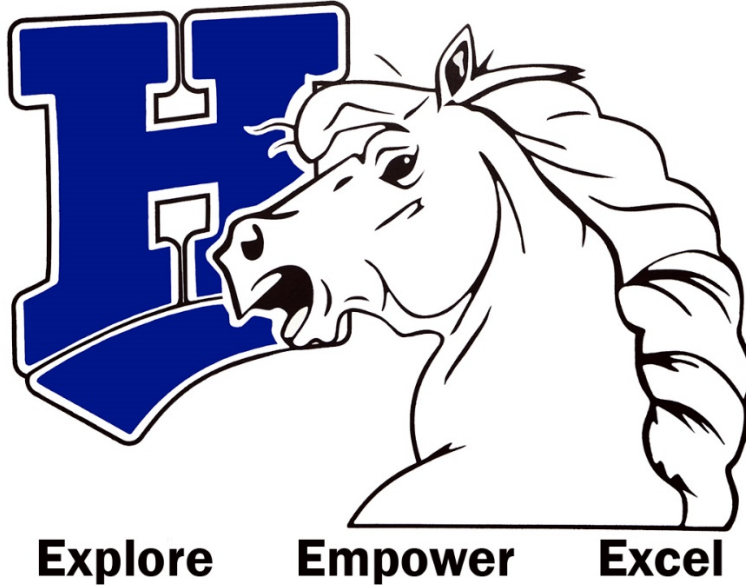


Horseheads Central School District



Return to Play Plan
for
Interscholastic Athletics
2020-2021
Condensed Seasons

High Risk Sports for Winter, Fall II, and Spring Seasons

Introduction:

On January 22, The New York State Public High School Athletic Association Inc. (NYSPHSAA) announced high-risk sports are authorized by the New York State Department of Health (NYSDOH) to begin practice and/or competition on February 1, 2021, if permitted by the respective local health authorities.

In accordance with New York State Department of Health (NYSDOH) guidance (Interim COVID-19 Guidance for Sports and Recreation), the ability to participate in sports and recreation activities is determined by a combination of the risk for COVID-19 transmission:

- (1) inherent in the sport or recreation activity itself
- (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. (Pg. 3-5 of guidance)

Affirmation:

The Horseheads Central School District interscholastic athletic programs, for all sports, will meet or exceed the established state expectations for the immediate implementation of our full athletic programs offerings.

Horseheads Central School District 2021 Condensed Season Sports Schedule

Schedule	Dates
Open Gyms / Workouts	
Phase 1 Phased in approach Open Gym / Workouts	January 4 th , 2021 (Workouts / Open Gyms)
Phase 2 Phased in approach Open Gym / Workouts	January 18 th , 2021 (Workouts / Open Gyms)
Winter Sports / High Risk Sports	
Winter Sports – Boys Swim & Diving and B & G Bowling	January 4 th , 2021 (Practice)
Winter Sports – Basketball, Wrestling and Cheerleading	February 1 st 2021
Unified Bowling - Registration	January 2, 2021
Unified Bowling – Start Date	February 1, 2021 (Practice)
Fall II Sports / High Risk Sports	
Fall Sports II Registration Opens	January 30, 2021
Fall Sports Start Date	March 1 st (Practice)
Spring Sports / High Risk Sports	
Spring Sports Registration Opens	March 20, 2021
Spring Sports Start Date	April 19, 2021 (Practice)
Unified Basketball Registration Opens	TBD
Unified Basketball Start Date	TBD

Chemung County Department of Health (CCDOH)

Questions for High Risk Sports Seasons

Winter Season High Risk Sports

Season Starting - February 1, 2021

Season Ending - March 6, 2021

Question 1:

Is your district planning on participating in higher risk sports activities if allowed by the (LHD) local health department?

Answer:

Horseheads Central School District is planning on participating in high risk winter sports at all levels starting on February 1st, 2021.

Question 2:

The new guidance encourages a phased in approach to re-opening activities, prioritize a list of the sports activities your district would like to see re-opened first.

Answer:

Since January 4, 2021, the district has implemented off-season conditioning activities for these high-risk sports. The Horseheads Central School District would like to begin activities for all appropriate Modified (M), Junior Varsity (JV), and Varsity (V) sports on February 1, 2021.

