the building utilizing one designated point of exit (Front Entrance). Face coverings and proper social distancing are required when departing grounds.
- All walkers and those who self-transport will exit the building utilizing one designated point of exit (Locker Room Entrance). Face coverings and proper social distancing are required when departing grounds.
- All students departing on buses will exit the building utilizing one designated location (Locker Room Entrance).
- All bused students must wear face coverings while exiting the building and boarding the buses. Dismissal will be staggered to maintain proper social distancing (front-back).
- All officials will exit the building utilizing one designated location (Locker Room Entrance).

Cleaning Procedures

- Consider spraying head gear and mats with disinfectants (i.e., 60% Sanitizer, Lysol, or Clorox) before and after each match.
- Everyone in attendance – participants, coaches, game personnel, officials, spectators, trainers, etc. – must wash their hands for minimum 20 seconds or use hand sanitizer upon arrival and departure. Hand sanitizer will be available at the venue, if needed.

SOCCER PROTOCOLS

General Considerations

The NYSDOH has determined that Soccer is a **Moderate-risk sport**. 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.

Athletic Director (William Zakrajsek or Designee) is responsible for communicating the plan to student-athletes, coaches, parents, trainers, referees/officials, etc.

Athletic Coordinator (Kevin Hores) will serve as a point of contact, should any cases be identified. Kevin Hores will facilitate and assist with case investigation and contact elicitation and notification.

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 required.

Coaches will:

- Complete the daily COVID questionnaire before their arrival to the facility.
- Follow directions on the COVID questionnaire regarding their attendance that day.
- Help other coaches identify student-athletes who should not be at field (must leave immediately).
- Communicate directly with the athletic director before starting activities for the day to assure that all procedures have been completed with student-athletes and coaches.
- Keep their athletes in groupings 10 or less at all times, with social distancing enforced.
- Wear a face covering at all times.
- Immediately stop any activity for the day if guidelines are not being followed.
- Coaches, managers, and other school employees should monitor proper use and correct improper use by student-athletes, when indicated.

Considerations for Student-Athletes

- Consider making each student responsible for their own supplies.
- Students should wear their own appropriate clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every activity immediately upon returning home.
- Once the activity is concluded, all borrowed materials will be collected and disinfected.

Student-Athletes will:

- Complete the daily COVID questionnaire before their arrival to the facility.
- Wear face coverings unless they cannot tolerate them during physical activity.
- Follow the directions of the screeners at ALL TIMES.
- Refrain from hugging, handshaking, fist-bumping, etc. (i.e., no contact).
- Any mask that becomes saturated with sweat must be changed immediately.
- Reusable masks (cloth face coverings) must be washed daily in hot water and not reused until cleaned.
-

Considerations for Parents

- Provide personal items for your child and clearly label them.
- Make sure their student-athletes complete the daily screening.
- Pick up their child immediately if contacted regarding possibility that child has COVID-19 symptoms.
- Get medical clearance for their child to participate in activities, if directed by the district.
- If spectators are permitted, only two per participant will be allowed, in accordance with NYSDOH guidance.
- If spectators are permitted, they should not congregate by others at the facility.

Parents will:

- Follow the NYSDOH guidance if permitted to attend as spectator (two per participant).

- Check in with assigned staff upon entry.
- Refrain from congregating by others at the facility.
- Wear a face covering when social distancing is not possible.
- Wash hands/use hand sanitizer frequently.

Facility Cleaning

- All areas and equipment that was used by participants must be disinfected.

Failed Screenings

In the event of failed screening, the following steps must be taken:

- The designated screener will send the student-athlete home immediately and will communicate with parents/guardians. (Parents/guardians are asked to remain in the vicinity until their children clear the screening process.)
- The designated screener will notify coaches of athlete's participation status.
- Student-athletes will be required to obtain a medical clearance from a physician to return to activity.

