



Lakeland/Panas Athletics

Reentry Plan

Guide for
STUDENT-ATHLETES, PARENTS &
COACHES

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Last Updated 9/15/20

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**Revisions to this document will be shown in RED.
Please check back frequently for updates.**

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FALL SEASON I SPORT OFFERINGS

- Walter Panas High School
 - JV & Varsity Boys Soccer
 - JV & Varsity Girls Soccer
 - Varsity Field Hockey
 - Varsity Girls Tennis
 - Varsity Boys Cross Country (merged with Lakeland HS)
 - Varsity Girls Cross Country (merged with Lakeland HS)
- Lakeland HS
 - JV & Varsity Boys Soccer
 - JV & Varsity Girls Soccer
 - JV & Varsity Field Hockey
 - Varsity Girls Tennis
 - Varsity Boys Cross Country (merged with Walter Panas HS)
 - Varsity Girls Cross Country (merged with Walter Panas HS)
- Lakeland Copper Beech MS
 - Currently, modified sports are not authorized to begin. We are awaiting further guidance from Section One regarding the status of modified sports for this fall.

CONTACTS AND COMMUNICATION

District Communication

The district will continue to update the community through our notification systems of emails, robo-calls, and posting to the [district website](#).

General Questions about the Lakeland/Panas Athletics Reentry Plan

Questions about the district's reentry to interscholastic athletics, please contact Daniel Belfi (dbelfi@lakelandschools.org), Director of PE, HE & Athletics, or Rebecca DiSisto-Leslie (rdisisto@lakelandschools.org), Supervisor of PE, HE & Athletics.

Coach Communication

The best way to reach coaches is by e-mail. In general, any sport-specific questions in regards to tryouts, practices, etc. should be sent to the appropriate coach(es).

- Walter Panas HS Fall Season I Coaches [Coaching Directory](#)
- Lakeland HS Fall Season I Coaches [Coaching Directory](#)

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INTRODUCTION TO ATHLETICS REENTRY PLAN

In an effort to provide the safest and most efficient reentry back into interscholastic athletics, this document is to serve as a resource to outline and describe the new protocols/procedures that will be in place when *Fall Sports Season I* begins on 9/29/20. It is imperative that students and parents thoroughly read through this document, in its entirety, in an effort to provide the safest and most efficient reentry to athletics. It is strongly encouraged to revisit the document frequently, as it will continue to be updated as new information becomes available. Any updates to the document will be made in **RED** font.

The procedures and protocols outlined in this reentry plan are in accordance with the guidelines/regulations set forth by the New York State Department of Health (NYSDOH) and the New York State Public High School Athletic Association (NYSPHSAA).

Link to NYSDOH guidance document: [INTERIM GUIDANCE FOR SPORTS AND RECREATION DURING THE COVID-19 PUBLIC HEALTH EMERGENCY](#)

Link to NYSPHSAA guidance document: [Return To Interscholastic Athletics](#)

While the normal routines for practices and competitions will be different, we are confident that our student-athletes will be able to have an enjoyable and authentic interscholastic athletic experience this fall. It is vital that everyone (student-athletes, parents & coaches) do their part in making this reentry a success. In a collaborative effort we will soon be wearing our respective school colors and representing our community once again!

DAILY HEALTH SCREENING

Student-athletes will be required to complete a daily health screening for athletics in addition to the daily health screening that each student must complete prior to the school day. All student-athletes will be required to complete a **SECOND** daily health screening in order to participate in athletics. The link to the *LCSD Athletics COVID-19 Screener* is on the athletics homepage on the district website. Also, the direct link to the *LCSD Athletics COVID-19 Screener* is below. ***LCSD Athletics COVID-19 Screener must be completed by 10:00AM each day in order to participate in practice/competition that day.***

Link to Athletics Homepage: [LCSD Interscholastic Athletics](#)

Direct Link to LCSD Athletics COVID-19 Screener: [LCSD Athletics COVID-19 Screener](#)

