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Township of Union Athletics COVID Response:

Any participation in off-season work must be voluntary. In no way should out-of-season contact with kids be mandatory, nor should any coach assume it is part of their duty/responsibility as a coach to provide. It is voluntary for the coach as well as the student-athlete and should not be considered part of any coach's paid responsibility. Coaches must have written approval from their athletic director prior to implementing any aspect of this guidance or out-of-season training.

1. Township of Union Public Schools Position on Resocialization

The Township of Union Public Schools believes that it is essential to the physical, mental, and social-emotional well-being of Union students to safely re-engage in extracurricular experiences, physical activity, and athletic competition. Returning to play does not mean a return to "normal." While re-socializing to activity we are still responsible for doing our part in preventing the spread of COVID-19. Any consideration of returning to physical activity and athletic competition must adhere to all requirements set forth under the executive orders of NJ Governor Phil Murphy, account for the health and safety of all participants, and abide by the recommendations made by the NJSIAA.

2. Interscholastic Sports and COVID-19

Consideration of a safe return to interscholastic sports must be with an understanding that COVID-19 is born out of a global health pandemic. This is a health issue, not a sport issue, nor education issue. Sports have been negatively impacted by COVID-19 and our student-athletes significantly affected. However, it is The District's primary responsibility to provide safe physical activity that does not contribute to the spread of COVID-19. Our decisions come from the mindset that there is still much to be learned about COVID-19 and multisystem inflammatory syndrome of COVID. According to the CDC, "We do not yet know what causes MIS-C/ However, we know that many children with MIS-C had the virus that causes COVID-19, or had been around someone with COVID-19."

A safe return to interscholastic activity requires a gradual phase-in approach that accounts for participant and community safety.

3. Preparticipation Physical Exams

At this time every student is required to have an updated physical on file in order to participate in a Fall Sport, mandated by the NJSIAA. Additionally, every student athlete will be required to fill out an updated Health-History Questionnaire prior to participation in any sport. This questionnaire has been updated to inquire about specific information regarding COVID-19. If the School Nurse or School Physician, through the preparticipation physical exam, that further clearance, testing or explanation is necessary they will contact the parents of the student-athlete.

Currently, the New Jersey State Legislature is reviewing a bill to allow fall sports participants to only be required to have an updated physical prior to the end of the fall season. This would help alleviate the continued burden on the healthcare system and the strain guardians would have to procure a physical prior to start of the season.

This section will be updated as more guidance is provided

4. Face Covering

In accordance with CDC guidance, “face coverings are not intended to protect the wearer, but rather to reduce the risk of spreading COVID-19 from the person wearing the mask (who may not have any symptoms of disease).” (CDC Considerations for Youth Sports, 2020) “Face coverings may be challenging for players to wear while playing sports.” (CDC Considerations for Youth Sports, 2020) “Face coverings should be worn by coaches, youth sports staff, officials, parents, and spectators as much as possible.” (CDC Considerations for Youth Sports, 2020)

Recognizing the benefits and potential concerns of using face coverings during conditioning and physical activity, the Township of Union Public Schools in collaboration with the NJSIAA guidance recommends:

- a) Cloth or disposable face coverings should be worn throughout each phase when not engaging in vigorous activity, such as when sitting on the bench, during team meetings, interacting with an athletic trainer, etc.
- b) Medical grade face coverings are not necessary. Cloth or disposable face coverings are acceptable.
- c) Face coverings should not be worn when engaging in high intensity aerobic or anaerobic workouts, distance running, or swimming.
- d) Plastic shields covering the entire face (or attached to a helmet) shall not be allowed during contests. Their use during practice increases the risk of unintended injury to the person wearing the shield or teammates. (2020 NFHS Guidance for Opening up High School Athletics and Activities, 2020)
- e) Coaches, officials and other contest personnel should always wear cloth face coverings. (2020 NFHS Guidance for Opening up High School Athletics and Activities, 2020)

5. COVID-19 Advisory Committee

The Township of Union Public Schools will establish a COVID-19 advisory committee. This committee will meet regularly before and during each athletic season. The purpose of this committee will be to maintain constant communication among leadership, address concerns as they arise, and stay informed on COVID-19 best practices around athletics. Members will include the school physician, the athletic trainers, multiple school nurses, the athletic director, multiple coaches, multiple building principals (or designee), and the superintendent (or designee).

