

## **Sterling High School Return to Athletics and Activities**

### **SHS COVID-19 Primary Contact Person**

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### **SHS COVID-19 Backup Contact Person**

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### **SHS 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 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 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 doctor to return.
- Everyone who is tested must be cleared by a doctor to return to participation.

## **Summer Recess Period Protocols**

- COVID-19 Questionnaire and physician's clearance
  - The COVID-19 Form will be sent out via rschool. This form must be completed 7 days 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 the questionnaire is submitted late, the student-athletes must wait seven days before participating in summer workouts.
    - 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 cleared from a medical doctor before he/she will be permitted to participate in workouts.
      - The SHS School District will notify all parents/guardians that student-athletes with pre-existing medical conditions should consult with a doctor before they are permitted to participate in the workouts.
- Pre-Screening during Summer Recess Phase 1
  - The Head Coach will meet arriving students at the concession stand for all summer recess workouts.
    - Parents who drop off students must wait in his/her car until the student has successfully passed the screening.
    - If a student has walked to school and does not successfully complete the temperature screening, they will be sent home and a parent will be notified of their return.
  - Student-athletes must fill out the COVID-19 Daily Pre-screening Questions through the ATGenius program 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 doctor.
  - The team’s designated screener will meet the students to collect the review the Daily Covid-19 Questionnaire and check temperatures.
    - The screener may be an assistant coach that is coaching that day as long as there is more than one coach for that team at that workout.
    - If there is only one coach, then there must be another district approved employee who can conduct the screens.
      - Any school-approved employee may conduct the screening process.

- The screener does not have to be the same each day, although it is strongly recommended.
  - 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 completed the screening questionnaire, 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 completed the 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 entering 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 coach 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.
  - Return the student to the car and instruct the parent to take them back.
  - 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, skillsets, 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.
- 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.

- 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 encouraged 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, if 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 shoulder 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 concession stand 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 SHS staff (e.g. coaches or maintenance personnel) at the conclusion of the workouts.

- 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.

## **Sterling Athletics Assigned Practice Times**

Students meet coaches at the Preston Ave. gates to begin the screening process.

PHASE 1 will begin on Monday, July 13 - July 26

- Monday and Thursday – 8:00 -11:00 and 5:30 – 8:00
  - 8:00 A.M.- Girls Soccer/Tennis
  - 8:30 A.M. - Field Hockey
  - 9:00 A.M. – Volleyball
  - 5:30 P.M. - TBD
  - 6:00 P.M. – Football
  - 6:30 P.M. – Boys Soccer

NJSIAA Return to Play guidelines- <https://www.njsiaa.org/events-news-media/news/njsiaa-provides-return-play-guidelines-phase-1>