



# **LANSINGBURGH**

**— CENTRAL SCHOOL DISTRICT —**

## **Plan for Resumption of Spring Sports**

Adopted: April 26, 2021

## Table of Contents

Background.....	4
REQUIREMENTS FOR HIGHER RISK SPORTS IN RENSSELAER COUNTY	5
Metrics	5
DISTRICT PLAN	5
Board of Education Approval	5
Plan Administrator	5
Spectators	6
Masks/Face Coverings	6
Monitoring	7
Physical Distancing Risks	7
Travel	7
Consent and Clearances	8
Appendix A – Spring Sports Considerations .....	9
Appendix B – Student Pledge .....	20

I certify that I, Deborah Vasquez, operating in the role as district Medical Director, have reviewed and approve the attached plan for Lansingburgh CSD for the Spring Sports Season. Any amendments or adjustments to this plan must be reviewed and approved by myself prior to implementation.

Deborah Vasquez MD  
PRINT NAME SIGNATURE  
4/5/21  
DATE

## BACKGROUND

The World Health Organization defines health as “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.” Regarding SARS-CoV-2 and participation in sports, the American Academy of Pediatrics has indicated that re-engaging in sports activities has physical and psychological health benefits. Participating in sports allows youth to improve their cardiovascular health, strength, body composition, and overall fitness. Mentally, youth may experience benefits from increased socialization and from a more structured routine. Both the psychological and physical benefits support developmental growth and can have immune system benefits.

The State’s decision to permit higher-risk sports and recreation activities does not mean that their risk has changed. Any time people are gathered, there is a risk of exposure to SARS-CoV-2, which can lead to serious medical conditions and even death. Symptomatic and asymptomatic individuals can spread the virus. Masking, distancing, and other mitigation measures reduce, but do not eliminate risk. Further, there is a significant risk of transmission to those in the home of an infected student-athlete.

At present, it cannot be predicted who will become severely ill, although older people and those with underlying health conditions are at higher risk. The long-term effects of SARS-CoV-2 are not known; even people with mild cases may experience long-term complications.

Schools, players, parents, and coaches should understand that social interactions outside of an actual practice or competition (e.g. locker rooms, buses) are also potential places of transmission among student-athletes. Regarding clusters of SARS-CoV-2 cases among athletes, at this time, there is insufficient data to determine whether transmission is more likely to have occurred because of the nature of a given sport or because of the social factors and environment surrounding the athletes and teams.

Ultimately, the decision falls on a parents/guardian to decide whether they will allow their children to participate in a given sport or activity.

## **REQUIREMENTS FOR HIGHER RISK SPORTS IN RENNELAER COUNTY**

### **General**

Effective February 1, 2021, and until otherwise indicated, school districts are permitted to participate in K-12 sponsored higher-risk school sports in Rensselaer County, provided that the following guidelines are met.

- Each school district's Board of Education must approve the district/school's participation in each specific higher-risk sport.
- Each school superintendent must oversee the creation of a sport-specific preparedness plan to be approved by the district/school's medical director.
- Each parent/guardian must sign an informed consent.
- Each student-athlete must have medical clearance from their healthcare provider, only if they have tested positive previously for COVID- 19.
- Each parent/guardian, student-athlete, and school official must agree to fully cooperate with case investigations and contact elicitation and to adhere to isolation and quarantine orders.
- Each district/school must establish a confidential phone number and email address to allow student-athletes, parents, or others to report concerns.

### **Metrics**

The school district may be more restrictive than the requirements from the Rensselaer County Department of Health. School districts should be in consultation with their Medical Director prior to reinstating athletics. Schools should consider weekly collaboration with the Medical Director throughout the sports season. Local health departments and NYSDOH monitor and evaluate COVID-19 data daily and if indicated, the ability for K-12 higher-risk sports to occur may be suspended.

