



FORT ANN CARDINALS

Return to Interscholastic Athletics

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

[New York State Public High School Athletic Association Return to Interscholastic Athletics](#) --
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Dates: - Section 2 Athletics

The proposed Fall II sports season will commence on Sunday, March 7th and run through Saturday, May 1st.

The proposed Spring sports season will commence on Wednesday April 28th for Baseball; Sunday, May 2nd for Softball and run through Friday, June 25th.

Schedules

Each varsity, junior varsity and modified team in each sport will play a reduced number of Adirondack league games. No non-league contests are permitted. No team will be permitted to travel outside the boundaries of Section 2 unless otherwise approved by the Director of Athletics.

Physicals

Health Screening - NYSED has extended the validity of school sport physicals through June 2021. Any student-athlete who had a physical in the 2018-19 or 2019-20 sport seasons can get medically cleared for the 20-21 sports season with an updated Medical History Form and cleared by the Fort Ann School District medical director. Any student-athlete who did not have a sport physical during that time frame MUST obtain a new one.

Health History - Fort Ann students are required to update their health history **which may include 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.

COVID Screening

Students - all Fort Ann students will be required to follow the high school procedures when entering the building. Students must continue to fill out the COVID wellness screener daily and check their temperature upon entry.

Coaches - all coaches who teach within the Fort Ann School District will fill out the COVID wellness screener daily. All non-teacher coaches will also need to submit a COVID screener form prior to their arrival on campus (a separate form will be provided).

Officials - all officials working contests at Fort Ann will be emailed a COVID wellness screener form to be completed the day of the contest and prior to arriving on campus.

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.

Students should tell coaches immediately when they are not feeling well.

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.

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.

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.

Roster Size

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, and coaches. Everyone should be able to fit on one bus while abiding by social distancing requirements.

Athletic Placement Process

Fort Ann will be offering Athletic Placement for 7th and 8th grade students to play at the interscholastic level, this includes students who went through the Athletic Placement Process as 7th graders.

Practice Guidelines

Student athletes are expected to report to their teams designated location at a designated time. Athletes should be wearing masks, and maintaining 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 in the team (i.e. defense, offense, etc.). Coaches should be able to identify the student athletes who were together at any time. 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 as tolerated.

The Athletic Director and coaches should maintain an adequate supply of hand sanitizer and wipes along with their medical kits. Hand sanitizer and wipes can be replenished through the athletic training office.

Team Equipment

Coaches should develop and implement a daily cleaning schedule and routine for all team equipment that is shared amongst team members. This includes balls, cones, ladders, any machines or equipment used during practice, team specific sports equipment, etc

Personal Equipment

Coaches should develop and enforce a daily cleaning schedule and routine for their athletes' personal equipment that is used at practice or any team activity, even if it is not shared. Personal equipment used by athletes during team activities should not be shared.

Student athletes should have their own water bottle. Water bottles should only be refilled from a touchless filling station. No drinks or food of any kind are to be shared. Student athletes are encouraged to carry hand sanitizer and wipes, whenever possible.

Access to the weight room has to be approved by the Athletic Office and coordinated through Jason Humiston. The maximum number of student athletes allowed in the weight room at any time is 7. It is the responsibility of the coaching staff to wipe down all equipment at the conclusion of practice, including the equipment in the weight room.

Locker Rooms

No lockers will be used. Locker rooms are to be used only for changing and only by students that attended school that day. Students that are virtual for the day are expected to arrive to practice in appropriate apparel. There will be no gathering of students in locker room areas. While in locker rooms, students and coaches are expected to wear masks at all times and adhere to social distancing guidelines. Coaches are responsible for supervising students while in the locker rooms. **Locker rooms will be limited to 6 individuals at a time.**

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. Coaches are expected to follow ALL NYSPHSAA Guidelines for their respective sport.

Inclement Weather Procedures

If weather dictates, it is important to communicate with the Athletic Office staff as to procedures for the afternoon or weekend. We cannot have multiple teams congregating in the same indoor location at the same time. In most cases, weather delays may necessitate the canceling of practice for that afternoon.

