



Buffalo Athletics - COVID-19 Safety Plan



Track and Field

All Coaches will meet with their Student-Athletes to review this safety plan prior to students returning to play. Once the Coaches and Student-Athletes return to play, they will execute the following plan.

Medical Clearance: Every Student-Athlete must have a 2018 or newer Athletic Physical on file and a 30 day health history to be cleared to tryout for an athletic team. If a Student-Athlete had a mild or moderate case of COVID, they must follow the Return to Exercise After COVID Flow Chart and receive clearance from a Physician.

Pre-Workout/Pre-Contest Screening: Student-Athletes/Coaches must check their temperature at home, entering your High School and before attending practices or games. If the Student-Athlete/Coach has a temperature of 100.4 or above, they must not attend practice/game. Student-athletes must be healthy prior to participating.

- Any person with symptoms of respiratory illness must not be allowed to take part in workouts until they are free of fever and respiratory symptoms for at least 3 days. They must stay home, contact their primary care provider and receive a written medical clearance to return to activity.
- Ensure that individual(s) with symptoms do not return, until:
 - They are free of fever (less than 100.4) AND respiratory symptoms for at least 3 days' w/o the use of fever-reducing medicine; AND
 - 10 days have passed since symptoms 1st appeared.
 - Must meet the Eire County Department of Health's criteria before returning to the team.
- A record must be kept of all individuals present at all team workouts.
- Any Student-Athlete, coach or staff member who has COVID must notify their Head Coach, Principal and Athletic Director. If a team(s) are exposed to COVID, the team(s) may also be subjected to pause/quarantine for 10 days. The ECDOH will be notified and make the final decision.

Sport Specific Information:

- Leadership - Head Coaches will designate a COVID 19 Coach for student/parent concerns
- Social Distancing - Coaches must encourage social distancing is maintained between student-athletes as much as possible. This means additional spacing (recommended six feet) between student-athletes, chatting, or changing drills so they remain spaced out, and no congregating of student-athletes while waiting during drills.
- Workouts - Must be conducted individually or in "pods" of students with the same 5-9 student-athletes always working out together with the same coach.
- Sidelines - Student-athletes are responsible for their personal items. Personal items/equipment must be lined up six feet apart and contained inside bags. Avoid touching gates, fences and benches. Clothing/towels must be washed daily.
- Field of Play - Only essential personnel are permitted. Coaches, Trainers, Student-Athletes.
- Spectators - No spectators at this time.
- Concession Stands - Not permitted at this time.
- Team Handshakes, High Fives, Hugs and Chest Bumps - Not permitted at this time.
- Water Bottles - Student-Athletes/Coaches must not share water bottles, cups, water devices and avoid touching handles or fountains. Student-Athletes must put their name on their individual water bottle.

Workout/Practice/Game Hygiene Protocols:

- Masks - Individuals must wear a face covering, unless Student-Athletes are unable to tolerate a face covering for the physical activity (i.e. 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.
- Players Licking Fingers - If a student-athlete touches their mouth, practice is stopped and the student-athlete must sanitize their hands. If they touch the ball after going to their mouth, stop practice, remove ball, sanitize ball (etc.).
- Student-Athlete Habits - Coaches will work to create new habits including entering/exiting practice, temperature checks, social distancing, staying away from touching face and group celebrations.

- Hand Sanitizer, Saining Wipes, Water Bottles, Face Masks - The District will provide Student-Athletes/Coaches/Athletic Trainers with these Personal Protective Equipment items which includes hand sanitizer. Student-Athletes are encouraged to bring their own sanitizer.
- Hygiene - Coaches will encourage all student-athletes to wash their hands before, during and after practice and to shower at home before and after practice.
- Sharing - Student-Athletes are not permitted to share food, drinks, water bottles, towels and medical supplies.
- Practice/Contest Conclusion - Student-Athletes, Coaches and Staff Members must leave area following the practice or contest and encouraged to go directly home.
- Locker Rooms - Student-Athletes are encouraged to change in a restroom, 1-2 students per time. Locker rooms are not permitted at this time. Coaches must supervise.

Game/Practice Protocols:

- The NYSDOH has determined that track & field is a low-risk sport (greatest ability to maintain physical distance and/or be performed individually; greatest ability to (1) avoid touching of shared equipment, (2) clean and disinfect any equipment between uses by different individuals, or (3) not use shared equipment at all)

Rule Changes:

Rule 5-10-5 Current rule: The baton is the implement which is used in a relay race and is handed by each competitor to a succeeding teammate. Gloves are not permitted in relay events.

- NYSPHSAA has elected to permit the use of sanitary gloves for this year (2020-21). (waiver of NFHS Rule approved by NYSPHSAA Officers 11-16-20)
- It is recommended that schools bring and use their own batons, and not share with other schools.

Rules 6-4-11 and 6-5-24: Vertical jumpers may complete all three of their jumps consecutively with three (3) minutes being permitted for each jump. (waiver of NFHS Rule approved by NYSPHSAA Officers 11-16-20)

General Considerations:

- Discus and Shot Put should enforce social distancing for all athletes and officials.
 - To limit contact, athletes can provide their own implements (that pass inspection) and retrieve their own implements after all throws.
 - If athletes can't provide their own implements, then it is recommended that implements be sanitized between each use.
- Long Jump and Triple Jump should enforce social distancing for all athletes and officials.
- High Jump and Pole Vault should enforce social distancing for all athletes and officials.
 - To lower the risk of these events, pits may be covered by a tarp that is removed and disinfected after each athlete use (therefore multiple tarps needed to keep event moving) or individuals may bring their own mat or tarp for use on pits.
 - A disinfectant spray may also be used as an alternative to using tarps to cover but disinfecting must take place following each athlete use.
 - To limit contact, athletes should not share vaulting poles.
- 100M and Straight Hurdles **may** use every other lane to assist with distancing.
 - Blocks should be disinfected after each heat / race.
 - Baskets are not recommended at start line for apparel.

Communications/Meetings - Various modes of communication to Student-Athletes, parents/community regarding what guidelines are in place for implementation, BPS District Head Coaches/Assistant Coaches/Student-Athletes meetings must be held virtually.

Transportation - All individuals must wear acceptable face coverings at all times on school bus (i.e. entering, exiting, and seated), and maintain appropriate social distancing, unless they are members of the same household. NYSDOH, NYSED and BPS District Guidelines for travelling to and from sporting contests shall be followed. All buses are disinfected daily with high touch areas being wiped down intermittently throughout the day.

All NYSED, NYSDOH, NYSPHSAA, ECDOH and Section VI guidelines are applicable.