

# Manlius Pebble Hill School

## MPH Athletics - Winter Season

### Basketball and Ice Hockey

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#### Guiding Resources:

- [MPH Health Protocols](#)
- [NY State Interim Guidance for Sports and Recreation During the COVID-19 Public Health Emergency](#)
- [Onondaga County Health Department Health Advisory: K-12 Sports](#)
- [MPH COVID-19 Informed Consent and Waiver Form](#)

#### Background

On January 22, 2021, Governor Cuomo announced that effective February 1, 2021, participants in higher-risk sports and recreation activities may partake in individual or distanced group training and organized no/low- contact group training and may partake in other types of play, including competitions and tournaments, only as permitted by their local health departments. Onondaga County has since approved these activities based on the guidelines released on January 28, 2021.

Effective February 1, 2021, and until otherwise indicated, student-athletes are permitted to participate in organized recreational league or K-12 sponsored higher-risk school sports in Onondaga County, provided that specific requirements are met. The County Health Department reserves the right to eliminate these activities if there is a rise in Covid-19 cases.

Given the condensed season, sports will overlap and require some strategic scheduling. These timelines are listed below.

Sport	Season Start	Season End
Boys Varsity & JV Basketball	February 3, 2021	March 13, 2021
Boys Modified Basketball (To Be Determined - TBD)	(TBD) March 1, 2021	(TBD) March 26, 2021
Girls Modified Basketball (To Be Determined - TBD)	(TBD) March 1, 2021	(TBD) March 26, 2021

#### Program Administration

As required by the “Interim Guidance for Sports and Recreation During The COVID-19 Public Health Emergency” guide, the following administrative duties will be adhered to:

1. The MPH Athletic Director will act as the administrator, responsible for communicating the plan to student-athletes, families, coaches, referees/officials, and any other involved parties.
2. The Pandemic Response Team (PRT), will serve as a point of contact, should any positive cases be identified. The Pandemic Response Team will facilitate and assist with case investigation and contact elicitation and notification.

3. The MPH athletic director or his designee will ensure that a written DHA (Daily Health Assessment) is completed by all players, coaches, referees/officials, and any other involved parties. This documentation will serve as a “sign in sheet” and be provided to the County Health Department if needed for tracing efforts.
4. MPH will require a parent/guardian sign the attached “COVID-19 Informed Consent” form.
5. Any student-athlete who has had a case of COVID-19 is required to provide a medical clearance form signed by the student-athlete’s healthcare provider and given to the school nurse before being allowed to practice or play.
6. If a student-athlete or coach has a positive COVID-19 diagnostic test, all in-person team or group activities (e.g., practices, scrimmages, games, meetings) will be cancelled for a **14-day period\***.
7. Individuals who were exposed to a COVID-19 case or diagnosed with COVID-19 in the past **14 days\*** are not allowed to participate in the sport.

**\*Note: MPH adheres to its own more conservative Health Protocols by requiring 14 instead of 10 days.**

### **General Safety Measures**

- Masks that conform to recommendations from the Centers for Disease Control and Prevention must be worn at all times, by all student-athletes, coaches, managers, referees/officials, or any other involved parties.
  - Any mask that becomes saturated with sweat must be changed immediately. Athletes will be required to have a spare mask with them.
  - Reusable masks (cloth face coverings) must be washed daily in hot water and not reused until cleaned.
  - Disposable face coverings will be available for players who forget theirs or need a replacement.
  - Coaches, and other school employees should monitor proper use and correct improper use by student-athletes, when indicated.
- **COVID-19 Testing:** As of this writing (2/2/21), Onondaga County Health Department requires that each student-athlete, coach, manager, referee/official, or other individual associated with the higher-risk sport must undergo regular COVID-19 testing. The specifics of how this testing will be conducted have yet to be determined.
- MPH anticipates a partnership with the County who will test all requisite individuals at least once each week, including uploading the data in NYSDOH’s lab reporting system ECLRS.
- If regular (at least once each week) testing of each student-athlete and other individuals associated with the higher-risk sport is NOT be provided by the Onondaga County Health Department, MPH will NOT play or host games, even if other teams in the league are playing.
- Proper sanitization of any equipment used; disinfectant will be available during games and practice.
- Hand sanitizer will be available during games and practice.

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### **Basketball**

MPH will employ the following protocols during basketball:

- During the pregame conference, MPH will limit attendees to the referee and the head coach from each team. Each coach will stand on the center circle on each side of the division line.

- For pregame conference, MPH will require individuals maintain a social distance of 6 feet or greater at the center circle.
- MPH will limit the number of bench personnel to observe physical distancing of 6 feet or greater. Team benches will be spaced out appropriately by 6 feet or more. If spacing because less than adequate, bleachers for the home and away benches will be used, instead of the sideline chairs.
- MPH will limit practices to 90 minutes or less leading up to their first week of games. Subsequent practices will be limited to 75 minutes or less.
- Doors to the gym will be left open to allow for greater air circulation.
- MPH will limit contact between players when substituting.
- For games, MPH will clean surfaces before the game and at half-time. In addition, hand sanitizer and disinfectant spray will be available for use anytime during the game.
- MPH will sanitize the game ball(s) during time-outs and between quarters.
- MPH will place its official's table sufficiently away from the sideline to allow for additional space for substitutes. This location might be opposite of benches to make sure there is enough for staff, players and officials.
- Personnel at the official's table will be limited to the home team scorer, timer and shot clock operator. There will be a distance of 6 feet or greater between individuals.
- MPH will eliminate all handshakes, fist bumps, and similar gestures pre- and post-game.
- MPH will give officials two game balls and keep these balls separate from warm-up balls.
- MPH will provide multiple hand sanitizer stations on the scorer's table, at doorways, and near team benches.

