



Sandy Creek Central School Covid-19 Athletic Plans

- Masks are required at all times for coaches and athletes
- Coaches will take their temperature before entering the building. Coaches must be waiting for athletes at point of entry. Athletes will have their temperature taken before entering the building by the coach.
- Parents must wait to leave until their child is admitted into the building. Please communicate to parents a 5 minute window to arrive at events. Anyone with a temperature over 100 must leave immediately.
- Coaches will encourage athletes to wash hands before, during and after practice. Hand sanitizer will be available at all practice and game sites.
- Equipment will be wiped down and sanitized after each practice and game and several times throughout each.
- Please keep and enforce social distance as much as possible. The focus of practices should be skill development, techniques and strategies. Try to avoid contact situations and drills as much as possible.
- No sharing of water bottles, clothing or personal belongings. Personal belongings should be placed 6 ft apart at all times.
- Locker room use will be staggered and cleaned regularly.
- Social distancing protocols will be used when bussing passengers.
- If you are not feeling well or have any symptoms please stay home. This applies for coaches and athletes.
- If someone is sick or is diagnosed with Covid 19 please notify the coach and the athletic director who will notify the superintendent immediately.
- Slowly work the athletes back into shape. Do not over condition at the beginning. It has to be a process.
- Please review the NYSPHSAA return to play guidelines. Please see the shorter version I put together for each sport below.
- No high fives, hugging, fist bumps or hand shaking

- Coaches must keep attendance records and turn them in the AD weekly
- Only coaches and athletes are allowed in the buildings and gyms.

Games Days

- No spectators will be allowed.
- All athletes and coaches will be seated at least 6 feet apart and will be assigned a seat they must use the entire night.
- Scores table will only consist of the home scorebook, clock operator and shot clock operator. All table workers must wear masks and will be socially distanced.
- Hand sanitizer and disinfectant wipes will be readily available for all.

Wrestling

In place in case it gets approval.

Considerations for Coaches (All Sports):

- Communicate your guidelines in a clear manner to students and parents.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.
- Considerations for Students (All Sports):
- Consider making each student responsible for their own supplies.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
- Bring own water bottle.

GENERAL CONSIDERATIONS (APPLY TO ALL SPORTS):

- Make sure to emphasize to all participants the importance of washing hands or using hand sanitizer before, during, and after competitions
- No hugging, high fives, shaking hands, or fist bumps.
- Personal Items - It is recommended that each athlete bring their own bag for personal items. All personal items should remain in the bag when not in use. Bags should be placed in a predetermined area six feet apart for the duration of practice or game.

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

General Considerations:

- No handshakes prior to and following the coin toss in addition to pre- and post match ceremonies.
- Wash stations or sanitizer should be placed at mat side.

- If writing implements are used, they should be sanitized and not shared with anyone.
- Disinfect the mats prior to competition.
- Participate/host smaller events .
- Have hand sanitizer and wipes available at the scorer's table.
- The scorekeeper shall be the only individual to touch the scoresheet.
- Only official scorer and official timer should be permitted at the scorer's table.
- Ankle bands are recommended to be disinfected after each match.
- Weigh-ins should be conducted separately for each team and not shoulder to shoulder as stated in the NFHS rule. (Waiver of NFHS Rule approved by NYSPHSAA Officers 1-25-2021)
- Honor weigh-ins will not be permitted for the 2020-21 season (Waiver of NYSPHSAA Rule approved by NYSPHSAA Officers 1-25-2021).
- Weight Certification -NYSPHSAA will provide further guidance no later than January 29th.

Cheerleading

Considerations for Coaches (All Sports):

- Communicate your guidelines in a clear manner to students and parents.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.

Considerations for Students (All Sports):

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

GENERAL CONSIDERATIONS (APPLY TO ALL SPORTS):

- Make sure to emphasize to all participants the importance of washing hands or using hand sanitizer before, during, and after competitions
- No hugging, high fives, shaking hands, or fist bumps.
- Personal Items -It is recommended that each athlete bring their own bag for personal items. All personal items should remain in the bag when not in use. Bags should be placed in a predetermined area six feet apart for the duration of practice or game.

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

General Considerations

- Disinfect props following each routine.

