



NEW YORK STATE SENATOR  
Samra G. Brouk

## Senator Samra Brouk on Safely Restarting High School Sports

SAMRA G. BROUK January 22, 2021

| ISSUE: **SPORTS, MENTAL HEALTH**



ROCHESTER NY - Senator Samra Brouk (SD-55) hosted a group of students, coaches, and parents from across the 55th Senate District as they shared how important it is for the state to safely restart high school athletics.

“Parents and students from across the 55th Senate District have been contacting our office to tell us how important it is for the state to safely restart high school athletics this spring. Sports programs and regular physical activity are incredibly important for students’ emotional health, physical health, and academic success,” **said Senator Samra Brouk, Chair of the Senate Committee on Mental Health.** “Not being able to play sports contributes to feelings of isolation, anxiety and depression. We believe that there are safe, scientific-based protocols

which can be agreed upon and adopted that will allow sports to resume and permit our students to join their coaches, friends and competitors in these activities.”

Prior to this meeting, the New York State Department of Health issued new [Interim Guidance for Sports and Recreation](#), giving local county health departments the authority to restart school sports. Monroe County Executive Adam J. Bello joined the meeting.