6. Health Screening

All staff and students are required to self-screen for any observable illness, including cough or respiratory distress, and to confirm temperature below 100.4 degrees Fahrenheit. (Rules for Operating Summer Schools during COVID-19, 2020) Coaches and Athletic Trainers must work together to verify that each participant has self-screened upon arrival. Temperatures will be taken daily by screening staff. Students must be referred immediately prior to participation or allowing entrance into the building to the Athletic Trainer in the following situations:

1. They have answered yes to 1 of the symptoms on the Daily COVID Questionnaire or are highlighted RED on the coach's sheet.
2. They have a temperature reading above 100.4° F

In the event an Athletic Trainer is not available, the student should not be allowed to participate or enter into the building. Their parents must be contacted and they must not be allowed to remain at the facility. No Coach or Staff member should make the decision on participation without the explicit consent of the Athletic Trainers or Athletic Director.

7. Testing and Contact Tracing

As student-athletes return to physical activity, a system of contact tracing and notification will be established in the event that participants test positive for COVID-19. In the event that a student-athlete, coach or staff member that has participated in the summer sessions, discloses that he/she/they has tested positive for COVID-19, administration and the local department of health should be immediately notified.

- The Athletic Trainers and Nursing staff in the district will take the John Hopkins COVID-19 Tracer course prior to the start of the school year.
- The Athletic Director will require the coaches to turn in a list of players in their groups of 10, "pods", and the name of the coach who is specifically interacting with ONLY that group.
- In the event of a positive test from a student-athlete, coach or staff member- The Athletic Director will contact all parties based on contact tracing information.

In the event that a student-athlete, coach or staff member has come in contact with a person who tests positive for COVID-19:

- They must self-quarantine for 14 days from the date of the positive test.
- They must get a doctor's note to return to their role in athletics.
- They are encouraged to be tested for COVID-19.
- The doctor's note must be received by an Athletic Trainer, Athletic Director or School Nurse prior to participation.
- All coaches should make sure the student-athlete is cleared before returning to practice.
- The Athletic Trainer, Athletic Director or School Nurse will notify the coach if the student-athlete is cleared to participate.

<p>Individuals who have symptoms of COVID-19 AND</p> <ul style="list-style-type: none"> • have tested positive (by PCR, rapid molecular or antigen testing) OR • have not been tested (i.e. monitoring for symptoms at home) should stay home and away from others until: 	<ul style="list-style-type: none"> • At least 10 days have passed since their symptoms first appeared AND • They have had no fever for at least 72 hours (three full days without the use of medicine that reduces fever) AND • Other symptoms have improved (for example, symptoms of cough or shortness of breath have improved)
<p>Individuals who have NO symptoms and have tested positive should stay home and away from others until:</p>	<ul style="list-style-type: none"> • 10 days have passed from the collection date of their positive COVID-19 diagnostic test AND they have not developed symptoms
<p>Individuals who Have symptoms and have tested negative should stay home and away from others until:</p>	<ul style="list-style-type: none"> • 72 hours after their fever has ended without the use of fever reducing medications and other symptoms improve.
<p>Individuals who are identified as a close contact (Close contact is defined as being within 6ft for at least a period of 15 minutes).</p>	<ul style="list-style-type: none"> • Self-Quarantine and monitor for symptoms for 14 days from the last date of exposure with the person, even if contact tested negative.
<p>Individuals who have travelled internationally or domestically from any area which is the subject of travel restrictions under applicable state and local guidance.</p>	<ul style="list-style-type: none"> • Quarantine for 14 days when you return

8. Conditioning, Practice Sessions, and Contests

Union Athletics guidelines for a resocialization of interscholastic athletics and activities programs align with guidance published by Governor Murphy's Restart and Recovery Committee, NJSIAA and the NFHS.