- Contact the manufacturer about cleaning mats after practices and competitions.
- Only one student should use a specific prop during routines.
- There shall not be a formal awards ceremony.
- It is recommended to use computer scoring system for all competitions.
- 2019-20 scoresheet shall be used for all 2020-21 competitions. (Approved by NYSPHSAA Officers 1-25-21)

Boys Basketball

Considerations for Coaches (All Sports):

- Communicate your guidelines in a clear manner to students and parents.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.

Considerations for Students (All Sports):

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

GENERAL CONSIDERATIONS (APPLY TO ALL SPORTS):

- Make sure to emphasize to all participants the importance of washing hands or using hand sanitizer before, during, and after competitions
- No hugging, high fives, shaking hands, or fist bumps.
- Personal Items -It is recommended that each athlete bring their own bag for personal items. All personal items should remain in the bag when not in use. Bags should be placed in a predetermined area six feet apart for the duration of practice or game.

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

General Considerations:

- BOYS - For pregame conference, limit attendees to the referee and the head coach from each team with each coach standing on the center circle on each side of the division line.
- GIRLS - For pregame conference, limit attendees to the referee and one athlete per team standing on the center on each side of the division line.
- For pregame conferences, all individuals maintain a social distance of 6 feet or greater at the center circle.

- Limit the number of bench personnel to observe social distancing of 6 feet or greater. • Place team benches opposite the spectator seating.
- Additional chairs or rows may be added to allow bench personnel to observe social distancing of 6 feet or greater.
- Create separation between the team bench and spectator seating behind the bench.
- Limit contact between players when substituting.
- The host school should sanitize the table before the game and at half time.
- Place officials table sufficiently away from the sideline to allow for additional space for substitutes.
- Limit seats at the table to essential personnel which includes home team scorer, timer and shot clock operator with a recommended distance of 6 feet or greater between individuals. Other personnel (visiting scorer, statisticians, media, etc.) may not be deemed essential personnel and consider an alternate location for them.
- Eliminate all handshakes, fist bumps and similar gestures pre- and post game.
- Give game ball to officials in the locker room where it is sanitized as recommended by the ball manufacturer and not used for warm-ups.
- The host school should ensure that the ball is sanitized during time-outs and between quarters.
- Sanitizer should be provided by the host team at the table.
- Long-sleeved shirts are permissible.

Girls Basketball

Considerations for Coaches (All Sports):

- Communicate your guidelines in a clear manner to students and parents.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.

Considerations for Students (All Sports):

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

GENERAL CONSIDERATIONS (APPLY TO ALL SPORTS):

- Make sure to emphasize to all participants the importance of washing hands or using hand sanitizer before, during, and after competitions
- No hugging, high fives, shaking hands, or fist bumps.
- Personal Items -It is recommended that each athlete bring their own bag for personal items. All personal items should remain in the bag when not in use. Bags should be placed in a predetermined area six feet apart for the duration of practice or game.

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

General Considerations:

- BOYS - For pregame conference, limit attendees to the referee and the head coach from each team with each coach standing on the center circle on each side of the division line.
- GIRLS - For pregame conference, limit attendees to the referee and one athlete per team standing on the center on each side of the division line.
- For pregame conferences, all individuals maintain a social distance of 6 feet or greater at the center circle.
- Limit the number of bench personnel to observe social distancing of 6 feet or greater. • Place team benches opposite the spectator seating.
- Additional chairs or rows may be added to allow bench personnel to observe social distancing of 6 feet or greater.
- Create separation between the team bench and spectator seating behind the bench.
- Limit contact between players when substituting.
- The host school should sanitize the table before the game and at half time.
- Place officials table sufficiently away from the sideline to allow for additional space for substitutes.
- Limit seats at the table to essential personnel which includes home team scorer, timer and shot clock operator with a recommended distance of 6 feet or greater between individuals. Other personnel (visiting scorer, statisticians, media, etc.) may not be deemed essential personnel and consider an alternate location for them.
- Eliminate all handshakes, fist bumps and similar gestures pre- and post game.
- Give game ball to officials in the locker room where it is sanitized as recommended by the ball manufacturer and not used for warm-ups.
- The host school should ensure that the ball is sanitized during time-outs and between quarters.
- Sanitizer should be provided by the host team at the table.
- Long-sleeved shirts are permissible.

Volleyball

Considerations for Coaches (All Sports):

- Communicate your guidelines in a clear manner to students and parents.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.

Considerations for Students (All Sports):

- Consider making each student responsible for their own supplies.