If thunder and lightning forces teams to come inside, all social distancing and mask wearing protocols must be followed. There will be no practicing indoors. The Athletic Director will designate areas for both Home and Visiting teams. Spectators are to report to their vehicles.

Hosting

Each head coach needs to make sure to have an administrative contact for all events. In the event of an issue, the coach should contact the Director of Athletics or an Administrator. The Fort Ann Athletic Director 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).

Payment of officials will be processed electronically by the Athletic Department.

Fort Ann will provide designated spectator areas for home and away fans at each respective playing field. They will be designated by signage.

At the completion of every contest, spectators are expected to leave the facility immediately. Coaches are reminded that there are no post-contest hand shakes, hugs, etc.

Booster Clubs/Concessions

There will be no concessions at any contests until further notice. Teams are prohibited from hosting group gatherings which are not part of the instruction process (i.e. pasta parties). Post contest meals are prohibited until further notice.

All fundraising activities must be provided electronically (i.e. booster clubs must utilize online stores and direct shipping for apparel sales).

Senior recognition ceremonies are allowed, but must follow all COVID-19 protocols and be coordinated with the coach and approved by the Athletic Department.

Away Games

Student athletes should change prior to departure and have all of their belongings and equipment with them when they leave the Fort Ann campus. With the exception of restrooms, visiting students will have no building access at host schools. Fort Ann 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 Fort Ann Transportation Department guidelines during COVID-19. All coaches need to have an updated roster and emergency contact list with them at all times.

In lieu of passing around a sign out sheet, parents need to either confirm via email or text with the head coach that they are driving their child to, or signing their child out from, an away contest. Coaches can set up a Google document, instead of the email/text procedure, if they prefer. Students should not be released without electronic documentation.

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.

In accordance with the [NYSPHSAA Return Athletics Guidelines](#), schools will have to limit capacity of indoor facilities to no more than 50 percent occupancy and limit spectators to no more than two spectators per player, in addition to implementing social distancing and face

coverings. Each athlete in the Adirondack League will be given two badges to give to spectators (per league approval). **All spectators at Adirondack League games must be credentialed in order to be in attendance.** This applies to **both home and away contests.**

This document can be amended as circumstances change, please revisit frequently for any updates. Updates will be highlighted.

Fort Ann Central School District
COVID-19 Acknowledgement and Assumption of Risk
Interscholastic Sports – 2020/2021 School Year

The unique characteristics of COVID-19, including its potential for transmission by infected individuals who are asymptomatic, require a community-wide commitment to mitigate the transmission of COVID-19.

The District has put in place a school reopening plan and health and safety procedures and protocols consistent with the recommendations of the Center for Disease Control (“CDC”), along with other federal, state, and/or local authorities.

Participation in interscholastic athletics is a privilege, not a right. The cooperation of each student-athlete and their parent(s)/guardian(s) (hereinafter “you”, “your”, “we”) is critical to the District’s efforts to mitigate the transmission of COVID-19. Your cooperation in responding candidly and accurately to daily screening questions and in complying with the COVID-19 protocols established by the District, and in regards to athletic participation, is essential. Failure to follow the District’s COVID-19 protocols may lead to your removal from athletic participation.

Even with health and safety protocols in place, there still is a risk that you may contract COVID-19 or a variant of COVID-19.

Accordingly, despite its compliance with CDC, federal, state, and/or local guidelines and recommendations, the District cannot limit all potential exposure to COVID-19 and COVID-19 variants.

Acknowledgments / Conditions for Participation in Interscholastic Athletics

By signing below, the student and their parent(s)/guardian(s) acknowledge and/or consent to the following:

- Health officials have warned of more highly transmissible variant forms of COVID-19. Although the more highly transmissible variant forms have not been previously identified in the local area, variant forms have been identified in New York State.
- Participation in interscholastic athletic activities is voluntary.
- Symptomatic and asymptomatic individuals can spread the virus. Even if a student does not show symptoms of COVID-19, he/she may be a carrier and expose others to COVID-19. If a student-athlete is infected, there is a significant risk of transmission to others living in the student-athlete’s home. Older people and those with underlying health conditions are at higher risk of serious disease.
- It cannot be predicted who will become severely ill if infected. COVID-19 and its variants can lead to serious medical conditions and death for people of all ages. The long-term effects of COVID-19 are currently unknown. People with mild cases may experience long-term complications.
- The New York State Public High School Athletic Association (“NYSPHSAA”) has categorized sports based upon their level of potential risk.
 - “High” Risk winter sports (i.e. basketball, competitive cheer, ice hockey, and wrestling, etc.)