*Recommend bookmarking or adding link to your favorites for quick access daily

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CONSIDERATIONS FOR STUDENT-ATHLETES

- Face coverings will be required during practice and competitions. “In accordance with NYSDOH guidance ([INTERIM GUIDANCE FOR SPORTS AND RECREATION DURING THE COVID-19 PUBLIC HEALTH EMERGENCY](#)), 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 covering, 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.” - NYSPHSAA [Return To Interscholastic Athletics](#) (Pg. 13)
 - Acceptable face coverings for COVID-19 include but are not limited to cloth-based face coverings and disposable masks that cover both the mouth and nose (NYSPHSAA [Return To Interscholastic Athletics](#), Pg. 13). NOTE: Bandannas and neck gaiters are not acceptable face coverings.
- Student-athletes should tell coaches immediately when they are not feeling well.
- No hugging, high fives, shaking hands, fist bumps.
- Student-athletes will be responsible for their own supplies (e.g. cleats, shin guards, racquets, etc.)
- Student-athletes should wear their own appropriate workout clothing and not share clothing.
- Individual clothing/towels should be washed and cleaned after every workout.
- Student-athletes are encouraged to keep their mouth guards in their mouth throughout the competition/practice, however, if this is not possible, proper disinfection of the mouth guard should be performed prior to reinsertion. Hands should be washed or disinfected before doing so.
- Student-athletes should be advised to bring and use their own water bottle.
 - High school athletes should drink enough fluid before, during and after practice and competition.
 - Student-athletes should follow established guidelines for hydration.
 - Please see National Athletic Trainer Association (NATA) Resource:
 - [Ways to Prevent Fluid Loss From Becoming Detrimental](#)
- Student-athletes are encouraged to shower at home as quickly as possible after practice and games.

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CONSIDERATIONS FOR PARENTS/GUARDIANS

A family's role in maintaining safety guidelines for themselves and others:

- In accordance with NYSDOH guidance ([INTERIM GUIDANCE FOR SPORTS AND RECREATION DURING THE COVID-19 PUBLIC HEALTH EMERGENCY](#)), spectators must maintain six feet of physical distance between individuals and/or family household units at all times (*Pg. 6*), and all spectators must wear face coverings at all times on Lakeland CSD property so long as they are over the age of two and medically able to tolerate such covering.
- Provide personal items to children and clearly label them.
- Disinfect your student-athlete's personal equipment after each practice or game.

DAILY PRACTICE PROTOCOLS/PROCEDURES

Practice Times

In an effort to cohort teams together we have created two practice time slots for the first two weeks of the season. Once competitions begin, practice times will be communicated by your respective coaches. For the first two weeks of the season (9/29-10/9) your son/daughter will either have a 3:00-5:00PM practice time slot, or a 5:15-7:15PM time slot. There is a 15 minute gap in place between practice sessions in order to clear the facility and transition the next cohort of athletes in. There is to be no lingering in parking lots or on school grounds at the conclusion of practice. Students are expected to exit practice and head straight home.

Please click the appropriate link below to view the practice schedule for each high school for the first two weeks of the season (9/29-10/9). Please note these links will provide practice time and location.

Tryout/Practice Schedules for 9/29-10/9

Walter Panas HS Tryout/Practice Schedule: [WPHS Tryout/Practice Schedule](#)

Lakeland HS Tryout/Practice Schedule: [LHS Tryout/Practice Schedule](#)

Student-Athlete Arrival

Remote Learners

Upon arrival on school grounds for a scheduled practice session, student-athletes are expected to immediately head to their assigned practice location, unless they are to be seen by the Athletic Trainer (see below for athletic trainer guidelines). Remote learners must not arrive at school prior to 2:45PM for their 3:00PM time slot. Student-Athletes who had remote learning

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that day must arrive at practice dressed in appropriate clothing. There will be NO ACCESS to locker rooms to change for remote learners in order to reduce density. Student-athletes must arrive to practice ready to participate and MUST have their face covering on upon arrival.

