



# Plainedge Public Schools Interscholastic Sports Safety Plan 2021

This program outline is intended to help coordinate after school sport activities in accordance with both NYSPHSAA “Winter Sport Guidelines” & NYSDOH “Interim COVID-19 Guidance for Sports and Recreation”. As Guidelines are adjusted, the contents of this document and program are subject to change.

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## Overview

The purpose of this document is to implement guidelines and protocols to safely carry out a winter sports season through the Plainedge Public Schools. These guidelines were created using the recent NYSPHSAA “Return to Sport Winter Edition” which was revised on November 17, 2020. This document is in accordance with 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.

### **Winter Sports (2/1-2/26); Fall Sports (3/1-4/21); Spring Sports (4/22-6/14)**

- Low/ Moderate risk revised start date of Monday, November 30<sup>th</sup> approved by NYSPHSAA officers (9/9/20).
- High risk revised start date of Monday, January 4<sup>th</sup> approved by NYSPHSAA officers (11/16/20).  
**Note:** High risk start date is contingent upon authorization from state officials.
- Sections determine all season end dates; cannot exceed 22 weeks.
- State Championships as scheduled (*Subject to change*)

## Goals and Connection to Plainedge Public Schools

Strong athletic programs instill a sense of pride in school and community. These programs teach lifelong lessons and skills of communication, collaboration, problem solving, commitment, and facilitate the physical and social emotional development of our students. We continue to develop the culture of the Plainedge school community to empower our student body. We have adapted during the 2020-21 school year and will continue to serve the athletic community at large.

The values taught through the Plainedge Athletic program include collaboration, sportsmanship and citizenship, respect for self and others, problem solving, dedication, commitment, trustworthiness, loyalty, responsibility, integrity, fairness and doing one’s best regardless of the outcome. The skills that are naturally embedded in athletics prepare our students for experiences they encounter in their post high school years.

Many of these values are often called intrinsic because they are very much a part of what a successful program teaches. The Plainedge Athletics program is aligned with the shared value outcomes, which irreplaceably benefits the educational experiences of all our athletes/students. Through integration of the shared value outcomes, everyone’s efforts encourage our students to strive to do their best as individuals, students, teammates, and members of the community.

A district focus of the 2020-21 school year is student engagement. Our student athletes would benefit tremendously from engagement within their chosen sport. This document leads for opportunity and provides various scenarios that would lead to increased student engagement.



## Plainedge Schools High Risk Sports Program

(January 4<sup>th</sup> – June 14<sup>th</sup>)

*This program outline consists of 3 contingency plans in order to address the continuation of sports in the event high risk sports cannot compete or there is a suspension of in-person learning.*

*Each sport has a specific detailed plan that can be viewed in the appendix of this document.*

Full Go	Low/Moderate Risk Sports	Remote Learning
<ul style="list-style-type: none"> <li>• This plan will be implemented if NYS decides all high risk sports may take place.</li> <li>• All sports including: <b>Basketball, Wrestling, Competitive Cheer Kickline, Cross Country, Bowling, Football, Soccer, Tennis, Golf, Volleyball, Baseball, Softball, Lacrosse, Track and Field</b> will operate as would a normal sports season with increased cleaning and screening protocols.</li> <li>• Contingencies: If the county or the school district suspend in-person learning OR certain sport seasons are postponed, the district will enact one of the modified sport models.</li> </ul>	<ul style="list-style-type: none"> <li>• This plan will be implemented if NYS determines high risk sports such as basketball, cheer &amp; wrestling cannot compete.</li> <li>• Sports Including: <b>Track and Field, Golf, Bowling, Tennis, Cross Country, Baseball and Softball</b> will operate as would a normal sports season with increased cleaning and screening protocols</li> <li>• High Risk Sports: Sports that are not able to compete will still be able to meet &amp; practice within the guidelines set forth by NYSPHSAA.</li> </ul> <p>These guidelines include:</p> <ul style="list-style-type: none"> <li>✓ Practice</li> <li>✓ Weight Training</li> <li>✓ Film Study</li> </ul> <ul style="list-style-type: none"> <li>• Contingencies: If the county or the school district suspend in-person learning OR certain sport seasons are postponed, the district will enact one of the modified sport models.</li> </ul>	<ul style="list-style-type: none"> <li>• This plan will be implemented if in person learning is suspended.</li> <li>• <b>All sports</b> will have a Google Classroom athletes will join with sport specific material posted.</li> <li>• <b>All sports</b> will meet remote via Google Meets or Zoom.</li> <li>• Coaches will have the ability to conduct:               <ul style="list-style-type: none"> <li>Virtual training drills</li> <li>Film study</li> <li>Positional coaching</li> <li>Team building</li> <li>Sport strategy</li> </ul> </li> <li>• These sessions will be considered practices and student athletes will be held to the same attendance policy as in-person practice.</li> </ul>



