



**RETURN TO
INTERSCHOLASTIC ATHLETICS
Winter & Fall 2 High Risk Sports
2021**

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Superintendent of Schools

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February 1, 2021 (Updated February 25th, 2021)

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Guiderland Central Schools

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District's COVID Contact Tracing Team for Athletics

Building Principal

Grades 8-12: Michael Piscitelli

Grade 7: Michael Laster

Dave Austin- Director of Health, PE & Athletics

Kate Gawrys- Athletic Trainer

Signs and Symptoms of COVID-19

Note: *This is not an exhaustive list and there may be additional steps in each school and city to help prevent the spread of COVID-19. Even when taking all precautions, there will still be risk of transmitting illnesses. Everyone should stay vigilant about the health of members of their teams. Lastly, the situation with COVID-19 is rapidly changing and this information may quickly become outdated. Please continue to monitor information provided by the CDC as well as local and the NYSDOH.*

According to the Centers for Disease Control and Prevention (CDC), people with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

When to Seek Emergency Medical Attention

Look for emergency warning signs* for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

*Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

NYS DOH guidance, [Interim Guidance for Sports and Recreation during the COVID-19 Public Health Emergency](#) (“Interim COVID-19 Guidance for Sports and Recreation”) states the following related to interscholastic athletic participation:

- Effective immediately and in accordance with this guidance, the abovementioned permitted statewide outdoor, low-risk recreational activities, as previously determined, may partake in all types of play.
- Effective July 6, 2020 in regions that have reached or surpassed Phase 3 of the State’s reopening and in accordance with this guidance, participants in lower and moderate-risk sports and recreation activities may partake in all types of play.
- Effective February 1, 2021, participants in higher risk sports and recreation activities may partake in individual or distanced group training and organized no/low-contact group training and, further, may partake in other types of play, including competitions and tournaments, only as permitted by the respective local health authorities (i.e., county health departments).
 - Local health authorities should consider the following factors in authorizing or continuing to prohibit higher risk sports and recreational activities as, in many areas, these factors may weigh against permitting such activities: [Albany County DOH Guidance for High Risk Sports](#)
 - Whether there has been a more-transmissible variant of COVID-19 identified in the area,
 - local rates of COVID-19 transmission or rate of positivity, and
 - local ability to monitor and enforce compliance.
- ***For all lower, moderate, and higher risk sports, travel for practice or play is prohibited outside of the region or contiguous counties/regions.*** Interstate travel for practice or play is strongly discouraged and, if undertaken, must strictly adhere to the requirements of the State's travel advisory.
 - Travel for practice or play to, or from, any area within New York that has been designated as a red or orange zone may only be permitted following consultation with the respective state or local health authorities with consideration of the abovementioned factors. Travel for practice or play to, or from, any area within New York that has been designated as a yellow zone is permitted so long as it adheres to all applicable DOH guidance.

NYSPHSAA 2020-2021
Fall, Winter, Spring
Section 2 Athletics

Winter Sports

February 1, 2021 - March 13, 2021

- Low/ Moderate-risk revised start date of Monday, November 30th approved by NYSPHSAA Officers (9-9-20). Sections have the authority to determine a later start date.
- High-risk sports are permitted to begin on February 1st only as permitted by the respective local health authorities (i.e., Albany County health departments).
- Sections determine Winter sports end date; cannot exceed 22 weeks.
- No Regional/ State Championships, approved by NYSPHSAA officers (12-10-20).
- Seven Consecutive Day Rule will be waived for the entire winter season, approved by NYSPHSAA officers (1-24-21).
- Ice Hockey, Basketball, Wrestling, Cheerleading

Fall Season II

March 7, 2021 - May 1, 2021

- Low/Moderate sports start date of March 7, 2021, approved by NYSPHSAA Officers (9-9-20).
- High-risk sports are permitted to begin on March 7, 2021 only as permitted by the respective local health authorities (i.e., Albany County health departments).
- Sections determine Fall Season II end date; end date approved May 1st.
- Sections have the ability to move other sports to Fall Season II in addition to Fall Competitive Cheer, Football, and Volleyball.
- Practice requirements for Fall Season II are 6 for all sports, except for Football which will require 10, approved by NYSPHSAA officers (9-9-20).
- Seven Consecutive Day Rule has been waived for the entire Fall Season II, approved by NYSPHSAA officers (9-9-20).
- Game/ Contest limits – no change.
- No Regional/ State Championships, approved by NYSPHSAA officers (7-16-20).