When a student-athlete arrives at their practice location there will be designated locations for them to place their bag(s). Coaches will communicate where these locations are upon arrival at practice. All bags must be 6' apart, and any items not being used in practice must remain in their bag.

*Please note that Wednesday's are a "Flex Day" at each high school and all students are remote learners. Students are not to arrive at school prior to 2:45PM.

In-Person Learners (Monday's, Tuesday's, Thursday's & Friday's)

Scenario 1 - Student Goes Home

If the student-athlete has an assigned practice time of 3:00PM, the student has the option to head home directly after 8th period (1:41PM) and get transported back to school for their assigned practice at 3:00PM. This is the preferred option for in-person learners in order to decrease the number of students in the building between 1:41PM and 2:45PM. Student-athletes that choose to go home after 8th period and return for their 3:00PM practice, cannot return to school prior to 2:45PM. Upon arrival back onto school grounds for a scheduled practice session, student-athletes are expected to immediately head to their assigned practice location, unless they are to be seen by the Athletic Trainer (see below for athletic trainer guidelines). Student-athletes who chose to go home prior to practice must arrive at practice dressed in appropriate clothing. There will be NO ACCESS to locker rooms to change in order to reduce density. Student-athletes must arrive to practice ready to participate and MUST have their face covering on upon arrival.

When a student-athlete arrives at their practice location there will be designated locations for them to place their bag(s). Coaches will communicate where these locations are upon arrival at practice. All bags must be 6' apart, and any items not being used in practice must remain in their bag.

Scenario 2 - Student Does Not Go Home

Student-athletes who were in-person that day and cannot go home before practice, will immediately report to either the cafeteria or gymnasium directly after 8th period (1:41PM). There will be desks setup in both the gymnasium and cafeteria that are properly socially distanced. Upon arrival in the gymnasium or cafeteria a monitor will permit students, in small groups, to transition to the locker room to change into their practice attire. There will be properly socially distanced changing areas designated in each locker room. It is the expectation of the student-athletes to enter the locker room, remain in the designated areas in order to keep

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proper social distancing while changing, and then immediately exit the locker room as the next group of student-athletes will need to change. Upon leaving the locker room student-athletes will report back to their desk.

In the time period from 1:41PM until approximately 2:40/2:45PM, all student-athletes must remain at their desk unless it is their turn to use the locker room. This time will be used as a study hall for our student-athletes. Student-athletes will be expected to use this time prior to practice to work on school work. At approximately 2:40/2:45PM, student-athlete's will either be dismissed to transition to their assigned practice location, or to their shuttle bus (shuttle bus information is below). Please note, practice times must begin at 3:00PM as we are currently in a hybrid model with some students at home and some students in school. We must permit time for student-athletes at home to complete their academic day and be transported to school for their assigned practice time.

For any misbehavior or code of conduct violations during this time, a building level consequence will be assigned and will also result in consequences at the athletic level.

****IMPORTANT - If the student-athlete's practice time is in the 5:15-7:15PM time slot, THEY MUST HEAD HOME DIRECTLY AFTER SCHOOL AND BE TRANSPORTED BACK FOR THEIR ASSIGNED PRACTICE TIME.**

Student-athletes that transition to the shuttle bus, must head straight to the shuttle and take a seat on the bus. Student-athletes transitioning outside the school building to their practice location or arriving at an alternate practice location, will find there will be designated locations for them to place their bag(s). Coaches will communicate where these locations are upon arrival at practice. All bags must be 6' apart, and any items not being used in practice must remain in their bag.

Shuttle Bus for In-Person Learners (For Walter Panas HS Only For Fall Season I)

For those student-athletes that will need to take a shuttle bus from the high school to their assigned practice location, they will be dismissed from the cafeteria or gymnasium at 2:40PM to get on the shuttle bus. Student-athletes will be dismissed to the East Bus Entrance, and the shuttle will be in that location by the tennis courts. The shuttle bus will have a sign in the window denoting, "Sports Shuttle." The shuttle bus will transport the first group of student-athletes (soccer) to Granite Knolls and the second group of student-athletes (cross country) to Lakeland High School for their assigned practice times.

