

VTHS Return to Athletics Phase 1
7/13/2020-7/26/2020

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Rationale:

After consultation with VTHS Fall Head Coaches, Central Office Administration, Athletic Training Staff and School Nurse, VTHS will implement Phase 1 on July 13, 2020. Using the guidelines provided by the NJSIAA Phase 1 guidelines must be followed for the first two weeks. Because student-athletes have not been actively engaged in interscholastic sports, whether in practice or games, since earlier this year, there are significant concerns that student-athletes may be severely deconditioned, and high intensity workouts could result in avoidable injuries or other health issues. As a result, and to endure the health and safety of student-athletes to the fullest extent possible, the NJSIAA's Medical Advisory Task Force believes it is most medically appropriate to recondition student-athletes before beginning rigorous workouts during the summer months. There is no urgency or immediacy for interscholastic sports to begin contact workouts or games, therefore, with the benefit of this additional time, greater precautions can be taken in the near term. In addition, Phase 1 requires the smallest number of student groupings, and this will ensure, once workouts begin, that any confirmed COVID-19 case will impact the fewest number of student-athletes possible.

To limit the number of athletes, we have decided that only the Fall sport athletes, whose season is upcoming, will actively participate in Phase 1 of the summer recess. Summer session workouts in Phase 1 are NOT mandatory and athletes will only be able to participate with a completed COVID 19 questionnaire and follow all safety procedures and protocol to ensure a safe return to play.

THE FOLLOWING PROCEDURES MUST BE FOLLOWED PRIOR TO THE START OF PHASE 1

1. All student-athletes must have a current physical on file with the school before they will be permitted to begin the Summer Recess Workout Period. Physicals are valid for 365 days. If the student-athlete has a current physical on file, they must submit an updated Health History Form before they will be permitted to begin the Summer Recess Workout Period.
2. Student-athletes who presently have COVID-19, or who have tested positive for COVID-19, shall provide clearance from a physician before he/she will be permitted to participate in the workout.
3. Student-athletes who have pre-existing medical conditions and/or are immunocompromised (asthma, chronic lung disease, diabetes, obesity, pre-existing kidney disease, weakened or compromised immune system), shall provide clearance from a physician before he/she will be permitted to participate in workouts as well as clearance from the school district appointed physician.
4. The VTHS Parent COVID-19 Questionnaire should be completed seven days prior to the start of the first workout session. This form only needs to be completed one time. Any athlete that does not have a VTHS Parent COVID-19 Questionnaire on file will not be permitted to participate in any workouts.
5. Fall head coaches will receive Emergency Action Plans.

Summer Recess Period Protocols

• COVID-19 Parent Questionnaire and Physician's Clearance

- The VTHS Parent COVID-19 Questionnaire will be available on the VTSD Athletics website under the Registration tab, Paperwork. This form should be completed 7 days before the training.
 - If the parent answers "Yes" on the questionnaire, the student-athlete must be cleared by a doctor before participation in workouts can begin.
 - Student-athletes who have pre-existing medical conditions and/or are immunocompromised (asthma, chronic lung disease, diabetes, obesity, pre-existing kidney disease, weakened or compromised immune system) shall provide written clearance from a medical doctor before he/she will be permitted to participate in workouts.

- **Pre-Screening During Summer Recess Phase 1**

- The drop-off point for all summer recess workouts will be the ticket booth lot, past the stadium. A coach or staff member will direct student-athletes to the screening area. Parents will be instructed to remain at the drop-off point until the athlete clears the screening process. Those student-athletes that drive on their own, must park in the tennis court lot and walk to the screening area. **ALL PICK-UPS AFTER PRACTICE WILL TAKE PLACE IN THE FRONT OF THE SCHOOL**

- Student-athletes must fill out the VTHS Athlete Daily COVID-19 Pre-screening Questions before they arrive on site

- If there is a “Yes” answer on the form and/or has a temperature of 100.4 or above, students should not come to the workout until they are cleared by a doctor.

- The School Nurse, Athletic Trainer, and Athletic Director will 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 daily pre-screening questionnaire for themselves and have their own temperature checked before any contact with students.

- 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.