### **DISTRICT PLAN**

#### **Board of Education Approval**

Pursuant to the above metrics and guidance, the Lansingburgh CSD Board of Education has approved the following sports for the Spring Season, effective 04.26.2021

- JV and Varsity Baseball
- JV and Varsity Softball
- Varsity Boys Lacrosse
- Varsity Boys/Girls Track and Field

#### **Plan Administrator**

The Athletic Director will be responsible for communicating this plan to student-athletes, coaches, parents, trainers, referees/officials, and any other district/school who may be scheduled for athletic competition or events at any Lansingburgh CSD facility.

The Athletic Director will communicate with the district COVID Coordinator should any cases be identified in conjunction with athletic practices or events/competitions. The Athletic Director will assist

the district COVID Coordinator with facilitating and assisting the local county department of health with case investigation and contact elicitation and notification.

The Athletic Director will create a staggered schedule of practice and game times in order to avoid crowding and congestion when participants, referees/officials, and spectators are arriving, playing, and leaving. This schedule will be shared with each sports coach, the Director of Facilities, and the building administrators.

The district has established a confidential phone number and email address to allow student-athletes, parents or others to report any concerns. As Plan Administrator, the Athletic Director will assist with response to any concerns reported to this phone number and/or email address.

Per the NYS Reopening Sports and Recreation Guidelines, a site safety monitor must be designated who will monitor the control of flow of traffic, social distancing, and maximum capacity requirements.

### **Spectators**

The district reserves the right to restrict spectators and provide live-stream social media events for viewing of athletic competitions and events.

If spectators are allowed, the district will follow NYS Sports and Recreation Guidelines, which states that responsible parties must limit spectators to no more than two spectators per player or the State's social gathering limit, which is 100 or fewer people in indoor non-residential settings and 200 or fewer people in outdoor non-residential settings, as of March 22, 2021. Responsible Parties may determine which spectator limit – two per player or the social gathering limit – facilitates compliance with health and safety protocols for their specific sports and recreation event. There will be no more than 2 spectators per player. 6 foot distance will be required for all individuals at all times during the event. Except for in the circumstance where safety or a core activity (i.e. practicing, playing) requires shorter distance.

In the event a shorter distance is required, individuals must wear face coverings, unless players are unable to tolerate such a covering for the physical activity. Coaches, trainers and/or other individuals who are not directly engaged in activity are required to wear face coverings at all times.

### **Masks/Face Coverings**

The district will adhere to the following:

- Masks/face coverings that conform to recommendations from the [Centers for Disease Control and Prevention](#) must be worn whenever possible by all student-athletes, coaches, managers, referees/officials, spectators, individuals dropping off or picking up student-athletes, etc.
  - Face coverings will be provided by the school district to district employees and student-athletes in case of need for replacement
- Coaches, trainers and/or other individuals who are not directly engaged in activity are required to wear face coverings at all times.
- Any mask that becomes saturated with sweat must be changed immediately.
- Reusable masks (cloth face coverings) must be washed daily in hot water and not reused until cleaned.
- Coaches, managers, and other school employees should monitor proper use and correct improper use by student-athletes, when indicated. This should also include mask breaks as appropriate.
- Medical Exemptions for mask wearing are permitted as governed by existing NYS Education Guidance.

## **Monitoring**

The district will adhere to the following:

- A daily system to ensure that no one associated with the practice or competition is ill, including, but not limited to, players, coaches, game personnel, referees/officials and spectators.
  - This must include: temperature checks and a health assessment screening consistent with NYSED and NYSDOH guidance.
  - Screenings must be completed at the start of each practice or competition.
  - Records shall be made accessible to the local County Health Department immediately upon request.
- A system for logging attendance by all individuals associated with the practice or competition, including, but not limited to, players, coaches, game personnel, referees/officials and spectators. The system must capture names (if applicable, parent or guardian), county of residence, phone numbers and email addresses.
  - Records shall be made accessible to the local County Health Department upon request.

