

Hudson City School District
Department of Athletics



**Sport Specific Preparedness Plan for
High Risk Sports**

Adopted Date: February 16, 2021

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HIGH SCHOOL ATHLETICS' MINIMUM REQUIREMENTS FOR HIGH RISK SPORTS

General

Effective February 1, 2021, and until otherwise indicated, school districts are permitted to participate in K-12 sponsored higher-risk school sports in Columbia County, provided that the following requirements 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/school leader 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
- 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 Hudson City School District may be more restrictive than the requirements from the Columbia County Department of Health. Columbia County Department of health will consider the resumption of high risk sports if our seven day rolling average positivity rate is 4% or below, if our hospital capacity stays above 15%, and there is a continuing absence of other emerging epidemiological factors that might impact COVID control or mitigation. The Hudson City School District will be in consultation with their Medical Director prior to reinstating athletics and will 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.

Board of Education Approval

Pursuant to the above metrics and guidance, the HCSD Board of Education has approved the following sports for the Winter and Fall II Season, on February 16, 2021:

- Girls Basketball
- Boys Basketball
- Boys Volleyball
- Girls Volleyball
- Football
- Cheerleading (Traditional Cheer)

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 Hudson CSD.

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 regarding failures to adhere to requirements set by NYSPHSAA, NYSDOH, Columbia County DOH, and the Hudson CSD during the COVID -19 Pandemic.

Parental Consent

By playing a sport, there is a risk of injury and now, risk of exposure to COVID-19. Before a student may participate in a sports season, the district must receive parental consent, stating that the parent understands and assumes these risks. (See permission form)

At all times, it is recognized that parents and guardians have the final say as to whether their son/daughter participates in athletics. If safety concerns arise during the season, the parent reserves the right to remove their child from competition.

Spectators

- The district reserves the right to restrict spectators and will provide live-stream social media events, to the best of its ability, for viewing of indoor athletic competitions and events.
- As of February 16, 2021, all Hudson CSD indoor athletic contests will be conducted **without spectators**.
- The allowance of spectators will be reviewed throughout the season.
- If and when spectators are allowed, NYSPHSAA guidelines will be followed and limited to 2 spectators per athlete.

Masks/Face Coverings

- 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.
- Socially distant, supervised mask breaks will be provided.
- Medical Exemptions for mask wearing are permitted as governed by existing NYS Education Guidance. This documentation must be obtained from a private physician and submitted to the school district.
- Any athlete or school personnel not in compliance with the mask regulation will be removed from the campus.

Screening

- All athletes (in person & remote) will be screened daily prior to practice & competition by their coach. For purposes of this document, screening refers to temperature check and questioning if the student has displayed any symptoms of COVID-19. All screening information and attendance will be recorded daily using a shared spreadsheet. The Athletic Director has access to these reports and can easily report information to DOH in case of contact tracing.
- For away matches/games, students will be screened prior to getting on the bus. Any student driven to the game by their parents, will be screened upon arrival at the away site by their coach.
- Coaches, officials, and event personnel will complete the daily screening using the google form provided by the Hudson City School District prior to each practice or contest.

Cleaning and Disinfection Protocols

- CDC guidelines will be followed in terms of cleaning and disinfection due to COVID-19.

- 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 sanitizer will be readily available for all.

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 be evaluated by the district medical director for clearance prior to engaging in sports activities.

Locker Rooms

- The women's and men's locker rooms will be available for the purpose of changing at the beginning of practices only. Lockers will not be open after practices/games.
- Only 5 athletes will be allowed in the locker room at a time.
- Masks must be worn at all times.
- Belongings will not be stored in the locker rooms
- All remote students should arrive in practice clothes.

Travel

- At this time, the district will not participate in games outside of our Section and will limit the length of travel to the best of our ability.
- Due to the COVID-19 pandemic, the Hudson City School District will allow parents to transport their child to away contests. Typically, all athletes must use school district transportation to away games but an exception is made for the 2020-2021 school year only. Parents may not transport any child other than their own to games nor will permission be granted to drive a child other than your own home. (See attached Waiver).
- 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.
- Teams will not stop to eat after away games.

COVID Testing of Athletes

- The Hudson CSD will test athletes (rapid test) once a week in accordance with CC DOH guidelines.
- If an athlete receives a positive test result, the athlete will be sent home and not allowed to compete and will fully participate in all district and DOH protocols as well as contact tracing.