Winter high-risk sports include (in no specific order):

- *JV/V Competitive Cheerleading*
- *M/JV/V Boys & Girls Basketball*
- *M/JV/V Wrestling*

Question 3:

Which of your respective indoor facilities would be utilized for practices, games and etc. please include facility address, sport and maximum capacity of gymnasium?

Answer:

<i>Team</i>	<i>Facility</i>	<i>Address</i>	<i>Practice / Game</i>	<i>Cap</i>
<i>Competitive Cheerleading</i>	<i>HS South Gym</i>	<i>1 Raider Lane Horseheads NY</i>	<i>Practice</i>	<i>1200</i>
<i>Competitive Cheerleading</i>	<i>IS/MS School Field House</i>	<i>950 Sing Sing Rd Horseheads NY</i>	<i>Games</i>	<i>4500</i>
<i>B/G JV/V Basketball</i>	<i>IS/MS School Field House</i>	<i>950 Sing Sing Rd Horseheads NY</i>	<i>Practice</i>	<i>4500</i>
<i>B/G JV/V Basketball</i>	<i>IS/MS School Field House</i>	<i>950 Sing Sing Rd Horseheads NY</i>	<i>Games</i>	<i>4500</i>
<i>B/G Mod Basketball</i>	<i>Gardner Road Elem Gym</i>	<i>541 Gardner Rd Horseheads NY</i>	<i>Practice</i>	<i>700</i>
<i>B/G Mod Basketball</i>	<i>HS South Gym</i>	<i>1 Raider Lane Horseheads NY</i>	<i>Practice</i>	<i>1200</i>
<i>B/G Mod Basketball</i>	<i>HS South Gym</i>	<i>1 Raider Lane Horseheads NY</i>	<i>Games</i>	<i>1200</i>
<i>V/JV Wrestling</i>	<i>HS Axillary Gym</i>	<i>1 Raider Lane Horseheads NY</i>	<i>Practice</i>	<i>56</i>
<i>V/JV Wrestling</i>	<i>HS North Gym</i>	<i>1 Raider Lane Horseheads NY</i>	<i>Matches</i>	<i>1200</i>
<i>Mod Wrestling</i>	<i>HS North Gym / Half</i>	<i>1 Raider Lane Horseheads NY</i>	<i>Practice</i>	<i>600</i>
<i>Mod Wrestling</i>	<i>HS North Gym / Half</i>	<i>1 Raider Lane Horseheads NY</i>	<i>Matches</i>	<i>600</i>

Fall II Season High Risk Sports

Season Starting - March 1, 2021

Season Ending - April 24, 2021

Question 1:

Is your district planning on participating in higher risk sports activities if allowed by the (LHD) local health department?

Answer:

Horseheads Central School District is planning on participating in high risk Fall II sports at all levels starting on March 1st, 2021.

Question 2:

The new guidance encourages a phased in approach to re-opening activities, prioritize a list of the sports activities your district would like to see re-opened first.

Answer:

Since January 4, 2021, the district has implemented off-season conditioning activities for these high-risk sports. The Horseheads Central School District would like to begin activities for all appropriate Modified (M), Junior Varsity (JV), and Varsity (V) sports on March 1, 2021.

Fall II season high-risk sports include (in no specific order):

- *JV/V Cheerleading*
- *M/JV/V Football*
- *M/JV/V Girls Volleyball*

Question 3:

Which of your respective indoor facilities would be utilized for practices, games etc. please include facility address, sport and maximum capacity of gymnasium?

Answer:

