



## **Winter Athletic Guidelines**

**As of November 25, 2020**

### **I. Introduction:**

1. In accordance with NYSDOH, CDC, and New York State guidelines (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:
  - a. inherent in the sport or recreation activity itself and
  - b. associated with the "type of play" (e.g. individual practice vs. game).
  - c. Sports and recreation activities are categorized by NYSDOH as "low" risk, "moderate" risk, or "high" risk.
2. The State CHSAA Executive Committee has approved the following low risk and moderate risk sports for the Winter Season:
  - Bowling (boys and girls)
  - Boys' Swimming
  - Winter Track & Field (boys and girls)

### **II. General Considerations (All Sports):**

1. A distance of at least six feet will be maintained among individuals at all times, whether indoor or outdoor, unless safety or the core activity (e.g. practicing, playing) requires a shorter distance.
  - a. Contact between players may only be incidental and any activities that are specifically designed to promote close physical contact are prohibited.
  - b. NYSDOH guidance for physical education classes requires 12' feet for aerobic activity, however the NYSPHSAA and New York State CHSAA have directed that outdoor athletic activity follow NYSDOH guidance as noted above.
2. If a distance between participants of less than six feet 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, athletic trainers, and other individuals who are not directly engaged in physical activity are required to wear a face covering.
3. Layouts in all athletic spaces will be modified 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.
4. Only essential personnel will be permitted on the practice/competition site as authorized. These are defined as student-athletes, coaches, medical personnel/athletic trainers, school administrators and officials (competition).
5. The sharing of equipment among players will be prohibited, unless the equipment is able to be cleaned and disinfected between use.
  - a. Clean and disinfect frequently touched surfaces and equipment, following recommendations by manufacturers.
6. The importance of washing hands and/or using hand sanitizer before, during, and after athletic activity will be emphasized.



- a. All facilities will be properly sanitized and have hand sanitizer and disposable masks readily available for practices and contests.
7. When determining if an activity/drill meets the standards of NYSDOH guidance, consideration will be based on:
  - a. Skill development
  - b. Individual or distanced group training
  - c. Social distancing

### **III. Considerations for Coaches (All Sports):**

1. All Coaches will be required to:
  - a. Communicate the guidelines and protocols in a clear manner to students and parents.
  - b. To the extent possible, conduct workouts in “cohorts” of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
  - c. Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.
  - d. Limit daily roster sizes for social distancing purposes.
  - e. Bring their own water bottle(s) and follow established guidelines for the hydration of student-athletes.
  - f. Not engage in any unnecessary contact with student-athletes. No hugging, high fives, shaking hands, or fist bumps.
  - g. Complete the SJDHS Employee Daily Health Screening Assessment prior to each practice, workout, or competition.

### **IV. Considerations for Student-Athletes (All Sports):**

1. All student-athletes will be required to:
  - a. 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.
  - b. Bring their own water bottle(s).
  - c. Not engage in any unnecessary contact with coaches or student-athletes. No hugging, high fives, shaking hands, or fist bumps.
  - d. Inform coaches or athletic trainers immediately when they are not feeling well.
  - e. Complete (or have parents/guardians complete) the SJDHS Student Daily Health Screening Assessment prior to each practice, workout, or competition.

\*\*\*\* Note: Students are encouraged to keep their mouth guards (if being used) in their mouth throughout the competition/practice, however, if this is not possible, proper disinfection of the mouth guard must be performed prior to reinsertion. Hands must also be washed or disinfected before doing so. \*\*\*\*



#### V. Locker Rooms and Changing Facilities (All Sports):

1. Student-athletes will not be able to utilize locker room facilities.
2. Each student-athlete will be required to bring their own bag for personal items. All personal items should remain in bag when not in use.
3. Bags will be placed in a predetermined area visible to the practice/competition location six feet apart for the duration of practice or game. No bags or personal items will be allowed to be stored in the locker rooms.