- The screeners will review the student’s completed VTHS Athlete Daily COVID-19 Pre-screening Questions form and take the temperature of the student-athletes at the designated area.

- The screener only needs to document the temperature on the pre-screening questionnaire if it is 100.4 or above.

- The screener must collect all the completed documents and the documents will be managed by the school nurse.

- 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 temperature of 100.4 or above the screener must do the following
 - Stop the screening process immediately
 - 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 School Nurse.
 - The student’s name must immediately be reported to the Athletic Director, Athletic Trainer, Nurse, and Building Principal
 - If the student-athlete drives themselves, they will return to their vehicle and return home. Parents will be notified by the Athletic Director.
 - If the student arrives with a parent, they will be asked to return to the car with their parent.
- 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.
 - All workouts shall comply with the NJSIAA Heat Participation Policy.
- Student-athletes are required to bring large containers of water that will suffice the 90 minutes of practice time.

● Face Coverings

- Student-athletes and Staff who do not arrive at workouts with an appropriate face covering will not be permitted entry to workout
- Acceptable face coverings 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 as long as they maintain appropriate social distancing at all times. 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 playings, watching videos, waiting in line, etc. are encouraged to wear face coverings.
- Coaches, screeners, and district personnel must wear face coverings 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 before the start of the workout.
- The social distancing of at least six (6) feet shall be maintained between other 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 before 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.

- **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. A final decision will be made by the Athletic Director.
- During PHASE 1, no helmets or shoulders pads are permitted
- Each student-athlete shall bring individual water bottles, labeled with their name, to each workout for his/her personal consumption. There shall not be any trading or sharing of water bottles.
- 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 VTSD 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 ticket booth lobby 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 the district maintenance staff after 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 for 20 seconds as often as possible including before and after the workout.
- Hand sanitizer shall be accessible at all times. It is recommended that each student-athlete bring their own supply of hand sanitizer. Hand sanitizer will be provided if needed.
- Student-athletes shall wear their workout gear to the workout and shall return home in the same workout gear. Athletic gear should be washed daily.

- There shall be no spitting, chewing seeds, or gum during the workout.

- **Inclement Weather Plan**

- Cancellation of workouts due to potential bad weather may occur.
- If thunder/lightning occurs, all athletes/staff will evacuate the field and enter the gymnasium. All individuals in the gymnasium must maintain social distancing and wear a face covering. No inside workouts are permitted.
- Student-athletes that drive themselves are to leave the school immediately.

DISTRICT RESPONSE TO A POSITIVE COVID-19 TEST OR IF A STUDENT-ATHLETE IS SYMPTOMATIC

1. 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.
2. Any student/coach who tests positive should follow CDC/NJDOH Guidelines and their doctor's orders. The student/coach must be cleared by a medical doctor to return to workouts.
3. The Athletic Director and school nurse will be notified by a screener or provided a copy of the Doctor's note with COVID-19 diagnosis by the parent/guardian of the student-athlete.
4. While maintaining the student's confidentiality, communication will be distributed to all relevant participants. Parents will be notified by phone call.
5. Anyone who is in/or has been in close contact with an individual who tests positive for COVID-19 should be tested.
6. Everyone who is tested must be cleared by a doctor to return to participation.
7. All coaches and staff are required to complete the NFHS COVID-19 course for coaches and administrators. Completion certificates will be submitted to the Director of Athletics before the start of the first workout.
8. Coaches are required to notify the School Nurse and Athletic Director if any student exhibits signs and/or symptoms associated with COVID-19.
9. Student(s) are to be isolated immediately under an isolation tent, out of their cohort, wear a face covering, with a coach or screener maintaining social distance while observing the student until the parent arrives.
10. School Nurse or Athletic Director will contact the student's parent/guardian to notify them that their student is exhibiting signs/symptoms associated with COVID-19.
11. The student-athlete will be referred to their medical doctor for consultation.
12. It is suggested that the athletic group of the suspected student-athlete quarantine for fourteen days or until it has been determined the suspected student has deemed not to be COVID-19 positive. That group will not be permitted to attend summer recess practices until it is deemed safe for them to do so.
13. The student-athlete will not be permitted to return to VTHS until medically cleared by their physician.