Spring Sports

May 2, 2021 - June 25, 2021

- Low/ Moderate spring sports start date is scheduled for May 2, 2021 (9-9-20).
- High-risk sports are permitted to begin on May 2, 2021 only as permitted by the respective local health authorities (i.e., Albany County health departments).
- Since baseball needs 10 practices prior to their first contest, baseball will start on April 28th
- Sections determine Spring sports end date.
 - NYSPHSAA staff will work with NYSED pertaining to the impact of the Regents exams upon the spring interscholastic athletic season.
- Fall Season II athletes may carry over three practices for all sports, except for Baseball which may carry over four practices, approved by NYSPHSAA officers (9-9-20).
- State Championships remain scheduled at this time.
- Seven Consecutive Day Rule has been waived for the Spring season, approved by NYSPHSAA officers (1-24-21).

Important Reminders and Guidance

Affirmation:

Please be reminded that in accordance with NYSDOH guidance a school official must affirm they understand and meet the requirements (Interim COVID-19 Guidance for Sports and Recreation)

Link: <https://forms.ny.gov/s3/ny-forward-affirmation>

Student-Athletes

- In accordance with NYSDOH guidance, responsible parties must ensure a distance of at least six feet is maintained among individuals at all times, whether indoor or outdoor, unless safety or the core activity (e.g. practicing, playing) requires a shorter distance. If a shorter distance is required, individuals must wear acceptable face coverings, unless players are unable to tolerate a face covering for the physical activity (e.g. practicing, playing); provided, however, that coaches, trainers, and other individuals who are not directly engaged in physical activity are required to wear a face covering.
- No hugging, high fives, shaking hands, or fist bumps.

Coaches

- In accordance with NYSDOH guidance, responsible parties must ensure a distance of at least six feet is maintained among individuals at all times, whether indoor or outdoor, unless safety or the core activity (e.g. practicing, playing) requires a shorter distance. If a shorter distance is required, individuals must wear acceptable face coverings, unless players are unable to tolerate a face covering for the physical activity (e.g. practicing, playing); provided, however, that coaches, trainers, and other individuals who are not directly engaged in physical activity are required to wear a face covering.
- Set clear expectations for student-athletes from day one.
- Communicate guidelines in a clear and consistent manner to students and parents.
- No hugging, high fives, shaking hands, or fist bumps.

Parents/ Spectators

- At this time the Suburban Scholastic Athletic Conference ***has agreed to no spectators at any practices or games until further notice.***
- If permitted in the future - As per NYSDOH guidance, 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 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.
- Disinfect student's personal equipment after each game or practice.
- Ensure that student-athletes practice and game clothing is laundered daily.

**Guilderland Central School District
Interscholastic Athletics**

Please also refer to the [Suburban Scholastic Athletic Council Return to Interscholastic Athletics](#) for additional information.

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.
- Guilderland will ensure facilities have been properly sanitized and have hand sanitizer and disposable masks readily available for practices and contests.
- Clean and disinfect frequently touched surfaces and equipment including balls. Please use recommendations by ball manufacturers - Spalding ball cleaning recommendations.
- No hugging, high fives, shaking hands, or fist bumps.
- Weight Rooms:
 - The Guilderland HS weight room is open at this time under the following guidelines:
 - [Guilderland HS Weight Room Guidelines](#)
- Locker Rooms:
 - Locker rooms are available for practices or competitions at Guilderland district facilities. Each locker room has designated spots on the benches, separated by 6 feet or more, and maximum occupancy signs posted at all entrances
 - Athletes and officials are encouraged to come dressed and prepared to participate
 - Ice Hockey will follow DOH and the Schenectady County Rec Facility guidelines for locker room use
- 12' Feet vs. 6' Feet Interpretation:
 - Many schools have asked why there is a difference between physical education and interscholastic athletics in regards to NYSDOH social distancing restrictions. Based upon current guidance and interaction with state officials, physical education class and school sports are inherently different, making separate guidance necessary. First and foremost, physical education, also known as gym class, is mandatory for nearly all students, while participating in interscholastic sports is a choice where the individual is able to choose whether or not to accept risks. In addition, the low-risk sports that have been allowed — like cross-country and tennis — are generally played outdoors, where the COVID-19 transmission risk is lower, and can be performed in a socially-distanced manner. The 12 feet is a “should” recommendation (not a “must” requirement) in the guidance designed to provide the maximum amount of protection. This provision was issued contemplating the riskiest gym scenario of an enclosed, indoor space with students who are not wearing face coverings.
 - In accordance with NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), responsible parties must ensure a distance of at least six feet is maintained among individuals at all times, whether indoor or outdoor, unless safety or the core activity (e.g. practicing, playing) requires a shorter distance. If a shorter distance is required, individuals must wear acceptable face coverings, unless players are unable to tolerate a face covering for the physical activity (e.g. practicing, playing); provided,