Categorization of Sports by Potential Risk Infection (Adopted from 2020 NFHS Guidance for Opening up High School Athletics and Activities)

- **Lower Risk:** Sports that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.
 - Examples: Individual running events, throwing events (javelin, shot put, discus), individual swimming, golf, weightlifting, sideline cheer, cross country running.
- **Moderate Risk:** Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants.
 - Examples: Volleyball*, baseball*, softball*, soccer gymnastics*, field hockey, tennis*, high jump*, long jump*, 7v7 football.
 - Could be considered "Lower Risk" with appropriate cleaning of equipment
- **High Risk:** Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.
 - Examples: Wrestling, Football

Transportation

Arrangements for transportation to athletic events will be made with consideration for abiding by social distancing requirements when reviewing scheduling for the fall contests and events. The Athletic Department will work with the NJSIAA, County Athletic Directors, and Conference Opponents to address transportation concerns through reduced game schedule, weekend jamborees, sub-varsity jamborees, parent transportation, regional play, etc.

Conduct of Conditioning and Practice Sessions

The following phases are in accordance with guidelines published by the White House and CDC, NFHS, and NJSIAA. There will be "gating" criteria to establish Phase 1 and the further criteria must be met to advance from one phase to the next. These criteria are determined by the State of NJ and are in accordance with the guidance provided by the NJSIAA and must be strictly followed.

9. COVID-19 Management Plan:

Roles:

It is the athletic department's expectation that the entire athletic community be responsible for the health and well-being of our community, staff, students and their families. With that expectation comes the responsibility of each role (defined below) to complete their responsibilities within the continuum of resocialization.

- Student-Athletes will:
 - Complete the 7-day COVID questionnaire 7 days prior to their participation in any workouts hosted by Union High School Athletics.
 - Complete DAILY a COVID questionnaire prior to reporting for temperature checks
 - Follow directions prompted by COVID questionnaire regarding their attendance that day.
 - Have their temperature screened daily prior to joining their team's workout session
 - Bring their own water bottle 32oz or more to every workout
 - Wear a mask whenever they are not actively working out
 - Follow the directions of the screeners at ALL TIMES
 - **If the requirements listed above are not complied with the student-athlete will lose the privilege of being able to participate in the summer sessions and not be allowed to return until the official start date of their season.**

- Coaches will:
 - Complete the DAILY COVID questionnaire prior to arrival to the Campus
 - Follow directions prompted by the COVID questionnaire regarding their attendance that day
 - Help the screeners to verify the student's eligibility through the Coach's google sheet. (Any student-athlete not GREEN should not be in the facility and must leave immediately)
 - Have their temperature screened daily at the screening station
 - Communicate directly with an athletic trainer or athletic director prior to starting activities for the day in order to assure that all procedures have been completed with the student-athletes and coaches.
 - Keep their athletes in "pods" of 10 at all times with social distancing enforced.
 - Will wear a mask at all times
 - Follow the directions of the screeners at ALL TIMES
 - **If a practice is being run and the NJSIAA guidelines are not being followed, the practice will be stopped immediately for the day. The program that violates the guidelines will not be allowed to practice for the remainder of the summer session.**

