



MORRIS CENTRAL SCHOOL

Return To Interscholastic Athletics

In accordance with NYSDOH guidance, the ability to participate in sports and recreation activities is determined by a combination of the risk for COVID-19 transmission (1) inherent in the sport or recreation activity itself and (2) associated with the “type of play” (e.g. individual practice vs. game). Sports and recreation activities are categorized by NYSDOH as “low” risk, “moderate” risk, and “high” risk

Low Risk

- 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

- 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

- 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.

Best Practice Considerations:

- **Board of Education Approval:** The Morris Central School Board of Education approved the plan at its February 25, 2021 meeting.
- **Medical Director of Approval:** The District's Medical Director reviewed and approved the plan on
- **Parent/Guardian Informed Consent Form:** Copy of consent form is included in Athletic Plan. All athletes must have a signed plan in order to compete in athletics.
- **Medical Clearance from Healthcare Provider:** The school nurse monitors these clearances and informs the Athletic Director to athletes who have the medical clearance.
- **Email Address to Report Concerns:** All Covid-19 concerns are to be emailed to C19athletics@morriscsd.org
- **Plan Coordinator:** The Athletic Director will ensure that the guidelines in the Athletic Plan are followed. The superintendent of schools is the COVID-19 Safety Coordinator
- **Daily Health Screening:** All coaches and athletes will be screened for signs/symptoms of COVID-19 prior to all workouts and competitions. The screening will include a temperature check by the coach.
- **Use of Locker Rooms:** Locker Room use will be monitored, athletes use will be staggered and athletes will be encouraged to socially distance while changing. Locker room use will be discouraged on weekends, athletes will be encouraged to arrive dressed for practices.
- **Transportation:** The District has developed safety protocols for students riding

on buses and those protocols will remain in effect. All riders must wear masks, including the driver, athletes will be spaced throughout the bus to provide social distancing, attendance will be taken and seating charts will be maintained in case of contact tracing.

- **Cleaning and Disinfection Protocol:** The District maintains strong cleaning and disinfection protocols and they will be followed for the facilities and athletic equipment.
- **Masks:** Athletes, spectators, coaches and officials will be expected to wear masks at all times. This will include practices and competitions.
- **Spectators:** The District will allow two spectators per home athlete at events. All spectators will be expected to wear masks at all times. A health screening and temperature of all spectators will be completed prior to entry to the athletic event.

NYSPHSAA Season Plan

2020-2021 (Fall II, Spring)

Fall Sports Season II

- Low/Moderate risk Fall II sports start date of March 1, 2021
- Low/Moderate risk Fall II sports end date of April 24, 2021
- Practice requirements for Fall Sports Season II are 6 for all sports
- Seven Consecutive Day Rule will be waived for entire Fall Sports Season II
- 10 Game TV league schools only
- No Regional/ State Championship

Spring Sports

- Low/ Moderate risk spring sports start date is scheduled for April 19, 2021
- Low/Moderate risk spring sports end date of June 26, 2021
- Fall Sports Season II athletes may carry over three practices for all sports except for Baseball which may carry over four practices
- 10 Game TV league schools only
- No Regional/State Championship

Screening

- All coaches and athletes will be screened for signs/symptoms of COVID-19 prior to all workouts and competitions. The screening will include a temperature check by the coach.
- Attendance will be taken every day.
- Responses to screening questions for each person will be recorded and stored with the AD
- Any person with positive symptoms reported will not be allowed to take part in workouts and should contact his or her primary care provider and nurse; or other appropriate health-care professional per school district and health department protocols.

Equipment and Activity

- Adequate cleaning schedules have been created and implemented for all facilities to mitigate any communicable diseases.
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer will be available to individuals as they participate in workouts.
- Weight equipment will be wiped down thoroughly before and after an individual's use of equipment; and room will be cleaned daily per district protocols.
- There should be no shared athletic equipment (towels, clothing, shoes) between students.
- Students should wear their own appropriate workout clothing (do not share clothing) individual clothing/towels should be washed and cleaned after every workout.
- Students are encouraged to shower and wash their workout clothing immediately upon returning to home.
- All athletic equipment, including balls, should be cleaned after each use and prior to the next workout.

- Drills requiring the use of athletic equipment are permissible, but the equipment will be cleaned after use.
- Safety measures in all forms must be strictly enforced at all times on campus.
- Bring your own water bottle. Water bottles can not be shared.
- No hugging, high fives, shaking hands, or fist bumps.

Coaches:

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in “cohorts” of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed. These records should be shared with the Athletic Director.
- Set clear expectations for student-athletes from day one.
- Modify layouts so that individuals are at least six feet apart in all directions, to the greatest extent possible, particularly during field exercises, drills, and other practice activities.

Parents/ Spectators

- Home team spectators only, no away spectators will be able to attend.
- Spectators must maintain six feet of physical distance between individuals and/or family/household units at all times and all spectators must wear face coverings at all times.
- Provide personal items to children and clearly label them.
- No more than two spectators per player.
- Disinfect student’s personal equipment after each game or practice.

Officials

- Officials are responsible for game management, which does not include monitoring activities on the sidelines, such as social distancing, face coverings, hand washing, symptoms of illnesses and other such issues.

This monitoring obligation remains with the responsible parties.

Traveling to competition or game:

- Make sure to communicate with the host school prior to the competition to discuss plans.
- Follow all policies and guidelines the host school has communicated.
- Make sure your team is bringing its own medical supplies.
- Students will not be allowed in the schools or locker rooms unless they need to use the bathroom.