however, that coaches, trainers, and other individuals who are not directly engaged in physical activity are required to wear a face covering.

- Social distancing will be maintained during the National Anthem and on sidelines.
- Indoor sports may need to use bleachers or multiple levels of seating to ensure social distancing. Schools should consider using paint or tape as a guide for students and coaches.
- Have a hydration plan and ability to provide water to student-athletes and coaches in a safe manner. Coordinate with visiting teams to ensure that they have safe access to water for their participants.
- Practice/ competition site – Only essential personnel will be permitted on the practice/ competition site as authorized. These are defined as athletes, coaches, medical personnel/athletic trainers, and officials (competition), etc.
- 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.
- Media –Media members should contact host school administrators prior to arriving at games to plan appropriate entry, available workspace and determine school policies. Media is not guaranteed access to interscholastic events.

CONSIDERATIONS FOR STUDENTS:

- In accordance with NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), responsible parties must ensure a distance of at least six feet is maintained among individuals at all times, whether indoor or outdoor, unless safety or the core activity (e.g. practicing, playing) requires a shorter distance. If a shorter distance is required, individuals must wear acceptable face coverings, unless players are unable to tolerate a face covering for the physical activity (e.g. practicing, playing); provided, however, that coaches, trainers, and other individuals who are not directly engaged in physical activity are required to wear a face covering.
 - 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.
- Teams will make each student responsible for their own supplies.
- Students will wear their own appropriate workout clothing and not share clothing.
- Individual clothing/towels should be washed and cleaned after every workout.
- Students are encouraged to keep their mouth guards in their mouth throughout the competition/ practice, however, if this is not possible, proper disinfection of the mouth guard should be performed prior to reinsertion. Hands should also be washed or disinfected before doing so.
- Students should be advised to bring and use their own water bottle.
 - High school athletes should drink enough fluid before, during and after practice and competition.
 - Student-athletes should follow established guidelines for hydration.
 - Please see National Athletic Trainer Association (NATA) Resource:
- Students are encouraged to shower at home as quickly as possible after practice and games.

CONSIDERATIONS FOR COACHES:

- In accordance with Albany County DOH guidance, responsible parties must ensure a distance of at least six feet is maintained among individuals at all times, whether indoor or outdoor, unless safety or the core activity (e.g. practicing, playing) requires a shorter distance. If a shorter distance is required, individuals must wear acceptable face coverings, unless players are unable to tolerate a face covering for the physical activity (e.g. practicing, playing); provided, however, that coaches, trainers, and other individuals who are not directly engaged in physical activity are required to wear a face covering.
 - 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.
 - The Guilderland Central Schools states buff or gaiter style masks are not acceptable face coverings as outlined by NYSDOH guidelines.
- Communicate guidelines in a clear and consistent manner to students and parents.
 - Parent letter to those athletes participating in high risk sports
- Consider conducting workouts in “pods” of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
 - Guilderland recognizes a “pod” as a team, therefore for example the Varsity team of a sport will not practice with nor will they scrimmage nor travel with any other team.
- Coaches will keep accurate attendance records; so that there is a record of athletes and staff who attend each practice and game/contest in case contact tracing is needed.
- Coaches should limit game day team/ roster sizes if needed for social distancing purposes.
- Coaches should bring their own water bottle(s) and follow established guidelines for hydration.
- Coaches should develop practice drills that limit multi-athlete interaction and also limit contact between athletes.

