

**Palmyra High School
Covid 19
Return to Play Guidelines
Winter Seasons(2, 2A and 3)
2020-2021**

**Palmyra High School COVID-19
Primary Contact Person Name: Mike Papenberg
Position: Athletic Director
E-mail: mpapenberg@palmyra.k12.nj.us Office Phone
Number: 856-787-9300 ext. 3142
Cell Phone: 609-876-7783**

**Frank Foster
Position: Athletic Trainer
E-mail: ffoster@palmyra.k12.nj.us Office Phone
Number: 856-786-9300 ext. 3133
Cell Phone: 856-906-5675**

NJSIAA Dates:

The NJSIAA preseason dates for Season 2, 2A and Season 3 are as follows:

Sport:	Pre Season Start:	Pre Season Finish:
G/B Basketball, Cheer	January 11th, 2021	January 25th, 2021
Wrestling	March 1st, 2021	March 15th, 2021
Winter Track	February 3rd, 2021	February 15th, 2021

The NJSIAA regular season and postseason dates for Season 2, 2A and Season 3 are as follows:

Sport	Reg Season Start	Reg Season Finish	Post-Season Dates
G/B Basketball, Cheer	January 26th, 2021	March 6th, 2021	No Post Season
Wrestling	March 16th, 2021	April 24th, 2021	TBD
Winter Track	February 16th, 2021	March 27th, 2021	No Post Season

Student-Athlete Eligibility to Participate:

1. Anyone enrolled in Palmyra School District who meets the NJSIAA requirements for credits and age for high schoolers.
2. Anyone enrolled in Palmyra School District who has been approved by the Palmyra School Doctor with an up-to-date physical from no earlier than June 1st, 2020. The updated list is kept by school nurse Kathy McClure.
3. Anyone enrolled in Palmyra School District who has completed the IMPACT Concussion Test in the past 2 years. The updated list is kept by Palmyra's athletic trainer Frank Foster.
4. Student-athletes who have signed and completed the Palmyra School District Waiver Form.

Mandatory Coaching Classes Before Starting Practices on December 3rd:

- All coaches must complete the following classes before they are able to begin coaching during the fall season.

- **Covid-19 for coaches**

- <https://nfhslearn.com/courses/covid-19-for-coaches-and-administrators>

- **Heat Illness Prevention**

- <https://nfhslearn.com/courses/heat-illness-prevention-2>

- **Concussions in Sports**

- <https://nfhslearn.com/courses/concussion-in-sports-2>

Sanitation of Equipment:

1. All equipment used during daily athletics, sport specific equipment or Athletic Trainer equipment, will be sanitized in accordance with current Department of Health and CDC guidelines. Sanitation of equipment will be done so through coordination with the School District's Maintenance Department.

PPE:

1. Students are required to bring their own masks to practices and games.
 - a. For any reason a student does not have a mask or a mask breaks, there will be extra masks available at each Palmyra athletic facility with their coaches.
2. Hand sanitizer will be available at each Palmyra athletic facility as well as at Door 11 where student-athletes will enter PHS.

Spectators at Games:

1. At this time, the NJSIAA is not allowing spectators at indoor events for the winter season 2020-2021 but this is subject to change.

Competition:

1. All preseason and regular season games will be played against high schools within the Southwestern Region of New Jersey to reduce travel into other areas of the state.

Palmyra District Response to a positive COVID-19 Test or if a student-athlete or coach is symptomatic

- When a participating member of the team is diagnosed with COVID-19, participation in that sport will cease immediately for all student-athletes and staff members who have been in close contact with the diagnosed individual.
 - Palmyra District COVID-19 Coordinator Mary Del Rossi will be notified by the Athletic Director.
 - Mary Del Rossi will contact the Burlington County Department of Health for further guidance.
- Any student/coach who tests positive should follow CDC/NJDOH Guidelines and doctor's orders along with remaining quarantined for 72 hours after COVID 19 symptoms have resolved.
 - The student/coach must be cleared by a doctor to return to workouts
- The Director of Athletics will be notified by screener or provided a copy of the Doctor's note with Covid-19 diagnosis by the parent/guardian of the student-athlete.
- While maintaining the student's confidentiality communication will be distributed to all relevant participants including district administration.
 - Parents will be notified via school messenger, email, team remind account, and/or phone call
- A letter outlining the protocols will be distributed listing district protocols along with all relevant forms necessary for the physician's clearance.
- Anyone who is in/or has been in close contact with an individual who tests positive for Covid-19 must be tested.
- Everyone who is tested must be cleared by a doctor to return to participation.

General Guidelines:

1. Water coolers and cups/bottles will not be made available as they have in the past. Each player and team is responsible to bring their own individual water to minimize sharing water bottles.
 - a. In an emergency coaches will have disposable plastic water bottles (bought by the athletic department) to give to any individuals who do not have water).
2. Don't share towels, shirts, pinnies, clothing or any other items to wipe your face, hands and arms.
3. Don't share equipment such as helmets, pads and gloves.
4. Avoid spitting.

5. When coughing or sneezing utilize a tissue or the inside of your elbow to prevent the virus from potentially spreading.
6. Wash your hands frequently or use hand sanitizer.
 - a. Hand sanitizer will be available at each field for practices and games.

Away Teams:

1. For games at the high school gym, visiting buses will be asked to park and enter through the 5th Street PHS Gym Entrance to avoid any contact with the opposing team.
 - a. At the conclusion of the game the team will exit through the same doors and onto their bus.

Locker Rooms/Bathrooms:

1. Locker room use will be limited during the winter season. Students will be expected to come to practice or games dressed and ready to participate.
 - a. Students who are in school that day may wear their uniform or practice clothes to school.
 - b. If needed individual students can use the locker room to change.
 - c. Pre-game, halftime and post-game meetings should be held in an area where student-athletes and coaches can socially distance themselves.
2. Bathrooms in the school will be sanitized by the maintenance staff periodically throughout the day.