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## Additional Key Points

1. If Nassau County proceeds with a winter season in any capacity, student cohorts will be dissolved after-school, and student athletes may attend practices or training on a daily basis.
2. Coaches will be responsible for taking attendance every day and communicating any possible COVID-19 exposure to the nurses and athletic trainer.
3. Locker rooms will be available for student athletes to change. No clothing or equipment can be stored or left in the locker rooms. A schedule amongst teams will be developed to limit various team exposure and the number of athletes in the locker room at a time.
4. Plainedge will follow the mask guidelines set forth by NYSPHSSA and the county regarding interscholastic competition. During practices masks will be worn at all times. Mask breaks will be given with professional discretion of the coach, on an as-needed basis, or when requested by an athlete. Mask break areas will be designated at each location practices are being held.
5. If a student athlete is placed on quarantine, virtual content & workouts will be available for them to engage with their coach & teammates through their teams Google Classroom.



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## Out of Season Guidelines

In accordance with NYSPHSAA rules and regulations, this school sponsored program will be conducted out of the regular sport season, but not prior to September 21<sup>st</sup>, 2020, and utilized for general conditioning, weight training, weightlifting, intramurals, and open gyms.

This style of program is permitted by NYSPHSAA:

1. if such programs are not mandated by coaches or school personnel;
2. if such programs are available to all students.

### General Considerations:

- 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. If a shorter distance is required, individuals must wear acceptable face coverings. Mask breaks will be given throughout the session. All coaches and staff will be required to wear masks unless 12 feet from another individual.
- Layouts 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.
- Any equipment used during the sessions will be cleaned and sanitized before used by another individual.
- All faculty and staff participating in a session will have been screened and had their temperature checked when entering the building that day.
- Students will have their temperatures screened before each session.



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## Physicals

All physicals and consent must be submitted and processed by our school nurse in order to participate in any sport related activity like previous years. This must be done a week prior to the first date of each season. This goes for both HS & MS students. This year, all athletes participating in “High Risk Sports” will also need to turn in a “High Risk Consent and Contract” form.

See the links below for all documents necessary to participate:

[High School Athletic Forms and Dates](#)

[Middle School Athletic Forms and Dates](#)

- The rule allowing physicals to be submitted that were up to 2 years old is now expired and pertains only to fall sports. An athlete **MUST** have an updated physical from **THIS YEAR**.



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## Suspected Cases

In the event a person becomes ill with COVID-like symptoms while training at a practice session, the following procedure will be followed:

- The athlete will be moved to a predetermined isolation area as follows:
  - For indoor practices at the high school, this area will be located in the weight training room with easy access to the parking area.
  - For outdoor practices at the high school, this area will be located at the south end of the field.
  - For indoor practices at the middle school, this area will be located in the weight training room.
  - For outdoor practices at the middle school, this area will be located at north end of the field.
  - If inclement weather creates an additional hazard, the athlete will be moved to the front lobby of their respective school for parent pick up.
  - Athletes will be monitored by an onsite security guard or a member of the coaching staff in a safe and distanced way while awaiting parent pick up.
- The athlete will be assessed by the athletic trainer on site.
- Transportation arrangements will be made to transport the sick person home or to a healthcare facility. The student will remain in the isolation area until a parent or guardian is able to transport them home.
- Any students in the cluster with that individual will be told to self-monitor and a phone call home to each parent or guardian of a student in the cluster will be made. A determination of isolating the team or cohort will be made after contact tracing and following the DOH guidelines.



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## Facilities

### High School:

Practice & training sessions for high school students will take place at the track, gymnasium, wrestling room and school weight room. Additional sites may be the middle school and the Brian Moore Athletic Center (BMAC).

**At this current time, use of the locker rooms are for changing and bathroom use only. No equipment or clothing may be kept in a locker.** Once these circumstances change, adjustments will be made to incorporate these facilities into the program.

### Middle School:

**At this current time, use of the locker rooms are for changing and bathroom use only. No equipment or clothing may be kept in a locker.** Once these circumstances change, adjustments will be made to incorporate these facilities into the program.



