



Marlboro Central School District
Athletics Safety Plan for COVID-19
High Transmission Risk: Winter Sports

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High Risk School Sports

High risk sports may be suspended if the local 7 day positivity rolling average exceeds the state average.

Sport Specific Plans

Basketball: Boys and Girls Varsity, Junior Varsity, and Modified

- [Waiver](#) and [Code of Conduct for High Risk Sports](#) from Ulster County DOH must be distributed to all athletes by coaches.
 - Waiver must be signed by parent/guardian and collected prior to participation in high risk winter sports. Coaches will give waivers to Athletic Trainer for tracking and storage.
 - [High Risk Sport Communication for Families](#)
- Temperature Screening
 - All athletes will be temperature checked each day prior to practice.
 - Athletes who were present in the building for school will have been temperature screened upon arrival, and will not require additional screening after school.
 - Athletes who attended remote school that day will be temperature checked by their coach or athletic trainer prior to entering the building. Those athletes should arrive ten minutes prior to practice, and meet at the back door (next to the pool and team locker rooms). All athletes will be temperature checked at one time. Modified athletes will take screening directions from their coaches, depending on their facility.
 - Athletes are expected to arrive promptly, or risk the possibility of not being able to come into the facility that day.
- Practice Guidelines
 - Strict daily attendance will be taken by coaches, and tracked digitally using the shared google sheet. Daily attendance will be monitored by the Athletic Director, Athletic Trainer, and Assistant Superintendent for Health and Safety. If attendance is not tracked appropriately, the program may be shut down.
 - Masks must be worn at all times. If an athlete cannot tolerate wearing their mask and they require a mask break, they will be asked to distance themselves away from the team. Before rejoining the practice, their mask must be back in place.
 - [Centers for Disease Control Mask Guidelines](#) must be utilized when choosing appropriate masks. [American Academy of Pediatrics](#) guidance must be followed when determining who needs to wear a mask.
 - As directed by Ulster County Department of Health, masks must be changed immediately if they become saturated.
 - For basketball drills that are done with a partner, all efforts should be made to keep partners consistent to limit exposures.
- Equipment Guidelines

- Each team will have their own medical kit, stocked with extra disposable masks, gloves, and hand sanitizer (as well as standard contents).
- Each athlete will have their own water bottle, labeled with their name. It is recommended that they bring enough water to last the practice (48 oz). Water refill station in the weightroom hallway can be utilized.
- Basketballs will be disinfected pre and post practice. Balls should be cleaned prior to being put in the storage cage.
- All personal belongings will be kept in the gymnasium during practice/games instead of the locker rooms. Personal items will be placed 6 feet apart from each other.
- Facility Guidelines
 - No more than 8 students in the locker room at a time on practice days. Masks must be worn at all times.
 - One team in the gymnasium at a time.
 - Practices will be scheduled to allow 15 minutes in between to allow for disinfecting bleachers, clock, basketballs, and to allow for ventilation of the space.
- Game Guidelines
 - On the day of competition, the [Section IX Screening Questionnaire](#) must be completed by all athletes and personnel. If any question has a positive “yes” response, they are not permitted to be present for the contest or travel.
 - Section IX Travel Form will be filled out prior to each contest, indicating that each athlete and personnel have been temperature screened, and have taken the Section IX Screening Questionnaire. This will be emailed to the host Athletic Director prior to travelling, as well as printed and handed in person to the host school at their request.
 - Teams will social distance in the locker rooms, keeping masks on at all times.
 - No high fives, handshakes, or other intentional contact shall be made.
 - Bleachers will be utilized as benches instead of sideline chairs. Athletes and coaches will remain 6 feet apart (marked with x) over several rows of bleachers as needed. The center column of bleachers will be utilized to allow for distance from the scorer’s table.
 - At this time, no spectators are permitted to attend games as per Section IX guidelines. If this should change, it would shift to 2 spectators per home athlete. These will be predetermined, and on a gate list. Spectators are permitted to sit with household members, but must otherwise sit 6 feet apart on bleachers.
 - Additional game day staff members will be assigned the following roles:
 - Home water filling
 - Visitor water filling
 - Referee Coordination (collect screenings, temperature scanning, and general direction)
 - Visiting Team Coordination (collecting travel roster, temperature screening, locker room and sideline instructions, general direction)

- COVID Clearance:
 - If an athlete tests positive for COVID-19, a specific clearance form is needed to return to athletics. All symptoms must be fully resolved prior to returning to athletics. When they return, they must be slowly transitioned back into high intensity exercise over the course of several days to a week, and closely monitored for cardiac/respiratory issues that are associated with post-COVID. They will be monitored by the Athletic Trainer.