Hudson CSD Sport Specific Guidelines
(per NYSPHSAA Return to Interscholastic Athletics Guidance)

COVID Safety Protocols for BASKETBALL

Practices

- Athletes must be temperature checked and screened at the beginning of practice.
- Attendance and screening results must be recorded into a shared spreadsheet for each practice.
- If an athlete is showing any symptoms, they are not allowed to practice and must be sent home immediately. Athletes will wait in a designated area, away from others, until picked up.
- Athletes will each be assigned an area in the gym to place their belongings, six feet apart from others. This is the area they will return to for water and mask breaks.
- Each level/team will be assigned gym space and is only allowed in the gym during that time. No mixing of groups/levels allowed. Practice sessions will be assigned with time in between so one group has time to leave before another arrives. Do not enter the gym prior to your assigned time.
- Only team members are allowed in the gym
- Athletes will hand sanitize before, during and after practice.
- Run practices using stations and cohorts as much as reasonably possible in order to reduce the amount of contact with others. Keep the same cohorts for the season or at least a two-week period.
- Consider running practices in which $\frac{2}{3}$'s of practice is skill/conditioning based and $\frac{1}{3}$ of practice is competitive based drills.
- The halls are not to be used for conditioning purposes.
- Eliminate all fist bumps, handshakes, etc.
- Each athlete will use their own ball during skill based drills.
- After practice, all basketballs/equipment will be cleaned/disinfected.

Masks

- Masks are to be worn properly at all times during practice and games.
- The only time a mask may be removed is during designated mask breaks or water breaks. During this time, everyone must be 6 feet apart.
- Any athlete not in compliance will be sent home immediately and subject to further athletic consequences. There are no warnings in this matter.
- If unable to tolerate the wearing of face coverings during physical activity, medical proof from the athlete's physician must be provided to the school district and coach.

Games

- BOYS - For pregame conference, limit attendees to the referee and the head coach from each team with each coach standing on the center circle on each side of the division line.
- GIRLS – For pregame conference, limit attendees to the referee and one athlete per team standing on the center on each side of the division line.
- For pregame conferences, all individuals maintain a social distance of 6 feet or greater at the center circle.
- Limit the number of bench personnel to observe social distancing of 6 feet or greater.
- Additional chairs or rows may be added to allow bench personnel to observe social distancing of 6 feet or greater.
- Limit contact between players when substituting.
- The host school should sanitize the table before the game and at half time.
- Place officials table sufficiently away from the sideline to allow for additional space for substitutes.
- Limit seats at the table to essential personnel which includes home team scorer, timer and shot clock operator with a recommended distance of 6 feet or greater between individuals. Other personnel (visiting scorer, statisticians, media, etc.) may not be deemed essential personnel and consider an alternate location for them.
- Eliminate all handshakes, fist bumps and similar gestures pre- and post-game.

- Give the game ball to officials in the locker room where it is sanitized as recommended by the ball manufacturer and not used for warm-ups. We will have two game balls per game.
- The host school should ensure that the ball is sanitized during time-outs and between quarters. Sanitizer should be provided by the host team at the table.
- Long-sleeved shirts are permissible.
- For time outs, have players seated or stand socially distanced around the coach
- Half time team meeting locations: HS cafeteria and weight room
- Programs will be provided digitally.

Reminders for Athletes

- Bring your own water bottle.
- No sharing of personal equipment, towel or clothing
- Each athlete will be assigned a practice pinnie
- Recommended that each athlete bring their own supplies

Reminders for Coaches

- Coaches will have hand sanitizer, cleaning supplies, and masks on hand for each practice and game
- Water jugs will not be used during games or practices
- Coaches, scorekeepers, trainers, timers must wear a mask at all times
- Keep accurate records of attendance for games and practices
- Communicate expectations to parents and players
- Enforce all safety protocols and expectations
- Supervise players after practices to a make sure that masks are worn, social distancing is maintained, and that athletes have been picked up

Locker rooms

- Pool lockers rooms may be used for changing before practices only.
- No belongings may be stored in the locker rooms
- Athletes will need to bring all belongings to the gym
- Only 5 athletes are allowed to change in the pool locker rooms at a time.
- Coaches/Adults will need to monitor locker room use
- Athletes may also use bathrooms throughout the school to change but only one per bathroom at a time.

Spectators

- TBD
- If spectators are not allowed or limited, indoor games will be live streamed, to the best of the District's ability.