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## Transportation

At this time, Plainedge Public Schools will abide by Nassau County regulations for busing students to alternate facilities and school competitions. Plainedge transportation will continue to follow their daily protocol when currently busing students to and from school (i.e. windows open, sanitize, masks on, etc.)

In regards to day-to-day practices, students are still encouraged to provide their own private transportation in order to limit any unnecessary risk.



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## References

NYSPHSAA Return to Interscholastic Athletics Winter Edition

<http://www.nysphsaa.org/Portals/0/COVID%2019/2020%20November%20%20Return%20To%20Interscolastic%20Athletics%20%281%29.pdf>

Interim COVID-19 Guidance for Sports and Recreation

<https://www.governor.ny.gov/sites/governor.ny.gov/files/atoms/files/SportsAndRecreationMasterGuidance.pdf>

CDC Youth Sports Recommendations

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/playing-sports.html>



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## School Closings

In the event that schools close due to COVID-19 for a short or long-term basis, the Winter Varsity/Junior Varsity and Middle School coaches suggest the following:

### Google Classrooms

- Post exercises and skill work (including YouTube videos to demonstrate workouts and technique)
- Athletes will be provided with a workout log so that coaches can provide feedback

### Zoom Meetings

- Meet live with small “pods” of kids each day to discuss concerns and workouts as well as to have “face-to-face” time to meet social-emotional needs of athletes.
- Meet with full team during the week to discuss larger issues/concerns/create “normalcy” in order to mimic in-person comradery and create an environment that supports the social-emotional needs of each individual athlete.
- Meetings to discuss NCAA participation and virtual college visits.
- Meetings to review performances of other athletes and view competitions to demonstrate mastery of the sport and dialogue with students to create goals and generate motivation.
- Incorporate outlets for fully remote learners so that they can be “active” participants to improve their social-emotional well-being through the sport.



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## **Important reminders for coaches**

### **ATHLETES**

- Athletes must arrive to practice and games dressed and ready.
- While students are waiting for practice, they cannot gather in groups. They must always be six feet apart unless it cannot be avoided, such as game play.
- Coaches must sanitize equipment at the end of practice. Disinfectant bottles will be available to spray down the equipment.
- Athletes cannot share towels, water bottles, jerseys, shorts, or any items that could potentially transmit a virus.
- Athletes must bring water bottles and be clearly labeled with their name.
- Athletes should be encouraged to bring a bag to keep all their belongings together.

### **ATTENDANCE**

- Attendance must be taken at the start of practice.
- If an athlete arrives late or leaves early, the attendance must be updated immediately.
- If needed, attendance will be used to contact trace and it must be accurately recorded.

### **BENCH AND GAME DAY PERSONNEL**

- Only coaches and athletes will travel with the team and be permitted to attend contests.
- Announcers, score keeper, clock operator, and shot clock operator will be permitted at home contests.
- A score keeper and supervisor (if permitted by the opponent's school) will be assigned for each contest, but will not travel with the team.

### **COACHES**

- Coaches and athletes may be required to receive weekly COVID-19 tests.
- Coaches are reminded that all medical and educational information about a student-athlete is confidential and cannot be shared with anyone.
- At practices, coaches should not be directly involved in a play. Coaches must keep a six feet distance from athletes.
- When sitting on the bench, you must be six feet away from other coaches and players.
- It is recommended that all coaches bring a labeled water bottle to set an example.
- Before boarding the bus, the coach must ensure that all athletes had a temperature check and their hands sanitized.
- Coaches must be familiar with the NYSPHSAA and Department of Health guidelines. If we are competing against a school that is not adhering to the guidelines, we must politely ask them to follow the guidelines or we will leave the facility.
- Coaches should be familiar with any medications an athlete is taking. If an inhaler must be carried with the athlete at all times, the coach must know where it is and it must be accessible quickly in an emergency situation.



## **FACE COVERINGS**

- Coaches, athletic trainers, and other ancillary staff must wear masks at all times.
- When distributing team masks, please tell athletes to write their name on the inside so it is distinguishable from their teammates. (No community pens.)
- You must keep extra masks with you, just-in-case a team member loses one or one breaks.
- It is recommended to provide face mask breaks during practice. Breaks can be done outside or when athletes are 12 feet apart and should be coordinated with water breaks.

## **HYGIENE**

- Coaches must continually remind athletes to take a shower once they get home.
- All workout gear and uniforms should be laundered soon after returning home.
- No spitting, gum chewing, or rinsing of the mouth.
- Athletes cannot lick their hands and clean their sneakers to reduce slide. If this happens, or something similar, the coach should remind the player that is prohibited and they must wash their hands then sanitize them.
- Nose clearing is also discouraged.

