

# Athletics and COVID

## Parent FAQ

### **What does Phase 2 of NJSIAA return to sports look like?**

Starting July 27th, the NJSIAA has given school districts updated guidelines regarding how to continue to bring sports back to work out in the safest way possible. Phase 2 still includes but is not limited to: daily questionnaires, temperature checks, social distancing guidelines, and personal protection equipment during the workout sessions. Phase 2 specifically provides guidance on introducing indoor activities, progressing outdoor activities and continuing the screening procedures we already have in place.

### **How will the district screen staff and student-athletes?**

Every day, staff and student-athletes will have to do a risk assessment questionnaire. Anyone who answers "Yes" to ANY question will not be allowed at the facility without clearance from a doctor. If the staff or student-athlete is cleared to come to the facility they will have to have their temperature checked prior to joining their workout session. If the temperature check results in a temperature 100.4F or greater they will be isolated and asked to leave the grounds immediately. Anyone removed because of temperature will need a doctor's note to return to the workouts.

### **What will the workouts look like in Phase 2?**

Teams will arrive at staggered starts for their temperature check. They will be required to bring their own water to the workouts. Student-athletes will be required to wear a mask whenever they are not actively working out. Staff will be required to wear a mask at all times. The athletes will be placed in "pods" of 25-30 student-athletes. They will only workout with those 25-30 teammates during the entirety of Phase 2. The workouts will last no more than 120mins with a 10min warm-up and 10min cool-down period. They will be allowed to share equipment (balls and weights) ONLY within their "pods". Equipment will be sterilized between "pod" usage.

### **What does my child need to bring to the workouts?**

Because there are strict guidelines on sharing of hydration stations, we are asking that every athlete come prepared with their own 1 gallon water jug. There will be places to re-fill the containers, but this will be done by district staff. It is also mandatory that every student-athlete have a mask available to them. If possible, we ask that each child bring their own bottle of hand sanitizer. Please label the gallon jug, mask and hand sanitizer with your child's name.

### **Will there be practice indoors?**

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During Phase 2 our student-athletes will be permitted to participate in limited indoor activities. These limitations are directly associated with maintaining social distant behaviors and decrease the “pod” size when indoors. “Pod” sizes will be limited to groups of 10. Each group must be able to maintain social distance (6ft) within the group as well as maintaining 12ft between each group. The weightroom will not become available for each team. The equipment utilized will be wiped down between individuals and groups.

### **What if my child is asked to get medical clearance because of an answer to the Daily Questionnaire or temperature?**

It is the recommendation of the NJSIAA that any child who answers yes to the questionnaire or had a recorded temperature of 100.4F seek the clearance of their physician prior to rejoining their “pod”.

### **Will my child have access to restrooms?**

There will be access to single occupant restrooms located outside of the Field House.

### **What is the procedure in the event someone tests positive for COVID-19?**

In the event that a student-athlete or staff member tests positive for COVID-19, the Athletic Director will contact each individual in contact with that person. The primary reason we keep the coaches and student-athletes in "pods" is specifically for this event. All staff and student-athletes who have had contact with the person who tested positive will be required to quarantine for 14 days. All this information will be communicated directly with the school administration and parents.

### **What if my child is not following the rules outlined by the Athletic Department?**

ANYONE who is not doing their part of responsibly participating in summer workouts will immediately be removed from the facility, their parents contacted, and they will not be allowed back until the fall season officially starts for their sport. There will be a zero tolerance policy for anyone who does not comply with the guidelines set forth by this district.