Cheerleaders

- If allowed, cheerleaders will be traditional only. Must cheer with masks and remain six feet apart.

COVID Safety Protocols for VOLLEYBALL

Practices

- Athletes must be temperature checked and screened at the beginning of practice.
- Attendance and screening results must be recorded into a shared spreadsheet for each practice.
- If an athlete is showing any symptoms, they are not allowed to practice and must be sent home immediately. Athletes will wait in a designated area, away from others, until picked up.
- Athletes will each be assigned an area in the gym to place their belongings, six feet apart from others. This is the area they will return to for water and mask breaks.
- Each level/team will be assigned gym space and is only allowed in the gym during that time. No mixing of groups/levels allowed. Practice sessions will be assigned with time in between so one group has time to leave before another arrives. Do not enter the gym prior to your assigned time.
- Only team members are allowed in the gym
- Athletes will hand sanitize before, during and after practice.
- Run practices using stations and cohorts as much as reasonably possible in order to reduce the amount of contact with others. Keep the same cohorts for the season or at least a two week period.
- The halls are not to be used for conditioning purposes.
- Eliminate all fist bumps, handshakes, etc.
- Rotate balls out during practice frequently for cleaning.
- After practice, all volleyballs/equipment will be cleaned/disinfected.

Masks

- Masks are to be worn properly at all times during practice and games.
- The only time a mask may be removed is during designated mask breaks or water breaks. During this time, everyone must be 6 feet apart.
- Any athlete not in compliance will be sent home immediately and subject to further athletic consequences. There are no warnings in this matter.
- If unable to tolerate the wearing of face coverings during physical activity, medical proof from the athlete's physician must be provided to the school district and coach.

Games

- For pre-match conference, participants must all wear masks and each team is allowed one captain to attend.
- Suspend handshakes, fist bumps and similar gestures prior to and following the pregame conference.
- Players should sanitize hands between sets.
- Four (4) game balls should be available throughout the match.
- Substitutes may stand directly in front of the team bench, chairs or bleachers. (waiver of NCAA Rule approved by NYSPHSAA Officers 1-25-21)
- Teams are recommended to refrain from high fives and other similar celebrations following each point.
- Teams should remain on the same bench area throughout the match (waiver of NCAA Rule approved by NYSPHSAA Officers 1-25-21)
- Officials Table - Limit essential personnel which includes home team scorer, libero tracker and timer to maintain social distance between individuals. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternative location. All table help must wear masks.
- Uniform - Long sleeves and long pants are permissible.
- Uniform - Undergarments are permissible, but must be unadorned and of a single, solid color similar in color to the predominant color of the uniform top or bottom.
- Each school should supply their own volleyballs for warm ups.

Reminders for Athletes

- Bring your own water bottle.
- No sharing of personal equipment, towel or clothing
- Recommended that each athlete bring their own supplies
- Bathroom use is limited to one person at a time

Reminders for Coaches

- Coaches will have hand sanitizer, cleaning supplies, and masks on hand for each practice and game
- Water jugs will not be used during games or practices
- Coaches, scorekeepers, trainers, timers must wear a mask at all times
- Keep accurate records of attendance for games and practices
- Communicate expectations to parents and players
- Enforce all safety protocols and expectations
- Supervise players after practices to make sure that masks are worn, social distancing is maintained, and that athletes have been picked up

Locker rooms

- Pool locker rooms may be used for changing before practices only.
- No belongings may be stored in the locker rooms
- Athletes will need to bring all belongings to the gym
- Only 5 athletes are allowed to change in the pool locker rooms at a time.
- Coaches/Adults will need to monitor locker room use
- Athletes may also use bathrooms throughout the school to change but only one per bathroom at a time.

Spectators

- TBD
- If spectators are not allowed or limited, indoor games will be live streamed, to the best of the District's ability.