## **Physicals/Health Assessments**

Student-athletes may participate in the 2020-2021 sports seasons if they have previously had a health examination for school attendance in the 2018-2019 or 2019-2020 school years and provide a current health history completed and signed by their parent/guardian within 30 days of the start of the season, unless a current health examination is deemed necessary by the school district's medical director. Student-athletes with previous COVID-19 positive results must have a medical clearance from their healthcare provider, which will be evaluated by the district medical director for clearance prior to engaging in sports activities.

## **Physical Distancing Risks**

- Sharing of personal objects (e.g. water bottles, towels, snacks) will be prohibited and the use of dedicated personal equipment encouraged.
- Locker rooms and facility shower use will be restricted
- Carpooling to and from practice or competition is discouraged to the extent possible.
- If feasible, practices or competitions should be held outdoors.
  - If not feasible, time spent indoors will be minimized

## **Travel**

- At this time, the district will not participate in games requiring overnight travel.
- Congregate dining will be minimized. Food/concessions will not be served at athletic competitions or events at this time.
- Superintendents or their designee from the opposing district/school must stipulate to the host district/school that no one associated with the team is known to be ill or currently infected with SARS-CoV-2 prior to their team traveling to participate in a practice or competition.
- Travel to events by district school bus will follow the guidance for Transportation in the district's Reopening Plan. Seating will be restricted to one person per seat on a school bus and masks will

be required. The bus will be cleaned and disinfected immediately upon returning to the Bus Garage after the event/competition.

### **Consent and Clearances**

Each parent/guardian must sign a district/school developed SARS-CoV-2 informed consent that acknowledges that:

- Participation in the higher-risk sport places the student-athlete at risk of exposure to SARS-CoV-2.
- Symptomatic and asymptomatic individuals can spread the virus.
- Masking, distancing, and other mitigation measures reduce, but do not eliminate risk.
- At present, it cannot be predicted who will become severely ill if infected.
- SARS-CoV-2 can lead to serious medical conditions and death for people of all ages.
- The long-term effects of SARS-CoV-2 are, at present, unknown; even people with mild cases may experience long-term complications.
- There is a significant risk of transmission to those in the home of infected student-athletes.
- Older people and people with underlying health conditions are at higher risk of serious disease.
- This acknowledgement shall affirm a condition of ongoing participation will be full cooperation with case/ contact investigations and compliance with isolation/quarantine requests if indicated.

### **Locker Room Use**

Locker room use will be limited to student-athletes and coaches/managers. Student-athletes will be assigned lockers, with a minimum of 6 feet of separation. To the extent possible, face coverings should be worn in the locker room at all times.

### **Hygiene, Cleaning and Disinfection Protocols**

The district will follow its Infectious Disease Preparedness and Response Plan in regards to cleaning and disinfecting of all surfaces and approved products.

For sports practices and competitions/events, special attention will be made for all areas and high-touch surfaces relevant to the event. All related facilities and sports equipment will be treated with an antimicrobial application to reduce the potential for COVID-19 spread during athletic events.

This includes, but is not limited to:

- Bleachers,
- Sports equipment,
- Locker rooms,
- Restrooms used for practice/competition/event,
- Frequently touched surfaces on the field, court, or play surface (i.e. nets, mats, basketball hoops, etc.)

During a competition, restrooms and locker rooms will be cleaned and disinfected periodically throughout the event. Hand hygiene stations will be made available.

**Spring Season Considerations**  
**(per NYSPHSSA Return to Interscholastic Athletics Guidance)**

## Baseball

The NYSDOH has determined that Baseball 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).