Athletic Personnel Daily Screening

- Coaches will complete a daily COVID symptom screening
- Coaches will also verbally ask the student if they have any of the COVID symptoms listed above and how they are feeling
 - If a student presents a temperature or any symptoms they will not be permitted into practice and arrangements will be made with the child’s parent for them to return home.
 - COVID symptom checklists will be in each team’s medical kit and will be completed and given to the parent
 - If any symptom is present and reported, an athlete (or parent) must contact the school nurse before arriving to school the following day

Carpooling

- In accordance with the Albany County Health Department the Guilderland Central Schools will discourage carpooling to practices, or contests through a parent letter and coaching communications

Bussing

- Athletes will be provided transportation to and from home and away games/competitions. Under the current circumstances, athletes who are granted permission, can travel with their own parent/guardian and/or another parent or guardian via personal vehicle if they so choose by completing the [GCSD Transportation Waiver](#).

- The district will follow all NYS Department of Health school bus transportation guidelines, which include capacity, spacing, face coverings, ventilation, etc.

Travel

- Guilderland athletic teams will only compete against Section 2 schools during the 2020-21 school year
- Guilderland teams will not have overnight stays for competition or practice unless approved by the Director of Athletics and Superintendent of Schools.

Dining

- Guilderland teams will not have team dinners or banquets at this time
- Guilderland teams will not stop for food after athletic contests at this time

Cleaning and Disinfecting

In accordance with NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation) and Albany County Health Department Guidance, the following could be utilized for proper hygiene, cleaning and disinfecting:

- Guilderland will ensure adherence to hygiene and cleaning and disinfection requirements as advised by the CDC and DOH, including “Guidance for Cleaning and Disinfection of Public and Private Facilities for COVID-19,” and the “STOP THE SPREAD” poster, as applicable. Responsible Parties must maintain cleaning logs that include the date, time, and scope of cleaning and disinfection.
- Guilderland will provide and maintain hand hygiene stations on site, as follows:
 - For handwashing: soap, running warm water, and disposable paper towels.
 - For hand sanitizing: an alcohol-based hand sanitizer containing at least 70% alcohol for areas where handwashing facilities may not be available or practical.
 - Hand sanitizer will be placed throughout the site for use by employees and patrons/players/spectators. Will be placed in convenient locations such as points of entrance/exit.
- Guilderland will post signage indicating that visibly soiled hands should be washed with soap and water; hand sanitizer is not effective on visibly soiled hands.
- Guilderland will provide appropriate cleaning and disinfection supplies for shared and frequently touched surfaces and encourage employees/coaches to use these supplies, following manufacturers’ instructions, before and after use of these surfaces, followed by hand hygiene.
- Guilderland will conduct regular cleaning and disinfection of the site and frequent cleaning and disinfection for high-risk areas used by many individuals and for frequently touched surfaces. Cleaning and disinfection must be rigorous and ongoing and should occur at least after each shift, daily, or more frequently as needed. Please refer to DOH’s “Interim Guidance for Cleaning and Disinfection of Public and Private Facilities for COVID-19” for detailed instructions on how to clean and disinfect facilities.
- Responsible Parties must ensure regular cleaning and disinfection of restrooms. Restrooms should be cleaned and disinfected more often depending on frequency of use.
- Guilderland will ensure distancing rules are adhered to by using signage, occupied markers, or other methods to reduce restroom capacity where feasible.

Staying Home when Appropriate

- Guilderland Central Schools will continue to educate staff, parents and players about when they should stay home and when they can return to activity.
 - Actively encourage sick staff, families, and players to stay home. Has policies that encourage sick employees to stay at home without fear of reprisal, and ensure employees aware of these policies.
 - Individuals, including coaches, players, and families, should stay home if they have tested positive for or are showing COVID-19 symptoms.
 - Individuals, including coaches, players, and families, who have recently had a close contact with a person with COVID-19 should also stay home and monitor their health.