## **TRANSPORTATION**

- Windows on the bus must remain open.
- Before boarding the bus, the coach must ensure that all athletes' temperatures have been checked and hands sanitized.
- Coaches should ask the driver where they will be during play and at the end of the contest. If possible, ask the driver for a cell number so you can contact them if needed.



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## Appendix A: Basketball

1. Athletes must have an up-to-date physical on file; questions regarding sports clearance should be directed to the high school nurse's office. Coaches will be given a copy of the signed clearance form which permits the athlete to participate.
2. Indoor: 50% capacity of maximum occupancy inclusive of coaches/staff, students will be placed in cohorts as needed to adhere to occupancy limits.
3. Training activities will include: strength/cardio conditioning six feet apart with masks, passing and shooting, learning offensive and defensive strategies. All activities that require physical contact will be performed with masks on, if tolerable, and proper hand sanitization implemented before and after contact.
4. Coaches and athletes must be six distance apart for indoor or outdoor activities. ALL (staff/athletes) individuals present must wear face coverings, unless players are unable to tolerate such a covering for that specific physical activity.
5. Practices and competitions are available to students registered in our district and present in school. The coach will check the daily attendance as well as the daily quarantine list to ensure students that are not eligible to practice are not in attendance.
6. To support safe hygiene and cleaning, we will limit the sharing of equipment, provide and maintain a hand hygiene station, conduct regular cleaning and disinfection of all equipment and areas of use.
7. We will communicate with students and parents via the Remind app and email.
8. Accurate records of all athletes and staff who attend each practice will be maintained along with pre-practice temperature screenings to complete contact tracing if necessary.
9. Mask breaks will be provided by allowing athletes to step outside the gym while being monitored by a coach.
10. All students will have a clearly marked water bottle and a safely distanced place to access it during practice.
11. Additional guidelines;
  - Students will be directed that they cannot share clothing, hydration substances or towels etc. All items should be washed and cleaned at home after every workout.
  - Coaches will emphasize the importance of hygiene. No hugging, high fives, shaking hands, or fist bumps.
  - Coaches and trainers must wear a face covering at all times.
  - Signage will be posted throughout the site to remind personnel to adhere to proper hygiene, social distancing rules, appropriate use of PPE, and cleaning and disinfecting protocols.
  - No fans will be permitted to any indoor practices, training and/or competitions.
  - Accommodations may be forthcoming for Plainedge parent attendance.



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## Appendix B: Cross Country, Indoor/Outdoor Track and Field

1. Athletes must have an up-to-date physical on file; questions regarding sports clearance should be directed to the high school nurse's office. Coaches will be given a copy of the signed clearance form which permits the athlete to participate.
2. Indoor: 50% capacity of maximum occupancy inclusive of coaches/staff, students will be placed in cohorts as needed to adhere to occupancy limits. (Outdoor capacity in accordance with social gathering restrictions.)
3. Training activities will include: strength/cardio conditioning six feet apart with masks, conditioning on the track, field and weight room. All activities that require physical contact will be performed with masks on, if tolerable, and proper hand sanitization implemented before and after contact.
4. Coaches and athletes must be six feet distance apart for indoor or outdoor activities. ALL (staff/athletes) individuals present must wear face coverings, unless players are unable to tolerate such a covering for that specific physical activity.
5. Practices and competitions are available to students registered in our district and present in school. The coach will check the daily attendance as well as the daily quarantine list to ensure students that are not eligible to practice are not in attendance.
6. six. To support safe hygiene and cleaning we will limit the sharing of equipment, provide and maintain a hand hygiene station, conduct regular cleaning and disinfection of all equipment and areas of use.
7. We will communicate with students and parents via the Remind app and email.
8. Accurate records of all athletes and staff who attend each practice will be maintained along with pre-practice temperature screenings to complete contact tracing if necessary.
9. Mask breaks will be provided by allowing athletes to step outside the gym (or away from others) while being monitored by a coach.
10. All students will have a clearly marked water bottle and a safely distanced place to access it during practice.
11. Additional guidelines;
  - Students will be directed that they cannot share clothing, hydration substances or towels etc. All items should be washed and cleaned at home after every workout.
  - Coaches will emphasize the importance of hygiene. No hugging, high fives, shaking hands, or fist bumps.
  - Coaches and trainers must wear a face covering at all times.
  - Signage will be posted throughout the site to remind personnel to adhere to proper hygiene, social distancing rules, appropriate use of PPE, and cleaning and disinfecting protocols.
  - No fans will be permitted to any indoor practices, training and/or competitions.
  - Accommodations may be forthcoming for Plainedge parent attendance.