### General Considerations:

- Only the scorekeeper shall touch/handle the scoresheet.
- Disinfect the bench/dugout prior to competition.
- The home team will be responsible for game baseballs
  - One individual in the home dugout should be appointed to handle game baseballs which includes entering a ball into a game, collecting used baseballs, and sanitizing baseball as needed.
  - Every half inning should be started with a new or sanitized game ball; previously used game balls should be collected and sanitized immediately for re-entry into the game at a later time. Balls will be tossed to the catcher to be put back in play.
  - Umpires are not required to collect or handle game balls at any time.
- Sanitize bases after each contest.
- Suspend handshakes, fist bumps and similar gestures prior to and following the pregame conference in addition to at the conclusion of the game.
- A socially distanced plate conference with umpires and head coaches will be conducted for game/ground rules, etc.
  - Each team shall provide the umpire a lineup card; teams may exchange paper lineups at the plate conference or make arrangements prior to the game to share lineups  
(examples; teams post lineups in dugout, send a digital photo, etc.)

### Considerations for Umpires:

- Bring personal hand sanitizer.
- Wash hands frequently.
- Do not share equipment.
- Follow social distancing guidelines.
- Gloves are permissible.

### Considerations for 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.

**Considerations for Students:**

- Consider making each student responsible for their own equipment and supplies. • Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
- Hand sanitizer should be plentiful at all contests and practices.
- Bring own water bottle.
- Students should minimize or limit blowing on hands, licking fingers, spitting on hands or engaging in similar actions during a game.

**Considerations for Parents:**

- Provide personal items for your child and clearly label them.
- In accordance with NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), Responsible Parties must limit spectators to no more than two spectators per player or the State’s social gathering limit, which is 100 or fewer people in indoor non-residential settings and 200 or fewer people in outdoor non-residential settings, as of March 22, 2021. Responsible Parties may determine which spectator limit – two per player or the social gathering limit – facilitates compliance with health and safety protocols for their specific sports and recreation event.
- Spectators should not congregate around the dugouts.

**NOTE: Approval of a revised pitch count for the 2021 season will be requested on April 9<sup>th</sup>**

## Lacrosse (Boys)

The NYSDOH has determined that Boys Lacrosse is a high-risk sport (least ability to maintain physical distance and/or be performed individually; least 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).

### General Considerations:

- Only the scorekeeper shall touch/handle the scoresheet.
- Disinfect the bench prior to competition.
- Suspend handshakes, fist bumps and similar gestures prior to and following the pregame conference in addition to at the conclusion of the game.
- A socially distanced pre-game conference with referees and one captain from each team will be conducted.
- Limit seats at the scorer's table to essential personnel which may include home team scorer, visitor team scorer, penalty timer and clock operator with a recommended distance of 6 feet or greater between individuals. Other personnel (statisticians, media, etc.) may not be deemed essential personnel and an alternate location should be considered for them.
- Individuals in bench and penalty box areas must adhere to social distancing as much as possible.
  - Clear, molded, and non-rigid face shields approved by the helmet manufacturer are permitted however these shields do not meet the NYSDOH rule of wearing a cloth face covering.

### Considerations for 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.
- Bring personal hand sanitizer. Wash hands frequently.
- Do not share equipment.
- Electronic whistles are permissible.
- Do not shake hands and maintain social distancing guidelines during pre and post-game ceremonies.
- Follow social distancing guidelines.
- Gloves are permissible. If it is necessary for an official to check a stick, it is recommended for officials to use gloves.
  - NYSPHSAA will waive the NFHS Rule for mandatory stick checks, by officials, in each half of a game. No such checks will be required for the spring 2021 season. (Waiver of NFHS Rule approved by NYSPHSAA Officers on 3-10-2021)

- Officials will be adjusting faceoff mechanics to adhere to social distancing guidelines.

#### **Considerations for 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.

#### **Considerations for Students:**

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

#### **Considerations for Parents:**

- Provide personal items for your child and clearly label them.
- In accordance with NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), Responsible Parties must limit spectators to no more than two spectators per player or the State’s social gathering limit, which is 100 or fewer people in indoor non-residential settings and 200 or fewer people in outdoor non-residential settings, as of March 22, 2021. Responsible Parties may determine which spectator limit – two per player or the social gathering limit – facilitates compliance with health and safety protocols for their specific sports and recreation event.
- Spectators should not congregate around the field entries/exits.