SOCCER IMPLEMENTATION PROCEDURES

Arrival Procedures

- All walkers and those who self-transport will enter the field utilizing one designated point of entry. Face coverings and proper social distancing are required upon arrival.
- Officials will enter the field utilizing one designated point of entry. Face coverings and proper social distancing are required upon arrival.
- Officials will use the coach's office one at a time to maintain social distancing.
- All students arriving on buses will enter the field utilizing one designated point of entry.
- All bused students must wear face coverings while disembarking the buses and entering the field.
- Athletes will be verbally dismissed from the buses by the driver, one row at a time, to maintain proper social distancing (front-back).
- Students will be screened before entering the field, if not done so before the start of the school day.
- Daily attendance will be monitored by coaches to see which students were absent and which cohort was present that day.
- The designated screener (coach/administrator) will send the student-athlete home immediately if there is a failed screening and will communicate with parents/guardians. (Parents/guardians are asked to remain in the vicinity until their children clear the screening process.)
- Guest schools will be screened by their home districts. No locker rooms will be used, with the exception of special requests. Access bags and clothes will need to be in a designated area behind the bench of their team.

Activity Procedures

- Face coverings must be worn at all times by coaches and spectators (if permitted).
- Enforce social distancing of at least six feet for spectators (if permitted).
- Spectators, if permitted, may not congregate in one area.
- No gate list required from home or away teams.
- Staff must wear face coverings at all times.

- If spectators are permitted, only two per participant will be allowed, in accordance with NYSDOH guidance.
- Surplus of chairs will be available for players on the bench to be six feet apart. Bench players must wear face coverings.
- Coach will have a designated area six feet from others by the sideline while play is live.
- Support staff will be seated six feet from others (utilize two scorer's tables).
- Refrain from hugging, handshaking, fist-bumping, etc. (i.e., no contact).
- No concession stand.

Departure Procedures

- All spectators will exit the field utilizing face coverings and proper social distancing.
- All bused students must wear face coverings while boarding the bus. Dismissal will be staggered to maintain proper social distancing (front-back).
- All officials will exit the field using social distancing guidelines.

Cleaning Procedures

- Consider spraying Soccer balls briefly with disinfectant (i.e., 60% alcohol Hand Sanitizer Lysol or Clorox) during any stoppage of play.
- Use of clean Soccer balls on a regular basis is encouraged.
- Everyone in attendance – participants, coaches, game personnel, officials, spectators, trainers, etc. – must wash their hands for minimum 20 seconds or use hand sanitizer upon arrival and departure. Hand sanitizer will be available at the venue, if needed.

**Bainbridge-Guilford Central School District
Athletics & Activities Waiver, Release, and Assumption of Risk Form**

Effective January 22, 2021, New York State approved high risk sports (as defined in the New York State Department of Health "Interim Guidance for Sports and Recreation During the COVID-19 Public Health Emergency" issued January 22, 2021) to begin on February 1, 2021, subject to local health department approval. On January 28, 2021, the Chenango County Health Department provided local schools approval to begin high risk sports.

By signing this agreement, I hereby waive, release, and assume certain risks and obligations, including that of defense, indemnification, and holding harmless from claims, as described herein.

I acknowledge the following and give permission for my child to participate in high risk sports:

- Participation in a high risk sport places the student-athlete at risk of exposure to SARS CoV-2.
- Symptomatic and asymptomatic individuals can spread the virus.
- Masking, distancing, and other mitigation measures reduce, but do not eliminate risk.
- SARS-CoV-2 can lead to serious medical conditions and death for people of all ages. The long term effects of SARS-CoV-2 are, at present, unknown; even people with mild cases may experience long-term complications.
- There is a significant risk of transmission to those in the home of infected student-athletes. Older people and people with underlying health conditions are at higher risk of serious disease.

I knowingly and freely assume all such risks relating to SARS-CoV-2, both known and unknown, even if arising from my or my child's negligence or the negligence of others, and assume full responsibility for my or my child's participation.

I affirm, as a condition of ongoing participation in a high risk sport, that I will fully cooperate with case/contact investigations and isolation/quarantine requests.

