



Ichabod Crane Athletics

High Risk Sports Plan



Quick Review

On Friday, January 22nd Governor Andrew Cuomo announced that school-sponsored “high risk” sports in all regions may begin to practice and play beginning February 1st with local county health department approval.

Columbia County Guidance

Columbia County Department of health will consider the resumption of high risk sports if our seven day rolling average positivity rate is **4% or below**, if our hospital capacity stays above 15%, and there is a continuing absence of other emerging epidemiological factors that might impact COVID control or mitigation. Local health departments and NYSDOH monitor and evaluate COVID-19 data daily and if indicated, the ability for K-12 higher-risk sports to occur may be suspended.

Minimum Requirements for High Risk Sports



Effective February 1, 2021, and until otherwise indicated, school districts are permitted to participate in K-12 sponsored higher-risk school sports in Columbia County, provided that the following requirements are met.

- Each school superintendent/school leader must oversee the creation of a sport-specific preparedness plan to be approved by the district/school's medical director
 - Each school district's Board of Education must approve the district/school's participation in each specific higher-risk sport
 - Each parent/guardian must sign an informed consent
 - Each parent/guardian, student-athlete, and school official must agree to fully cooperate with case investigations and contact elicitation and to adhere to isolation and quarantine orders
 - Each district/school must establish a confidential phone number and email address to allow student-athletes, parents, or others to report concerns
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School Medical Director

This sport-specific preparedness plan presented tonight has been **APPROVED** by Dr. Baillargeon, School Medical Director.

Ichabod Crane Central School District
Plan for Resumption of High-Risk Sports

2021 Winter & Fall Season 2



Board of Education Approval



Winter Sports (2/1 - 3/13)

- Girls Basketball (**Varsity and JV**) 20-25 athletes
- Boys Basketball (**Varsity and JV**) 20-25 athletes
- Boys Volleyball (**Varsity only**) 12-15 athletes
- Wrestling (**Varsity only**) 10-15 athletes

Fall II Sports (3/7 - 4/30)

- Girls Volleyball (**Varsity, JV and Modified**) 25-30 athletes
 - Football (**Varsity only**) 25-35 athletes
 - Cheerleading (**Varsity only**) 10-15 athletes
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Colonial Council Conference



Albany Academy - **All High Risk Sports (except Wrestling)**

Catholic Central - **All High Risk Sports (except Wrestling)**

Cobleskill-Richmondville - **All High Risk Sports**

Cohoes - **All High Risk Sports (except Wrestling)**

Lansingburgh - **No Winter Sports, All High Risk Fall II Sports**

LaSalle - **All High Risk Sports (except Wrestling)**

Mohonasen - **All High Risk Sports**

Ravena - **All High Risk Sports**

Schalmont - **All High Risk Sports**

Watervliet - **All High Risk Sports**

Voorheesville - **All High Risk Sports (except Wrestling)**



Informed Parental Consent



By playing a sport, there is a risk of injury and now, risk of exposure to COVID-19. Before a student may participate in a sports season, the district must receive parental consent, stating that the parent understands and assumes these risks.

At all times, it is recognized that parents and guardians have the final say as to whether their son/daughter participates in athletics. If safety concerns arise during the season, the parent reserves the right to remove their child from competition

Spectators



The Colonial Council and school district reserves the right to restrict spectators and provide live-stream social media events for viewing of athletic competitions and events.

As of today, all Ichabod Crane indoor athletic contests will be conducted without spectators. Outdoor contests TBD.

The allowance of spectators will be reviewed throughout the season.

Only exception: Each team in each high risk sport will be allowed to conduct one senior recognition ceremony. 2 guests per Senior Athlete.

Masks / Face Coverings



Section 2 is also taking a slightly more restrictive approach to the NYSDOH guidance on facemasks. NYSDOH states that “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”.

As proof of “unable to tolerate a face covering” the home school district must obtain and document in the student-athletes medical record a physician’s statement to the matter.

Screening



- All athletes (in person & remote) will be screened daily prior to practice & competition by their coach. For purposes of this document, screening refers to temperature check and questioning if the student has displayed any symptoms of COVID-19. All screening information and attendance will be recorded daily using Google Classroom. The Athletic Director, Principal and School Nurse has access to these reports and can easily report information to DOH in case of contact tracing.
 - For away matches/games, students will be screened prior to getting on the bus.
 - Coaches, officials, event personnel will complete the daily screening using the Google Form on the Ichabod Crane' athletics website prior to each practice or contest.
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Travel



- At this time, the district will not participate in games outside of our Section and will limit the length of travel to the best of our ability.
 - Travel to events by district school bus will follow the guidance for Transportation in the district's Reopening Plan. The bus will be cleaned and disinfected immediately upon returning to the Bus Garage after the event/competition.
 - Teams will not stop to eat after away games
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Sport Specific Considerations



Return To Interscholastic Athletics

2020-2021

WINTER & FALL SEASON II EDITION

Examples:

Basketball

Basketball

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

General Considerations

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

Examples:

Wrestling

Wrestling

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

General Considerations:

- No handshakes prior to and following the coin toss in addition to pre- and post match ceremonies.
- Wash stations or sanitizer should be placed at mat side.
- If writing implements are used, they should be sanitized and not shared with anyone.
- Disinfect the mats prior to competition.
- Participate/host smaller events (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 Waivers are listed below (Approved by NYSPHSAA Officers 1-31-2021):
 - Suspension of the NYSPHSAA honor weigh in procedure for the 2020-2021 season. Only mat side weigh ins will be allowed.
 - Waiver of the NFHS shoulder to shoulder weigh in procedure. Each school will weigh-in separately with both coaches present.
 - Revised the NYSPHSAA multi school meet language in the handbook.
 - Waiver of the NYSPHSAA 50% rule for the 2020-2021 season.

Examples:

Volleyball

Volleyball

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

General Considerations

- For pre-match conference, participants must all wear masks and each team is allowed one captain to attend.
- 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. (waiver of NCAA Rule approved by NYSPHSAA Officers 1-25-21)
- Teams are recommended to refrain from high fives and other similar celebrations following each point.
- Teams should remain on the same bench area throughout the match (waiver of NCAA Rule approved by NYSPHSAA Officers 1-25-21)
- Officials Table - Limit essential personnel which includes home team scorer, libero tracker and timer to maintain social distance between individuals. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternative location. All table help must wear masks.
- Uniform - Long sleeves and long pants are permissible.
- Uniform - Under garments 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.

Questions?