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## Appendix C: Cheerleading and Kickline

1. Athletes must have an up-to-date physical on file; questions regarding physicals should be directed to the high school health office. Coach will check, ensure and/or monitor medical forms are on file.
2. Indoor: 50% capacity of maximum occupancy inclusive of coaches/staff, students will be placed in cohorts as needed to adhere to occupancy limits. Cohorts of 4-5 athletes will be created to train and rotate together during activities to ensure limited exposure to COVID-19 infection while practicing stunts. (Outdoor capacity in accordance with social gathering restrictions.)
3. Training activities will include: strength conditioning six feet apart with masks, cardio cheer conditioning in place, learning sideline cheers and competition cheers (words and motions only), teach and practice jump techniques, teach and practice dances (maintaining social distancing), teach and practice tumbling conditioning drills and skills. All activities that require physical contact will be performed with masks on and proper hand sanitization implemented before and after contact.
4. Coaches and athletes must be six feet distance apart for indoor or outdoor activities. ALL (staff/athletes) individuals present must wear face coverings, unless players are unable to tolerate such a covering for that specific physical activity. The floor will be marked to delineate six feet increments.
5. Practices and competitions are available to students registered in our district and present in school. The coach will check the daily attendance as well as the daily quarantine list to ensure students that are not eligible to practice are not in attendance.
6. To support safe hygiene and cleaning we will limit the sharing of equipment, provide and maintain a hand hygiene station, conduct regular cleaning and disinfection of all equipment and areas of use.
7. We will communicate with students and parents via the Remind app and email.
8. Accurate records of all athletes and staff who attend each practice will be maintained along with screening questions and temperatures to complete contact tracing if necessary. Each athlete will fill out a Google form detailing daily transportation plans to ensure safety.
9. Mask breaks will be provided by allowing athletes step outside the gym or away from others while being monitored by a coach.
10. All students will have a clearly marked water bottle and a safely distanced place to access it during practice.
11. Additional guidelines;
  - Students will be directed they cannot share clothing, hydration substances or towels etc. All items should be washed and cleaned at home after every workout.
  - Coaches will emphasize the importance of hygiene. No hugging, high fives, shaking hands, or fist bumps.
  - Coaches and trainers must wear a face covering at all times.
  - Signage will be posted throughout the site to remind personnel to adhere to proper hygiene, social distancing rules, appropriate use of PPE, and cleaning and disinfecting protocols.
  - No fans will be permitted to any indoor training and/or competitions.
  - Accommodations may be forthcoming for Plainedge parent attendance.



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## Appendix D: Wrestling

1. With Athletes must have an up-to-date physical on file; questions regarding physicals should be directed to the high school health office. Coach will check, ensure and/or monitor medical forms are on file.
2. Indoor: 50% capacity of maximum occupancy inclusive of coaches/staff, students will be placed in cohorts as needed to adhere to occupancy limits. Cohorts of four-to-five athletes will be created to train and rotate together during activities to ensure limited exposure to COVID-19 infection while practicing.
3. Training activities will include: strength conditioning six feet apart with masks, wrestling conditioning, skills both in the weight and wrestling rooms.
4. Coaches and athletes must be six feet distance apart for indoor or outdoor activities. ALL (staff/athletes) individuals present must wear face coverings, unless players are unable to tolerate such a covering for that specific physical activity. The floor will be marked to delineate six foot increments, but athletes will be wrestling each other in order to hone their specific skills.
5. Practices and competitions are available to students registered in our district and present in school. The coach will check the daily attendance as well as the daily quarantine list to ensure students that are not eligible to practice are not in attendance.
6. To support safe hygiene and cleaning we will limit the sharing of equipment, provide and maintain a hand hygiene station, conduct regular cleaning and disinfection of all equipment and areas of use.
7. We will communicate with students and parents via the Remind app and email.
8. Accurate records of all athletes and staff who attend each practice will be maintained along with screening questions and temperatures to complete contact tracing if necessary. Each athlete will fill out a Google form detailing daily transportation plans to ensure safety.
9. Mask breaks will be provided by allowing athletes step outside the gym while being monitored by a coach.
10. All students will have a clearly marked water bottle and a safely distanced place to access it during practice.
11. Additional guidelines;
  - Students will be directed they cannot share clothing, hydration substances or towels etc. All items should be washed and cleaned at home after every workout.
  - Coaches will emphasize the importance of hygiene. No hugging, high fives, shaking hands, or fist bumps.
  - Coaches and trainers must wear a face covering at all times.
  - Signage will be posted throughout the site to remind personnel to adhere to proper hygiene, social distancing rules, appropriate use of PPE, and cleaning and disinfecting protocols.
  - No fans will be permitted to any indoor training and/or competitions.
  - Accommodations may be forthcoming for Plainedge parent attendance.