Weight Room:

1. The weight room will be closed until further notice.

Screening Process Before Practices and Games:

1. The Palmyra Board of Education adopted policy P-1648, on August 26, 2020, which allows for screening of staff and students upon arrival.
 - a. Student-athletes will be screened by a Palmyra BOE approved head or assistant coach before practicing or playing in a home game at their practice or game site.
 - i. All winter athletes will enter at PHS Door 11 where the coach/trainer/AD will temperature check before allowing the student to move to their practice.
 - ii. The temperature will be documented on the PHS Athletics Google Sheet along with certification that they turned in their daily symptom questionnaire.

- b. Student-athletes will be screened by the Palmyra BOE approved head or assistant coach outside of the bus before getting onto a bus for an away competition.
- 2. General Screening Information
 - a. Require any individual who is sent home with symptoms to get a COVID 19 test or medical clearance prior to returning.
 - b. Notify the Burlington County Health Department of all positive COVID 19 tests.
 - c. Not permit any person presenting with a temperature greater than 100.4 to return to school/athletics for a minimum of 24 hours (or a period of time as directed by the Burlington County Health Department)
- 3. Managers Screening
 - a. Parents will be required to complete and submit a student daily questionnaire for each child attending practice or a game. The questionnaire will be accessible for electronic completion prior to the practice or game.
 - i. Hard copies are also available and must be turned in upon arrival.
 - b. All students arriving at the practice/game site will have their temperature taken with a contactless thermometer by a Palmyra BOE approved coach or athletic trainer.
 - i. Students with a temperature above 100.4 and/or demonstrating symptoms will be asked to return to their homes.
 - c. Students will utilize the hand sanitizer station to clean their hands.
 - d. Student-athletes, staff, and others will be monitored to ensure they are healthy and not exhibiting signs of illness by first educating all stakeholders (students, staff, and parents/guardians) on the signs and symptoms of COVID-19.
 - e. Student-athletes and their parents, as well as employees, will be asked to self-monitor at home before sending children to practice/game.

Response to a Positive Test(CDC)

1. First, make sure that coaches, staff, officials, players, and families know that sick individuals should not attend the sports activity, and that they should notify youth sports program administrators (such as the COVID-19 point of contact for your program) if they or someone in their household become sick with COVID-19 symptoms, test positive for COVID-19, or have been exposed to someone suspected or confirmed to have COVID-19.
2. Second, close off areas used by a sick person within the last 24 hours and do not use these areas until after cleaning and disinfecting them. For outdoor areas, this includes surfaces or shared objects in the area, if applicable.

3. Third, in accordance with state and local laws and regulations, youth sports organizations should notify local health officials, District Administration, program staff, umpires/officials, and families immediately of anyone with COVID-19 while maintaining that person's confidentiality in accordance with the Americans with Disabilities Act (ADA).
4. Finally, if any coaches, staff members, umpires/officials, or players get sick, they should not return until they have met CDC's [criteria to discontinue home isolation](#). For more information, refer to the *Preparing for When Someone Gets Sick* section in the [Considerations for Youth Sports](#).
5. Any players or coaches/staff who come in close contact with a positive test will have to quarantine for 14 days.

Before Practice Guidelines:

1. Prior to practices, coaches must turn in screening form and have their temperatures checked by the athletic trainer.
2. Prior to a practice beginning, coaches should collect daily screening sheets from their student-athletes and take temperatures of each student-athlete present.
 - a. Any student-athletes who are feeling ill should not be allowed to stay at practice and should be sent home immediately.
3. Prior to practice coaches or assistant coaches must temperature check each player present.
 - i. See screening process above.
4. Coaches will document each student-athlete who attends the practice and their screening information for contact tracing purposes on the PHS Google Sheet.
5. Student-Athletes and Coaches should wear masks and stay 6 feet apart until practice begins.

Practice Guidelines:

1. Coaches will maintain mask wearing at all times.
2. Student-Athletes who are not actively engaged in the practice will wear masks.
3. Student-Athletes will maintain social distancing when not actively participating in practice.
4. Practice plans should focus on individual skills and drills to reduce the amount of time players are in contact with each other.

After Practice Guidelines:

1. At the conclusion of practice, student-athletes should be encouraged to immediately disperse the facility.
2. Players are encouraged to shower immediately when returning home and wash their practice clothes and equipment.

3. All shared/team equipment will be disinfected by the coach/maintenance team immediately following practice with pump sprayers and will disinfect in accordance with NJ Department of Health and CDC guidelines.
4. All practice pinnies should be washed daily.

Before Home Game Guidelines:

1. Prior to games, coaches must turn in screening form and have their temperatures checked by the athletic trainer or another coach.
2. Prior to a game beginning, coaches should collect daily screening sheets from their student-athletes as well as take temperature checks.
 - a. Any student-athletes who are feeling ill should not be allowed to stay at the game and should be sent home immediately.
3. Coaches will document each student-athlete who attends the game and their screening information for contact tracing purposes.
4. Student-Athletes and Coaches should wear masks and stay 6 feet apart until The warmup for the game begins.

Game Procedures:

1. Palmyra School District will follow any and all guidelines put forth by the BCSL and NJSIAA with regards to gametime procedures.

Away Event Procedures:

1. Prior to departing for any athletic contests, athletes will have a health screening that will include having their temperatures checked. Pre-game health screenings will be done under the supervision of the Athletic Trainer or other authorized personnel. Any athletes with potential Covid-19 symptoms, including but not limited to a body temperature of 100.4 or higher, will be withheld from participating in the contest that day and their parent/guardian will be contacted. Follow-up measures to be carried out upon the identification of possible Covid-19 symptoms will be done so in accordance to School District, County/State Department of Health Burlington County Scholastic League (BCSL), and/or NJSIAA guidelines.
2. It is anticipated that all BCSL member schools will follow similar operational procedures in regards to all athletic contests in regards to gameday health screenings.

Referee Screenings:

1. Any required health screenings of Game officials will be done so in accordance with NJSIAA and/or Officials Assigning Chapters regulations.