<i>Team</i>	<i>Facility</i>	<i>Address</i>	<i>Practice / Game</i>	<i>Cap</i>
<i>JV/V Cheerleading</i>	<i>HS South Gym</i>	<i>1 Raider Lane Horseheads NY</i>	<i>Practice</i>	<i>1200</i>
<i>JV/V Cheerleading</i>	<i>HS Stadium Game Field</i>	<i>1 Raider Lane Horseheads NY</i>	<i>Game</i>	<i>Outdoors</i>
<i>JV/V Football</i>	<i>HS Stadium practice Field</i>	<i>1 Raider Lane Horseheads NY</i>	<i>Practice</i>	<i>Outdoors</i>
<i>JV/V Football</i>	<i>HS Stadium Game Field</i>	<i>1 Raider Lane Horseheads NY</i>	<i>Games</i>	<i>Outdoors</i>
<i>Modified Football</i>	<i>IS/MS Football Field</i>	<i>950 Sing Sing Rd Horseheads NY</i>	<i>Practice</i>	<i>Outdoors</i>
<i>Modified Football</i>	<i>HS Stadium Field</i>	<i>1 Raider Lane Horseheads NY</i>	<i>Games</i>	<i>Outdoors</i>
<i>JV/V Volleyball</i>	<i>IS/MS Field House</i>	<i>950 Sing Sing Rd Horseheads NY</i>	<i>Practice</i>	<i>4500</i>
<i>JV/V Volleyball</i>	<i>HS North Gym / Half</i>	<i>1 Raider Lane Horseheads NY</i>	<i>Practice</i>	<i>600</i>
<i>JV/V Volleyball</i>	<i>IS/MS Field House</i>	<i>950 Sing Sing Rd Horseheads NY</i>	<i>Games</i>	<i>4500</i>
<i>Modified Volleyball</i>	<i>IS/MS Field House</i>	<i>950 Sing Sing Rd Horseheads NY</i>	<i>Game</i>	<i>4500</i>
<i>Modified Volleyball</i>	<i>HS North Gym / Half</i>	<i>1 Raider Lane Horseheads NY</i>	<i>Practice</i>	<i>600</i>

Spring Season High Risk Sports

Season Starting - April 19, 2021

Season Ending - June 11, 2021

Question 1:

Is your district planning on participating in higher risk sports activities if allowed by the (LHD) local health department?

Answer:

Horseheads Central School District is planning on participating in spring high risk sports at all levels starting on April 19, 2021.

Question 2:

The new guidance encourages a phased in approach to re-opening activities, prioritize a list of the sports activities your district would like to see re-opened first.

Answer:

Since January 4, 2021, the district has implemented off-season conditioning activities for these High-Risk sports. In no order, Horseheads Central School District would like to begin sport activities for all appropriate Modified (M), Junior Varsity (JV), and Varsity (V) sports on April 19, 2021.

Spring season high-risk sports include:

- M/JV/V Boys Lacrosse*

Question 3:

Which of your respective indoor facilities would be utilized for practices, games and etc. please include facility address, sport and maximum capacity of gymnasium?

Answer:

<i>Team</i>	<i>Facility</i>	<i>Address</i>	<i>Practice / Game</i>	<i>Cap</i>
<i>JV / V Boys Lacrosse</i>	<i>Thorn Street Fields</i>	<i>504 Thorne St Horseheads NY</i>	<i>Practice</i>	<i>Outdoors</i>
<i>JV / V Boys Lacrosse</i>	<i>HS Stadium Field</i>	<i>1 Raider Lane Horseheads NY</i>	<i>games</i>	<i>Outdoors</i>
<i>Modified Boys Lacrosse</i>	<i>IS/MS Field 1</i>	<i>950 Sing Sing Rd Horseheads NY</i>	<i>Practice</i>	<i>Outdoors</i>
<i>Modified Boys Lacrosse</i>	<i>IS/MS Field 2</i>	<i>950 Sing Sing Rd Horseheads NY</i>	<i>Games</i>	<i>Outdoors</i>

Horseheads Central School District (HCSD)
Return to Athletics Protocols for
All High Risk Sports
In Season Practicing and Competitions
and
Out of Season Open Gym Conditioning Workouts

Plan Administrator:

Dr. Tom Douglas, Superintendent 607-739-5601 x4201 tdouglas@horseheadsdisrict.com

Plan Coordinator:

Bert Conklin, Athletic Director 607-739-5601 x4255 bconklin@horseheadsdisrict.com

Facilities / Social Distancing

1. HCSD will ensure that with any indoor sport or recreational activity, capacity is limited to no more than 50% of the maximum occupancy for a particular area, as set by the certificate of occupancy, inclusive of employees, patrons, players, and spectators.
2. HCSD will ensure social distancing 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.
3. Student athletes, coaches, and trainers will be required to establish routines that encourage practicing pods for all teams and social distancing of six feet or more at all applicable times. Warm-ups, practices, and instructional times should be able to attain social distancing.
4. HCSD will staggering schedules, as much as possible, for patrons/players and/or teams to utilize facilities.
5. HCSD locker rooms may be available for contests and/or games only. Football and Lacrosse will use the Stadium field house locker room for practice and games. Coaches are expected to monitor and regulate the use of these areas to minimize the numbers of athletes in the area, as well as the length of time and social distancing in these indoor spaces.