Hand Hygiene and Respiratory Etiquette

- Teach and reinforce handwashing with soap and water for at least 20 seconds.
 - If soap and water are not readily available, hand sanitizer that contains at least 70% alcohol can be used (for staff and older children who can safely use hand sanitizer).
- Do not allow spitting and encourage everyone to cover their coughs and sneezes with a tissue or use the inside of their elbow. Used tissues should be thrown in the trash and hands washed immediately with soap and water for at least 20 seconds.
 - If soap and water are not readily available, hand sanitizer that contains at least 70% alcohol can be used.

Face Coverings

- 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. If student-athletes are unable to wear a mask because of difficulty breathing during high intensity activities or swimming, they must wear it at all times when not actively playing, including when on the bench or pool deck.
 - 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. Replacement masks will be in each teams medical kits
 - Coaches, managers, and other school employees will monitor proper use and correct improper use by student-athletes, when indicated.
- During practices or contests if an athlete needs a mask break they should ask their coach for a substitute.
- Wearing cloth face coverings is most important when physical distancing is difficult.

Guilderland Athletic Department does not recommend the use of gaiter/buff/bandana face covering

Spectators

- Given the complexity of the safety protocols and to ensure the health and safety of the athletes, coaches, game workers and officials to the best of our ability the Guilderland Central Schools, in accordance with the Suburban Council Athletic Conference, will not permit spectators at this time. We will re-evaluate if there is a safe method to host spectators at a future time.

Adequate Supplies

- If hand washing facilities are available, support healthy hygiene by providing supplies including soap, paper towels, tissues, and no-touch/foot pedal trash cans. If hand washing facilities are not available, provide hand sanitizer with at least 70% alcohol (for coaches, staff and older players who can safely use hand sanitizer).

Practice Plans and Scheduling

- All buildings will be monitored to ensure only athletes and coaches scheduled for a practice enter the building.

Sport Specific Information

Basketball Coaching Staff

Boys		Girls	
Varsity	Mike Parks	Varsity	Chuck Mack
JV	Chris LaBattaglia	JV	Mary Schmit
Freshman	Andy Ryan	Mod 9	Jess Sweeney
Modified	Frank Cacckello	Modified	Kim Buckley

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

- 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.
- 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.
- Team will use chairs spaced at least 6' apart for all games
- 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 scorers, statisticians, media, etc.) may not be deemed essential personnel and consider an alternate location for them.
 - Guilderland will have the score clock and shot clock operator at the main scorer's table
 - Guilderland will have each team scorebook keeper at separate tables behind the main scorer's table at least 6' apart
- All handshakes, fist bumps and similar gestures pre- and post game are prohibited.
- Guilderland will ensure that the game ball is sanitized during time-outs and between quarters.

- Sanitizer will be provided by the host team at the entrance into the gymnasium and also at the scorers' table.
- Long-sleeved shirts are permissible.

Considerations for 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 your own water bottle.

Considerations for Coaches:

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts with the 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.
- Drills should be planned to limit or remove contact as much as possible
- Encouraged to maximize spacing for drills, teaching of concepts, etc

Considerations for Parents:

- Provide personal items for your child and clearly label them.

Competitive Cheerleading
Cheer Coaching Staff

Varsity- Jess Crusado
JV- Laura McConchie

- Players asked to bring their own water, no equipment may be shared at anytime

The NYSDOH has determined that cheerleading 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 hugging, shaking hands, or fist bumps.
- Clean and disinfect frequently touched surfaces and exercise equipment
- Coach will disinfect props before and after each routine
- Contact the manufacturer about cleaning mats after practices and competitions.
- Only one student should use a specific prop during routines
- Competitions will be done virtually to start the season
- It is recommended to use a computer scoring system for all competitions.
- The 2019-20 score sheet shall be used for all 2020-21 competitions. (Approved by NYSPHSAA Officers 1-25-21)

Considerations for Coaches:

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts with the 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.

Considerations for Students:

- 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 your own water bottle.

Considerations for Parents:

- Provide personal items for your child and clearly label them.