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## Appendix E: Bowling

### **Plan 1: Regular Season**

Full Season start begins Jan 4<sup>th</sup> 2021. We will follow BOCES Section 8 guidelines and policies. We will work with the bowling alley, CDC guidelines, transportation department to find the safest process to the bowling alley and compete competitively.



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## Appendix F: Football

1. Athletes must have an up-to-date physical on file; questions regarding sports clearance should be directed to the high school nurse's office. Coaches will be given a copy of the signed clearance form which permits the athlete to participate.
2. Outdoor capacity in accordance with social gathering restrictions and inclusive of coaches/staff, students will be placed in cohorts as needed to adhere to occupancy limits.
3. Training activities will include: strength/cardio conditioning six feet apart with masks, passing and tackling, learning offensive and defensive strategies. All activities that require physical contact will be performed with masks on, if tolerable, and proper hand sanitization implemented before and after contact.
4. Coaches and athletes must be six feet distance apart for indoor or outdoor activities. ALL (staff/athletes) individuals present must wear face coverings, unless players are unable to tolerate such a covering for that specific physical activity.
5. Practices and competitions are available to students registered in our district and present in school. The coach will check the daily attendance as well as the daily quarantine list to ensure students that are not eligible to practice are not in attendance.
6. To support safe hygiene and cleaning we will limit the sharing of equipment, provide and maintain a hand hygiene station, conduct regular cleaning and disinfection of all equipment and areas of use.
7. We will communicate with students and parents via the Remind app and email.
8. Accurate records of all athletes and staff who attend each practice will be maintained along with pre-practice temperature screenings to complete contact tracing if necessary.
9. Mask breaks will be provided by allowing athletes to step away from others at an appropriate distance while being monitored by a coach.
10. All students will have a clearly marked water bottle and a safely distanced place to access it during practice
11. Additional guidelines;
  - Students will be directed that they cannot share clothing, hydration substances or towels etc. All items should be washed and cleaned at home after every workout.
  - Coaches will emphasize the importance of hygiene. No hugging, high fives, shaking hands, or fist bumps.
  - Coaches and trainers must wear a face covering at all times.
  - Signage will be posted throughout the site to remind personnel to adhere to proper hygiene, social distancing rules, appropriate use of PPE, and cleaning and disinfecting protocols.
  - No fans will be permitted to any indoor practices, training and/or competitions.
  - Accommodations may be forthcoming for Plainedge parent attendance.



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## Appendix G: Volleyball

1. Athletes must have an up-to-date physical on file; questions regarding sports clearance should be directed to the high school nurse's office. Coaches will be given a copy of the signed clearance form which permits the athlete to participate.
2. Indoor: 50% capacity of maximum occupancy inclusive of coaches/staff, students will be placed in cohorts as needed to adhere to occupancy limits.
3. Training activities will include: strength/cardio conditioning six feet apart with masks, passing and setting, learning offensive and defensive strategies. All activities that require physical contact will be performed with masks on, if tolerable, and proper hand sanitization implemented before and after contact.
4. Coaches and athletes must be six feet distance apart for indoor or outdoor activities. ALL (staff/athletes) individuals present must wear face coverings, unless players are unable to tolerate such a covering for that specific physical activity.
5. Practices and competitions are available to students registered in our district and present in school. The coach will check the daily attendance as well as the daily quarantine list to ensure students that are not eligible to practice are not in attendance.
6. To support safe hygiene and cleaning we will limit the sharing of equipment, provide and maintain a hand hygiene station, conduct regular cleaning and disinfection of all equipment and areas of use.
7. We will communicate with students and parents via the Remind app and email.
8. Accurate records of all athletes and staff who attend each practice will be maintained along with pre-practice temperature screenings to complete contact tracing if necessary.
9. Mask breaks will be provided by allowing athletes to step outside the gym while being monitored by a coach.
10. All students will have a clearly marked water bottle and a safely distanced place to access it during practice.
11. Additional guidelines;
  - Students will be directed that they cannot share clothing, hydration substances or towels etc. All items should be washed and cleaned at home after every workout.
  - Coaches will emphasize the importance of hygiene. No hugging, high fives, shaking hands, or fist bumps.
  - Coaches and trainers must wear a face covering at all times.
  - Signage will be posted throughout the site to remind personnel to adhere to proper hygiene, social distancing rules, appropriate use of PPE, and cleaning and disinfecting protocols.
  - No fans will be permitted to any indoor practices, training and/or competitions.
  - Accommodations may be forthcoming for Plainedge parent attendance.



