



Ballston Spa Return to Winter 2020-2021 Interscholastic Athletics Program *DRAFT* Plan

On Monday, August 24, 2020 Governor Andrew Cuomo announced that as part of New York State school's reopening, school-sponsored winter sports in all regions may begin to practice and play beginning November 30th.

On November 13, the Executive Director of Section 2 Athletics announced that low-risk winter sports are not to begin until December 14.

On November 17, the NYSPHSAA announced that high-risk winter sports are not to begin until Monday, January 4.

Outlined below is a plan for Ballston Spa Central School District and its return to Interscholastic Athletics for the winter of 2020-2021.

During the return to Interscholastic Athletics the following two documents will be referenced:

[Department of Health Interim Guidance for Sports and Recreation](#)

[New York State Public High School Athletics Return to Interscholastic Athletics](#)

Administration recommends that BSCSD offers the following low-risk sports in the winter 2020-2021 season:

- Varsity Boys Bowling
- Varsity Girls Bowling

- Varsity Boys Alpine Ski
- Varsity Girls Alpine Ski
- Varsity Boys Swimming and Diving (Virtual Meets Only)
- Modified Boys and Girls Swimming (Virtual Meets Only)

Administration will plan to present a recommendation to the Board regarding the following high-risk sports at one of the December meetings, depending upon when final confirmation of the January 4 start date is made:

- Varsity Girls Basketball
- Varsity Boys Basketball
- Varsity Girls Competitive cheerleading
- Varsity Ice Hockey (Merged Team with BH-BL)
- Varsity Boys Wrestling (TBD)

Dates

- Based on Section 2 rules, the winter 2020-2021 low-risk sports season will commence on Monday, December 14th.
- Based on NYSPHSAA Rules, the winter high-risk sports will begin on January 4th.

Schedules

Every varsity team in each sport will play a reduced number of Suburban Council league games. For the winter of 2020-2021, no non-league contests are permitted unless otherwise approved by the Director of Athletics. No team will be permitted to travel outside the boundaries of Section 2 unless otherwise approved by the Director of Athletics.

Physicals

The NYSED extension of school sports physicals for the fall sports season will **NOT** be in effect for the winter sports season. All student-athletes must have a health examination completed within 12 months of the winter sports

start date (December 14, 2020). The school's medical director will be available for free physicals for anyone who needs one.

Health History – In the winter 2020-2021 season, Ballston Spa students are required to update their health history on Family ID **which includes questions regarding Covid-19 infections and diagnosis**. These questions will be used by school health care providers to identify those student-athletes who may require additional medical screening before being cleared for sports.

Roster Size

For the winter 2020-2021 season, coaches should consider limiting the roster size in each sport to be able to accommodate transportation restrictions. Coaches should also limit the travel party for each sport to include student athletes, coaches, and no more than 2 managers (scorekeeping).

Promotion

Tryouts will be held on Monday, December 14th. All team rosters for low-risk sports need to be finalized by Friday, December 18th. Student athletes will remain on that roster, for the remainder of the season.

Athletic Placement Process

For the winter 2020-2021 season, Ballston Spa will not be offering Athletic Placement for 7th and 8th grade students to play at the interscholastic level, this excludes students who went through the Athletic Placement Process as 7th graders in the 2019-2020 school year. **The Interscholastic Athletic Program for the winter 2020-2021 season will be limited to students in grades 9-12 with the possible exception of modified swimming virtual swim meets**. This is being done to limit the exposure of different cohorts of students.

Screening

- **Student Athletes** - All Ballston Spa students will be required to follow the high school procedures regarding daily self-certification. Any

student not in the building who is either on an off-day or is a virtual learner must self-certify prior to arriving on campus for practices or contests.

- Coaches - All coaches who teach within the Ballston Spa Central School District will fill out the Ballston Spa PIN POINT Self Certify form each day. All non-teacher coaches will also need to submit a self-certify form prior to their arrival on campus (a separate form will be provided).
- Officials - All officials working contests at Ballston Spa will be emailed a self-certify form to be completed the day of the contest and prior to arriving on campus. This will be to given the varsity coach prior to the contest.
- Spectators - Any spectator attending an outdoor athletic contest at the Ballston Spa Central School District will be required to list their name, address, and contact information should the district be required to engage in tracing protocol in the event of a positive test being reported by a student athlete, coach, staff, and/or spectator. Should any spectator refuse to list their information for tracing purposes, they will not be allowed to attend the event.

Practice Locations

Each team will be assigned a practice location for the duration of the season. Teams are expected to use those areas only. Only the Director of Athletics can approve a practice location change. That change needs to be noted in the Athletic Office as well. It is the responsibility of the coach to inform the Athletic Office of the approved change.