Spectators

1. HCSD Board of Education has placed a limit on spectators. This limit is no more than two spectators per player for contests that are open to spectators. The allowing of spectators is subject to Chemung County Restrictions as well as the discretion of the Athletic Director and/or site capacity limits (This is also subject to adjustments and/or restrictions for a senior night for each sport in season).
2. HCSD will only allow home athletically-connected spectators for both indoor and outdoor contests and games.

3. HCSD will screen and seat all spectators for any contest or game in accordance with state guidelines. Failure by any spectators to submit to screening and/or contact tracing will result in the individual not being allowed on property for any events/contests.
4. HCSD will ensure spectators maintain social distancing of at least six feet between individuals and/or family/household units at all times.
5. HCSD will require all spectators to wear face coverings when they are on school property, so long as they are over the age of two and/or medically able to tolerate such covering with verified documentation to the school district from the individual and approved by the district's physician.
6. HCSD will also facilitate appropriate distancing and seating with markings on the ground and/or seating areas, as well as other signage.

Face Coverings/Masks

1. HCSD student athletes will be required to wear masks. If a student athlete is unable to wear a mask for medical reasons, the student athlete will need a medical note indicating they cannot wear a mask for medical reasons. This is subject to final approval of the district's physician. If the district medical director does not approve a medical release, the student would not be able to participate in practices and/or competitions.
2. HCSD coaches and trainers are required to wear masks at all times during practices/competitions/transportation etc.
3. HCSD coaches and trainers will also have additional masks available for student athletes.
4. HCSD BOE has set the standard for competitions for districts teams. **HCSD sports teams will only compete with other school teams who comply with the wearing of masks for the duration of any competitions. This applies to in-season contests as well as sectionals, regionals, and states.**
 - Any opposing teams home or away must provide, prior to any event, medical documentation for any individual who is not required to wear a mask for competition.
 - If at any time, any lack of mask wearing is not confirmed prior to the event, at the event, or during the event, and a contestant(s) is(are) not wearing masks, the HCSD team will withdraw from competition for safety reasons and expect the league, section, and/or state to address this safety issue.

Screening

1. HCSD will screen daily all spectators/athletes for any practices, contests, or games in accordance with state guidelines. Failure by any spectator, coach, or athlete to submit to screening and/or contact tracing will result in the individual not being allowed on property for any events/contests.

2. Student athletes/coaches and trainers that are coming from home will need to be screened, by the athletic office or coach, prior to practices/games. The coach will be responsible for the scanning of temperatures, completing the required questions for screening in the HCSD safety plan, and maintaining daily records of such for contact tracing purposes throughout the entire sports season.
3. Additionally, all coaches and the trainers, as employees, will be required to submit daily the GST BOCES COVID-19 Screening Survey at <https://staywell.gstboces.org>.
4. Coaches will keep daily attendance records for each practice/game for contact tracing purposes.
5. A student-athlete/coach/trainer/spectator who has a temperature of 100 degrees or greater and/or has a positive response on the screening questions must be isolated and sent home immediately. The Athletic Director must be contacted immediately for any guidance on continuance of practices/games.
6. District/school Athletic Directors from competing schools will stipulate with the HCSD Athletic Office that no one associated with the team is known to be ill, has not been screened according to state protocol, and/or is not currently infected with COVID-19 prior to their team traveling to Chemung County or the school district to participate in a practice or competition.
7. All records will be made accessible electronically to Chemung County Health Department.

(Interim COVID-19 Guidance for Schools)

NYSDOH Guidance states the following pertaining to screening:

Personal Hygiene

1. *Hand sanitizer will be provided at all locations of practices and/or contests.*
2. *Field house and school restrooms will be open and available for handwashing while maintaining limited numbers for safety.*
3. *Coaches and students will be expected to use restrooms frequently before, during, and after practice for sanitizing purposes while maintaining limited numbers for safety.*
4. *Coaches, spectators, and students will restrict physical contact with others while on school property to avoid potential infection spread of COVID-19 (ex. no hugging, shaking hands, fist bumping, celebrations of victory, etc.).*