- Athletic Trainers Will:
 - Check their temperature prior to coming to the Campus
 - Wear a mask and maintain socially distant behavior whenever possible.
 - Coordinate the screening process at the facility
 - Maintain the response sheet and make sure coaches have the most accurate daily information
 - Help to coordinate the initial workouts with each team
- Screeners will :
 - Submit a daily questionnaire prior to arrival to the Campus
 - Follow the directions of the questionnaire
 - Have a temperature check prior to having contact with student-athletes
 - wear a mask at all times and keep social distance.
 - Make sure that the contactless thermometers are on site and operational prior to the start time each day.
 - Be stationed at the Baseball Field Varsity dugout
 - Identify the student-athlete to verify their eligibility that day. (no one who is RED/WHITE should be screened)
 - Use a contactless thermometer to screen temperatures
 - Direct any student-athlete, coach or staff member with a temperature over 100.4F to go home or to the opposite dugout to wait to call parents for a pick up and further instructions
 - If a student-athlete, coach or staff member has a temperature reading over 100.4F their temperature should be taken on more than one thermometer to verify the temperature. Follow the step above in the event more than one thermometer reads 100.4F
 - Temperatures should be logged when they are above 100.4F
- Administration will:
 - Be responsible for communicating with parents, students, staff, administration and the Department of Health in the event someone tests positive for COVID-19.
 - Oversee the screening process and procedures associated with the resocialization of sports in Union High School Athletics.
- Parents will:
 - Make sure their student-athletes complete the DAILY screening google form
 - Remain on site until their child's temperature has been checked.
 - Pick up their child immediately if they are contacted regarding any indications that they child might have symptoms of COVID-19.
 - Get medical clearance for their child if directed by the district in order to participate in workouts.

If you have questions you may call, text or email:

Athletic Director:

Linda Ionta- (908)447-7315

lionta@twpunionschools.org

Athletic Trainers:

Meg Berry- (201)704-8706

mberry@twpunionschools.org

Johnny Rodriguez- (862)763-3854

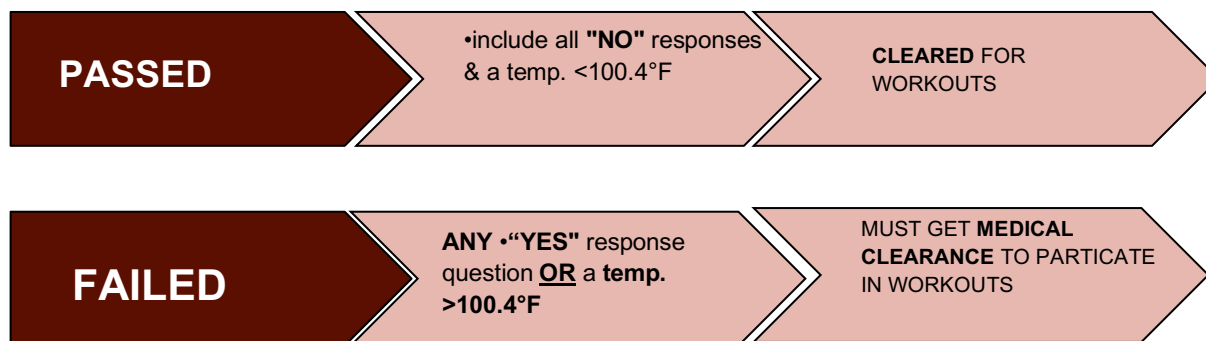
jrodriguez@twpunionschools.org

In the case of a positive COVID-19 test or positive COVID-19 antibodies test the following steps must be taken:

1. The Athletic Trainer/ Designated Screener/ Head Coach will notify the athletic director of a positive COVID-19 test or antibodies test based on a doctor's note or answer to COVID-19 Daily Questionnaire.
2. The Director of Athletics will notify: Central Office Administration, the High School Principal, Head Coach and Athletic Trainers.
3. The Director of Athletics will be responsible for all communication of positive tests with parents/guardians or further communication of incidents.
4. Media: All media contact or news releases concerning the student-athlete or the event will be handled by a member of the School Administration and/or Central Administration. All information concerning the student-athlete will be considered strictly confidential and strictly follow ALL HIPPA laws.
5. Any student-athlete, coach or staff member who tests positive for COVID-19 must self-quarantine for a minimum of 14 days and must provide a medical clearance in order to return.