Transportation to Away Events:

1. Prior to entering the bus, student-athletes must turn in their daily screening document to their coach and must have their temperature taken by the nurse or athletic trainer.
2. Students must wear masks on the bus at all times.
3. Windows should be lowered to allow sufficient air flow onto the bus if conditions allow.
4. Buses will be sanitized daily by the maintenance staff.
5. A seating chart must or assigned seating must be used for any away event utilizing a bus.
 - a. This will be used if contact tracing is needed.

Athletic Trainer's Office:

1. Use of the Athletic Trainer's office by student-athletes will be done so in accordance with all applicable mitigation guidelines. Athletes will be required to be granted permission to enter the office, rather than simply entering on their own, in order to ensure proper social distancing is followed. Additionally, any athletes who have to wait in the hallway prior to being granted admission into the Athletic Trainer office will do so in a manner that ensures proper social distancing.
2. Rehabilitation exercises supervised by the Athletic Trainer will be done on an individual basis and will be designed in a manner that will follow all social distancing guidelines while still meeting the student-athletes specific rehabilitation needs.
3. At no time will teachers or other school staff members be permitted to use the Athletic Trainers office.

Athletic Director and Athletic Trainer Screening:

1. The athletic trainer will turn in their pre-screening questionnaires to the Athletic Director and will get their temperature screened by the AD or nurse.

Discipline of Student-Athletes not following COVID-19 guidelines:

1. 1st offense will be a warning from the coach or athletic director and will be documented.
2. 2nd offense will be dismissal from practice or game from the coach or athletic director and will be documented.

3. 3rd offense will be dismissal from the team from the coach or athletic director.

Academics and Attendance:

1. Students who are marked absent for the day or who are marked absent for cutting a class while on virtual instruction, will not be allowed to participate in athletics on that day.
 - a. Attendance will be checked daily by the high school administration and each coach.
 - b. Emails will be sent to the coaches of students who cut classes.
 - c. The players name who cut class will be highlighted in red on the PHS Athletics Daily Questionnaire Google Sheet which will notify the coaches that the player is not allowed to practice or play that day.

NJSIAA and BCSL WINTER GUIDELINES and PROTOCOLS for Wrestling, Girls and Boys Basketball, Cheerleading and Winter Track:**NJSIAA COVID-19 Season 2, 2A & 3 Guidelines**

This document provides specific guidelines for participation in high school sports for the 2020-21 seasons 2, 2A & 3. Schools must provide the necessary materials and guidance to promote behaviors that reduce the spread of COVID-19, such as social distancing, frequent hand washing, and the use of face coverings.

In addition to this document, schools must comply with all guidelines issued by the Governor's office, the CDC, NJDOH, and local health officials while participating in practices and NJSIAA interscholastic competition. These guidelines are subject to change based on actions taken by the Governor's office, the CDC, and the NJ Department of Health.

Virtual Workouts

The NJSIAA recognizes the importance of socially and emotionally engaging student-athletes with their coaches and teammates, while also helping them to prepare physically and mentally for their upcoming season.

- School administration must approve the virtual workouts.
- In season sports must take priority over virtual workouts or virtual meetings for any out of season sport.
- Virtual workouts do not count towards the six days of practice and one day of rest requirement.

- Regarding physicals, it is the school's decision whether to require student-athletes to have a completed physical before the start of virtual workouts.

Multiple Season Participation – Students are permitted to participate in all seasons as defined by the NJSIAA during the 2020-21 school year, which include season 1, season 2, season 2A, season 3, and season 4.

- No student may practice or compete in two sports at the same time unless it involves the non strenuous sports of bowling and golf.
- Students that are involved in overlapping sports are not subject to the six-day practice rule if they start the next sport within three days of the completion of the first sport.
- Students that begin the 2nd overlapping sport within three days are eligible for competition immediately unless the school imposes a minimum amount of required practices before a student is approved for competition in an overlapping sport.
- If a student is inactive for more than three days involving overlapping sports, then the six-day practice rule will be in effect.

Levels – Every effort should be made to minimize crossover between varsity, JV, and freshman levels. Crossover can lead to a greater number of students being sidelined due to exposure to a student who tests positive for COVID-19.

Practices – Coaches must comply with all NJ executive orders regarding indoor limits. Coaches **MUST** also maintain a high level of awareness of possible COVID-19 exposure throughout all practices.

- Coaches are required to wear face coverings unless doing so would inhibit the coach's health.
- Students are required to wear face coverings unless doing so would inhibit the student's health, or the student is engaged in high intensity aerobic or anaerobic activities.
- Coaches must ensure social distancing practices are maintained to the maximum extent practicable during all practices.

Scrimmages – Schools will have the opportunity to participate in one pre-season scrimmage, preferably with a neighboring school. When possible, schools are encouraged to participate in intra-squad scrimmages and utilize officials to provide additional preseason preparation.

Games – All school personnel must maintain a high level of awareness of possible COVID-19 exposure throughout all phases of the game.

- Coaches are required to wear face coverings unless doing so would inhibit the coach's health.
- Students are required to wear face coverings unless doing so would inhibit the student's health or the student is engaged in high intensity aerobic or anaerobic activities.
- Schools must ensure social distancing practices are maintained to the maximum extent practicable during the game.
- Team benches must be limited to essential personnel. Coaches must limit the number of players at each game.
- Officials are required to wear face coverings unless doing so would inhibit the official's health or the official is engaged in high intensity aerobic or anaerobic activities.
- The sportsmanship statement is limited to one official, the head coach from each team, and a single captain from each team while wearing masks and maintaining social distance.
- Schools are not required to have rooms available for the officials. If possible, communication with the official regarding this would be appreciated.
- Post-game handshakes and celebrations are prohibited.

League/Conference/County Tournaments – All league, county, and conference team tournaments are permitted. All team tournaments will count toward the maximum game count.

Back-to-Back Games – There is no need for a sanitization delay between back-to-back games. However, the following applies:

- Home team players should leave the facility at the completion of their game unless they are determined essential for the next game.
- Visiting teams should be transported separately and depart immediately following the game; however, realistically that may not be possible.
- The following are the guidelines when teams need to stay in the facility:
 - o Designated areas must be set up for both home and visiting teams while they are waiting to play or upon completion of the first game.
 - o People in this area must be sitting at least 6 feet apart and wearing face coverings.
 - o A surface cleaning of the bench area is recommended between games.
 - o Any changes or updates to Executive Order 196 will necessitate updates to these guidelines.

