

CHS Return to Athletics and Activities Updates may happen daily

CHS COVID-19 Primary Contact Person

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CHS COVID-19 Backup Contact Person

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CHS 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 or symptomatic 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.
- Any student/coach who tests positive should follow CDC/NJDOH Guidelines and physician's orders along with remaining quarantined for at least 72 hours after COVID-19 symptoms have resolved.
 - The student/coach must be cleared by a physician to return to workouts
- The Director of Athletics will be notified by screener or provided a copy of the physician'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 should be tested.
- If you cannot get a test, individuals who have been in close contact should be monitored for

72 hours. If symptoms do not present themselves, then a COVID 19 test is not mandatory, however, student must be cleared by a physician to return.

- Everyone who is tested must be cleared by a physician to return to participation.

Summer Recess Period Protocols

- COVID-19 Questionnaire and Physician's clearance
 - The COVID-19 Form will be sent out via Google Classroom and is available on the district and NJSIAA website. This form must be completed before training.
 - If the student-athlete answers “Yes” on the questionnaire, the student-athlete must be cleared by a doctor before participation in workouts can begin.
 - If a student-athlete has tested positive for COVID-19 antibodies, this is tantamount to testing positive for COVID-19. A positive test for COVID-19 antibodies means that the student-athlete had the virus at some point, even if he/she was asymptomatic and, therefore, unaware of it
 - Student-athletes who have pre-existing medical conditions and/or are immunocompromised (e.g., diabetes, asthma, auto-immune disorders, etc.) shall provide written clearance from a medical doctor before he/she will be permitted to participate in workouts.
 - The CHS School District will notify all parents/guardians that student-athletes with pre-existing medical conditions should consult with a physician before they are permitted to participate in the workouts.
- Pre-Screening during Summer Recess Phase 1
 - The Head Coach will inform student athletes where and what time the screening will take place. It is imperative that student athletes are on time. Late athletes may not be able to participate.
 - Student-athletes must fill out the COVID-19 Daily Pre-screening Questions electronically before they arrive on site
 - If there is a “Yes” answer on the form, students should not come to the workout until they are cleared by a physician.
 - The designated screener will ensure the Daily COVID-19 Questionnaire has been complete and check temperatures.
 - The screener must always wear a face covering
 - The screener must fill out the pre-screening questionnaire for themselves and have their own temperature checked.
 - Upon arrival, all coaches must be wearing a face covering and have a completed screening questionnaire in hand, or they will not be screened.
 - There will be NO screening of student-athletes until the coach has

arrived and been cleared.

- Upon arrival, all student-athletes must be wearing a face-covering and have a completed pre-screening questionnaire, or they will not be screened.
 - All screeners must review the completed note on the pre-screening questionnaire and take the temperature of the student-athletes prior to the student exiting the car or upon walking up to the facility.
 - The screener only needs to document the temperature on the pre-screening questionnaire if it is 100.4 or above.
 - The screener must collect and distribute all the completed documents to the appropriate staff member to be maintained by the school district.
 - The student-athletes must keep their face covered until the screening process is completed, and they are instructed to remove them by their supervising coach.
- If a student arrives on-site and has answered “Yes” on the daily pre-screening form or has a temp of 100.4 or above the screener must do the following
 - Stop the screening process immediately
 - Keep the student in the car and instruct the parent to take them back, or return home by the means they arrived..
 - The student-athlete will not be permitted to begin workouts until cleared.
 - The student will not be permitted to return to an Athletic workout, practice, or competition until they have received a Physician’s clearance and the note has been accepted by the Athletic Trainer or Nurse.
 - The student’s name must immediately be reported to the Athletic Director, Athletic Trainer, Nurse, and Building Principal.
 - If a coach at the workout has answered “Yes” or has a temp of 100.4 or above, then the workout will be canceled, and athletes should return home unless there are additional coaches.
- Workouts during Summer Recess Phase 1
 - Workouts shall be no more than ninety (90) minutes in duration and shall include a ten (10) minute warm-up and a ten (10) minute cool down.
 - Only one workout per day is permitted and there must be one (1) day of rest per every seven (7) days.
 - All workouts shall take place outside during PHASE 1
 - Weight training activities, both indoor and outdoor, are not permitted during PHASE 1
 - Access to workouts must be limited to student-athletes, coaches, and appropriate

school personnel.