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## Appendix H: Soccer

1. Athletes must have an up-to-date physical on file; questions regarding sports clearance should be directed to the high school nurse's office. Coaches will be given a copy of the signed clearance form which permits the athlete to participate.
2. Outdoor capacity in accordance with social gathering restrictions and inclusive of coaches/staff, students will be placed in cohorts as needed to adhere to occupancy limits.
3. Training activities will include: strength/cardio conditioning six feet apart with masks, passing and shooting, learning offensive and defensive strategies. All activities that require physical contact will be performed with masks on, if tolerable, and proper hand sanitization implemented before and after contact.
4. Coaches and athletes must be six feet distance apart for indoor or outdoor activities. ALL (staff/athletes) individuals present must wear face coverings, unless players are unable to tolerate such a covering for that specific physical activity.
5. Practices and competitions are available to students registered in our district and present in school. The coach will check the daily attendance as well as the daily quarantine list to ensure students that are not eligible to practice are not in attendance.
6. To support safe hygiene and cleaning we will limit the sharing of equipment, provide and maintain a hand hygiene station, conduct regular cleaning and disinfection of all equipment and areas of use.
7. We will communicate with students and parents via the Remind app and email.
8. Accurate records of all athletes and staff who attend each practice will be maintained along with pre-practice temperature screenings to complete contact tracing if necessary.
9. Mask breaks will be provided by allowing athletes to step away from others at an appropriate distance while being monitored by a coach.
10. All students will have a clearly marked water bottle and a safely distanced place to access it during practice.
11. Additional guidelines;
  - Students will be directed that they cannot share clothing, hydration substances or towels etc. All items should be washed and cleaned at home after every workout.
  - Coaches will emphasize the importance of hygiene. No hugging, high fives, shaking hands, or fist bumps.
  - Coaches and trainers must wear a face covering at all times.
  - Signage will be posted throughout the site to remind personnel to adhere to proper hygiene, social distancing rules, appropriate use of PPE, and cleaning and disinfecting protocols.
  - No fans will be permitted to any indoor practices, training and/or competitions.
  - Accommodations may be forthcoming for Plainedge parent attendance.



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## Appendix I: Golf and Tennis

1. Athletes must have an up-to-date physical on file; questions regarding sports clearance should be directed to the high school nurse's office. Coaches will be given a copy of the signed clearance form which permits the athlete to participate.
2. Outdoor capacity in accordance with social gathering restrictions and inclusive of coaches/staff, students will be placed in cohorts as needed to adhere to occupancy limits.
3. Training activities will include: Practicing at a distance of six feet apart with masks, practicing strokes and learning/practicing tactical strategies. All activities that require physical proximity will be performed with masks on, if tolerable, and proper hand sanitization implemented before and after contact.
4. Coaches and athletes must be six feet distance apart for indoor or outdoor activities. ALL (staff/athletes) individuals present must wear face coverings, unless players are unable to tolerate such a covering for that specific physical activity.
5. Practices and competitions are available to students registered in our district and present in school. The coach will check the daily attendance as well as the daily quarantine list to ensure students that are not eligible to practice are not in attendance.
6. To support safe hygiene and cleaning we will limit the sharing of equipment, provide and maintain a hand hygiene station, conduct regular cleaning and disinfection of all equipment and areas of use.
7. We will communicate with students and parents via the Remind app and email.
8. Accurate records of all athletes and staff who attend each practice will be maintained along with pre-practice temperature screenings to complete contact tracing if necessary.
9. Mask breaks will be provided by allowing athletes to step away from others at an appropriate distance while being monitored by a coach.
10. All students will have a clearly marked water bottle and a safely distanced place to access it during practice.
11. Additional guidelines;
  - Students will be directed that they cannot share clothing, hydration substances or towels etc. All items should be washed and cleaned at home after every workout.
  - Coaches will emphasize the importance of hygiene. No hugging, high fives, shaking hands, or fist bumps.
  - Coaches and trainers must wear a face covering at all times.
  - Signage will be posted throughout the site to remind personnel to adhere to proper hygiene, social distancing rules, appropriate use of PPE, and cleaning and disinfecting protocols.
  - No fans will be permitted to any indoor practices, training and/or competitions.
  - Accommodations may be forthcoming for Plainedge parent attendance.