In the case of failed screening the following steps must be taken:

1. The designated screener will send the student-athlete home immediately and will communicate with parents/guardians. (Parents/guardians are asked to remain in the vicinity until their children clear the screening process)
2. The designated screener will notify coaches of athlete participation status.
3. Student-athletes will be required to obtain a medical clearance from a physician to return to activity.
4. Coaches who fail the COVID-19 screening will not be allowed to attend activity and must obtain a medical clearance.
5. The Director of Athletics will be notified of any student-athlete or coach who fails the screening and further plans will be developed at that time if necessary.
6. Stakeholders will be informed of potential exposure in a timely manner as information becomes available.



Student-Athlete with pre-existing conditions:

We will identify and inform any student with a pre-existing medical condition and/or are immunocompromised to seek medical clearance prior to participating in workouts.

10. Resocialization Phases

Phase 1

Pre-workout Screening:

- The first day of screening will be on July 13, 2020.
- Student-athletes, coaches and staff will be screened on a daily basis by the designated screener during the sports allotted time slot.
- The screening process will include completing the COVID-19 questionnaire prior to arrival to the facility **AND** obtaining a temperature.
- Student-athletes will line up in the designated area 6ft apart from each other and must wear a mask during the entire screening process.
- During Phase 1: The only temperature testing site will be at the Varsity Baseball Field in the designated dugout
- All COVID-19 questionnaires must be filled out electronically prior to screening (links will be provided to access the COVID-19 questionnaires by coaches and the athletic department).
- If a student-athlete/coach/staff member answers “**yes**” in the COVID-19 questionnaire a medical clearance will be required to return to activity. **Do not report to the screening site.**
- Student-athletes will be screened in the designated area and the flow of traffic will be directed one way to minimize contact with others. No lingering will be allowed in the vicinity.
- Coaches must submit a daily COVID-19 questionnaire electronically to the designated screener and report a daily temperature.
- In the event a student-athlete, coach or staff member does not comply with the rules mandated by the NJSIAA, they no longer are allowed to participate in the summer session.

Face Coverings:

- Student-athletes who are engaged in high-intensity aerobic activity, e.g., running, sprinting, etc., do not need to wear face coverings during the period of the aerobic activity. Once the aerobic activity is over, student-athletes shall wear face coverings.
- Student-athletes who are not engaged in high-intensity aerobic activity, e.g., sitting on the bench, reviewing plays, watching videos, waiting in line, etc., are encouraged to wear face coverings
- Coaches and district personnel must wear face coverings at all times
- Face Masks are part of the entrance requirement for the summer session.
- Every student-athlete, coach or staff member is required to provide their own facemask.
- If anyone does not have a facemask with them when they arrive for temperature checks, they will be asked to leave and return when they have acquired a facemask.

Limitations on Gatherings:

- No more than ten (10) student-athletes may be grouped together in a single area and the groups should be pre-determined by the coach prior to the start of the workout.
- Social distancing of at least six (6) feet shall be maintained between student-athletes and staff at all times, including within the ten (10) student-athlete groupings.
- Once student groupings are determined, student-athletes may not switch to another grouping, even for another sport.
- More than one group of student-athletes can be in a single area, provided there is twelve (12) to eighteen (18) feet between each group of student-athletes.
- groupings **must** stay together throughout the entirety of PHASE 1.
- There shall not be celebratory contact, e.g., fist bumps, high-fives, huddles, etc.

Hygiene/Facilities Cleaning

- There will be a cleaning schedule implemented by the Director of Buildings and Grounds for all athletic facilities to mitigate any communicable diseases.
- Prior to any person entering the facilities, hard surfaces will be wiped down and sanitized by the custodial staff.
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer and sanitizing wipes will be available for individual use when transitioning from place to another.
- Appropriate clothing should be worn at all times.

Physical Activity and Athletic Equipment

- Sports equipment shall not be shared at any time during PHASE 1.