COVID Safety Protocols for FOOTBALL

Practices

- Athletes must be temperature checked and screened at the beginning of practice.
- Attendance and screening results must be recorded into a shared spreadsheet for each practice.
- If an athlete is showing any symptoms, they are not allowed to practice and must be sent home immediately. Athletes will wait in a designated area, away from others, until picked up.
- Athletes will each be assigned an area on the sideline to place their belongings, six feet apart from others. This is the area they will return to for water and mask breaks.
- Each level/team will be assigned field space for practice. No mixing of groups/levels allowed. Practice sessions will be assigned with time in between so one group has time to leave before another arrives. Do not enter the field area until your assigned time.
- Only team members are allowed at practice.
- Athletes will hand sanitize before, during and after practice.
- Run practices using stations and cohorts as much as reasonably possible in order to reduce the amount of contact with others. Keep the same cohorts for the season or at least a two-week period. Consider running practices in which $\frac{2}{3}$'s of practice is skill/conditioning based and $\frac{1}{3}$ of practice is competitive based drills.
- Extra footballs will be available in order to rotate them in and out of practice.
- Eliminate all fist bumps, handshakes, etc.
- At this time, players will arrive to practice dressed and ready to go. (HS lockers rooms are not available for storage of equipment/clothing/changing). Players should shower before and after practice.
- At the end of practice, players should wipe down their equipment.
- Time of Practices TBD.
- At this time, practice is outside only. Arrangements will be made if a room is needed for the team to view film. Will have to limit the number of individuals viewing at one time. Google Meet may also be used.
- Footballs will be cleaned/disinfected throughout and after practice.

Masks

- Masks are to be worn properly at all times during practice and games.
- The only time a mask may be removed is during designated mask breaks or water breaks. During this time, everyone must be 6 feet apart.
- Any athlete not in compliance will be sent home immediately and subject to further athletic consequences. There are no warnings in this matter.
- If unable to tolerate the wearing of face coverings during physical activity, medical proof from the athlete's physician must be provided to the school district and coach.

Games

- Eliminate all handshakes, fist bumps and similar gestures pre- and post-game.
- Limit the number of non-essential personnel who are on the field level 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 their arrival.
- The team box may be extended on both sides of the field to the 10-yard lines (for players only) in order for more social-distancing space for the teams.
- The ball should be cleaned and sanitized throughout the contest as recommended by the ball manufacturer.
- The ball holders should maintain social distancing of six feet at all times during the contest.
- Plastic shields covering the entire face (unless integrated into the face mask and attached to the helmet and clear without the presence of any tint) shall not be allowed during the contest.
- Tooth and Mouth Protectors – If mouth guards are removed on the sidelines or bench area, the athlete should use hand sanitizer each time after touching the mouth guard.
- Gloves are permissible but still must comply with Rule 1-5-2b by meeting either the NOCSAE Standard or the SFIA Specification.

- Time Outs - A single charged time-out may be extended to a maximum of two minutes in length.
- Time Outs - The authorized conference for the charged time-out should take place between the 9-yard marks and not at the sideline for social-distancing purposes (It would be permissible for more than one coach to be involved in this conference and for technology to be used).
- The intermission between periods may be extended to a maximum of two minutes between the first and second and the third and fourth periods, and following a try, successful field goal or safety, and prior to the succeeding free kick.

Reminders for Athletes

- Bring your own water bottle.
- No sharing of personal equipment, towel or clothing
- Recommended that each athlete bring their own supplies
- Bathroom use is limited to one person at a time
- Athletes should shower and change out of practice clothing immediately upon returning home.
- Athletes should clean equipment after each practice and practice good hygiene.

Reminders for Coaches

- Coaches will have hand sanitizer, cleaning supplies, and masks on hand for each practice and game
- Water jugs will not be used during games or practices
- Coaches, scorekeepers, trainers, timers must wear a mask at all times
- Keep accurate records of attendance for games and practices
- Communicate expectations to parents and players
- Enforce all safety protocols and expectations
- Supervise players after practices to a make sure that masks are worn, social distancing is maintained, and that athletes have been picked up.

Locker rooms (Football may not need)

- Pool lockers rooms may be used for changing and showers.
- No belongings may be stored in the locker rooms
- Athletes will need to bring all belongings to the gym
- Only 5 athletes are allowed to change in the pool locker rooms at a time.
- Coaches/Adults will need to monitor locker room use
- Athletes may also use bathrooms throughout the school to change but only one per bathroom at a time.

Spectators

- Spectators will be limited to 2 per athlete.
- Spectators will need to wear a mask at all times.
- Spectators will need to sit socially distant from others, exception being members of the same family.

Considerations for Officials

- Officials must temperature check and be screened upon entering the school.
- 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 uniforms, towels and equipment.
- Electronic whistles are permissible.
- Gloves are permissible.
- For the coin toss, limit attendees to the referee, umpire and one designated representative from each team.
- Coin toss should take place in the center of the field with designated individuals maintaining social distancing of six feet.
- No handshakes prior to and following the coin toss.