Post-Season – The NJSIAA will not be hosting any post-season tournaments for the following sports during the Indoor Seasons 2 & 2A. Ice Hockey, Skiing, Fencing, Basketball, Bowling, Swimming, Diving and Winter Track. Post-season may be hosted locally by participating leagues and conferences at their discretion.

Out-of-State Competition – On November 10, 2020, Governor Murphy issued Executive Order No. 194 which prohibits member schools from hosting an interstate competition in all indoor sports. Therefore, no member school may host an out-of-state opponent or host an event out of state. Moreover, NJSIAA is prohibiting member schools from traveling out-of-state to compete.

FACILITY GUIDELINES

Indoor School Facilities - Any use of indoor facilities must be approved by the school district before use. All New Jersey Department of Health and CDC guidelines must be followed including:

- The facility is following all DOH regulations regarding indoor gatherings.
- All participants are maintaining social distancing.
- All participants are wearing masks.
- The facility is cleaned before and after using CDC and NJ DOH guidelines.
- Indoor air quality guidelines and recommendations regarding COVID-19 can be found on the NJSIAA website under “Current Resources.”
- Showers may only be utilized at pool facilities in accordance with the NJ public bathing code and are only permitted if the showers are individually partitioned or communal showers with installed barriers/partitions at least 6 feet apart.

Air Quality & Flow - Indoor facilities should ensure appropriate indoor air/ventilation by following the DOH recommendations below:

- Keep doors and windows open where possible and utilize fans to improve Ventilation.
- Inspect and evaluate the heating, ventilation, and conditioning (HVAC) unit to ensure that the system is operating within its design specifications and according to existing building code standards.
- Conduct routine maintenance as recommended by the manufacturer or HVAC professional.
- Within the design specification of the HVAC unit:
 - o Increase the volume of outdoor air to the maximum capacity while the gym is occupied.
 - o Reduce the volume of recirculated air being returned to the

Indoor spaces.

- o Increase the volume of air being delivered to the indoor spaces to the maximum capacity.
- o Select maximum filtration levels for the HVAC unit.
- o Ensure that the HVAC unit runs continuously while the facility is occupied.
- o Ensure that the HVAC unit runs for at least two hours before and two hours after the facility is occupied.
- o Consider installing portable air cleaners equipped with a high-efficiency particulate air (HEPA) filter to increase the amount of clean air within the facility.
- o Please check our website for CDC and ASHRAE guidance on ventilation requirements.

Capacity/Attendance - On November 16, 2020, Governor Murphy issued Executive Order 196, which further restricts the number of people permitted at both outdoor and indoor sporting events.

- Under the Order, indoor practices and competitions are limited to 10 Persons.
- If the number of individuals who are necessary for the practice or competition, such as players, coaches, and referees, is greater than 10 persons, the practice or competition may proceed.
- If the above exception applies, the number of individuals still may not exceed 25 percent of the capacity of the room in which it takes place, or 150 persons, whichever is less.
- Practically speaking, this means that spectators are prohibited.
- For outdoor winter sports, it is important to note that the Order also restricts the number of people permitted at outdoor events to 150, inclusive of the athletes, coaches, referees, and trainers.
- Any changes or updates to Executive Order 196 will necessitate updates to these guidelines.

Locker Rooms – Proper protocols regarding access to locker rooms must be followed based on the guidelines set by the NJ Department of Health and the school district.

- Locker room use is only for students that are in the building at the end of the school day. All students participating in full-day or part-time remote learning must come prepared for practice.
- Locker room use is limited to changing, equipment storage, hand washing, and restroom use only.

- Schools must monitor the activity to minimize the amount of time spent in the locker room.
- Social distancing and face coverings are required for all staff and students while inside the locker room unless it would inhibit the individual's health.
- All areas must be cleaned and sanitized in accordance with CDC and EPA guidelines.
- Schools must ensure indoor facilities have adequate ventilation, must prepare, and maintain hand sanitizing stations, and must ensure that students wash hands frequently.
- Showers use – Sports specific use of showers (except swimming) is still TBD. Once we have clarity from the DOH, we will send that information out separately.

Training Room – Proper protocols regarding access to the training room must be followed, based on the guidelines set by the NJ Department of Health and the school district.

- Social distancing and face coverings are required for all staff and students while inside the training room unless it would inhibit the individual's health.
- All areas must be cleaned and sanitized in accordance with CDC and EPA guidelines.
- Schools must ensure that indoor facilities have adequate ventilation, must prepare, and maintain hand sanitizing stations, and must ensure that students wash their hands frequently.

Weight Rooms – Proper protocols regarding access to the weight room must be followed based on the guidelines set by the NJ Department of Health and the school district.

- Social distancing and face coverings are required for all staff and students while inside the weight room unless it would inhibit the individual's health.
- All equipment must be cleaned and sanitized in accordance with CDC and EPA guidelines.
- The school must ensure indoor facilities have adequate ventilation, must prepare and maintain hand sanitizing stations and must ensure that students wash hands frequently.

Restrooms – Proper protocols regarding access to restrooms must be followed based on the guidelines set by the NJ Department of Health and the school district.

- Social distancing and face coverings are required for all staff and students while using restrooms unless it will inhibit the individual's health.

- Restrooms must be cleaned and sanitized in accordance with CDC and EPA guidelines.
- Schools must ensure indoor facilities have adequate ventilation, must prepare, and maintain hand sanitizing stations, and must ensure that students wash hands frequently.

Equipment Storage – Proper protocols regarding access to equipment storage rooms must be followed based on the guidelines set by the NJ Department of Health and the school district.

- Schools must monitor activity to minimize the amount of time spent in these rooms.
- Social distancing and face coverings are required for all staff and students while inside the equipment storage room unless it would inhibit the individual's health.
- All areas must be cleaned and sanitized in accordance with CDC and EPA guidelines.