After School Locker Room and Bathroom Use

1. *Locker rooms are closed for all open gyms. Student athlete(s) must come prepared for open gyms.*
2. *Locker rooms for in season high-risk sports will be available and monitored by coaches for practice and/or games.*
3. *Personal items*
 - a) *It is recommended that each athlete bring their own bag for personal items.*
 - b) *All personal items should remain in the bag when not in use.*
 - c) *Bags should be placed in a predetermined area six feet apart for the duration of practice(s).*

4. After school, student athletes should report to assigned practice and/or competition areas right away and maintain masking and social distancing requirements.
5. Students are not to congregate after school around the gym area or halls.
6. Students with early release must change at home and return to practice dressed.
7. Game/competition lockers will not be assigned to athletes, as the student athlete must maintain all equipment and clean and sanitize it daily.

Equipment Cleaning/Sharing

1. Athletes will not share equipment.
2. Athletes and coaches will not share personal items (water bottles, towels, etc.). Each team member must bring his or her own water bottle/gear.
3. Athletes will clean and sanitize individual athletic equipment daily.
4. Coaches will clean and sanitize all team equipment daily after each workout/practice/contest sessions.
5. HCSD will provide cleaning/disinfectant supplies for shared and frequently touched surfaces. Following manufactures' instructions, employees will use cleaning/disinfectant supplies, before and after workouts/practices/contests followed by hand hygiene.
6. All team equipment used on the fields and/or gyms should only be touched by coaches.

Transportation

1. Athletes and their families will be responsible for providing transportation to and from practice locations for open gym workouts. (The school district is not responsible for any transportation to or from open gym workouts.)
2. Transportation for all in season sports will be available after 4:30 pm for away contests.
3. All district transportation will conform to social distancing requirements per NYS school transportation requirements.
4. To the extent possible, carpooling to and from practices is discouraged by Chemung County.

Testing Student Athletes

HCSD will continue to test 20% of the student-athletes monthly, as recommended by the Chemung County Health Department, as long as testing kits continue to be supplied to HCSD by the county as a best practice.

Informed Consent & Clearance to Participate

Each athlete and parent/guardian must sign a consent to participate in high-risk sporting practices and/or events. This must be completed and turned into the coach by the start of the second day of Practice in order to participate in the sport or try-outs. (The informed Consent form is attached at the end of this plan).

Horseheads Central School District (HCSD)
Return to Athletics Protocols
for
Off-Season - Open Gym Conditioning Activities

In accordance with NYSPHSAA rules and regulations:

School sponsored activities conducted out of the sport season, such as general conditioning, weight training, weightlifting, intramurals, recreation, open gyms, club activities, and camps are permitted:

- 1. Such programs are not mandated by coaches or school personnel*
- 2. Such programs are available to all students*
- 3. Such programs follow all school requirements for safety, especially COVID-19 protocols stated above)*

In accordance with NYSDOH guidance:

High Risk sports are characterized by the following:

Ability to maintain physical distance and/or be done individually

Least ability to:

- a. avoid touching of shared equipment*
- b. clean and disinfect equipment between uses*
- c. use shared equipment at all*

General Considerations (All Sports):

1. Responsible parties must ensure masking and social distancing of at least six feet is maintained among individuals, whether indoor or outdoor, unless safety or the core activity (e.g. practicing, playing) requires a shorter distance.
2. If a shorter distance is required, student athletes will be required to wear masks that is secured to the face above the nose, covering the mouth, and secured under the chin. Student athletes will need a medical note, indicating they cannot wear a mask for specific medical reasons and this note is subject to final approval of the district's physician. If the district's medical director does not approve a medical release, the student would not be able to participate in practices and/or competitions without wearing a conforming mask.
3. Coaches and trainers, as well as any other individuals who are not directly engaged in physical activity are required to wear a conforming mask covering.
4. HCSD BOE has set the standard for open practices for the districts. HCSD open gyms will only be allowed off-season, if these open practices comply with all safety guidelines, county guidelines, and especially COVID-19 protocols above.

5. Coaches should modify open practice layouts, so that individuals are socially distanced at least six feet apart in all directions, to the greatest extent possible, particularly during field exercises, drills, and/or other practice activities.
6. Coaches should not allow the sharing of equipment among patrons/players, unless it is able to be cleaned and disinfected between each use. (Note: NYSDOH guidance does not prohibit specific equipment use.)
7. Coaches and students need to be screened daily prior to open practices (Interim COVID-19 Guidance for Schools).
8. Coaches are required to keep accurate records of daily attendance and daily screening of athletes in any open workout/practice for review as needed for contact tracing purposes.