- Maintain social distancing of six feet while performing all pregame responsibilities with all officiating crew members, game administration staff, line-to-gain crew, clock operators, individuals handling the balls during the game and team personnel.
- For the overtime procedure, please use the same procedure as used at the start of the contest for the coin toss.

COVID Safety Protocols for CHEER
***Traditional Cheer only (no stunts, jumps)**
Being present at basketball games is questionable

Practices

- Athletes must be temperature checked and screened at the beginning of practice.
- Attendance and screening results must be recorded into a shared spreadsheet for each practice.
- If an athlete is showing any symptoms, they are not allowed to practice and must be sent home immediately. Athletes will wait in a designated area, away from others, until picked up.
- Athletes will each be assigned an area in the gym/cafeteria to place their belongings, 12 feet apart from others. This is the area they will return to for water and mask breaks.
- Only team members are allowed in the gym/cafeteria
- Athletes will cheer with masks on and remain 12 feet apart
- Athletes will hand sanitize before, during and after practice.
- The halls are not to be used for conditioning purposes.
- Eliminate all fist bumps, handshakes, etc.

Masks

- Masks are to be worn properly at all times during practice and games.
- The only time a mask may be removed is during designated mask breaks or water breaks. During this time, everyone must be 12 feet apart.
- Any athlete not in compliance will be sent home immediately and subject to further athletic consequences. There are no warnings in this matter.
- If unable to tolerate the wearing of face coverings during physical activity, medical proof from the athlete's physician must be provided to the school district and coach.

Games

- Athletes will cheer 6 feet apart with mask on, at least 12 feet from endline
- No Half-time routine at this time

Reminders for Athletes

- Bring your own water bottle.
- No sharing of personal equipment, towel or clothing
- Recommended that each athlete bring their own supplies

Reminders for Coaches

- Coaches will have hand sanitizer, cleaning supplies, and masks on hand for each practice and game
- Water jugs will not be used during games or practices
- Keep accurate records of attendance for games and practices
- Communicate expectations to parents and players
- Enforce all safety protocols and expectations
- Supervise players after practices to make sure that masks are worn, social distancing is maintained, and that athletes have been picked up.

Locker rooms

- Pool locker rooms may be used for changing before practices only.
- No belongings may be stored in the locker rooms
- Athletes will need to bring all belongings to the gym
- Only 5 athletes are allowed to change in the pool locker rooms at a time.
- Coaches/Adults will need to monitor locker room use
- Athletes may use bathrooms throughout the school to change but only one per bathroom at a time.

Spectators

- TBD - If spectators are not allowed or limited, indoor games will be live streamed, to the best of the District's ability.

Hudson City School District
COVID-19 Acknowledgement and Assumption of Risk
Interscholastic Sports – 2020/2021 School Year

The unique characteristics of COVID-19, including its potential for transmission by infected individuals who are asymptomatic, require a community-wide commitment to mitigate the transmission of COVID-19.

The District has put in place a school reopening plan and health and safety procedures and protocols consistent with the recommendations of the Center for Disease Control (“CDC”), along with other federal, state, and/or local authorities.

Participation in interscholastic athletics is a privilege, not a right. The cooperation of each student-athlete and their parent(s)/guardian(s) (hereinafter “you”, “your”, “we”) is critical to the District’s efforts to mitigate the transmission of COVID-19. Your cooperation in responding candidly and accurately to daily screening questions and in complying with the COVID-19 protocols established by the District, and in regards to athletic participation, is essential. Failure to follow the District’s COVID-19 protocols may lead to your removal from athletic participation.

Even with health and safety protocols in place, there still is a risk that you may contract COVID-19 or a variant of COVID-19 (hereinafter, the term “COVID-19” shall be interpreted to include all variant forms of COVID-19).

Accordingly, despite its compliance with CDC, federal, state, and/or local guidelines and recommendations, the District cannot limit all potential exposure to COVID-19.

