

NJSIAA and the NJ DOH Announcement - March 17, 2021

The Department of Health tells us that 88 people involved in high school sports tested positive last week. That's the highest one-week total since school began — **in fact, 25% of the total number of high school sports-related positive tests this school year were reported just last week.**

Now is not the time to let down your guard. We must all remain vigilant. Most importantly, unless you are actually participating, WEAR your mask STAY socially distanced, and WASH your hands.

It's the beginning of a new season, but the Department of Health is sending us a warning. We're not out of the woods yet. Please redouble your efforts to stay safe, so that we all can enjoy the sports we love.

Please forward the following information to all coaches and student-athletes:

COVID-19 Prevention Strategies

- Athletes should wear a cotton or disposable mask when not actively participating in sports (i.e., on the bench, on the sideline). Coaches, referees, and spectators must wear masks, at all times.
 - Masks should be worn in public spaces, such as walking in the hallways to the gym, to the restroom, riding the bus/van to games/meets.
 - Reminder: Masks should be worn properly. This means they go OVER the nose and mouth.
- Physical distancing should also be practiced, when possible. This means standing or sitting 6 feet (or two arm lengths) from one another.
 - Practice physical distancing when sitting on the bench or when waiting your turn to play/participate.
- Wash hands often using soap and water. If there is no soap and water, use hand sanitizer with at least 60% alcohol.
 - Wash hands after practice, meets/games, or if visibly dirty.
- If you are sick, stay home. If you have COVID-like symptoms, avoid contact with others and consider getting tested.
 - And stay away from people who are sick!!
 - Learn more about when to get tested here:
https://www.state.nj.us/health/cd/documents/topics/NCOV/COVID_When_To_Get_Testetd.pdf