- “Low and Moderate” Risk winter sports (i.e. include bowling, gymnastics, indoor track and field, skiing, and swimming and diving, etc.)
- Participation in a “Low and Moderate” risk sport does not in and of itself mitigate or eliminate the risk of being exposed to or infected with COVID-19.
- Participation in “High” Risk sports has inherent characteristics that could increase the risk of exposure to or infection of COVID-19 or a variant of COVID-19.
- The COVID-19 virus can potentially negatively impact an individual’s body, including but not limited to the heart and lungs, thereby posing a potential risk to individuals who return to exercise post-infection.
- If my child has been diagnosed with COVID-19 prior to the winter sports season or develops COVID-19 during the season, we will comply with supplying additional medical authorization that specifically authorizes my child to participate in athletics after his or her recovery from COVID-19. We understand that this may require additional cardiac or pulmonary screening.
- The final decision regarding whether an athlete is cleared to participate in athletic activities resides with the District’s medical director.
- Due to quarantine requirements and/or contact tracing, the season may end early and/or be placed on pause.
- Participation in interscholastic athletics on Fort Ann Central School District teams may contribute to the risk of being exposed to COVID-19, and/or any variation thereof.
- If during the sports season, a student tests positive for COVID-19 and exhibits any “severe” symptoms (i.e. deep cough, shortness of breath without physical exertion; chest discomfort; confusion/unresponsiveness; trouble staying awake; watery eyes or swollen eyelids; or bluish face/lips), prior to the student’s return to participation in their respective sport, the student must complete physical fitness testing to ensure that the student is fit to compete.
- As a condition for the student to participate in a sport, the student and their parent(s)/guardian(s) must fully cooperate with case/contact tracing investigations and comply with isolation/quarantine orders from state and/or local health officials, as well as any guidance issued by state and/or local health officials.
- **Waiver of Liability/Hold Harmless:** In consideration for providing my child the opportunity to participate in the District’s athletic program, I voluntarily agree to waive and discharge any and all claims against the District, related to or arising out of COVID-19, and voluntarily release the District from liability for any exposure to or illness or injury from COVID-19, including claims for negligent actions of the District, its employees, agents, representatives, and volunteers related to or arising out of COVID-19, on behalf of myself and my child to the fullest extent allowed by law. In consideration for providing my child the opportunity to participate in the District’s athletic program, I agree to release, discharge, and hold harmless the District, its employees, agents, volunteers, and representatives from all liability, claims, causes of action, or demands, including attorney fees, fines, fees, or other costs (e.g. medical costs) arising out of any exposure to or illness or injury from COVID-19.

By signing below, the student and the student’s parent(s)/guardian(s) assume the risk of the student contracting or being exposed to COVID-19, while participating in District athletic activities (team events, practices, training, contests, transportation, etc.). Participation in interscholastic athletic activities is not required. The student and the parent(s)/guardian(s) have independently evaluated and reviewed the risks of the student being exposed to or infected by COVID-19 and have decided to allow the student to participate in athletic activities with full knowledge and assumption of the risks.

By signing below, the student and the parent(s)/guardian(s) of the student certify that each has read this “COVID-19 Acknowledgment and Assumption of Risk” in its entirety and fully understand its contents. In exchange for the opportunity for the student to participate in District athletic activities during a 2020-2021 sports season, the student and the parent(s)/guardian(s) of the student freely and voluntarily assume all risks related to COVID-19 and variants of COVID-19 by the student participating in the sport of _____, which has been categorized as a _____ risk sport by the NYSPHSAA.
(“low or moderate” or “high”)

_____	_____	_____
Student Name	Student Signature	Date
_____	_____	_____
Parent/Guardian	Parent/Guardian Signature	Date