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

GENERAL CONSIDERATIONS (APPLY TO ALL SPORTS):

- Make sure to emphasize to all participants the importance of washing hands or using hand sanitizer before, during, and after competitions
- No hugging, high fives, shaking hands, or fist bumps.
- Personal Items -It is recommended that each athlete bring their own bag for personal items. All personal items should remain in the bag when not in use. Bags should be placed in a predetermined area six feet apart for the duration of practice or game.

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

General Considerations:

- For pre-match conference, participants must all wear masks and each team is allowed one captain to attend.
- Players should sanitize hands between sets.
- Four (4) game balls should be available throughout the match.
- Substitutes may stand directly in front of the team bench, chairs or bleachers. (waiver of NCAA Rule approved by NYSPHSAA Officers 1-25-21)
- Teams are recommended to refrain from high fives and other similar celebrations following each point.
- Teams should remain on the same bench area throughout the match (waiver of NCAA Rule approved by NYSPHSAA Officers 1-25-21)
- Officials Table - Limit essential personnel which includes home team scorer, libero tracker and timer to maintain social distance between individuals. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternative location. All table help must wear masks.
- Uniform - Long sleeves and long pants are permissible.
- Uniform - Undergarments are permissible, but must be unadorned and of a single, solid color similar in color to the predominant color of the uniform top or bottom.
- Gloves are permissible.

Updated Guidance Regarding Spectators - 3/2/21

Revised Health Advisory: Higher-Risk Recreational and K-12 School Sports

SUMMARY

- 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, rugby, competitive cheerleading/group dance and volleyball are among the sports categorized as higher risk.
- This policy is revised to reflect NEW AND AMENDED REQUIREMENTS FOR HIGHER RISK SPORTS IN OSWEGO COUNTY in the background of reduced new COVID-19 case counts in the past four weeks. The Oswego County Health Department will continue to monitor COVID-19 disease activity. This guidance is subject to change based on local positivity rates or the identification of new COVID-19 variants in Oswego County.

As of March 3, Oswego County schools and recreational leagues MAY allow spectators at high-risk indoor sporting events with restrictions depending on their ability to:

- Ensure spectators maintain six feet of physical distance between individuals and/or family/household units at all times;
- Ensure that spectators wear face coverings when they are in common areas and situations where six feet of distancing is not able to be maintained, so long as they are over the age of two and medically able to tolerate such covering;
- Maintain hand sanitizer dispensers throughout the site for use by employees and patrons/players/spectators;
- Provide and maintain an option for spectators to provide names and contact information so they can be logged and contacted for contact tracing;
- Comply with any other instructions put forth in <https://www.governor.ny.gov/sites/governor.ny.gov/files/atoms/files/SportsAndRecreationMasterGuidance.pdf>. Schools and recreational leagues who opt to allow for spectators must have designated areas for spectators and determine the capacity of their spectator area.

Schools and recreational leagues who opt to allow for spectators must

- limit spectators to the smaller of either 2 spectators per athlete or 50% of their spectator area capacity AND
- Allow only home team spectators for indoor athletic events.

Schools and recreational leagues may opt to make even further limits depending on their capacity, ability to comply with the guidelines above, and concern for the health and safety of their players, staff, and spectators.

As of March 3, schools and recreational leagues competing in high-risk sporting events may travel to compete in any Section III county. Section III includes Oswego, Onondaga, Cayuga, Jefferson, Lewis, Madison, Oneida, Herkimer, Cortland, Chenango and Tompkins counties.

Sandy Creek Spectator Plan

- Only HOME TEAM spectators allowed
- Limit 2 spectators per athlete
- Temperature check upon entering facility
- COVID Screening questionnaire completed before entering event-
Available on school webpage (Athletic) and at event
- Tracking/ tracing contact information form filled out before entering event
- Sit in designated bleacher area to ensure 6 feet physical distance requirements
- **Everyone** (Player/ Coaches/ Spectators/ Support Staff) **MUST** wear a face covering/ mask at **ALL TIMES**
- Follow all other provisions of the ***Oswego County Health Departments Health Advisory for Higher Risk Recreational and K-12 School Sports***
- Comply with any other instructions put forth in
<https://www.governor.ny.gov/sites/governor.ny.gov/files/atoms/files/SportsAndRecreationMasterGuidance.pdf>.