I agree to protect, indemnify, defend and hold harmless, and further covenant not to sue, the District, their officers, officials, agents, and/or employees for any losses or claims that may arise in relation to SARS-CoV-2, to the fullest extent permitted by law.

I have read this agreement, fully understand its terms, and understand that I have given up substantial rights by signing it, and sign it freely and voluntarily without any inducement or coercion.

Athletic Event/Sport

Printed Name of Student

Printed Name of Parent/Guardian

Signature of Parent/Guardian

Date

Signature of Student



BAINBRIDGE-GUILFORD CENTRAL SCHOOL DISTRICT

18 JULIAND STREET — BAINBRIDGE, NEW YORK 13733-1097

Jr.-Sr. High School
(607) 967-6300

Telefax (607) 967-4231

Guilford Elementary School
(607) 895-6700

Administrative Offices
(607) 967-6321

Business Offices
(607) 967-6335

Greenlawn Elementary School
(607) 967-6301

Bainbridge-Guilford Central School District Medical Questionnaire/Interview Form For Interscholastic Sports

Name _____ Date of Birth _____ Male or Female
Last First M.I.

Instructions to parents: Please answer all questions by placing an "X" in proper space. Explanation/s must be made in the space provided. Parent or guardian must sign in proper spaces. "YES" to any of these questions does mean automatic disqualification from the athletic activity indicated, however, it will require a medical release form from the physician who treated your child.

History since Last Sport Physical:

- | | | |
|---|-----------|----------|
| 1. Any injuries requiring medical attention? | Yes _____ | No _____ |
| 2. Any illness lasting more than five (5) days? | Yes _____ | No _____ |
| 3. Has the participant tested positive for COVID 19 | Yes _____ | No _____ |
| 4. If Yes to #3 Has the participant had any cardiac symptoms? | Yes _____ | No _____ |
| 5. Taking medicine or under physician's care at this time? | Yes _____ | No _____ |
| 6. Any feeling of faintness, dizziness or fatigue after exercise or exertion? | Yes _____ | No _____ |
| 7. Change in wearing glasses or contacts? | Yes _____ | No _____ |
| 8. Any surgical operation or fractures? | Yes _____ | No _____ |
| 9. Any treatment in a hospital or emergency room? | Yes _____ | No _____ |
| 10. Developed any allergies? | Yes _____ | No _____ |
| 11. Any chronic disease/s? | Yes _____ | No _____ |

Signature of Parent/Guardian _____ Date _____

NOTE: The completion and submission of this medical/interview must be submitted to the School Health Nurse within 30 days of the start of tryouts for EACH SPORT SEASON. After approval by the School Nurse, this record will be delivered to the Athletic Department and copies sent to the coach for the above listed sport and become a part of their health record.

2020-2021 Athletics Staff

Athletic Coordinator	Kevin Hores	khores@bgcsd.org
Jr.Sr. High School Principal	William Zakrajsek	Wzakrajsek@bgcsd.org
High School Nurse	Heather Amatuccio	HAmatuccio@bgcsd.org
Football	Israel Lorimer	ilorimer@bgcsd.org
Cheer	TBD	TBD
Soccer-Boys	Will Spalholz	Wspalholz@yahoo.com
Soccer-Girls	Sarah Nezelek	SNezelek@bgcsd.org
Volleyball	Tracy Kutz	TKutz@bgcsd.org
Golf	Charlie Lanfear	clanfear@bgcsd.org
X Country	TBD	TBD
Basketball-Boys	Brad Aldrich	baldrich@frontiernet.net
Basketball-Girls	Bob Conway	bconway@amphenol-ao.com
Wrestling	Brandon MacNaught	bgabears@hotmail.com
Indoor/Outdoor Track	Nick Mayo	Nmayo@bgcsd.org
Bowling	Sam Ventura	talkingsammyv@gmail.com
Softball	Randy Palmatier	RPalmatier@bgcsd.org
Baseball	Phil Bianchi	PBianchi@bgcsd.org
Tennis	George Williams	gcwilliams30@gmail.com