General Considerations (Off Season - High Risk Sports):

1. Contact between coaches and players may only be incidental.
2. Any activities that are specifically designed to promote close physical contact are strictly prohibited.
3. For any activity/drill which meets the standards of NYSDOH guidance, coaches should consider the following items for off-season high-risk sports:
 - a. focus on skill development
 - b. individual or distance group training
 - c. social distance requirements

This plan is subject to revision, at the district and county's discretion, throughout any and all sports seasons and/or programming.

Additional Plan Guidance:

This District Plan is considered to be in addition to the guidance document from the New York State Public High School Athletic Association (NYSPHSAA) entitled:

**Return to Interscholastic Athletic
2020-2021 WINTER & FALL SEASON II EDITION**

This resource was prepared by NYSPHSAA staff, Section Executive Directors, Sport Coordinators and the NYSPHSAA COVID-19 Task Force to assist member schools when providing interscholastic athletic opportunities for students.

NYSPHSAA Link:

<http://www.nysphsaa.org/Portals/0/COVID%2019/2021%20January%20-%20Return%20To%20Interscholastic%20Athletics.pdf>

The contents of this document are subject to change

REVISED January 25, 2021

**Required Informed Consent for High-Risk Sporting Events
for the Horseheads Central School District
as authorized by the Chemung County Department of Health**

READ THIS CAREFULLY - IT AFFECTS YOUR LEGAL RIGHTS.

WARNING: *Parent and student-athlete acknowledge and assume all risks and dangers associated with the Event or any other promotions/activities before, during or after the Event (“Event Activities”), acknowledge that attendance is voluntary, and further agree that the Horseheads Central School District (the District), together with their respective officers, directors, employees, agents, licensees, sponsors, and vendors (collectively, the “Released Parties”), will not be responsible for any personal injury (including death), illness, property damage, or other loss suffered in connection with the Event/Event Activities, the negligence of any of the Released Parties or any other incidents caused by crowds of people. By attending the Event/Event Activities, the parent and student-athlete are deemed to have given a full release of liability to the Released Parties to the fullest extent permitted by law from any and all claims which student-athlete has or may have for causes of action arising out of attendance at, observation of and/or participation in the Event/Event Activities. If parent does not wish to, or is not authorized to grant such rights, releases, and waivers on behalf of an accompanied student-athlete, parent should immediately leave the facility with the student-athlete.*

COVID-19 is an extremely contagious disease that can lead to severe illness and death in individuals of all ages and can be spread by symptomatic or asymptomatic individuals. While age and underlying conditions present more serious risk, long-term effects of COVID-19 are not presently known, and even mild COVID-19 infections may be accompanied by long-term complications. An inherent risk of exposure to COVID-19 exists in any public place regardless of precautions and mitigation measures that may be taken. Participation in higher-risk sports places the student-athlete at risk of exposure to COVID-19. A student-athlete who becomes infected poses a significant risk to those with whom the student-athlete currently resides. By attending the event, you agree to assume all risks associated with COVID-19 and other infectious or communicable diseases, viruses, bacteria or illnesses.

The revocable license granted by this Consent will be terminated, and ejection, detention or arrest may result for violating any law or any SCHOOL DISTRICT policy, including, entering or throwing anything onto the gymnasium floor, offensive language or disruptive behavior. Parent and student-athlete consent to health and security searches or screening, including but not limited to, temperature screening and COVID-19 testing, and waive all related claims, and also consents to health-related conditions for attendance, including any requirements pertaining to the wearing of masks or social distancing. Parent and student-athlete further acknowledge that a condition for continued participation in the Event will be full cooperation with case and contact investigations involving COVID-19 and any quarantine or isolation as required.

Student-Athlete Name _____
Student-Athlete Signature

High-Risk Sport: _____ **Level:** ___ Varsity Jr. ___ Varsity ___ Modified

Birth Date: _____ **Student’s Age:** _____

Parent/Guardian Signatures *(even if the student athlete is 18 years of age or older):*

Parent/Guardian #1

Parent/Guardian #2