HEALTH GUIDELINES

Physicals – There will be no further extensions for the 2020-21 school year, therefore the DOE regulations regarding physicals will be as written.

- All students must have an approved physical examination prior to the first day of official practice in any season to be eligible to participate. The physical examination shall be conducted by a licensed physician, advanced practice nurse (APN), or physician's assistant (PA).
- If a physical expires during the season, the student may continue until that sport is completed but must get a new physical before their next sport. Please be advised that some school districts may require a new physical before that 365-day time period ends.
- Examples regarding the rearranged seasons due to COVID-19:
 - o A basketball player's physical that expires on Dec 1, 2020, will need a new physical to start the season on Jan 11, 2021.
 - o A basketball player's physical that expires on Feb 1, 2021 can continue to the end of the basketball season unless the school requires a new physical by Feb 1st to continue.
 - o A basketball player's physical expires on Jan 25, 2021 and wants to swim; that student athlete will need a new physical by the start of swimming season on Feb 1st.

- o A football player's physical expires on July 15, 2021, and wants to also compete in basketball, winter track, wrestling, and baseball is permitted for all 5 sports.

- It's the school district's decision whether to require student-athletes to have a completed physical before the start of any NJSIAA approved virtual Workouts.

Heat Policy – The NJSIAA Heat Policy remains in effect. Please refer to the policy guidelines on the NJSIAA website.

Heat Acclimatization – Heat acclimatization is only applicable in the fall season.

Health History Update Questionnaire – There are no changes to this DOE requirement. Any athlete that took advantage of the PPE extension this past fall was required to complete the form. Going forward the DOE requirement for the HHQ form is the following: To participate on a school-sponsored interscholastic or intramural athletic team or squad, each student whose physical examination was completed more than 90 days prior to the first day of official practice shall provide a health history update questionnaire completed and signed by the student's parent or guardian.

Screening – School districts must continue their policy for screening students and staff upon arrival for symptoms and history of exposure.

- All students must be screened at least once per day to participate in NJSIAA practices or games.
- Full-time remote learners must be screened before they can participate in practices or games.
- Part-time remote learners that were screened by the school at some point during the school day do not need to be rescreened before practices or games.
- All students must be screened for all Saturday or Sunday practices or games.

Hydration – Sharing of water bottles is strictly prohibited. Each student should have his/her own water bottle.

- Schools shall provide and monitor hydration stations for individuals to refill water bottles one at a time.
- Multi-use hydration stations are strictly prohibited.

Face Coverings – The CDC affirmed that face coverings are a critical tool in the fight against COVID-19 that reduces the spread of the disease, particularly when used universally within communities

- Coaches are required to wear face coverings unless doing so would

inhibit the coach's health.

- Students are required to wear face coverings unless doing so would inhibit the student's health, the student is in extreme heat, or the student is engaged in high intensity aerobic or anaerobic activities. Students on the bench or sidelines are required to wear face coverings.
- Officials are required to wear face coverings unless doing so would inhibit the official's health, the official is in extreme heat, or the official is engaged in high intensity aerobic or anaerobic activities.
- All other personnel necessary for the practice or competition are required to wear face coverings unless doing so would inhibit the individual's health.
- Neck Gaiters: Although neck gaiters were an acceptable alternative for face coverings outdoors, they are not recommended for indoors. Please be aware of the current CDC and NJDOH guidelines regarding proper face-covering protection indoors.

Hygiene/Sanitization – It is critical that school districts, students, coaches, and staff maintain a high standard of sanitization and hygiene.

- Students and staff should make every effort to wash their hands as often as possible.
- Hand sanitizer shall be accessible at all times.
- Workout apparel and uniforms shall not be left at the school after games and practices.
- There shall be no spitting, chewing seeds, or gum during the workout.
- Schools must ensure that all facilities are cleaned and sanitized in accordance with CDC and EPA guidelines.
- Schools must ensure indoor facilities have adequate ventilation.

NJSIAA GENERAL GUIDELINES

Remote Learning – All students participating in full-day or part-time remote learning are permitted to participate in NJSIAA athletics if the school district permits it.

Six-Day Practice Rule Due to COVID-19, the NJSIAA has decided to make the following amendment to the six-day practice rule. What we have approved for this year only is the following:

- Any lapse of time from the start of practices and before the completion of six practices because of quarantine or some other COVID related issue, the

school may pick up where they left off pending principal approval.

- The students or team still must complete the six-practice total before any student or team can participate in scrimmages or games.
- We are also strongly encouraging virtual workouts when possible during the students or team quarantined period. Virtual workouts do not count toward the 6 practices total.
- Upon completion of six practices, it will be the school's decision, through consultation with the appropriate school personnel, to determine the date for students and/or teams to safely return to competition after a period of quarantine.
- Students that are involved in overlapping sports are not subject to the six-day practice rule if they start the next sport within three days of the completion of the first sport.
- Students that begin the 2nd overlapping sport within three days are eligible for competition immediately unless the school self imposes a minimum amount of practices needed before a student is approved for competition in an overlapping sport.
- If a student is inactive for more than three days involving overlapping sports, then the six-day practice rule will be in effect.

Transfers (Varsity Athletes Only):

- Student-athletes that transferred before March 16, 2020, are subject to the transfer sit-period and will be eligible for participation on the following dates:
 - o Skiing – January 19, 2021
 - o Ice Hockey – February 1, 2021
 - o Basketball, Bowling, and Fencing - February 8, 2021
 - o Swimming, Diving, and Winter Track & Field - March 1, 2021
 - o Gymnastics, Girls Volleyball, and Wrestling – March 29, 2021
- Student-athletes that transferred between March 16, 2020, and November 1, 2020, are NOT subject to the transfer sit-period, as long as the previous school did not check athletic advantage.
- If a student-athlete transferred after November 1, 2020, the student-athlete shall be ineligible to participate for a period of 30 calendar days, or one half of the maximum number of games being played, whichever is less.

Credits (NJSIAA By-Laws: Article V E.)