Acknowledgments / Conditions for Participation in Interscholastic Athletics

By signing below, the student and their parent(s)/guardian(s) acknowledge and/or consent to the following:

- Health officials have warned of more highly transmissible variant forms of COVID-19. Although the more highly transmissible variant forms have not been previously identified in the local area, variant forms have been identified in New York State.
- Participation in interscholastic athletic activities is voluntary.
- Symptomatic and asymptomatic individuals can spread the virus. Even if a student does not show symptoms of COVID-19, he/she may be a carrier and expose others to COVID-19. If a student-athlete is infected, there is a significant risk of transmission to others living in the student-athlete’s home. Older people and those with underlying health conditions are at higher risk of serious disease.
- It cannot be predicted who will become severely ill if infected. COVID-19 can lead to serious medical conditions and death for people of all ages. The long-term effects of COVID-19 are currently unknown. People with mild cases may experience long-term complications.
- The New York State Public High School Athletic Association (“NYSPHSAA”) has categorized sports based upon their level of potential risk.
 - “High” Risk winter sports (i.e. basketball, competitive cheer, ice hockey, and wrestling, etc.)
 - “Low and Moderate” Risk winter sports (i.e. include bowling, gymnastics, indoor track and field, skiing, and swimming and diving, etc.)
- Participation in a “Low and Moderate” risk sport does not in and of itself mitigate or eliminate the risk of being exposed to or infected with COVID-19.
- Participation in “High” Risk sports has inherent characteristics that could increase the risk of exposure to or infection of COVID-19.
- The COVID-19 virus can potentially negatively impact an individual’s body, including but not limited to the heart and lungs, thereby posing a potential risk to individuals who return to exercise post-infection.
- If my child has been diagnosed with COVID-19 prior to the winter sports season or develops COVID-19 during the season, we will comply with supplying additional medical authorization that specifically authorizes my child to participate in athletics after his or her recovery from COVID-19. We understand that this may require additional cardiac or pulmonary screening.

- The final decision regarding whether an athlete is cleared to participate in athletic activities resides with the District’s medical director.
- Due to quarantine requirements and/or contact tracing, the season may end early and/or be placed on pause.
- The start of the winter sport season does not guarantee that the school will participate in interscholastic competitions.
- Participation in interscholastic athletics on Hudson City School District teams may contribute to the risk of being exposed to COVID-19, and/or any variation thereof.
- If during the winter sports season, a student tests positive for COVID-19 and exhibits any “severe” symptoms (i.e. deep cough, shortness of breath without physical exertion; chest discomfort; confusion/unresponsiveness; trouble staying awake; watery eyes or swollen eyelids; or bluish face/lips), prior to the student’s return to participation in their respective sport, the student must complete physical fitness testing to ensure that the student is fit to compete.
- As a condition for the student to participate in “High” Risk winter sports, in an effort to avoid a possible outbreak of COVID-19 cases, the student and/or the student’s parent(s)/guardian(s) must consent to surveillance testing of the student for COVID-19 on a once a week basis during the winter sports season, which will aid the District in monitoring the prevalence of COVID-19 in “High” Risk sports that the District participates in during the winter sports season.
- As a condition for the student to participate in a winter sport, the student and their parent(s)/guardian(s) must fully cooperate with case/contact tracing investigations and comply with isolation/quarantine orders from state and/or local health officials, as well as any guidance issued by state and/or local health officials.
- **Waiver of Liability/Hold Harmless:** In consideration for providing my child the opportunity to participate in the District’s athletic program, I voluntarily agree to waive and discharge any and all claims against the District, related to or arising out of COVID-19, and voluntarily release the District from liability for any exposure to or illness or injury from COVID-19, including claims for negligent actions of the District, its employees, agents, representatives, and volunteers related to or arising out of COVID-19, on behalf of myself and my child to the fullest extent allowed by law. In consideration for providing my child the opportunity to participate in the District’s athletic program, I agree to release, discharge, and hold harmless the District, its employees, agents, volunteers, and representatives from all liability, claims, causes of action, or demands, including attorney fees, fines, fees, or other costs (e.g. medical costs) arising out of any exposure to or illness or injury from COVID-19.

By signing below, the student and the student’s parent(s)/guardian(s) certify that each has read this “COVID-19 Acknowledgement and Assumption of Risk” and assume the risk of the student contracting or being exposed to COVID-19, while participating in District athletic activities (team events, practices, training, contests, transportation, etc.). Participation in interscholastic athletic activities is voluntary and is not required. The student and the parent(s)/guardian(s) have independently evaluated and reviewed the risks of the student being exposed to or infected by COVID-19 and have decided to allow the student to participate in athletic activities with full knowledge and assumption of the risks.