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## Appendix J: Baseball and Softball

1. Athletes must have an up-to-date physical on file; questions regarding sports clearance should be directed to the high school nurse's office. Coaches will be given a copy of the signed clearance form which permits the athlete to participate.
2. Outdoor capacity in accordance with social gathering restrictions and inclusive of coaches/staff, students will be placed in cohorts as needed to adhere to occupancy limits.
3. Training activities will include: strength/cardio conditioning six feet apart with masks, hitting and fielding, learning offensive and defensive situations. All activities that require physical contact will be performed with masks on, if tolerable, and proper hand sanitization implemented before and after contact.
4. Coaches and athletes must be six feet distance apart for indoor or outdoor activities. ALL (staff/athletes) individuals present must wear face coverings, unless players are unable to tolerate such a covering for that specific physical activity.
5. Practices and competitions are available to students registered in our district and present in school. The coach will check the daily attendance as well as the daily quarantine list to ensure students that are not eligible to practice are not in attendance.
6. To support safe hygiene and cleaning we will limit the sharing of equipment, provide and maintain a hand hygiene station, conduct regular cleaning and disinfection of all equipment and areas of use.
7. We will communicate with students and parents via the Remind app and email.
8. Accurate records of all athletes and staff who attend each practice will be maintained along with pre-practice temperature screenings to complete contact tracing if necessary.
9. Mask breaks will be provided by allowing athletes to step away from others at an appropriate distance while being monitored by a coach.
10. All students will have a clearly marked water bottle and a safely distanced place to access it during practice.
11. Additional guidelines;
  - Students will be directed that they cannot share clothing, hydration substances or towels etc. All items should be washed and cleaned at home after every workout.
  - Coaches will emphasize the importance of hygiene. No hugging, high fives, shaking hands, or fist bumps.
  - Coaches and trainers must wear a face covering at all times.
  - Signage will be posted throughout the site to remind personnel to adhere to proper hygiene, social distancing rules, appropriate use of PPE, and cleaning and disinfecting protocols.
  - No fans will be permitted to any indoor practices, training and/or competitions.
  - Accommodations may be forthcoming for Plainedge parent attendance.



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## Appendix K: Lacrosse

1. Athletes must have an up-to-date physical on file; questions regarding sports clearance should be directed to the high school nurse's office. Coaches will be given a copy of the signed clearance form which permits the athlete to participate.
2. Outdoor capacity in accordance with social gathering restrictions and inclusive of coaches/staff, students will be placed in cohorts as needed to adhere to occupancy limits.
3. Training activities will include: strength/cardio conditioning six feet apart with masks, passing and setting, learning offensive and defensive strategies. All activities that require physical contact will be performed with masks on, if tolerable, and proper hand sanitization implemented before and after contact.
4. Coaches and athletes must be six feet distance apart for indoor or outdoor activities ALL (staff/athletes) individuals present must wear face coverings, unless players are unable to tolerate such a covering for that specific physical activity.
5. Practices and competitions are available to students registered in our district and present in school. The coach will check the daily attendance as well as the daily quarantine list to ensure students that are not eligible to practice are not in attendance.
6. To support safe hygiene and cleaning we will limit the sharing of equipment, provide and maintain a hand hygiene station, conduct regular cleaning and disinfection of all equipment and areas of use.
7. We will communicate with students and parents via the Remind app and email.
8. Accurate records of all athletes and staff who attend each practice will be maintained along with pre-practice temperature screenings to complete contact tracing if necessary.
9. Mask breaks will be provided by allowing athletes to step away from others at an appropriate distance while being monitored by a coach.
10. All students will have a clearly marked water bottle and a safely distanced place to access it during practice.
11. Additional guidelines;
  - Students will be directed that they cannot share clothing, hydration substances or towels etc. All items should be washed and cleaned at home after every workout.
  - Coaches will emphasize the importance of hygiene. No hugging, high fives, shaking hands, or fist bumps.
  - Coaches and trainers must wear a face covering at all times.
  - Signage will be posted throughout the site to remind personnel to adhere to proper hygiene, social distancing rules, appropriate use of PPE, and cleaning and disinfecting protocols.
  - No fans will be permitted to any indoor practices, training and/or competitions.
  - Accommodations may be forthcoming for Plainedge parent attendance.