1. To be eligible for athletic competition during the first semester (September 1 to January 31) a pupil must have passed 25% of the credits (30) required by the State of New Jersey for graduation (120), during the immediately preceding the academic year.
 - o Season 2: Ice Hockey, Skiing, Basketball, Bowling, and Fencing

2. To be eligible for athletic competition during the second semester (Feb. 1 to June 30), a pupil must have passed the equivalent of 12 1/2% of the credits (15) required by New Jersey for graduation (120) at the close of the preceding semester (Jan. 31). Full-year courses shall be equated as one-half of the total credits to be gained for the full year to determine credits passed during the immediately preceding semester.

- o Season 2A: Swimming, Diving, and Winter Track & Field
- o Season 3: Girls Volleyball, Gymnastics, Wrestling
- o Season 4: Baseball, Boys Golf, Girls Golf, Boys Lacrosse, Girls Lacrosse, Softball, Boys Tennis, Boys Spring Track and Field, Girls Spring Track and Field.

Captains Practices The phrase “Captains Practices” or any other student-led workouts does not exist within the NJSIAA guidelines.

- Official practices are sponsored by the school district and conducted by a coach that has satisfied all the requirements from the school district, the department of education, and the NJSIAA.
- An official practice takes place during the NJSIAA regulated seasons (fall, winter, spring).
- During the out-of-season period, practices/workouts sanctioned by the school and or under the direction of a coach are not permitted.

Clarifications

1. Coaches may not attend out-of-season student-led workouts.
2. Coaches may not supply practice plans or equipment for out-of-season student-led workouts.
3. Coaches may not tell students they can use the district’s facilities for their out-of-season student-led workouts.
4. Students that organize an out-of-season student-led workout that does not involve clarifications 1-3 is not a violation.
5. Students that organize an out-of-season student-led workout, using district facilities but do not involve clarifications 1-3 is not a violation; However, the school district will be liable for any injuries. Athletic directors should be cognizant of the school’s facility use to prevent this type of action.

Return to Competition for Boys/Girls Basketball(NFHS/NJSIAA)

1. Basketball Rules Considerations

Pregame Protocol (2019-2020 NFHS Officials Manual, page 16, 1.8; NFHS Basketball Rule Book – 3-4-5)

- *Limit attendees to the referee and the head coach from each team with each coach standing on the center circle on each side of the division line.
- *All individuals maintain a social distance of 6 feet or greater at the center circle.
- *Suspend handshakes prior to and following the Pregame Conference.

Team Benches (1-13-1) Social distancing should be practiced when possible. Below are some suggestions.

- *Limit the number of bench personnel to observe social distancing of 6 feet or greater.
- *Place team benches opposite the spectator seating.
- *Additional chairs or rows may be added to allow bench personnel to observe social distancing of 6 feet or greater.
- *Create separation between the team bench and spectator seating behind the bench.
- *Limit contact between players when substituting.
- *Personnel not in the game must adhere to any required local/state face covering requirements.

Officials Table (2-1-3)

- *The host must sanitize the table before the game and at half time. Place officials table sufficiently away from the sideline to allow for additional space for substitutes.
- *Limit seats at the table to essential personnel which includes home team scorer and timer with a recommended distance of 6 feet or greater between individuals.
- *Other personnel (visiting scorers, statisticians, media, etc.) are not deemed essential personnel and consider an alternate location for them.
- *Table personnel must adhere to any required local/state face covering requirements.

2. Pre and Post Game Ceremony

- *Suspend the pregame introduction handshakes.
- *Suspend post game protocol of shaking hands.

3. Basketball Rules Interpretations

Rule 4-1 EQUIPMENT AND ACCESSORIES

Basketball:

- *Ball given to officials in the locker room, where it is sanitized as recommended by the ball manufacturer and not used for warm-ups.

- *The host school should ensure that the ball is sanitized during time-outs and between quarters.

- *Sanitizer must be provided by the host team at the table.

- *Cloth face coverings are permissible for players.

- *Require coaching staff and other bench personnel to wear face coverings while on the bench.

Rule 5-3 Officials Uniform and Equipment

- *By state association adoption, long-sleeved shirts are permissible.

- (5-1-3) *Officials should not be required to wear jackets during pre-game court/player observation.

- *Electronic whistles are permissible (supplies are limited).

- *Choose a whistle whose tone will carry inside.

- *Check the market for choices

- *Cloth face coverings are permissible.

- *Gloves are permissible.

4. Other Considerations

Throw-in

- *Official may stand 6 feet or greater away from a player making the throw-in and bounce the ball to that player on a front court throw-in.

Free Throw Administration

- *The lead official shall stand on the end line and bounce the ball to the free thrower.

Jump Ball

- *Eliminate the jump ball and award the ball to the visiting team the first alternating possession for the throw in.

- *To start an overtime period, use a coin toss to determine which team is awarded the ball.



To: NJSIAA Member Schools
From: NJSIAA Sports Advisory Task Force
Date: August 20, 2020
RE: Return-to-Play Plan

The NJSIAA Sports Advisory Task Force is pleased to announce the Return-to-Play Plan for the 2020 – 2021 school year. Please note that this plan is fluid and may be changed at any time based on either guidance from the Department of Health or Governor-mandated changes to the school day.

As is detailed below, to accommodate Girls Volleyball and Gymnastics (the fall indoor sports), and any fall outdoor sport that is rescheduled from its regular season as a result of changed circumstances, an additional season has been added to the schedule this year.

Sports Advisory Task Force Guiding Principles

1. Ensure the health and safety of all student-athletes.
2. Re-engage all student-athletes as soon as possible for their social, emotional and mental well-being.
3. Provide opportunities for participation in all sports.
4. Keep competition as local as possible for as long as possible.
5. Develop multiple return-to-play models to minimize the risk of a cancelled season.
6. Maintain the ability to pivot to back-up plans when deemed necessary.
7. Minimize potential impact on the spring season.
8. Minimize the importance of post-season, state-wide championships. The focus this year is on participation, as opposed to championships.

To: NJSIAA Member Schools
From: NJSIAA Sports Advisory Task Force
Date: November 19, 2020
RE: Return-to-Play – Season 2 and Season 3 Update

The NJSIAA Sports Advisory Task Force is pleased to provide the following update on Season 2, Season 3, and a newly added Season 2A. We appreciate your patience as we continue to solicit feedback and monitor the orders issued by the NJ Department of Health and the Governor's office.

