

Some additional NJSIAA Phase 1 Clarifications.

Phase 1 of the summer session workouts must be of 2 weeks duration in groups of 10 or fewer athletes for the following reasons:

In light of the fact that the prevalence of COVID-19 varies by state, and New Jersey's numbers are declining while numbers from other states are rising, the Governor has issued an incoming travel advisory that all individuals entering New Jersey from states with a significant spread of COVID-19 should quarantine for 14-days after leaving that state. In the event that a student-athlete chooses to travel to one of the "hot spot" states, the student-athlete should be informed that he/she cannot return to workouts until after a fourteen (14) day period of quarantine has been observed. The link below will provide you with the most up to date list of "hot spot" states.

<https://covid19.nj.gov/faqs/nj-information/general-public/which-states-are-on-the-travel-advisory-list-are-there-travel-restrictions-to-or-from-new-jersey>

The rationale for the 14-day quarantine decision by the Governor is the same rationale behind the necessity of the Phase One return to training as it is an attempt to contain possible infection of COVID-19. As an infected athlete may not present with signs or symptoms of COVID-19 until 10-14 days after exposure, the use of small groups in the beginning phase of training decreases the possibility of viral transmission to an entire team and attempts to limit that exposure to the other athletes within his/her small group. Thus, if exposed, only one small group would need to self-quarantine for 2 weeks rather than the necessity to self-quarantine an entire team for 2 weeks.

Phase 1 – Clarifications for the 14-day workout cycle:

1. The 14-day count starts on the first practice day you start.
2. Only one workout per day is permitted
3. There must be a minimum of 2 practices for every 7 days totaling 4 practices
4. The maximum number of practices is 6 for every 7 days totaling 12 practices
5. There must be one (1) day of rest per every seven (7) days.
6. 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.
7. All workouts shall take place outside during PHASE 1.

Phase 1 – Clarifications for missing a practice:

1. It is imperative that all athletes start on day 1 (workout #1) of the schools/programs decided start date as that is when the calendar clock starts.
2. If a student-athlete misses workout #1, then their 14-day count will not start until they show up for their first workout and must be separated from the pods that started on time.
3. If a student-athlete misses any workout after workout #1, their 14-day count is still in effect assuming they clear their next screening process.
4. Any student-athlete traveling to a COVID "hot spot" will need to quarantine for 14 days.
5. Coaches must stress the importance of attending all workouts during phase 1.

Phase 1 – Clarifications for a positive COVID test:

1. If a student-athlete has tested positive, the student-athlete and all members of the related pod must self-quarantine and follow their family doctors' orders. A return to play note from a DO or MO must be completed before the student-athlete may return to workouts.

2. If a coach has tested positive, the coach must self-quarantine and follow doctors' orders. An all cleared note from a DO or MO must be completed before the coach may return to workouts.
- a. If the coach was not directly engaged in a particular pod, and just supervised workouts while maintaining proper social distances and wearing a mask, then the team may continue if other coaches are available.
 - b. If the coach was directly engaged in a particular pod, then the coach and all members of the related pod must self-quarantine and follow their family doctors' orders. A return to play note from a DO or MO must be completed before anyone may return to workouts.

Phase 1 – Clarifications for the use of balls:

In light of a recent uptick in COVID-19 cases throughout the State, and because the Governor has slowed the State's reopening progress, the NJSIAA is, out of an abundance of caution, revising its guidance regarding the permissible use of balls during Phase 1. More specifically, and although balls may still be used in Phase 1, they may only be used by individual student-athletes and cannot be shared between student-athletes even within their 10 person pods. This revision is being made to ensure, to the fullest extent possible, the health and safety of all student-athletes, and to limit the spread of COVID-19.

The following sports may pass the ball back and forth during phase 1 as long as it is incorporated into conditioning drills and only one person in the pod handles the ball.

- Soccer (no heading)
- Field Hockey