#### VI. Practice/Game Schedule and Protocols:

1. Practices/games will be scheduled at staggered times and in varied locations so as to provide for minimal, if any interaction between teams/groups.
2. In order to comply with social distancing guidelines, teams with larger rosters may schedule multiple practice times with a limited number of student-athletes present at each.
3. Any time you are coming from home to attend a practice/game you **must** have your temperature taken either by an athletic trainer or a coach as soon as you arrive. Parents/Guardians dropping an athlete off cannot leave until their temperature is taken. Any athlete with a temperature over 100.0 degrees will have to leave with the parent/guardian immediately.
4. In the event that an athlete is presenting with COVID-19 symptoms they will be isolated from the other athletes and parents will be called.
5. **Each team will be limited to the following practice days: (see chart below on page 4).**
6. Each practice slot will be limited to 2 hours during the week (Monday through Friday) and two hours on weekends or non-school days.
7. Fully remote and hybrid at home students will not be penalized if late or missing practice. Coaches must be contacted by the athlete directly under this circumstance.
8. The school will not be providing transportation for student-athletes who are in the remote learning or hybrid at home, nor will participation in any athletic activity be a suitable reason for these students to not attend all of their remote/hybrid classes in a given day.
9. The school will not be responsible for the transportation of student-athletes to or from games/practices held in the evenings or on weekends.
10. If there is a contest after school that requires the team to leave at 3:00pm SJB will provide transportation from SJB to and from the site.
11. Each individual sport will follow the specific guidelines set forth by the NYSPHSAA, The Nassau-Suffolk CHSAA, and the CHSFL regarding sport-specific protocols for each sponsored activity.



## Winter Schedule:

Sport	Start Date	Practice Mon	Practice Tues	Practice Wed	Practice Thurs	Practice Fri	Practice Sat	Practice Sun	Meeting Location	Pick Up Location	Time
Bowling (boys') *	12/7	AMF Babylon Lanes		AMF Babylon Lanes		AMF Babylon Lanes			Outside South Lobby (auditorium side)	South Parking Lot	3:00pm - 5:00pm
Bowling (girls') *	12/7	AMF Babylon Lanes		AMF Babylon Lanes		AMF Babylon Lanes			Outside South Lobby (cafeteria side)	South Parking Lot	3:00pm - 5:00pm
Swimming (boys') **	12/7		St. Joseph's College		St. Joseph's College				St. Joseph's College	St. Joseph's College	4:00pm - 6:00pm
Winter Track & Field (boys') ***	12/7	Mon by co-hort	Tues by co-hort	Wed by co-hort	Thurs by co-hort		TBD		Meet in Gym (practice is outside)	South Parking Lot	3:00pm - 4:40pm
Winter Track & Field (girls') ***	12/7	Mon by co-hort	Tues by co-hort	Wed by co-hort	Thurs by co-hort		TBD		Meet in Gym (practice is outside)	South Parking Lot	3:00pm - 4:40pm

### Notes:

\*Bowling (boys' & girls') – Practice is at AMF Babylon Lanes, 430 Sunrise Hwy., West Babylon. Fully remote and hybrid at home students must provide their own transportation.

\*\*Swimming (boys') - Practice is at St. Joseph's College (Danzi Athletic Center) located at 155 West Roe Boulevard, Patchogue. You must provide your own transportation.

\*\*\*Winter Track & Field (boys' and girls') - Practice is for students that are in the building with their cohort on a particular day. You only practice on days that you are physically at SJB. Fully Remote and hybrid at home students will practice on their co-hort day. (Co-hort A is A-K, and co-hort B is L-Z). Fully remote and hybrid at home students must provide their own transportation.



**VII. Important Dates:**

**December 7, 2020**

First official Winter sport practice dates as per NYSDOH guidance (Interim COVID-19 Guidance for Schools) for low risk and moderate risk sports: NYSDOH guidance states: Further, lower – and moderate – risk sports e.g., bowling - boys and girls, swimming - boys, and winter track & field - boys and girls will not have competition prior to **January 11, 2021**.

**VIII. Source and Updates:**

This guidance is based on NYS Department of Education documents, Suffolk County Department of Health Guidelines for Outdoor Activities, the NYSPHSAA document Return to Interscholastic Athletics, revised on November 17, 2020 and the guidelines set by the New York State CHSAA on November 17, 2020. As additional updated information becomes available, it will be included in these protocols.