The dates for Seasons 2, 2A and 3 below are final. NJSIAA will not make any further changes to the schedule. The purpose of this update is to provide our member schools with the necessary information to allow them to prepare for the upcoming seasons.

Capacity/Attendance

On November 16, 2020, Governor Murphy issued Executive Order 196, which further restricts the number of people permitted at both outdoor and indoor sporting events. Under the Order, indoor practices and competitions are limited to 10 persons, however, if the number of individuals who are necessary for the practice or competition, such as players, coaches, and referees, is greater than 10 persons, the practice or competition may proceed. If this exception applies, the number of individuals still may not exceed 25 percent of the capacity of the room in which it takes place, or 150 persons, whichever is less. Practically speaking, this means that spectators are prohibited.

Although we do not sponsor any outdoor winter sports, it is important to note that the Order also restricts the number of people permitted at outdoor events to 150, inclusive of the athletes, coaches, referees and trainers.

Season 2, Season 2A and Season 3 Update

Below are the updated season dates for all sports that will be played during Season 2, Season 2A and Season 3. To summarize, for the reasons explained below, the ice hockey dates remain unchanged from our previous guidance; the basketball, fencing and bowling start dates have been pushed into the new year; Season 2A has been created to accommodate swimming and winter track & field; and wrestling has been moved to Season 3, which was originally created to accommodate girls' volleyball and gymnastics.

Sport	Practice Start	Competition Start	Competition End
Ice Hockey	Dec. 14th	Jan. 4th	Feb. 17th
Basketball, Fencing and Bowling	Jan. 11th	Jan. 26th	Mar. 6th
Swimming and Winter Track & Field	Feb. 1st	Feb. 16th	Mar. 27th
Gymnastics, G Volleyball and Wrestling	Mar. 1st	Mar. 16th	Apr. 24th

Ice Hockey – Season 2

The ice hockey schedule has been slightly adjusted to allow for adequate time between Thanksgiving and the start of the season. However, we are cognizant of the fact that many schools have already booked time in hockey rinks. Therefore, to avoid the financial repercussions that come along with rescheduling ice time, hockey will be the one sport that begins practicing prior to the new year.

Season Limitations:

Competition will be limited to three events per week. The total maximum events will be 15 events during the season, which includes league or conference tournaments. Teams may only compete in one event per day.

NJSIAA Post-Season:

There will be no NJSIAA sponsored post-season. Post-season play may be hosted locally by participating leagues and conferences at their discretion.

Multi-Team/Invitational Events:

Multi-team/invitational events are prohibited.

Scrimmages:

Schools will have the opportunity to participate in one pre-season scrimmage, preferably with a neighboring school. When possible, ice hockey teams are encouraged to participate in intra-squad scrimmages and utilize officials for additional preseason preparation.

Out-of-State Competition:

On November 10, 2020, Governor Murphy issued Executive Order No. 194 which prohibits member schools from hosting interstate competition in all indoor sports. Therefore, no member school may host an out-of-state opponent or host an event out of state. Moreover, NJSIAA is prohibiting member schools from traveling out of state to compete.

Transfers:

Any student-athlete that is subject to a transfer sit-period will be eligible for participation on Monday, January 19, 2021. As a reminder, those student-athletes that transferred between March 16, 2020 and November 1, 2020 are not subject to the transfer sit-period. If a student-athlete transfers after November 1, 2020, the student-athlete shall be ineligible to participate for a period of 30 calendar days, or one half of the maximum number of games being played, whichever is less.

Basketball, Bowling and Fencing – Season 2

Based on feedback from member schools, health officials and the Governor's office, NJSIAA is delaying the start of practice for basketball, bowling and fencing until January 11th to allow member schools to get through the holiday break before student-athletes begin practicing at school facilities.

Game Limitations:

Competition will be limited to three events per week. The total maximum events will be 15 events during the season, which includes league or conference tournaments. Teams may only compete in one event per day.

Multi-Team/Multi-Game/Invitational Events:

Multi-team, multi-game and invitational events are prohibited in basketball and fencing. Multiple bowling contests may take place in the same bowling alley at the same time, however, the capacity limits set forth in Executive Order 196 must be followed.

Scrimmages:

Schools will have the opportunity to participate in one pre-season scrimmage, preferably with a neighboring school. When possible, schools are encouraged to participate in intra-squad scrimmages and utilize officials to provide additional preseason preparation.

Post-Season:

There will be no NJSIAA sponsored post-season. Post-season play may be hosted locally by participating leagues and conferences at their discretion.

Out-of-State Competition:

On November 10, 2020, Governor Murphy issued Executive Order No. 194 which prohibits member schools from hosting interstate competition in all indoor sports. Therefore, no member school may host an out-of-state opponent or host an event out of state. Moreover, NJSIAA is prohibiting member schools from traveling out of state to compete.

Transfers:

Any student-athlete that is subject to a transfer sit-period will be eligible for participation on Monday, February 8, 2021. As a reminder, those student-athletes that transferred between March 16, 2020 and November 1, 2020 are not subject to the transfer sit-period. If a student-athlete transfers after November 1, 2020, the student-athlete shall be ineligible to participate for a period of 30 calendar days, or one half of the maximum number of games being played, whichever is less.

Swimming and Winter Track & Field – Season 2A

Based on feedback from member schools and a lack of facility availability across the state, the swimming season has been moved to a newly created Season 2A. We hope that more pools will be available to our member schools beginning in February. Likewise, the winter track & field season has been moved to Season 2A. By February, it is possible that indoor facility capacities will increase, and, as an alternative, better weather may allow for outdoor polar bear meets.

Season Limitations:

Competition will be limited to three events per week. The total maximum events will be 15 events during the season, which includes league or conference tournaments. Teams may only compete in one event per day.

NJSIAA Post-Season:

There will be no NJSIAA sponsored post-season. Post-season may be hosted locally by participating leagues and conferences at their discretion.