- Each student-athlete shall bring individual water bottles to each workout for his/her/their own personal consumption. There shall not be any trading or sharing of water bottles.
- If water bottles need to be refilled there will be filling stations run by staff members to fill bottles and minimize contact of the water station while refilling bottles.
- All sports equipment and touchpoints (e.g., benches, agility cones, ladders, clipboards, etc.) must be cleaned and disinfected after each workout with EPA approved cleaners and disinfectants against COVID-19.

Locker Room/Restrooms

- Student-athletes shall not have access to locker rooms at any time unless needed for restroom access.
- Restrooms shall be cleaned and disinfected regularly with EPA approved cleaners and disinfectants against COVID-19
- Restrooms use shall be limited to one person at a time.
- To the fullest extent possible, appropriate social distancing shall be maintained, and face coverings are worn when more than one student-athlete is in the restroom.
- The bathrooms outside of the field house will be the only facilities open during this time. These bathrooms are single occupant. Coaches should monitor their student-athletes for social distancing and wearing a mask.

Athletic Training Services

- Student athletes who are injured during workouts will be treated according to our sports medicine policies and procedures. During Phase 1, NO treatments will be done in the Athletic Training Room. In the event of injury, a coach should contact the Athletic Trainer.
- The cold tubs will be available when the heat index readings are within ranges that require access to cold tubs as an emergency response to heat illness, in accordance with our sports medicine heat protocols.

Hydration

- All students shall bring their own water bottles. Water bottles should not be shared.
- Adequate access to water will be provided
- If water bottles need to be refilled there will be filling stations run by coaches/staff members to fill bottles and minimize contact of the water station while refilling bottles.

Phase 2

Pre-workout Screening: (No Additions)

- Student-athletes, coaches and staff will be screened on a daily basis by the designated screener during the sports allotted time slot.
- The screening process will include completing the COVID-19 questionnaire prior to arrival to the facility **AND** obtaining a temperature.
- Student-athletes will line up in the designated area 6ft apart from each other and must wear a mask during the entire screening process.
- During Phase 2: The only temperature testing site will be at the Varsity Baseball Field in the designated dugout
- All COVID-19 questionnaires must be filled out electronically prior to screening (links will be provided to access the COVID-19 questionnaires by coaches and the athletic department).
- If a student-athlete/coach/staff member answers “**yes**” in the COVID-19 questionnaire a medical clearance will be required to return to activity. **Do not report to the screening site.**
- Student-athletes will be screened in the designated area and the flow of traffic will be directed one way to minimize contact with others. No lingering will be allowed in the vicinity.
- Coaches must submit a daily COVID-19 questionnaire electronically to the designated screener and report a daily temperature.
- In the event a student-athlete, coach or staff member does not comply with the rules mandated by the NJSIAA, they no longer are allowed to participate in the summer session.

Face Coverings: (No Additions)

- Student-athletes who are engaged in high-intensity aerobic activity, e.g., running, sprinting, etc., do not need to wear face coverings during the period of the aerobic activity. Once the aerobic activity is over, student-athletes shall wear face coverings.
- Student-athletes who are not engaged in high-intensity aerobic activity, e.g., sitting on the bench, reviewing plays, watching videos, waiting in line, etc., are encouraged to wear face coverings
- Coaches and district personnel must wear face coverings at all times
- Face Masks are part of the entrance requirement for the summer session.
- Every student-athlete, coach or staff member is required to provide their own facemask.
- If anyone does not have a facemask with them when they arrive for temperature checks, they will be asked to leave and return when they have acquired a facemask.

Limitations on Gatherings

- Phase 2 allows for increased team activities as it pertains to skills and drills development and permits use of indoor facilities.