Please be advised that if a student-athlete has their own transportation they are permitted to transport themselves to in-district practices. In order to do so, you must complete the attached transportation release below:

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Seasonal Transportation Release: [Seasonal Transportation Release](#)

Student-athletes are permitted to go home after school and a parent/guardian can bring them back for their assigned practice time as noted above.

*NOTE - There will be no shuttle provided for JV Boys Soccer to get from Walter Panas HS to Van Cortlandtville Elementary School (VCES) daily. Walter Panas JV Boys Soccer must go home after school and be transported back for their assigned practice time at VCES.

*NOTE - There will be no shuttle provided to middle school students that passed the APP this fall. Parents/guardians will be responsible for picking students up at dismissal and transporting son/daughter to assigned practice location or competition. Students are not permitted to leave school early under any circumstance to attend practice/competition ([Interscholastic Handbook for Athletes & Parents 2020-2021](#), Pg. 16) .

Athletic Trainer Protocols

Student-athletes that need medical attention from our Athletic Trainer prior to the start of practice must abide by the social distancing protocols established for the safest and most efficient treatment. Only ONE student-athlete will be allowed in the training room at any time. Student-athletes must wait in line 6' apart until it is their turn to receive treatment.

Treatment needed after practice will be conducted at the location of their practice session (when applicable).

Practice Structure

All practices will be planned in an effort to maximize social distancing and cohorting of groups within teams. For example, athletes may be separated into smaller groups daily to perform stretching, skill development and conditioning activities. When necessary, groups will combine for larger group activities. For example, scrimmaging.

Face coverings will be required during practice. "In accordance with NYSDOH guidance ([INTERIM GUIDANCE FOR SPORTS AND RECREATION DURING THE COVID-19 PUBLIC HEALTH EMERGENCY](#)), 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 covering, 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." - NYSPHSAA [Return To Interscholastic Athletics](#) (Pg. 9)

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Student-Athlete Departure

At the conclusion of practice all student-athletes will be required to exit the facility in an organized manner led by coaches. Student-athletes will obtain their bags/equipment and exit the facility practicing proper social distancing guidelines and keeping their face coverings on. There is to be no lingering in parking lots or on school grounds at the conclusion of practice. Student-athletes are expected to exit practice and head straight home.

DAILY COMPETITION PROTOCOLS/PROCEDURES

Student-Athlete Arrival - Home Contests

Remote Learners

Upon arrival on school grounds for a scheduled home competition student-athletes are expected to immediately head to their assigned competition location, unless they are to be seen by the Athletic Trainer (see below for athletic trainer guidelines). Student-athletes who had remote learning that day must arrive at the competition in uniform. Remote learners must not arrive at school for their competition prior to 2:45PM. In order to reduce density, there will be NO ACCESS to locker rooms to change for remote learners. Student-athletes must arrive ready to compete and MUST have their face covering on upon arrival.

When a student-athlete arrives at their competition location, there will be designated locations for them to place your bag(s). Coaches will communicate where these locations are upon arrival at the competition. All bags must be 6' apart, and any items not being used must remain in their bag.

*Please note that Wednesday's are a "Flex Day" at each high school and all students are remote learners. Students are not to arrive at school prior to 2:45PM.

In-Person Learners (Monday's, Tuesday's, Thursday's & Friday's)

Scenario 1 - Student Goes Home

If the student-athlete has a home competition that day, the student has the option to head home directly after 8th period (1:41PM) and get transported back to school for their competition. This is the preferred option for in-person learners in order to decrease the number of students in the building between 1:41PM and 2:45PM. Students that choose to go home after 8th period and return for their competition cannot return to school prior to 2:45PM. Upon arrival back onto school grounds for a scheduled competition, student-athletes are expected to immediately head to the location of their competition, unless they are to be seen by the Athletic Trainer (see below for athletic trainer guidelines). Student-athletes who chose to go home prior to the competition must arrive in their uniform ready to compete. There will be NO ACCESS to locker rooms to change in order to reduce density. Student-athletes must arrive ready to compete and MUST have their face covering on upon arrival.