Ice Hockey
Ice Hockey Coaching Staff

Varsity- Jim Archibald

- Players asked to bring their own water, hockey equipment
- 8-9 PM practice time at Schenectady County Rec Facility

The NYSDOH has determined that ice hockey 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

- Communicate in advance with hockey rinks on policies, procedures and permitted time frames for practice and competition.
- Team Benches - Maintain social distancing as much as possible when in the bench area (chairs).
- Penalty Boxes - Limit to essential personnel and maintain social distancing from personnel and participating players.
- Team Captains - Captains need to maintain social distancing when talking to or conferring with a referee. Maintain social distance during the pre-game meeting with captains, head coaches, and officials wearing proper masks.
- Face masks - Plastic shields covering the entire face (unless integrated into the face mask, attached on the inside of the face mask, and clear without the presence of any tint) shall not be allowed during the contest.
 - CCM cloth face masks with helmet straps are recommended

- Tooth and mouth protectors - If mouthguards are removed on the bench area, the athlete should use hand sanitizer each time after touching the mouthguard.
- Suspend pregame protocol of shaking hands during introductions/pre game meetings.
- Gloves are permissible for all coaches, team staff and game administration officials.
- Limit the number of non-essential personnel who are at ice level and near participants throughout the contest.
- If available, dressing facilities for game officials and teams should be large enough for them to use social-distancing protocols and should be properly cleaned and sanitized prior to arrival.

Consideration for Coaches

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

Considerations for Students:

- Consider making each student responsible for their own supplies. Including water bottles
- 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.

Considerations for Parents:

- Provide personal items for your child and clearly label them.

Wrestling Wrestling Coaching Staff

Varsity- Don Favro

Varsity Assistant- JP Hulslander

JV- Gary Bohl

Modified- Jeremy Barss

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 sanitizers should be placed at the mat side.
- If writing implements are used, they should be sanitized and not shared with anyone.
- Disinfect the mats prior to competition and in between each bout
- Participate/host smaller events (more duals, fewer large tournaments).
- 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.

Considerations for Officials:

- Officials are responsible for meet management, which does not include monitoring activities in the facility such as social distancing, face coverings, hand washing, symptoms of illnesses and other such issues. This monitoring obligation remains with the responsible parties.
- Bring personal hand sanitizer. Wash hands frequently.
- Do not share uniforms, towels and equipment.
- Change the standard whistle several times during the day.
- Electronic whistles are permissible.
- May wear disposable gloves. If so, then they must change after each match.
- Conduct separate pre-meet administration including skin checks. During pre-meet administration, use visual inspections and avoid direct contact with wrestlers.
- Referees will not raise the winner's arm; winners are asked to raise their arm signifying victory

Considerations for Coaches:

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in "pods" 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.
- Eliminate all handshakes, fist bumps and similar gestures post-match.

Considerations for Students:

- Eliminate all handshakes, fist bumps and similar gestures pre- and post-match.
- Eliminate handshakes with coaches post-match.
- 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.
- Hand sanitizer should be plentiful at all contests and practices.
- Bring your own labeled water bottle.

Considerations for Parents:

- Provide personal items for your child and clearly label them.

Football Football Coaching Staff

Varsity Head Coach- Dan Penna
Varsity Assistant- Bill Schewe
Varsity Assistant- Garth Childs
JV Head Coach- Gary Bohl
JV Assistant- JP Hulslander
JV Assistant- Nigel Simmons
Freshman Head Coach- Jason Usher
Freshman Assistant- Chris Berschwinger
Modified Head Coach- Jeremy Barss
Modified Assistant- Don Favro

The NYSDOH has determined that Football 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:

- Schools will not be charging admission at games or providing concessions stand
- Eliminate all handshakes, fist bumps and similar gestures pre- and post-game.
- Limit the number of non-essential personnel who are on the field level throughout the contest. For Class AA Football the only coaches allowed on the sideline will be BOE appointed V/JV football coaches. The chains will be operated on the home side and all chain crew members will be screened and approved by the host school. The school medical director will be allowed on the sideline including the trainer who should also travel with the team. We will allow a modified coach to manage social distancing and mask wearing on the sideline. Only the home team will film the game and will share on Hudl within 24 hours. Any member of the press who arrives will be screened and will only be allowed in a location that is provided from the host school. Cheerleaders will only perform at home games in the endzone or location socially distanced from the teams. Home schools do have the option to approve cheerleaders to attend an away contest. Home teams will provide in their local document how many coaches will be allowed in their press box.
- If available, dressing facilities for game officials and teams should be large enough for them to use social-distancing protocols and should be properly cleaned and sanitized prior to their arrival. No dressing rooms will be provided for refs or teams
- The team box may be extended on both sides of the field to the 10-yard lines (for players only) in order for more social-distancing space for the teams.
- The ball should be cleaned and sanitized throughout the contest as recommended by the ball manufacturer.
- The ball holders should maintain social distancing of six feet at all times during the contest.
- Plastic shields covering the entire face (unless integrated into the face mask and attached to the helmet and clear without the presence of any tint) shall not be allowed during the contest. All players, coaches, spectators and officials will be required to wear a mask unless a medical