Multi-Team/Invitational Events:

Currently, all competition will be limited to two teams only, but this is subject to change. NJSIAA will continue to consult with the NJ DOH to determine if multi-team or invitational events will be permissible; however, we expect decisions on expanding the scope of participants and/or teams will not be made until closer to the start of the season.

Scrimmages:

Schools will have the opportunity to participate in one pre-season scrimmage, preferably with a neighboring school. When possible, schools are encouraged to participate in intra-squad scrimmages and utilize officials to provide additional preseason preparation.

Out-of-State Competition:

On November 10, 2020, Governor Murphy issued Executive Order No. 194 which prohibits member schools from hosting interstate competition in all indoor sports. Therefore, no member school may host an out-of-state opponent or host an event out of state. Moreover, NJSIAA is prohibiting member schools from traveling out of state to compete.

Transfers:

Any student-athlete that is subject to a transfer sit-period will be eligible for participation on Monday, March 1, 2021. As a reminder, those student-athletes that transferred between March 16, 2020 and November 1, 2020 are not subject to the transfer sit-period. If a student-athlete transfers after November 1, 2020, the student-athlete shall be ineligible to participate for a period of 30 calendar days, or one half of the maximum number of games being played, whichever is less.

Gymnastics, G Volleyball and Wrestling – Season 3

Prior to the issuance of Executive Order No. 187 on October 12, 2020, practice and competition for indoor medium and high-risk sports were prohibited. Therefore, in August 2020, the gymnastics and girls' volleyball seasons were moved to a newly created Season 3. As wrestling is NJSIAA's high-risk indoor winter sport, per the NJ DOH Guidance for Sports Activities, and based on feedback from health officials and member schools, NJSIAA will postpone wrestling to Season 3.

Game Limitations:

Competition will be limited to three events per week. The total maximum events will be 15 events during the season, which includes league or conference tournaments. Teams may only compete in one event per day.

Multi-Team/Multi-Game/Invitational Events:

Currently, all competition will be limited to two teams only, but this is subject to change. NJSIAA will continue to consult with the NJ DOH to determine if multi-team or multi-game events will be permissible; however, we expect decisions on expanding the scope of participants and/or teams will not be made until closer to the start of the season.

Scrimmages:

Schools will have the opportunity to participate in one pre-season scrimmage, preferably with a neighboring school. When possible, schools are encouraged to participate in intra-squad scrimmages and utilize officials to provide additional preseason preparation.

Post-Season:

The Sports Advisory Task Force will continue to solicit feedback from NJSIAA staff, member schools and sports specific committees to determine what may be the best format for post-season play. The post-season dates and structure will follow at a later date, however, the post-season will end no later than Saturday, April 24, 2021.

Out-of-State Competition:

On November 10, 2020, Governor Murphy issued Executive Order No. 194 which prohibits member schools from hosting interstate competition in all indoor sports. Therefore, no member school may host an out-of-state opponent or host an event out of state. Moreover, NJSIAA is prohibiting member schools from traveling out of state to compete.

Transfers:

Any student-athlete that is subject to a transfer sit-period will be eligible for participation on Monday, March 29, 2021. This eligibility date is applicable to every winter sport. As a reminder, those student athletes that transferred between March 16, 2020 and November 1, 2020 are not subject to the transfer sit period. If a student-athlete transfers after November 1, 2020, the student-athlete shall be ineligible to participate for a period of 30 calendar days, or one half of the maximum number of games being played, whichever is less.

Spring Sports Update – Season 4

The Sports Advisory Task Force recognizes the importance of providing as complete of a spring season as possible and we appreciate everyone's continued patience and understanding. The task force will be releasing the final plans for the spring sports season on or before Friday, December 11, 2020. Note that the spring season will most likely extend through the month of June.

Palmyra School District

WAIVER/RELEASE FOR COMMUNICABLE DISEASES INCLUDING COVID-19
ASSUMPTION OF RISK / WAIVER OF LIABILITY / INDEMNIFICATION AGREEMENT

In consideration of being allowed to voluntarily participate in Palmyra School District athletic events and activities, the participant acknowledges, appreciates, and agrees that:

Voluntary participation includes possible exposure to and illness from infectious diseases including but not limited to MRSA, influenza, and COVID-19. While particular rules and personal discipline may reduce this risk, the risk of serious illness and death does exist; and, I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and, I willingly agree to comply with the stated and customary terms and conditions for participation as regards protection against infectious diseases. If, however, I observe any unusual or significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and, I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS Palmyra School District, their officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event including but not limited to Legion Field Park and The Borough of Palmyra, WITH RESPECT TO ANY AND ALL ILLNESS, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY AGREEING TO IT, AND AGREE FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Name of Child/Player: _____

Name of Parent/Guardian: _____

Parent/Guardian Signature: _____

Date Signed: _____

**NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION
COVID-19 Pre Screening Daily Questionnaire**

Name of Student: _____ Date: _____

Name of Parent/Guardian: _____ Sport: _____

Are you experiencing any of the following symptoms? Please Circle One:

1. Fever ($\geq 100.4^{\circ}\text{F}$) YES NO

2. Cough or shortness of breath YES NO

3. Sore Throat YES NO

4. Chills YES NO

5. Muscle aches or rigors YES NO

6. Headache YES NO

7. New loss of taste or smell YES NO

8. Abdominal pain, nausea, vomiting or diarrhea YES NO

9. Have you had close contact with someone who is currently sick? YES NO

10. Have you been diagnosed with COVID-19 in the past three weeks or have reason to believe you have COVID-19? YES NO

11. Have you traveled to any of the states listed under New Jersey Executive Orders to quarantine in the last 14 days? YES NO

Temperature Reading: _____ Screener Initials: _____

To participate in fall athletics, each student must complete this form daily before every practice/game. Screening questionnaires must be completed prior to arriving on school grounds. I truthfully responded to the health questions on this checklist. Furthermore, by signing and submitting the form I acknowledge that I am free of indicating symptoms and will commit to properly wearing a protective mask and maintaining social distancing protocols while in the Palmyra School District facilities.

Student Signature: _____ Date: _____