Please acknowledge you have read and will abide by the protocols above while participating in the athletic programs in the Hudson City School District.

****By signing below, I agree to follow all of the health and safety protocols outlined in the document above.**

Student Athlete’s Name: _____

Parent/Guardian’s Name(print): _____

Parent/Guardian’s Signature: _____

Hudson City School District

215 Harry Howard Avenue
Hudson, New York 12534-1606

▶ Home of the Bluehawks ◀

District Office

(518) 828-4360 Ext. 2101

Fax: (518) 697-8315

Hudson City School & Columbia County Testing Parental Consent

STUDENT NAME: _____ GRADE: _____

HIGH RISK SPORT(S): _____

I am the parent/legal guardian of the above named student who attends Hudson CSD and have legal authority to make medical and educational decisions for him/her.

- I understand and acknowledge that participation in the above sport(s) may expose student-athletes to COVID-19.
- The District Plan for resumption of “high-risk” sports, has mandated that student-athletes and coaches participating in high-risk sports be rapid tested for COVID-19 one (1) time per week per Columbia County DOH guidelines during the sports season. The following high risk sports include (1) traditional cheerleading, (2) boys/girls basketball, (3) football, and (4) boys/girls volleyball.

Accordingly, I hereby knowingly and voluntarily consent to participation in the above high-risk sports and COVID-19 testing of my above named child on a weekly basis pursuant to and in accordance with Greene County DOH guidelines for resumption of high-risk sports, for such period of time such testing is required.

I understand that I have the right not to sign this consent. I also understand that I may revoke my consent in writing at any time provided that such revocation shall not impact actions previously taken in reliance of my consent. I further understand that if I revoke this consent or refuse to provide consent to such weekly COVID-19 testing, my child will not be permitted to participate in any District-sponsored high-risk sport(s) during the period of time such testing is required.

Parent/Legal Guardian SIGNATURE

Parent/Legal Guardian PRINT NAME

DATE

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Student Pledge

Hudson City 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 Columbia 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 testing, screening, self-quarantining, and contact tracing as required.
- Promote a healthy environment and complete daily health attestations truthfully.
- Know that I am a role model for my team members and community.
- Lead by example and support members of my team, who may be experiencing physical and mental health challenges.

I have read, understand, and agree 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 2 policies, students, faculty, and staff will be subject to the appropriate accountability measures and disciplinary actions.

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

Print Name

Signature

Date

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Parent/Guardian Transportation Consent Form

In response to the COVID-19 pandemic and in the best interests of public health precautions to decrease density on school buses, the Hudson City School District is offering a temporary authorization for parents to drive their student athletes to away athletic contests during the Fall 2020 sports season only.

The permission granted to a parent to drive a student athlete does not extend to other student athletes that are a non-relation and this permission can be revoked at any time by the Superintendent of Schools or her designee.

My child, _____, has permission to participate in
_____ (name of sport) during the _____ sports season.

I understand that a district approved parent volunteer driver may be used to transport students to away athletic contests. The owner of the vehicle must carry insurance, a valid driver's license, be at least 21 years of age, have not received more than one moving violation in the past 12 months, and have not received a DUI violation nor any felony convictions involving the use of a motor vehicle.

The District's insurance does not cover damages arising from, or related to, the operation of any private vehicle. Any damages/harm resulting from a parent/guardian/or other private driver, arising from the operation of a motor vehicle in relation to the above listed activity, is hereby waived.

For myself and any and all persons who may lawfully claim under me, including but not limited to my children, spouses, agents, heirs, executors, administrators, successors, personal representatives, assigns and distributees, I hereby release and forever discharge the District from any and all debts, obligations, liabilities, suits, actions, damages, costs and expenses, including attorney fees and other litigation costs, and all claims or demands, in law or in equity, including but not limited to liabilities, claims or demands for bodily injury, personal injury (including death) and/or property losses or damage, related to or arising out of the transportation of District students to away athletic contests.

I hereby defend, indemnify and hold harmless the District, its directors, officers, agents, employees, and its agents to the fullest extent permitted by law, with respect to all debts, obligations, liabilities, claims or demands relating to any and all alleged or actual injury disability, death or loss or damage to person or property, related to or arising out of the transportation of District students to away athletic contests.

I confirm that I have read this consent form and agree to its terms knowingly and voluntarily. I also confirm that I am the parent or legal guardian of the student.

Parent/Guardian SIGNATURE

PRINT

DATE