condition prevents this from occurring. If a medical condition is present, a note will need to accompany the player showing approval from the school doctor.

- Tooth and Mouth Protectors – If mouthguards are removed on the sidelines or bench area, the athlete should use hand sanitizer each time after touching the mouthguard.
- Gloves are permissible but still must comply with Rule 1-5-2b by meeting either the NOCSAE Standard or the SFIA Specification.
- Time Outs - A single charged time-out may be extended to a maximum of two minutes in length.
- Time Outs - The authorized conference for the charged time-out should take place between the 9- yard marks and not at the sideline for social-distancing purposes (It would be permissible for more than one coach to be involved in this conference and for technology to be used).
- The intermission between periods may be extended to a maximum of two minutes between the first and second and the third and fourth periods, and following a try, successful field goal or safety, and prior to the succeeding free kick. Can shorten half if mutually agreed upon by the coaches.

Considerations for 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.
- Bring personal hand sanitizer. Wash hands frequently.
- Do not share uniforms, towels and equipment.
- Electronic whistles are permissible.
- Gloves are permissible.
- For the coin toss, limit attendees to the referee, umpire and one designated representative from each team.
- Coin toss should take place in the center of the field with designated individuals maintaining social distancing of six feet. Page 54 | 73
- No handshakes prior to and following the coin toss.
- Maintain social distancing of six feet while performing all pregame responsibilities with all officiating crew members, game administration staff, line-to-gain crew, clock operators, individuals handling the balls during the game and team personnel.
- For the overtime procedure, please use the same procedure as used at the start of the contest for the coin toss.

Considerations for Coaches:

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in “pods” 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.

Considerations for 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.
- Hand sanitizer should be plentiful at all contests and practices.
- Bring your own labeled water bottle. Water coolers or bottles will not be provided for the visiting school.

Considerations for Parents:

- Provide personal items for your child and clearly label them.

Volleyball Volleyball Coaching Staff

Boys Varsity Head Coach- Reid Hartl
 Boys JV Head Coach- Amanda Samuels
 Girls Varsity Head Coach- Tamara Bryngelson-Eppard
 Girls JV Head Coach- Erin Murphy
 Girls Modified Head Coach- Kim Buckley

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.
- Suspend handshakes, fist bumps and similar gestures prior to and following the pregame conference.
- 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.
- 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.
- 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.
- Schools should consider protocols for supplying their own equipment for warm-ups.

Considerations for 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.
- Bring personal hand sanitizer. Wash hands frequently.
- Do not share equipment.
- Follow social distancing guidelines.
- Long-sleeved, all-white collared polo shirts/sweaters are permissible.
- Electronic whistles are permissible.
- Gloves are permissible.

Considerations for Coaches:

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in “pods” 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.

Considerations for 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.
- Hand sanitizer should be plentiful at all contests and practices.
- Bring your own labeled water bottle.

Considerations for Parents:

- Provide personal items for your child and clearly label them.

GUILDERLAND CENTRAL SCHOOL DISTRICT COVID-19 ATHLETIC PARTICIPATION WAIVER

On January 22, 2021, the Governor of New York State and the New York State Department of Health (NYSDOH) authorized the commencement of certain higher risk sports effective February 1, 2021 as may be authorized by local county departments of health and local schools. NYSDOH updated its “Interim Guidance for Sports and Recreation During the COVID-19 Public Health Emergency” (“Sports Guidance”). In pertinent part, the Sports Guidance permits higher-risk sports and recreation activities, including school athletic competitions and tournaments, to commence on February 1, 2021.

