

Athletics - Return to Play FAQ



Summer Voluntary Practices may begin July 13th. They CANNOT begin prior to July 13th.

Return To Play - PHASE I Guidelines summary - July 13th to approximately July 26th

All information in this document is based on the regulations and guidance as set forth by the NJSIAA.

As a student athlete, what do I need to do prior to practicing and what do I need to bring with me?

- a. Students must fill out their 7 day questionnaire. Parents are to fill out and submit the questionnaire at least seven (7) calendar days prior to the start of summer workouts. The form can be completed at any time. Parents are encouraged to start this now.**
- b. On the day of their scheduled practice, the electronic pre-screening form is required before each workout.**
 - i. Student-athletes must fill this form out before they arrive on site.**
 - ii. If there is a “YES” answer on the form, students should not come to the workout until they are cleared by a doctor.**
 - iii. Parents are encouraged to stay (in their cars) until their child has been screened and given permission to participate in practice.**
- c. Students must bring:**
 - i. A face mask and wear it until practice begins.**
 - 1. It is critical that while the face coverings are off, a distance of at least six (6) feet apart is maintained at all times.**
 - 2. Once the workout is completed, face coverings must immediately be put back on.**
 - 3. Student-athletes are encouraged to wear masks while not engaged in high-intensity aerobic activity, e.g., sitting on the bench, reviewing plays, watching videos, etc.**
 - ii. Their own water and water bottle.**
- d. No one is permitted in the building at any time.**

How many students are permitted to gather at any given time, and what are the rules?

- a. **No more than ten (10) student-athletes may be grouped together in a single area and the groups should be predetermined by the coach prior to the start of the workout.**
- b. **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.**
- c. **Once student groupings are determined, student-athletes may not switch to another grouping, even for another sport.**
- d. **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.**
- e. **Groupings must stay together throughout the entirety of PHASE 1.**
- f. **There shall not be celebratory contact, e.g., fist bumps, high-fives, huddles, etc.**
- g. **Student-athletes who participate in more than one sport are encouraged to be grouped with their fall sports teammates.**

If a parent wants to get five of our student athletes together and use our field, are they permitted before July 13th? **No, our fields are closed.**

If indoor weight rooms have doors open and they limit capacity in half, are they permitted in the weight rooms? **No. The use of the weight room and indoor sports will be addressed in Phase 2.**

When can official practices start? **Coaches are permitted to continue with virtual workouts for all sports up to the start of the summer recess period on July 13th. Coaches are not permitted to have in-person contact with any high school athlete that is a member of his/her high school team on or before the start of the summer recesses period. The date for the Summer Recess Period is July 13 for Phase I.**

Do the NJSIAA guidelines apply to 8th grade students? **All 8th-grade students (2019-20) are now considered high school student-athletes, with an effective date of June 15, and therefore are subject to all NJSIAA rules and regulations.**

Why can my child play their club sport but not a high school sport right now? **We are school based athletics. On June 22, only NON-HIGH SCHOOL sports will open. High School Coaches may not work with any high school students between June 22 and the start of the summer recess period. High school coaches that are club coaches are permitted to work with high school athletes as long as they are not working with athletes that are on his/her high school team. Coaches may not exchange supervisory and/or coaching duties in their sport to circumvent the out-of-season rule. Additionally, high school athletes are not permitted to act as camp counselors or instructors with any summer camp if a member of their coaching staff is involved until the start of the summer recess period, July 13, 2020.**

How will our athletes be screened? Building Admin will take temperatures at a check in tent each day before practice. A review of the screening questions will be done electronically. Athletes must be sure to fill out the electronic screening questions form each day at least one hour prior to practice.

What if an athlete does not complete the questionnaire at least 7 days prior to July 13th? Students cannot begin practicing until they have completed the form. The questionnaire can be submitted late, but the student-athlete cannot participate in workouts until it is submitted and on file with the district.

Are face coverings required?

All students and coaches are required to wear face masks.

- a. One exception: 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.
- b. 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., must wear face coverings.
- c. Coaches and district personnel must wear face coverings at all times.

What is the protocol/procedure for student-athletes who need to use the restroom? Only one student at a time may use the restroom. Restrooms will be cleaned and disinfected with EPA approved cleaners and disinfectants against COVID-19 daily. Students are not permitted in locker rooms for any reason.

After a parent/guardian (or another adult) drops off a student-athlete, can he/she remain on school grounds? After a student-athlete completes the screening questionnaire and temperature screen process, the individual who provided transportation for the student-athlete should leave the facility immediately. However, if an issue occurs during the workout, and a parent/guardian is called back to the facility by a coach or other district personnel, they should return as soon as possible. Any parent or guardian asked to come to the facility shall wear face coverings and shall comply with social distancing requirements.