Cheerleading: Varsity, Junior Varsity, and Modified

- [Waiver](#) and [Code of Conduct for High Risk Sports](#) from Ulster County DOH must be distributed to all athletes by coaches.
 - Waiver must be signed by parent/guardian and collected prior to participation in high risk winter sports. Coaches will give waivers to Athletic Trainer for tracking and storage.
 - [High Risk Sport Communication for Families](#)
- Temperature Screening
 - All athletes will be temperature checked each day prior to practice.
 - Athletes who were present in the building for school will have been temperature screened upon arrival, and will not require additional screening after school.
 - Athletes who attended remote school that day will be temperature checked by their coach or athletic trainer prior to entering the building. Those athletes should arrive ten minutes prior to practice, and meet at the location as directed by the Cheer Coaches. All athletes will be temperature checked at one time. Modified athletes will take screening directions from their coaches, depending on their facility.
 - Athletes are expected to arrive promptly, or risk the possibility of not being able to come into the facility that day.
- Practice Guidelines
 - Strict daily attendance will be taken by coaches, and tracked digitally using the shared google sheet. Daily attendance will be monitored by the Athletic Director, Athletic Trainer, and Assistant Superintendent for Health and Safety. If attendance is not tracked appropriately, the program may be shut down.
 - Masks must be worn at all times. If an athlete cannot tolerate wearing their mask and they require a mask break, they will be asked to distance themselves away from the team. Before rejoining the practice, their mask must be back in place.
 - [Centers for Disease Control Mask Guidelines](#) must be utilized when choosing appropriate masks. [American Academy of Pediatrics](#) guidance must be followed when determining who needs to wear a mask. As per AAP, cheerleaders will not wear masks while performing stunts, due to the risk of mask obstructing vision or becoming a choking hazard.
 - As directed by Ulster County Department of Health, masks must be changed immediately if they become saturated.

- Stunting practice will be done at the discretion of the coach.
- Equipment Guidelines
 - Each team will have their own medical kit, stocked with extra disposable masks, gloves, and hand sanitizer (as well as standard contents).
 - Each athlete will have their own water bottle, labeled with their name. It is recommended that they bring enough water to last the practice (48 oz). Water refill station in the weightroom hallway can be utilized.
 - Personal items will be placed 6 feet apart from each other.
- Facility Guidelines
 - No more than 8 students in the locker room at a time on practice days. Masks must be worn at all times.
 - One team in the gymnasium at a time.
 - Practices will be scheduled to allow 15 minutes in between to allow for disinfecting, and to allow for ventilation of the space.
- Game Guidelines
 - On the day of competition, the [Section IX Screening Questionnaire](#) must be completed by all athletes and personnel. If any question has a positive “yes” response, they are not permitted to be present for the contest or travel.
 - Section IX Travel Form will be filled out prior to each contest, indicating that each athlete and personnel have been temperature screened, and have taken the Section IX Screening Questionnaire. This will be emailed to the host Athletic Director prior to travelling, as well as printed and handed in person to the host school at their request.
 - Teams will social distance in the locker rooms, keeping masks on at all times.
 - No high fives, handshakes, or other intentional contact outside of contact necessary to perform cheers, shall be made.
 - Athletes and coaches will remain 6 feet apart (marked with x) over several rows of bleachers as needed.
 - At this time, no spectators are permitted to attend games as per Section IX guidelines. If this should change, it would shift to 2 spectators per home athlete. These will be predetermined, and on a gate list. Spectators are permitted to sit with household members, but must otherwise sit 6 feet apart on bleachers.
- COVID Clearance:
 - If an athlete tests positive for COVID-19, a specific clearance form is needed to return to athletics. All symptoms must be completely resolved prior to returning to athletics. When they return, they must be slowly transitioned back into high intensity exercise over the course of several days to a week, and closely monitored for cardiac/respiratory issues that are associated with post-COVID. They will be monitored by the Athletic Trainer.

Reference Documents:

- [MCSD Athletics Safety Plan for COVID-19](#) for complete district plan for safe participation in athletics.

- [NYSPHSAA Return to Interscholastic Athletics 2020-2021 revised January 25, 2021](#)
- [Section IX COVID-19 Contest Guidelines Winter 2020-2021](#)
- [Ulster County Department of Health Guidance for Resumption of High Risk School Sports](#)
- [Indicators and thresholds for risk of introduction and transmission of COVID-19 in schools](#)
- [Code of Conduct for High Risk Sports](#)
- [High Risk Sport Communication for Families](#)
- Participation [Waiver](#)