## Softball

The NYSDOH has determined that Softball 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).

### General Considerations:

- Only the scorekeeper shall touch/handle the scoresheet.
- Disinfect the bench/dugout prior to competition.
- The home team will be responsible for game balls
  - One individual in the home dugout should be appointed to handle game balls which includes entering a ball into a game, collected used game balls, and sanitizing balls as needed.
  - Every half inning should be started with a new or sanitized game ball; previously used game balls should be collected and sanitized immediately for re-entry into the game at a later time. Balls will be tossed to the catcher to be put back in play.
  - Umpires are not required to collect or handle game balls at any time.
- Sanitize bases after each contest.
- Suspend handshakes, fist bumps and similar gestures prior to and following the pregame conference in addition to at the conclusion of the game.
- A socially distanced plate conference with only the umpires and head coaches will be conducted for game/ground rules, etc.
  - Each team shall provide the umpire a lineup card; teams may exchange paper lineups at the plate or make arrangements prior to the game to share lineups (examples: teams post lineups in dugout, send a digital photo, etc.).

### Considerations for Umpires:

- Bring personal hand sanitizer.
- Wash hands frequently.
- Do not share equipment.
- Follow social distancing guidelines.
- Gloves are permissible.
- Umpires will not be required to check player's equipment prior to the game. Umpires, instead, will ask the head coach if players are legally equipped and if they will remain so throughout the game. (Waiver of USA Softball Rule approved by NYSPHSAA Officers 3-3-2021)

### Considerations for 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.

**Considerations for Students:**

- Consider making each student responsible for their own equipment and supplies.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
- Hand sanitizer should be plentiful at all contests and practices.
- Bring own water bottle.
- Students should minimize or limit blowing on hands, licking fingers, spitting on hands or engaging in similar actions during a game.

**Considerations for Parents:**

- Provide personal items for your child and clearly label them.
- In accordance with NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), Responsible Parties must limit spectators to no more than two spectators per player or the State’s social gathering limit, which is 100 or fewer people in indoor non-residential settings and 200 or fewer people in outdoor non-residential settings, as of March 22, 2021. Responsible Parties may determine which spectator limit – two per player or the social gathering limit – facilitates compliance with health and safety protocols for their specific sports and recreation event.
- Spectators should not congregate around the dugouts.

## Track & Field (Outdoor)

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.

**Considerations for Officials:**

- Officials are responsible for meet management, which does not include monitoring activities in the facility such as social distancing, face coverings, hand washing, symptoms of illnesses and other such issues. This monitoring obligation remains with the responsible parties.
- Bring personal hand sanitizer. Wash hands frequently.
- Do not share equipment.
- Follow social distancing guidelines when:
  - General Clerking
  - Clerking at Finish Line
  - Tabulating and posting of results
- Consider using electronic whistle.
- Do not shake hands and follow pre- and post-meet ceremony guidelines established by state associations.

**Considerations for Coaches:**

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in “pods” 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.

**Considerations for Students:**

- Consider making each student responsible for their own supplies.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
- Hand sanitizer should be plentiful at all contests and practices.
- Bring own water bottle.

**Considerations for Parents:**

- Provide personal items for your child and clearly label them.
- Spectators should not congregate around the competition areas.

- In accordance with NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), Responsible Parties must limit spectators to no more than two spectators per player or the State’s social gathering limit, which is 100 or fewer people in indoor non-residential settings and 200 or fewer people in outdoor non-residential settings, as of March 22, 2021. Responsible Parties may determine which spectator limit – two per player or the social gathering limit – facilitates compliance with health and safety protocols for their specific sports and recreation event.