- There shall not be any physical contact, of any kind, between student-athletes and coaches during PHASE 1.
- Throughout PHASE 1, workouts shall be limited to conditioning, skill-sets, and sport-specific non-contact drills
 - No competition between schools is permitted during PHASE 1
- Coaches are required to have a pre-drawn structured practice plan on file.
- Coaches will be required to record the wet-bulb reading prior to the practice on the shared LHS wet-bulb recording sheet located on Google Drive.
 - The Wet Bulb instrument will be stored in the athletic training office.
 - All workouts shall comply with the NJSIAA Heat Participation Policy.
- Student-athletes should be provided with unlimited access to fluids.
- All workouts during PHASE 1 will take place on grass fields. The turf is not to be used during PHASE 1

- Face Coverings

- Students and Staff who do not arrive to workouts with a mask will not be permitted entry to workout
- Acceptable masks include - Surgical masks, cloth masks with ear loops, and gaiter cloth masks
- 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 required to wear face coverings.
- Coaches, screeners, and district personnel must wear face coverings at all times.
 - Coaches that workout with their student-athletes i.e. cross-country coaches, are permitted to remove the face-covering during the workout but must remain six (6) feet apart at all times.
- Student-Athletes, coaches, and district personnel must provide their own face coverings.
- Face-coverings may not be shared.
- Student-athletes will be responsible for maintaining and cleaning their own mask

- Groupings/Social Distancing

- 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.
- The 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 for the entirety of PHASE 1
- 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.
 - A coach must submit the names of the student-athlete groups to the Athletic Director and Athletic Trainer prior to the start of the first summer workout.
 - Coaches may not mix or combine groups if the attendance level in one group is low.
- Coaches may move from one grouping to another but must always wear face coverings and stay at least six (6) feet apart from student-athletes
- One Coach can supervise multiple groups, as long as face coverings and proper distancing is maintained at all times.
- There shall not be celebratory contact, e.g., fist bumps, high-fives, huddles, etc.
- Student-athletes who participate in more than one sport are encouraged to be grouped with their fall sports teammates.

- Sports Equipment

- Sports equipment shall not be shared at any time during PHASE 1.
- During PHASE 1, school-supplied balls are permitted to be used during the conditioning workouts.
- During PHASE 1, no helmets or shoulders pads are permitted
- Each student-athlete shall bring individual water bottles to each workout for his/her own personal consumption. There shall not be any trading or sharing of water bottles.
- Students are permitted to refill their water bottles from a shared source as long as they are staying socially distant and using proper hygiene.
- All sports equipment and touchpoints (e.g., balls, benches, agility cones, ladders, clipboards, etc.) must be cleaned and disinfected by the coach(es) after each workout with EPA approved cleaners and disinfectants against COVID-19.
 - The EPA approved cleaners will be provided by the maintenance staff and/or athletic trainer.

- Locker Rooms/Restrooms

- Student-athletes shall not have access to locker rooms at any time.
- The restrooms located in the football stadium will be made available for student-athletes and coaches during the Summer Recess workouts.
- Restrooms shall be cleaned and disinfected regularly with EPA approved cleaners

and disinfectants against COVID-19 by MTPS staff (e.g. coaches or maintenance personnel) at the conclusion of the workout

- Restroom use shall be limited to one person at a time.

- Hygiene

- Students and staff should make every effort to wash their hands as often as possible including before and after the workout.
- Hand sanitizer shall be accessible at all times.
- Student-athletes shall wear their workout gear to the workout and shall return home in the same workout gear.
- There shall be no spitting, chewing seeds, or gum during the workout.

- Inclement Weather Plan

- Altering practice times because of potential bad weather is strongly encouraged.

**NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC
ASSOCIATION** 1161 Route 130 North, Robbinsville, NJ 08691-1104
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COVID-19 Questionnaire

Name of Student: _____ Date: _____

Parent/Guardian Cell: _____ Sport: _____

COVID-19 Questions:

Please Circle One

Has your son/daughter been diagnosed with Coronavirus (COVID-19)? **YES NO**

• If diagnosed with Coronavirus (COVID-19), was your son/daughter symptomatic? **YES NO**

• If diagnosed with Coronavirus (COVID-19), was your son/daughter hospitalized? **YES NO**

Has any member of the student-athlete's household been diagnosed with
Coronavirus (COVID-19)? **YES NO**

Signature of Parent/Guardian: _____

To participate in workouts during the summer recess period, the parent/guardian must complete this form. This form only needs to be completed one time.