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Scenario 2 - Student Does Not Go Home

Student-athletes who were in-person that day will immediately report to either the cafeteria or gymnasium directly after 8th period (1:41PM). There will be desks setup in both the gymnasium and cafeteria that are properly socially distanced. Upon arrival in the gymnasium or cafeteria a monitor will permit students, in small groups, to transition to the locker room to change into their uniforms. There will be properly socially distanced changing areas designated in each locker room. It is the expectation of the student-athletes to enter the locker room, remain in the designated areas in order to keep proper social distancing while changing, and then immediately exit the locker room as the next group of student-athletes will need to change. Upon leaving the locker room student-athletes will report back to their desk.

In the time period from 1:41PM until approximately 2:40/2:45PM, all student-athletes must remain at their desk unless it is their turn to use the locker room. This time will be used as a study hall for our student-athletes. Student-athletes will be expected to use this time prior to competition to work on school work. At approximately 2:40/2:45PM, students will be dismissed to transition outside to their competition to set up and begin warm-ups.

For any misbehavior or code of conduct violations during this time, a building level consequence will be assigned and will also result in consequences at the athletic level.

When student-athletes transition outside the school building to their competition location there will be designated locations for them to place their bag(s). Coaches will communicate where these locations are upon arrival at the competition. All bags must be 6' apart, and any items not being used must remain in their bag.

Student-Athlete Arrival - Away Contest

Remote Learners

Upon arrival on school grounds for an away competition, remote learners that day are to head directly to their bus pick-up location. Bus pick-up locations for away contests are noted below:

- Lakeland HS - Main Entrance
- Walter Panas HS - East Bus Entrance

Bus departure time will be communicated to student-athletes by the coaches, or can be found on the SportsYou page for each respective high school. Student-athletes that had remote learning that day must arrive for their bus in uniform, and are not to arrive more than 15 minutes before their scheduled bus time. In order to reduce density, there will be NO ACCESS to locker rooms to change. Student-athletes must arrive ready to compete and MUST have their face covering on upon arrival. Student-athletes will be expected to maintain proper social distancing of 6' apart when awaiting bus arrival.

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*Please note that Wednesday's are a "Flex Day" at each high school and all students are remote learners. Students are not to arrive more than 15 minutes before their scheduled bus time.

In-Person Learners (Monday's, Tuesday's, Thursday's & Friday's)

Student-athletes who were in-person the day of an away must stay at school and will immediately report to either the cafeteria or gymnasium directly after 8th period (1:41PM). There will be desks setup in both the gymnasium and cafeteria that are properly socially distanced. Upon arrival in the gymnasium or cafeteria a monitor will permit students-athletes, in small groups, to transition to the locker room to change into their uniforms. There will be properly socially distanced changing areas designated in each locker room. It is the expectation of the student-athletes to enter the locker room, remain in the designated areas in order to keep proper social distancing while changing, and then immediately exit the locker room as the next group of student-athletes will need to change. Upon leaving the locker room student-athletes will report back to their desk.

In the time period from 1:41PM until the time of their scheduled bus for the away contest, all student-athletes must remain at their desk unless it is their turn to use the locker room. This time will be used as a study hall for our student-athletes. Student-athletes will be expected to use this time prior to competition to work on school work. Student-athletes will be dismissed at the time of their scheduled bus to transition outside. Student-athletes are to head straight to the bus and take a seat.

For any misbehavior or code of conduct violations during this time, a building level consequence will be assigned and will also result in consequences at the athletic level.