### **VIRTUAL OUTDOOR TRACK & FIELD COMPETITION**

The NYSPHSAA rules which govern high school outdoor track and field competition assume that such competition will be “head-to-head” with all participants engaging in an environment that is identical and thus equitable to all. “Virtual” competition cannot provide such identical conditions, however. With that understanding, there are no NYSPHSAA rules provisions that would prohibit “virtual” competition when unique conditions, such as a pandemic, necessitate its use. The following practices and suggestions are a compilation of guidance from the NYSPHSAA to aide member schools in overseeing “virtual” competition.

- Schools shall communicate with their virtual opponent, in advance, the timing methods, venue, event specifications, entries and other details associated with a track meet so both schools ensure equity for the competition.
- Virtual competition shall be conducted only for regular season. Sections may determine if they would like to conduct a virtual section postseason event.
- Competition for each team/school involved should take place at venues of similar nature with similar specifications for each event with special emphasis on risk minimization. Surfaces and surrounding conditions are recommended to be similar.
- The meet must be conducted under the supervision of at least one certified NFHS or state association registered official at each venue.
- All rules regarding athlete participation and conduct should apply; technical rules for competition shall be enforced. Entries shall follow all NFHS rules for each event.
- It is suggested but not required that schools use an applicable technology to record results of each event and also have the capacity to compare against their opponents’ results. The same application is recommended to be used by each school for a virtual dual meet. Suggested applications for virtual meets include, but are not limited to, Hytek, MileSplit, Athletic.net.
- It is recommended but not required to have schools compete virtually on the same day.
- Sections may determine if times and marks achieved during virtual competition qualify for a sectional or state qualifier meet. A league will decide if a virtual

competition can be used to determine a league champion.

- Sections which can only conduct virtual meets during the regular season and do not have the ability to conduct a sectional or state qualifier meet may use virtual meet marks and times to qualify for a postseason event.

## Appendix B

Lansingburgh Central School District is committed to ensuring the safety and health of all our student-athletes, faculty, staff, and spectators. Each of these individuals play an important role in keeping our community safe by limiting the spread of COVID-19. As a student-athlete, I understand that I have a personal responsibility to take steps to protect those around me to limit the spread of COVID-19 and ensure a safe environment for all students.

In order to reduce my risk of contracting COVID-19, I commit to reviewing these guidelines and understand that my School District may provide updates as additional information is learned. It is my responsibility to stay apprised of these changes to protect myself and classmates.

As a Rensselaer County student-athlete, I pledge to:

- Stay safe, healthy, and informed of COVID -19 updates both on and off the field.
- Follow face mask, hygiene and social distancing guidelines and all of the additional health and safety requirements of the school.
- Participate in self-quarantining, and contact tracing as required.
- Promote a healthy environment and complete daily health attestations.
  - Know that I am a role model for my team members and community.
- Unite with my team members and school community to have a memorable season.
- Lead by example and support members of my team, who may be experiencing physical and mental health challenges

I have read, understand, and agreed to comply with the District Athletic Community Pledge. I recognize that COVID-19 is a highly contagious virus and it is possible to develop and contract the COVID-19 disease even if I follow all of the safety recommendations of the school and comply with the pledge. I understand that even though the school is following the guidelines issued by the CDC and other experts to reduce the spread of infection, a COVID-19 free environment can never be guaranteed. I understand that if I do not honor my pledge, I would be failing to comply with a legitimate school directive and pursuant to school and Section II policies, students, faculty, and staff will be subject to the appropriate accountability measures and disciplinary actions.

The Lansingburgh Central School District adheres to the highest standards of excellence both on and off the field. Sports plays a critical role in developing core values for our student athletes such as leadership qualities, instilling sportsmanship, embracing diversity in all people, fostering inclusion, integrity, and serving as role models for others to look up to in our community. These core values of our student athletes are the champions of character.

By signing your name below you are agreeing to the District Athletic Community Pledge.

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PRINT NAME

---

SIGNATURE

---

DATE