

Dear Passaic Athletic Families,

Thank you for your patience during this time of unprecedented challenges. In the last four months since Governor Murphy closed all schools and athletic programs, the Division of Athletics has been focused on our student-athletes' wellness and safe return to participation. I wanted to take this opportunity to provide some updates regarding our athletic department response to the COVID-19 pandemic.

After reviewing the guidance published by the New Jersey Interscholastic Athletic Association, the Division of Athletics has implemented the following procedures and guidelines for all athletes:

### **Phase 1 (July 27 – August 7)**

The NJSIAA (New Jersey State Interscholastic Athletic Association) designed Phase 1 to be a conditioning phase in which student-athletes begin the return to play protocol with the focus being conditioning and COVID-19 sport safety awareness.

#### **Athletic Physicals and Medical Clearance**

1. Student-athletes must be medically cleared by the athletic department, which includes, medical clearance in accordance with NJ DOE 18A:40-41.7. Preparticipation Physical Evaluation Form required for student-athletes; certification statement and completion of the newly added Covid-19 questions under the Health History portion of the registration.
2. Any student-athlete who presently has COVID-19, or has tested positive for COVID-19, shall provide clearance from a physician before he/she will be permitted to participate in workouts.
3. Any student-athletes who have pre-existing medical conditions and/or are immunocompromised (e.g., diabetes, asthma, auto-immune disorders, etc.) shall provide clearance from a physician before he/she will be permitted to participate in workouts.
4. As per the district's athletic trainers' plan of care and district protocol a communication line will be established with the school physician and they will review and provide guidance on all cases under points 1 and 2.

#### **Details of Return to Play**

1. Student athletes will arrive promptly at the stadium (North gate entrance) during their 15 minutes assigned check in time for practice (schedule will be sent out as soon as possible). If a student athlete misses their time slot, they will be sent home.
2. The **COVID-19 Pre-Participation Questionnaire** form must be completed before Phase 1 begins. This form only needs to be completed one time. Any athlete that does not have a COVID-19 Questionnaire form on file will not be permitted to participate in any workouts.
3. The **COVID-19 Daily Screening Questionnaire** form must be completed via google forms for each day of conditioning before the student athlete arrives at the stadium. (no earlier than 6 AM each day and no later than 30 min prior to their arrival time.)
4. Upon completing the daily screening form, the student athlete will receive an email ensuring them that they can attend practice.

5. Before entering the stadium, the student athlete's temperature will be taken and documented.
  6. If you are bringing your child to the stadium please wait for your child to complete the temperature screening process. Your child will let you know once they have successfully cleared this process.
  7. Any student with a temperature greater than 100.4°F, shall not be permitted to participate in the workout and will be quarantined in a safe area until a parent/guardian is able to pick up their child, if a parent is not present.
6. Student athletes must bring their own mask and water bottle to their workouts (we will provide a mask and water bottle if the student athlete is not able to provide one)

### **WORKOUTS**

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.
2. 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.
3. Throughout PHASE 1, workouts shall be limited to conditioning, skill sets, and sport-specific non-contact drills.

### **FACE COVERINGS**

1. 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 must wear face coverings.
2. 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.
3. Coaches and district personnel must wear face coverings at all times.

### **GROUPINGS / SOCIAL DISTANCING**

1. No more than ten (10) student-athletes may be grouped together in a single area and the groups should be pre-determined by the coach prior to the start of the workout.
2. 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.
3. Once student groupings are determined, student-athletes may not switch to another grouping, even for another sport.
4. 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.

5. Groupings must stay together throughout the entirety of PHASE 1.
6. There shall not be celebratory contact, e.g., fist bumps, high-fives, huddles, etc.
7. Student-athletes who participate in more than one sport are encouraged to be grouped with their fall sports teammates.

### **SPORTS EQUIPMENT**

1. Sports equipment shall not be shared at any time during PHASE 1.
2. Each student-athlete must bring individual water bottles to each workout for his/her own personal consumption. There shall not be any trading or sharing of water bottles. (water bottles will be provided if the student athlete can not provide one)
3. All sports equipment and touchpoints (e.g., benches, agility cones, ladders, clipboards, etc.) must be cleaned and disinfected after each workout with EPA approved cleaners and disinfectants against COVID-19.
4. A ball can be used, but not shared.

### **LOCKER ROOMS / RESTROOMS**

1. Student-athletes shall not have access to locker rooms at any time.
2. Restrooms in concession stand will be open but limited to one student athlete at a time.
3. Restrooms shall be cleaned and disinfected regularly with EPA approved cleaners and disinfectants against COVID 19.

### **HYGIENE**

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

### **Important Future Dates**

Phase 2 will **tentatively** take place from August 10- August 21 (more details to follow)

Phase 3 will **tentatively** take place from August 24 – August 29 (more details to follow)

Virtual ONLY practices will take place from August 30- September 13

First OFFICIAL fall practice will begin on September 14

First game/event will take place on Oct. 2

The NJSIAA created a COVID-19 information resource page. All documents and directives are now located at:

<https://www.njsiaa.org/covid-19-documents>

Please understand this a constantly changing situation and I greatly appreciate your patience as I continue to make every effort possible to ensure the health and safety of your child.

I thank you for your continued support and are grateful to have dedicated individuals like you in our Passaic Athletic Family. Please feel free to reach out me if you have any questions or concerns. I am here to help you throughout this uncertain transition. I wish you the best and look forward to seeing you again soon.

Passaic Pride!

Kimberly Kenny, Director of Athletics

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