

NYSPHSAA COVID Task Force Summer Guidance Recommendations

As of June 12, 2020



NYSPHSAA Summer Authority:

The New York State Public High School Athletic Association (NYSPHSAA) requires off-season programs to be optional and open to the entire student body. The NYSPHSAA COVID-19 Task Force is providing this guidance to assist schools if they choose to allow off-season conditioning workouts and programs on their school campus. School districts are encouraged to be familiar with Center for Disease Control (CDC), New York State Department of Health (NYSDOH) and local health department guidance, as well Governor Cuomo's restrictions, local laws and policies. School districts should discuss programming with local health departments prior to making final decisions on how to best approach off-season programs.

When to Implement NFHS Guidance:

The NYSPHSAA COVID-19 Task Force is recommending that schools utilize and rely upon the guidance provided by the National Federation of State High School Associations (NFHS). If school districts are interested in hosting off-season conditioning workouts and programs on their school campus, the NYSPHSAA COVID-19 Task Force recommends that schools begin the NFHS three-phase process ([NFHS Guidelines](#)) when the following criteria have been met:

- 1) School enters Phase 4 of the NY Forward reopening plan.
- 2) School district permits campus facilities to open to students and faculty.
- 3) New York State recommended social distancing and safety protocols can be implemented in a safe and appropriate manner.



NFHS Phases:

Each of the three Phases contain specific criteria and are all supported by the NYSPHSAA COVID-19 Task Force. Each of the Phases should last two weeks. Schools should consult with their school medical director and follow local health directives when moving between phases. Phases are in accordance with guidelines published by the White House and CDC [available here](#).

Levels of Conditioning:

Since students have been separated from their normal training facilities and workout routines for the past several months, they will return to athletics with a variety of conditioning levels. It is recommended coordination between the athlete and coach occur to ensure any training is developmentally appropriate. Training programs should include a phased reintroduction of physical activity. Since summer typically has significantly higher temperatures, a proper heat acclimatization program with a focus on hydration is essential for the safety of athletes. It is important the sharing of bottles and water sources be avoided.

References

- [NFHS: Guidance For Opening High School Athletics & Activities](#)
- [CDC: Considerations for Youth Sports](#)
- [CDC: Consideration for Schools](#)
- [NATA: COVID-19 Return-to-Sport Consideration for Secondary School Athletic Trainers](#)
- [Aspen Institute: Return To Play COVID-19 Risk Assessment Tool](#)
- [NCAA: Core Principals of Resocialization of Collegiate Sport](#)
- [KSI: Return to Sports and Exercise during the COVID-19 Pandemic: Guidance for High School and Collegiate Athletic Programs](#)
- [White House and CDC Guidelines: Reopening America](#)

FACE COVERINGS



State, local or school district guidelines for cloth face coverings should be strictly followed. The CDC advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Face coverings for students may be considered optional during activity.

STAY HOME WHEN APPROPRIATE

- Educate staff and students about when they should stay home and when they can return to activity.
- Actively encourage sick staff, coaches, and students to stay home.
- Individuals, including staff, coaches, and students, should stay home if they have tested positive for, or are showing, COVID-19 symptoms.
- Individuals, including staff, coaches, and students, who have recently had close contact with a person with COVID-19 should also stay home and monitor their health.
- Based upon consultation with a healthcare provider, individuals may need to quarantine for a 14-day period.



BEFORE A WORKOUT



- Schools districts should consider creating a protocol to screen coaches and students for signs/symptoms of COVID-19 prior to a workout.
- Protocol may include screening questions for each person which should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19 (see Appendix II of NFHS Guidance for sample Monitoring Form). Any person with positive symptoms reported should not be allowed to take part in workouts, should leave the school facility and campus as soon as possible and contact his or her primary care provider or other appropriate health-care professional.
- Vulnerable individuals should not oversee or participate in any workouts.

Students should...

- Be informed of the expectations and policies before their first day back on campus.
- Wash hands with a disinfectant soap and water (for 20 seconds or longer) or use a hand sanitizer if soap and water are not readily available.
- Bring a full water bottle to avoid touching a tap or water fountain handle; water bottles should NOT be shared.
- Arrive no more than 15 minutes early.
- Avoid and/or limit the use of carpools.
- Avoid touching gates, fences, benches, etc. if possible.

DURING A WORKOUT

Students should...

- Follow directions for spacing and stay at least six feet apart from others.
- Not share equipment. School districts should consider providing cleaning wipes or disinfectant for students to wipe equipment immediately following use.
- Not make physical contact with others, such as shaking hands or giving high fives.
- Avoid touching their face, sharing food, drinks, or towels.
- Maintain appropriate social distancing from others when taking breaks.
- Remain together and work in the same small groups (cohorting), rather than switching groups or mixing groups. Staggering arrival and drop-off times or locations by group is suggested to limit contact between groups.



FOLLOWING A WORKOUT

Students should...

- Wash hands thoroughly or use a hand sanitizer after leaving the workout.
- Not use the locker room or changing area.
- Leave the facility as soon as reasonably possible after workout.
- Shower at home and wear proper attire to and from practice.



PREPARING FOR WHEN SOMEONE GETS SICK

Preparing for when someone gets sick:

- School districts may consider implementing several strategies to prepare for when someone gets sick.
- Sick individuals (coaches, staff members, students, etc.) should not return until they have met NYSDOH's criteria to discontinue home isolation.
- It is critical everyone involved in the off-season workout program understands sick individuals should not attend the workout; they should notify school administration if they or a family member becomes sick with COVID-19 symptoms, test positive for COVID-19 or have been exposed to someone with COVID-19 symptoms or a confirmed or suspected case.



STAY INFORMED

The purpose of this document is to provide basic guidance for school districts permitting off season conditioning workouts on their school campus. This document should be used in concert with local plans and directives from local and state health departments. This information is subject to change based upon guidance from the NYSDOH, NYSED and Governor Cuomo, and should not be considered a substitute for individuals' judgement or independent professional advice. School districts utilizing this information are encouraged to seek and obtain advice from licensed healthcare professionals responsible for the health and safety of their programs (i.e. athletic trainer, team physician, school medical doctor, school nurse, etc.)

For the most up to date guidance, recommendations, and information related to the COVID-19 crisis, please refer to the [NYSPHSAA website](#) and social media platforms.

QUESTIONS?

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