



2020 Pal-Mac Fall Sports Update

Based on guidance from state and local officials, low risk sports are now able to take place in Section V. At Pal-Mac, this includes Boys/Girls Cross Country, Golf, Boys/Girls Soccer, Girls Swimming, and Girls Tennis. *Practice/tryouts for all levels will start on Monday, September 21, 2020.*

High risk sports, which include competitive cheerleading, football, and volleyball have been moved to a Fall II season beginning on Monday, March 1, 2021. A student athlete may sign up for both seasons at this time.

Overview

- Registration for Fall sports remains open
 - Visit <https://www.palmacsd.org/Content2/palmacathletics> and click on the FamilyID icon to register.
- If your son/daughter had a physical for school for the 2018-2019 or 2019-2020 school year, you do not need an updated one for the fall season.
- Students in grades 7- 12 can participate in athletics whether they are in-person or remote learning.
 - At this time, in order to implement health and safety guidelines, students must leave the school campus at the end of the regular school day. This means athletes will need to enroll at PCC or have a way to return to school for the start of practices (generally 3:15 p.m.) and contests at the designated time.
 - Using the district's app, ParentSquare, a daily health screening must be completed for all remote learners who intend to participate in athletics *prior* to a remote learner coming to campus.
- First day of practice/tryouts will be *Monday, September 21, 2020*. Practice times and locations will be communicated through the coach of each team.
- Practices and games are *not open to the public*.
- Per the NYS Department of Health guidance, *only two spectators per athlete will be allowed* to attend contests in most instances. This will be strictly enforced. The district, in conjunction with the Finger Lakes High School Athletic Association and Section V, will develop procedures to assure these guidelines are followed.
 - Department of Health guidelines prevent spectators from attending swim meets due to the capacity of the pool facility.



- When possible, events may be livestreamed. More information will be forthcoming on the matter in the coming days and weeks.

Important Dates

Monday, September 21, 2020: Official Fall sports start date for low risk sports

Monday, October 12, 2020: Seven consecutive day rule is waived

Monday, October 19, 2020: First date low and moderate risk sports may play outside of their section or league

Monday, November 30, 2020: Winter sports official start date

Monday, March 1, 2021: Official Fall II sports (competitive cheer, football, volleyball) start date

Monday, April 19, 2021: Official Spring sports start date

Additional Considerations

Student Athletes Must:

- Wear face coverings to practice and wait for direction from a coach as to when and where they are allowed to remove their face coverings.
- Ensure a distance of at least six (6) feet is maintained among all individuals at all times, whether indoors or outdoors, unless safety or core activity (ie. practicing, playing) requires a shorter distance.
- Wash their hands or use hand sanitizer before, during, and after competition/practices.
- Be responsible for their own belongings.
- Not hug, give high fives, hand shakes, or fist bumps.
- Not share clothing.
- Wash and clean clothes/towels after each workout.
- Bring your own water bottle.
- Keep your mouth guard in your mouth as much as possible.
- Drink enough fluids before, during, and after competitions/practices.
- Understand that coaches will limit game day rosters.

Coaches Must:

- Communicate in a clear and consistent manner. *ParentSquare* and *StudentSquare* will be the primary communication tool used by district approved coaches. Please download the app now.
- Keep accurate records of students and staff that attend competitions/practices in the event contact tracing is needed.



- Coaches will limit game day rosters for social distancing purposes and transportation.
- Clean and disinfect frequently touched surfaces and equipment including the ball.

Parents/Guardians:

- Practices and contests are not open to the general public.
- A limit of *two spectators* per player at athletic contests.
- Spectator list will be produced after practice the day before a contest by your student athlete. This list will be shared with the opposing school. *Spectators not on the list will not be allowed to attend on campus, home or away.*
- Provide personal items to children and clearly label them.
- Disinfect your student athlete's personal equipment after each competition/practice.
- Per DOH guidelines, the district is not authorized to conduct health screens for spectators. Spectators are encouraged to conduct their own independent health screen prior to attending a school event.
- Spectators provide their name at the gate. The name must appear on the gate list to gain entrance to the venue.
- Spectators will be expected to maintain six (6) feet distance between non-household members and also wear a face covering.
- Spectators and/or student athletes cannot be in attendance if:
 - You or your student athlete have knowingly been in close or proximate contact in the past 14 days with anyone who has tested positive through a diagnostic test for COVID-19 or who has or had symptoms of COVID-19
 - You or your student athlete tested positive through a diagnostic test for COVID-19 in the past 14 days or your student athlete have experienced any symptoms of COVID-19, including a temperature of greater than 100.0 degrees Fahrenheit in the past 14 days that are new or not usual for you
 - You or your student athlete traveled internationally or from a state with widespread community transmission of COVID-19 per the New York State Travel Advisory in the past 14 days

Frequently asked questions

Q: If a student is fully remote, are they eligible to participate in interscholastic athletics?

A: According to the New York State Education Department, a student may participate in interscholastic athletics if he/she is taking three courses plus physical education (Bona Fide Student)



regardless of the education platform being utilized. Remote learners must complete a health screen prior to coming to campus for athletic activities.

Q: Do students need a physical exam to participate in the Fall interscholastic athletic season?

A: Yes, unless the student had a physical during the 2018-19 or 2019-20 school year. They are eligible to participate in interscholastic athletics this Fall (2020) providing they submit an updated health history form to the district. At this time, no extension has been granted to Winter or Spring athletes.

Q: Will students be provided additional years of eligibility because of the COVID-19 crisis?

A: No.

Q: If the Fall sports season is interrupted, could the condensed seasons model still be considered?

A: With regional differences, schools and areas will continue to be impacted differently by the COVID-19 crisis. If the Fall sports season is interrupted or impacted by the COVID-19 crisis then a condensed season plan could still be implemented. The decision will be made by the NYSPHSAA officers with the information available at that time.

Q: Has the NYSPHSAA Seven Consecutive Day Rule been waived?

A: The NYSPHSAA Officers waived the Seven Consecutive Day Rule starting on October 12, 2020. The rule was waived to allow schools and teams more days to complete Fall schedules.

Q: What is the Fall Sports Season II?

A: The NYSPHSAA officers approved the creation of an additional season (Fall Sports Season II) to commence on March 1, 2021 to provide high risk fall sports (competitive cheer, football, and volleyball) the opportunity to participate in a season. The sections have the responsibility to determine season end dates, however the NYSPHSAA officers have recommended the season end on May 1, 2021.



Q: When can Fall Sports Season II start practicing and competing?

A: NYSPHSAA announced March 1st has been approved as the official Fall Sports Season II start date. Fall Sports Season II sports must abide by the NYSDOH guidance on high risk sports; no games may be played until additional authorization is provided. The decision to conduct off-season conditioning practices is determined by the individual school districts.

Q: Can a student participate in the traditional Fall season, Winter season, Fall Sports Season II and the Spring season?

A: Yes, a student may participate in all four seasons during the 2020-2021 school year assuming they meet all NYSPHSAA and NYSED eligibility requirements.