Attendance

Coaches are required to take daily attendance on Family ID attendance sheets every time their team meets. These records will be used for contract tracing in the event of a COVID exposure.

Practice Guidelines

Student athletes are expected to report to their team's designated location at a designated time. Athletes are to wear masks (see page 7, below), and maintain proper social distance. Student athletes should be broken into smaller cohorts for warm-ups and skill development activities. Student athletes should also be cohorted based on position, or role on the team (i.e. defense, offense, etc.). Coaches should be able to identify the student athletes who were together at any time should tracing protocols need to be activated. During practice or when full team competition is taking place, when a distance of less than 6 feet cannot be maintained, student athletes should be wearing masks.

Locker Rooms

To further minimize any additional close contact by student groups, **there will be no 'locker rooms' available for the winter of 2020-2021**, except for the boy's/girl's pool locker room. (Possibly Boys Locker Room for Basketball.)

Game Guidelines

It is the responsibility of the coaches to familiarize themselves with the [NYSPHSAA Return to Athletics Guidelines](#) for their respective sport as it pertains to changes as a result of COVID-19 (pages 20 through 37). Coaches are expected to follow ALL NYSPHSAA Guidelines for their respective sport.

Hosting

Each head coach needs to make sure to have an administrative contact and safety monitor for all events. In the event of an issue, the coach should contact the Director of Athletics or the Athletic Trainer. The Ballston Spa Athletic Office will communicate ahead of time with the incoming schools and officials about its procedures, policies and guidelines.

Examples to be covered include but not limited to, the following:

- Parking
- Where to enter facility
- What equipment should the visiting team bring
- Water availability
- Bench area seating (how many players can be accommodated to maintain social distancing)
- Locker room availability and resources
- How will game day paperwork be handled (electronic exchange of rosters between coaches prior to game time is preferred)

A Ballston Spa coach should walk their facility to ensure that it has been properly sanitized before the visiting team has arrived.

Frequently touched surfaces and equipment are to be cleaned and disinfected frequently (see page 9 below). Please contact the Director of Athletics or Athletic Trainer if there is an issue regarding your game-day facility. Contact the Athletic Trainer if someone starts to show symptoms and isolate them from other team members. The athletic trainer will contact the COVID Response Coordinator as soon as possible to determine next steps.

Away Games

Student athletes should change prior to departure and have all of their belongings and equipment with them when they leave the Ballston Spa campus. With the exception of restrooms, visiting students will have no building access at host schools. Ballston Spa student athletes and coaches are expected to follow all of the guidelines and procedures of other member schools upon arrival on their campus.

Busing/Travel to and From Away Contests

Coaches need to make sure that they are in compliance with all Ballston Spa Transportation Department guidelines during COVID-19. All coaches need to have an updated roster and emergency contact list with them at all times.

Parents need to confirm via email to the Athletic Director if they are driving their child to, or signing their child out from, an away contest.

Spectators

- Inside Contests – For winter 2020-2021 there will be no spectators allowed *inside* any district buildings, including gymnasiums, bowling alleys, ice rinks and swimming pools.
- Outside Contests – For winter 2020-2021 spectators may attend athletics contests under the following rules:
 1. Per [NYSDOH guidance](#) (Interim COVID-19 Guidance for Sports and Recreation), 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. (Pg. 6).
 2. In accordance with the [NYSPHSAA Return Athletics Guidelines](#), page 14, schools will have to **limit spectators to no more than two spectators per player**, in addition to implementing social distancing and face coverings. For away games, each athlete in the Suburban Council will be given two badges to give to spectators. **All spectators at Suburban Council games must be credentialed in order to be in attendance.** This applies to **both home and away** contests.

Mask Protocols

- Student-Athletes - 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. (Pg. 5) Students should tell coaches immediately when they are not feeling well. In accordance with Ballston Spa's Code of Conduct student athletes will be required to wear a mask at all times. If a student-athlete cannot tolerate a mask, they will be substituted or play will stop until the student can return to play with a mask.

- Coaches - 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. (Pg. 5)
- Parents/Spectators - As per [NYSDOH Guidance](#) (Interim COVID-19 Guidance for Sports and Recreation), 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. (Pg. 6)
- 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. 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. (Pg. 5)

NFHS Training

Coaches will complete the NFHS COVID-19 training prior to any competitions being played.

<https://nfhslearn.com/courses/covid-19-for-coaches-and-administrators>

Disinfecting

Coaches are responsible for disinfecting all balls, and other sporting equipment after each game and practice. All disinfecting supplies can be obtained at the athletics' office.