As with any sport, participation may increase the risk of injuries to students. In light of the COVID-19 pandemic, participation may also increase the risk of exposure to and illness from infectious diseases, including the novel coronavirus (i.e. COVID-19). COVID-19 may spread easily from person to person, and may result in serious illness, debilitating injury or death. At this time, the long-term effects of contracting COVID-19 remain unknown.

By participating in the District’s athletic program, your child may be exposed to the risk of contracting and/or transmitting COVID-19. While certain guidelines, practices, and preventive measures may reduce the risk, the risk of serious illness and/or death through participation may still occur. It is the responsibility of each Parent and/or legal guardian to evaluate and determine whether they are comfortable with assuming the risk of their child’s participation in sports.

Assumption of Risk for COVID-19: I understand that my child, [REDACTED]’s participation in the District’s athletic program is voluntary and is not required. I acknowledge that I have carefully read the above; understand the risk of contracting, transmitting, being exposed to and/or injured from COVID-19, and voluntarily assume such risks, including the risk of serious illness, debilitating injury, or death to my child and myself. By signing below, I further acknowledge that I understand that the risk of exposure to, contracting, or spreading COVID-19 may result from the acts, omissions, or negligence of myself and others, including but not limited to the District employees, agents, representatives, volunteers; other students, program participants, and their families; and/or other individuals who may be present in school facilities or in attendance at any school activity. I knowingly assume such risks, including the risk of serious illness, debilitating injury, or death to my child and myself.

Cooperation Acknowledgement: I acknowledge that in order for my child to be eligible for and/or participate in the District’s athletic program, certain requirements may be imposed by the District, NYSDOH, and/or the Albany County Public Health Department (“ACPHD”) to reduce the transmission of COVID-19. I agree that my child and I will comply with any conditions established for participation regarding protection against infectious diseases as adopted by the School District and/or local and state Department of Health, including but not limited to, adherence to any isolation or quarantine orders and case investigations.

Waiver of Liability/Hold Harmless: In consideration for providing my child the opportunity to participate in the District’s athletic program, I voluntarily agree to waive and discharge any and all claims against the District and Albany County Department of Health (“ACDOH”), related to or arising out of COVID-19, and voluntarily release

the District and ACDOH from liability for any exposure to or illness or injury from COVID-19, including claims for negligent actions of the District or ACDOH, its employees, agents, representatives, medical director, and volunteers, related to or arising out of COVID-19, on behalf of myself and my child to the fullest extent allowed by law. In consideration for providing my child the opportunity to participate in the District's athletic program, I agree to release, discharge, and hold harmless the District and ACDOH, its employees, agents, volunteers, medical director, and representatives from all liability, claims, causes of action, or demands, including attorney fees, fines, fees, or other costs (e.g. medical costs) arising out of any exposure to or illness or injury from COVID-19.

IN SIGNING THIS HOLD HARMLESS, RELEASE AND WAIVER OF LIABILITY AGREEMENT, I ACKNOWLEDGE AND REPRESENT THAT I have read the AGREEMENT, understand it and sign it voluntarily as my own free act and deed; no oral representations, statements, or inducements, apart from the foregoing written Agreement, have been made.

Print Student Name	Student Signature (if Student is 18 or over)	Date
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******PARENT/LEGAL GUARDIAN CERTIFICATION******

By signing below, I, the undersigned parent/legal guardian, certify that I am the parent/legal guardian of the above-named student, who is a minor child, and that I am requesting that my minor child be able to participate in the Activity and that I agree, on my own behalf and on behalf of my minor child, including my and/or the minor child's representatives, executors, administrators, heirs and assigns, that I am bound, and that my child, is bound by each and every term of this HOLD HARMLESS, RELEASE AND WAIVER OF LIABILITY AGREEMENT.

Athlete Name: _____ Grade: _____ Sport: _____

Parent Signature: _____

School Medical Director Authorization Form

I certify that I, _____, operating in the role as district Medical Director, have reviewed and approved the attached plan for Guilderland CSD for the Winter & Fall 2 “High Risk” sports season. Any amendments or adjustments to this plan must be reviewed and approved by myself prior to implementation.

Print Name

Signature

Date