Transportation

As per NYSED and NYSDOH guidelines when teams are traveling to away competitions the seat directly behind the bus driver will remain vacated. Student-athletes will be required to wear an appropriate face covering while on the bus and may be seated next to another teammate. Maximum capacity per NYSED and NYSDOH guidelines is 42 persons.

Athletic Trainer Protocols

Student-athletes that need medical attention from our Athletic Trainer prior to a competition must abide by the social distancing protocols established for the safest and most efficient treatment. There will only be ONE student-athlete allowed in the training room at any time. Student-athletes must wait in line 6' apart until it is their turn to receive treatment.

Treatment needed after competition will be conducted at the location of competition (when applicable).

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Competition Guidelines

For sport specific guidelines and considerations please refer to the [Return To Interscholastic Athletics](#) guidance from NYSPHSAA. Sport specific guidelines and considerations for *Fall Sports Season I* can be found on the following pages of the above reference document:

- Cross Country - Pages 23-24
- Field Hockey - Pages 25-26
- Soccer - Pages 30-32
- Tennis - Pages 36-37

Face coverings will be required during competitions. "In accordance with NYSDOH guidance ([INTERIM GUIDANCE FOR SPORTS AND RECREATION DURING THE COVID-19 PUBLIC HEALTH EMERGENCY](#)), 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 covering, 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." - NYSPHSAA [Return To Interscholastic Athletics](#) (Pg. 9)

Student-Athlete Departure - Home Contest

At the conclusion of a competition all student-athletes will be required to exit the facility in an organized manner led by coaches. Student-athletes will obtain their bags/equipment and exit the facility practicing proper social distancing guidelines and keeping their face covering on. There is to be no lingering in parking lots or on school grounds at the conclusion of a competition. Student-athletes are expected to exit the competition and head straight home.

Student-Athlete Departure - Away Contest

Upon arrival back onto school grounds all student-athletes will be required to exit the bus and exit school grounds practicing proper social distancing guidelines and keeping their face coverings on. There is to be no lingering in parking lots or on school grounds upon arrival. Student-athletes that are awaiting a ride must spread out and maintain proper social distancing guidelines and continue to wear their face covering until their ride has arrived to transport them home.

Spectators

In accordance with NYSDOH guidance ([INTERIM GUIDANCE FOR SPORTS AND RECREATION DURING THE COVID-19 PUBLIC HEALTH EMERGENCY](#)), responsible parties (Lakeland CSD) MUST limit spectators to no more than two spectators per player. (Pg. 6)

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Currently, the Lakeland CSD intends to permit two spectators per athlete only as per the NYSDOH regulations for all home contests. We will communicate with the community if spectators are allowed to attend away contests. This guidance will come from Section One.

Again, In accordance with NYSDOH guidance ([INTERIM GUIDANCE FOR SPORTS AND RECREATION DURING THE COVID-19 PUBLIC HEALTH EMERGENCY](#)), spectators must maintain six feet of physical distance between individuals and/or family household units at all times (*Pg. 6*), and all spectators must wear face coverings at all times on Lakeland CSD property so long as they are over the age of two and medically able to tolerate such covering.

CLEANING AND DISINFECTION

Each team will be provided a “clean box” that will be with their respective team at all times. Contents of a clean box include additional disposable masks, disposable gloves, hand sanitizer, and disinfectant wipes/spray. Student-athletes will have access to hand sanitizer at all times during practices and competitions.

Additionally, the Lakeland CSD has purchased Victory Innovations Professional Cordless Electrostatic Handheld Sprayers for the athletic department. During the midpoint and/or the conclusion of every practice session/competition all equipment will be sprayed and disinfected using these machines.

Spectators at home contests will have access to hand sanitizing stations in the bleacher section and will have access to soap and running water in the bathroom(s) located on school grounds.

Regular cleaning and disinfection of the site and frequent cleaning and disinfection for high risk areas used by many individuals and for frequently touched surfaces will be conducted. Additionally, restrooms will be cleaned and disinfected regularly.