Hosting a game or contest:

- Make sure to have administrative contact for all events.
- The Athletic Director will communicate ahead of time with the incoming schools, event personnel (i.e. scorekeepers, timers, announcers) and officials about procedures, policies and guidelines.
- Examples to be covered include but not limited to, the following:
 - Visiting team should bring their own equipment, medical supplies and water
 - No Water availability; visiting teams must bring their own.
 - Chairs will be set up on the side lines to accommodate teams
 - Locker rooms and the school building will not be used for any reason. Porta Potty on site.
 - All equipment and bench area will be properly sanitized before the visiting team has arrived.
 - Hand sanitizer and disposable masks will be available.

PREGAME CONFERENCE:

- Limit attendees to one official, the head coach from each team, and a single captain from each team, while maintaining social distance.
- Coin Toss – should involve only the Head Referee (wearing a face covering) and 1 captain and head coach from each team.
- Move the location of the pregame conference to the center of the field.

All individuals should maintain a social distance of six feet.

- No handshakes are permitted.
- Maintain social distancing while performing all pregame responsibilities.

OFFICIALS' TABLE:

- Limit the table to essential personnel, including the home team scorer and timer
- Visiting team personnel (scorer, statisticians, etc.) are not deemed essential and will need to sit on their team area

PREGAME AND POSTGAME CEREMONY:

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

Cross Country

The NYSDOH has determined that cross country is a low risk sport (greatest ability to maintain physical distance and/or be performed individually; greatest ability to (1) avoid touching of shared equipment, (2) clean and disinfect any equipment between uses by different individuals, or (3) not use shared equipment at all).

General:

- Schools are encouraged to comply with NFHS Rule 8-5, that events contested with 4 or fewer teams be limited to a maximum of 12 participants from each team.
- No hugging, shaking hands, or fist bumps.
- Cross country meets should consider using staggered, wave or interval starts, with a minimum of one (1) minute.
- Meet organizers should take into account using FAT timing, course layout, use of waves, and social distancing in consideration of

determining the size of an invitational meet.

- In non-dual meets, it is recommended athletes wear numbers for easy identification.
- It is recommended a course is 200 yards from the start line to the narrowing point.
- Event organizers should have a hydration plan for the end of the race.

Pre and Post Meet:

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

Officials:

- Bring personal hand sanitizer. Wash hands frequently
- Do not share equipment.
- Follow social distancing guidelines:
 - Pre and Post Meet conferences,
 - Clerking at the start line,
 - Tabulations and posting of results.
- Consider using electronic whistle.

Coaches:

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in “cohorts” of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.

Students:

- Consider making each student responsible for their own supplies.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
- Bring own water bottle.

Parents:

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

- Home team spectators only, no away spectators will be able to attend.
- Provide personal items for your child and clearly label them.
- Spectators should not congregate around the finish area.
- In accordance with NYSDOH guidance, only two spectators per participant are permitted.

Soccer

The NYSDOH has determined that soccer is a moderate risk sport (limited ability to maintain physical distance and/or be done individually; limited ability to: (1) avoid touching of shared equipment, (2) clean and disinfect equipment between uses by different individuals, or (3) not use shared equipment at all).

General:

- Pregame Conference
 - o Limit attendees to head referee or center referee, the head coach from each team, and a single captain from each team.
 - o Move the location of the pregame conference to the center of the field. All individuals maintain a social distance of six feet.
 - o Suspend handshakes prior to and following the Pregame Conference.
- Team Benches
 - o Chairs will be set up to accommodate teams
- Substitution Procedures
 - o Maintain social distancing of six feet between the substitute,

officials and/or teammate(s) by encouraging substitutions to occur closer to the center line. Hand sanitizer should be used prior to entering the game.

- Officials Table
 - Limit the table to essential personnel, including the home team scorer and timer. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential and may need to find an alternative location. Space availability at the table is a variable in determining the number of individuals permitted at the officials' table and observing social distancing requirements.
- Goalkeepers may not spit on their gloves. They can wet them with a water bottle. If the official determines this happens, gloves will be taken out of play.
- A mandatory two (2) minute hydration/mask break will be taken at the first dead ball situation after the 20-minute mark. Players must stay on the field during the break and may remove their mask as long as they maintain social distancing. Substitutes who report to the table prior to the break taking place, may enter the game following the break.
- The use of a dropped ball is suspended. To replace this procedure, an indirect kick will be awarded to the team whom the referees deemed to be in possession at the time of stoppage.

Post Match

- Suspend post game protocol of shaking hands.

Soccer Rules Interpretations

- No hard material should be worn on face covering.

Officials:

- Bring personal hand sanitizer. Wash hands frequently.
- Do not share equipment.

- Consider using an electronic whistle.
- Do not shake hands and maintain social distancing guidelines during pre and post-game ceremonies.

Coaches:

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in “cohorts” of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.

Students:

- Consider making each student responsible for their own supplies.
- Students should wear their own appropriate workout clothing (do not share clothing)
- Individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
- Bring your own water bottle.

Parents:

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

- Home team spectators only, no away spectators will be able to attend.
- Provide personal items for your child and clearly label them.
- In accordance with NYSDOH guidance, only two spectators per participant are permitted.

I acknowledge the following and give permission for my child to participate in high risk sports, or I am a student age 18 years of age or older and I acknowledge the following and choose 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.
- At present, it cannot be predicted who will become severely ill if infected.
- 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.
- The undersigned agrees that as a condition of ongoing participation in sports, the undersigned will provide full cooperation with case/contact investigations and compliance with isolation/quarantine requests, if indicated.

Athletic Event/Sport

Printed Name of Parent/Guardian

Printed Name of Student

Signature of Parent/Guardian

Signature of Student

Date