- Workouts shall be no more than one hundred twenty (120) minutes in duration and shall include ten (10) minute warm-up, and a ten (10) minute cool down.
- Phase 2 will last from July 27- August 10,2020.
- Only one workout per day is permitted during this phase.
- There must be a minimum of 2 practices for every 7 days and a maximum of 12 practices during this time
 - There must be one day of rest per seven (7) days.
- Outdoor “Pods”
 - “pods” may increase to 25-30 people per “pod”
 - These “pods” must stay the same throughout the entire phase
- Indoor “Pods”
 - “pods” will be limited to 10 people per “pod”
 - The number of “pods” is limited by the amount of space available to maintain six (6) feet between every “pod” member and twelve (12) feet between each “pod”
 - These “pods” must stay the same throughout the entire phase

Facilities Cleaning

- There will be a cleaning schedule implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to any person entering the facilities, hard surfaces should be wiped down and sanitized.
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer and sanitizing wipes will be available for individual use when transitioning from place to another.
- Weight room equipment should be wiped down thoroughly before and after an individual’s use of equipment
- Appropriate clothing should be worn at all times in the weight room

Physical Activity and Athletic Equipment

- Power cages should be used for squats and bench press
- Spotters may stand on the end of each bar
- Weight room touch points must be cleaned both before and after use by teams.
- Appropriate clothing should be worn in the weight room to minimize sweat transmission
- All athletic equipment and balls should be sanitized intermittently through practice/competition
- Hand sanitizer will be available at all practices and contests
- “Pods” may share equipment ONLY within their designated “pod”
- Balls may be used during practice.

Hydration

- All students shall bring their own water bottles. Water bottles should not be shared.
- Access to adequate water should be provided.

Phase 3

Pre-workout/ Contest Screening

- Student-athletes, coaches and staff will be screened on a daily basis by the designated screener during the sports allotted time slot.
- The screening process will include completing the COVID-19 questionnaire prior to arrival to the facility **AND** obtaining a temperature.
- Student-athletes will line up in the designated area 6ft apart from each other and must wear a mask during the entire screening process.
- During Phase 2: The only temperature testing site will be at the Varsity Baseball Field in the designated dugout
- All COVID-19 questionnaires must be filled out electronically prior to screening (links will be provided to access the COVID-19 questionnaires by coaches and the athletic department).
- If a student-athlete/coach/staff member answers “**yes**” in the COVID-19 questionnaire a medical clearance will be required to return to activity. **Do not report to the screening site.**
- Student-athletes will be screened in the designated area and the flow of traffic will be directed one way to minimize contact with others. No lingering will be allowed in the vicinity.
- Coaches must submit a daily COVID-19 questionnaire electronically to the designated screener and report a daily temperature.
- In the event a student-athlete, coach or staff member does not comply with the rules mandated by the NJSIAA, they no longer are allowed to participate in the summer session.

Limitation on Gatherings

- 50 person pod limit on indoor and outdoor gatherings.
- Indoor activities are limited by the size of the space available to continue to practice social distance between pods
- When not directly participating in contest individuals should remain 6ft of separation.

Facilities Cleaning

- There will be a cleaning schedule implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to any person entering the facilities, hard surfaces should be wiped down and sanitized.
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer and sanitizing wipes will be available for individual use when transitioning from place to another.
- Weight room equipment should be wiped down thoroughly before and after an individual’s use of equipment
- Appropriate clothing should be worn at all times in the weight room

Physical Activity and Athletic Equipment

- Power cages should be used for squats and bench press
- Spotters may stand on the end of each bar
- Weight room touch points must be cleaned both before and after use by teams.
- Appropriate clothing should be worn in the weight room to minimize sweat transmission
- All athletic equipment and balls should be sanitized intermittently through practice/competition
- Football may wear helmets
- Field Hockey goalies may wear equipment
- Hand sanitizer will be available at all practices and contests
- “Pods” may share equipment ONLY within their designated “pod”
- Balls may be used during practice.

Hydration

- All students shall bring their own water bottles. Water bottles should NOT be shared.
- Access to adequate water should be provided