### **Locker rooms / Restrooms Restrictions**

Locker rooms are strictly for restroom use. Visiting teams will be instructed to arrive ready to play in uniforms. MPH will provide an area for bags or backpack storage if needed.

### **Officials**

- Officials are responsible for game management, which does not include monitoring activities on the sidelines, such as physical distancing, face coverings, hand washing, symptoms of illnesses and other such issues. This monitoring obligation remains with the responsible parties.
- Officials must follow physical distancing guidelines.

### **MPH Coaches will:**

- Communicate these guidelines in a clear manner to students, parents, visiting teams, and coaches.
- Conduct workouts in "cohorts" to reduce mixing of students and reducing exposure.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.

### **MPH Students will:**

- Be responsible for their own supplies.
- Wear their own appropriate workout clothing and not share clothing with others.
- Wash and clean towels and clothing after every workout immediately upon returning home.
- Bring their own water bottle.
- Come to games already wearing uniforms and ready to play for both home and away games.

### **Watching the games:**

- Spectators will not be allowed during games, at home or away.
- The Onondaga High School League has uniformly implemented this rule.
- Games will be streamed through our Trojan TV channel via YouTube.

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## **Girls' Ice Hockey (Skaneateles Host School)**

### **Overview:**

MPH has been in combination with Skaneateles for the last four years. This ultimately only affects one student. The student also lives in Skaneateles. She has been a valuable member of that team since joining four years ago and is currently a senior. As with all of our seasons that we are looking to start, the Ice Hockey season games will be drastically reduced. Skaneateles will be in a POD, with three other schools. Each school will play each other twice. Those schools are:

- Oswego
- Clinton
- Ithaca

### **Transportation:**

The student or family is responsible for transportation to and from practices. MPH does not provide that transportation.

### **Skaneateles Ice Rink Community Center Guidelines**

- Arrive to the facility 15 minutes prior to your ice time. Depart the facility within 15 minutes following your ice time. NO entry into the building after your ice time starts.
- Everyone entering the facility must have their temperature taken and take a health screening. Anyone with a temperature of 100.4 or higher or answers 'yes' to any of the screening questions will be asked to leave.
- Maximum on ice group sizes (currently 40 people, inclusive of coaches).
- No locker rooms or shower use. Come dressed with equipment on. Use designated skate changing areas located in the rinks for skate changing. Children that are unable to tie their own skates should arrive with their skates on and wearing skate guards.
- All assigned seating must be followed as written on rink board or told by YMCA staff and cannot be changed.
- The only point of entry to the facility is the main front doors.
- Check-in rosters and contact tracing form must be completed one (1) day before arrival. If a participant is not on the Check-in roster, they will not be allowed entry to the facility.
- All participants must fill out a waiver/code of conduct form prior to entering the facility. Minors must have parental signature. Parents or responsible party of minors are to accompany the child to the front door while temperature check and health screening are conducted. Parents are not allowed in the building.
- Approved face coverings (no bandanas, gaiters, or Buffs) must be worn at all times while in the building, including the rink and common areas. Participants must wear masks on the ice. All players must stay seated, with masks on, until the Zamboni is off the ice and their coach tells them to get on the ice.

- Social distancing must be observed throughout the rinks. Sit on designated “X’s” for proper 6 feet social distancing
- One (1) parent may accompany mites and younger level players in the facility. After the player is on the ice, the parent must sit on the designated X’s on the bleachers with their mask on until the session is over.
- Failure to comply with these guidelines may result in the loss of future ice times.

### **General Considerations**

- Communicate in advance with hockey rinks on policies, procedures and permitted time frames for practice and competition.
- Team Benches - Maintain social distancing as much as possible when on the bench.
- Penalty Boxes - Limit to essential personnel and maintain social distancing from personnel and participating players.
- Team Captains - Captains need to maintain social distancing when talking to or conferring with a referee. Maintain social distance during the pre-game meeting with captains, head coaches, and officials wearing proper masks
- Face masks (hockey equipment, not face coverings) - Plastic shields covering the entire face (unless integrated into the face mask, attached on the inside of the face mask, and clear without the presence of any tint) shall not be allowed during the contest.
- Tooth and mouth protectors - If mouthguards are removed on the bench area, the athlete should use hand sanitizer each time after touching the mouthguard.
- Suspend pregame protocol of shaking hands during introductions/pregame meeting.
- Gloves are permissible for all coaches, team staff and game administration officials.
- Limit the number of non-essential personnel who are at ice level and near participants throughout the contest.
- If available, dressing facilities for game officials and teams should be large enough for them to use social-distancing protocols and should be properly cleaned and sanitized prior to arrival.

### **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.
- Maintain social distancing for meetings with captains and coaches.
- Essential off-ice officials should maintain social distancing and wipe down workspace before and after the contest. Consider using an electronic whistle.
- Do not shake hands and maintain social distancing guidelines during pre- and post-game ceremonies.

### **Coaches:**

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in “cohorts” of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.

### **Students:**

- Consider making each student responsible for their own supplies.
  - Students should wear their own appropriate workout clothing (do not share clothing)
  - Individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
  - Bring own water bottle.
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