



Dear Parents/Guardians and Student-Athletes:

First and foremost, I hope that you and your loved ones are safe and healthy. We have received questions from the community about COVID-19 and this year's athletic season. We know this outbreak has been stressful to many and recognize that exercising and participating in activities such as sports can be a healthy way, both physically and mentally, to cope with stress and connect with our community. After careful thought and lots of planning, we are excited to let you know that we plan to return to fall sports workouts (NJSIAA "Phase 1 – Summer Workouts"), while following CDC, DOH and NJSIAA considerations to protect players, families, and our community. Phase 1 will commence next week on various dates, depending on the sport. Please be on the alert for updates from the head coaches.

The health and safety of our students, athletes, staff, and volunteers remain our highest priority. Below, you will find a summary of actions we are taking to help ensure we are lowering the COVID-19 risk as much as possible, while also allowing our athletes to work out and hopefully compete in the future. We are and/or have:

- Instituted procedures and protocols (such as daily temperature checks), along with documents to allow for onsite work outs to occur
- Intensified cleaning and disinfection of our facilities and premises
- Reduced physical closeness or contact between players and coaches by staggering arrival and departure, creating small groups, and allowing players to focus on conditioning and building individual skills
- Promoting healthy hygiene practices, such as providing hand sanitizer and requiring individuals to provide their own liquids
- Requiring athletes and coaches wear a face covering when not participating in aerobic activities
- Not allowing the sharing of equipment

Anyone who is sick or has been in contact with someone who has COVID-19— including players, family members, coaches, and staff will not be able to attend workouts until medically cleared. Please be on the lookout for symptoms of COVID-19, which include fever, cough, or shortness of breath. Call your doctor if you think you or a family member is sick. If someone does get sick during a workout or practice, we have plans in place to isolate and make the appropriate contacts. If you have a specific question about this plan or COVID-19, please contact the athletic department, nurse's office, or athletic trainer. You can also find more information about COVID-19 at [www.cdc.gov](http://www.cdc.gov).

We look forward to seeing our student-athletes!

Thank you and stay healthy,

Geoff Haines, K-12 Athletic Director

**\*Please see the next page for important items each student-athlete MUST familiarize themselves with prior to workouts\***



STUDENT-ATHLETES

- Participation/attendance in Phase 1 is voluntary
- MUST complete the Health History Update form online, along with the sign-up forms
- MUST complete the COVID-19 Questionnaire online a week in advance
- MUST complete the COVID-19 Daily Pre-Screening Questionnaire each day, prior to arriving at a workout
- MUST wear a face covering when arriving for screening and continue wearing until aerobic activities begin
- WILL enter Carey Stadium via the 6<sup>th</sup> Street Ticket Booth entrance
- MUST have temperature taken after turning in the COVID-19 Daily Pre-Screening Questionnaire (if no “yeses”)
- A face covering is not mandatory during aerobic activity, but once the activity is over, a face covering is a MUST
- MUST bring a liquid bottle(s) each day...there will be no access to refilling the bottles and no sharing/trading
- Shall wash their hands/use hand sanitizer as often as possible, including before and after workouts
- Shall wear their workout gear to the workout and shall return home in the same gear (no access to locker room)
- No spitting, chewing seeds or gum
- No fist bumps, high fives, etc. No contact at all
- Anyone who refuses to wear a face covering during the required times will be sent home
- WILL exit the facility via the 5<sup>th</sup> Street Ticket Booth gate

It must be stressed that all of the protocols and guidelines are followed while on site and that hygiene and safety protocols are followed off the field as well. Our student-athletes are leaders and role-models both on and off of the field. For this fall season to occur and be successful – we must all follow guidelines. One problem has the potential to shut down a pod of athletes, a team of athletes or the entire sports program. Please use common sense, stay safe and be healthy.