

# NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION

1161 Route 130 North, Robbinsville, NJ 08691-1104

Phone 609-259-2776 ~ Fax 609-259-3047

## SUMMER RECESS - PHASE 1 CLARIFICATIONS

### Screening Clarifications

1. Who can conduct the daily screening process?
  - a. Each district must designate sufficient school personnel to conduct the daily screening process.
  - b. Any school-approved employee may conduct the screening process.
  - c. The screener does not have to be the same each day although it is strongly recommended.
2. COVID-19 Questionnaire
  - a. All student-athletes must submit a COVID-19 questionnaire, and it must be maintained by the school district.
  - b. Parents are to fill out and submit the questionnaire at least seven (7) calendar days prior to the start of summer workouts. The form can be completed at any time. You do not have to wait for the seven (7) day date.
  - c. Student-athletes are not permitted to participate in works if there is a “YES” answer on the questionnaire. In this case, the student-athlete must be cleared by a doctor before participation in workouts can begin.
  - d. The questionnaire can be submitted late, but the student-athlete cannot participate in workouts until it is submitted and on file with the district.
  - e. 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.
3. COVID-19 Daily Pre-screening Questions
  - a. The pre-screening form is required before each workout.
  - b. Student-athletes must fill this form out before they arrive on site.
  - c. If there is a “YES” answer on the form, students should not come to the workout until they are cleared by a doctor.
4. What is the procedure for anyone that arrives on site and has answered “YES” on the screening form or has a temp of 100.4 or above?
  - a. Stop the screening process immediately
  - b. Separate the athlete from the rest and call the parent back. Parents must be instructed to remain at the drop off point until the athlete clears the screening process.
  - c. The student-athlete is not permitted to begin workouts until cleared by a doctor.
  - d. If the coach has answered “YES” or has a temp of 100.4 or above, then the workout will be cancelled, and the athletes should return home unless there are additional coaches.
5. Health History Update Questionnaire (HHQ)
  - a. Districts should follow their regular procedure for completion and submittal of the updated HHQ.
  - b. Submission of the updated HHQ form is not required for the summer recess period
  - c. Since the updated HHQ also has the same four (4) questions as the COVID-19 Questionnaire, you may use the updated HHQ form to clear student-athletes for the

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summer recess period. However, according to N.J.S.A.18A:40-41.7(b), the updated HHQ shall be reviewed by the school nurse and, if applicable, the athletic trainer shall review it as well. As with all health records, pursuant to N.J.A.C. 6A:32-7, these forms must be maintained in the school health office.

6. Can an assistant coach perform the screening if they are coaching on the same day?
  - a. This is permissible only when there is more than one coach involved in coaching that day. There always needs to be at least one supervising coach that is not involved with the screening process to supervise the student-athletes. The supervising coach must concentrate on getting the student-athletes in their 10-person workout groups (pods) and making sure that student-athletes adhere to social distancing requirements and are wearing face coverings.
  - b. If there is only one coach, then there must be another district approved employee who can conduct the screenings.
  - c. To the fullest extent possible, districts should consider staggered arrival and departure times of student-athletes.
  - d. Multiple screenings may take place at the same time and/or at different locations if the district has the resources and personnel to do so and can ensure that all screening procedures are followed.
  
7. What are the responsibilities of the screener?
  - a. The screener must always wear a face covering.
  - b. The screener must fill out the pre-screening questionnaire for themselves and have their own temperature checked
  - c. Upon arrival all coaches must be wearing a face covering and have a completed pre-screening questionnaire in hand, or they will not be screened.
  - d. There may be NO screening of student-athletes until the coach has arrived and been cleared.
  - e. Upon arrival all student-athletes must be wearing face coverings and have a completed pre-screening questionnaire, or they will not be screened.
  - f. The screeners must review the answers noted on the pre-screening questionnaire and take the temperature of the student-athletes one at a time.
  - g. The screener only needs to document the temperature on the pre-screening questionnaire if it is 100.4 or above.
  - h. The screener must collect and distribute all completed documents to the appropriate coach to be maintained by the school district.
  
8. What are the supervising coach's responsibility during the screening process?
  - a. All coaches must always wear a face covering.
  - b. The supervising coach needs to get the student-athletes in their 10-person workout groups (pods), make sure the student-athletes adhere to social distancing requirements (6 feet apart), and make sure the student-athletes are wearing face coverings.
  - c. The student-athletes must keep their face coverings on until the screening process is completed, and they are instructed to remove them by their supervising coach.
  
9. Student-athletes who have pre-existing medical conditions and/or are immunocompromised (e.g., diabetes, asthma, auto-immune disorders, etc.) shall provide written clearance from a medical doctor before he/she will be permitted to participate in workouts.

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- a. School districts shall 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.
10. PPE (Sports Physicals)
- a. There is legislation pending, which would eliminate the need for a PPE prior to fall sports participation.
  - b. Until the PPE extension bill passes, schools are to proceed as they would in the usual course. If a student-athlete has or can get an appointment with his/her medical doctor, it is highly recommended that they do so.
  - c. If the PPE extension bill passes, student-athletes will still need to get a physical but will have until the end of the fall season to get it.
  - d. Winter and spring student-athletes are not part of the PPE waiver and must comply with state requirements for PPE's.
  - e. Whether the bill passes or not, follow the school district's procedure regarding the requirement for a PPE for participation in the summer recess period.

## **Workout Clarifications**

1. All workouts shall take place outside during Phase 1.
  - a. Phase 2 will address indoor sports.
  - b. Weight training activities are not permitted during Phase 1. The taskforce will provide regulations for weight training, both indoors and outdoors during PHASE 2
2. Coaches must be mindful regarding practicing in the heat of summer. Proper hydration is essential. The NJSIAA heat policy is always available on our website as a reference during the summer recess period.
3. In case of inclement weather, each school districts will need to monitor and be ahead of bad weather to the best of their ability. Altering practice times because of potential bad weather is strongly encourage. School districts should also have a plan in place for safe evacuation if avoidance of bad weather is not possible.
4. Students are permitted to refill their water bottles from a shared source as long as you are staying socially distant and using proper hygiene.
  - a. Porta-johns are permitted but must be cleaned in accordance to the CDC and NJ DOH guidelines.

## **Face Coverings Clarifications**

1. All screeners must wear face coverings at all times.
2. All coaches and district personnel must wear face coverings at all times.
  - a. 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.
3. Student-athletes must wear face coverings until the start of the workout.

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- a. It is critical that while the face coverings are off, a distance of at least six (6) feet apart is maintained at all times.
- b. Once the workout is completed, face coverings must immediately be put back on.
- c. Student-athletes are encouraged to wear masks while not engaged in high-intensity aerobic activity, e.g., sitting on the bench, reviewing plays, watching videos, etc.

## **Groupings/Social Distancing Clarifications**

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.
  - a. Once student groupings are determined, student-athletes may not switch to another group. Groupings **must** stay together throughout the entirety of Phase 1.
  - b. Student-athletes who participate in more than one sport are encouraged to be grouped with their fall sports teammates.
  - c. 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.
  - d. One Coach can supervise multiple groups, as long as face coverings and proper distancing is maintained at all times.
  - e. 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.
  - f. More than one group of ten (10) student-athletes can be in a single area, provided there is twelve (12) to eighteen (18) feet between each group of student-athletes.

## **Sports Equipment Clarifications**

1. During Phase 1, school supplied balls are permitted to be used during the conditioning workouts.
2. During Phase 1, no helmets or shoulder pads are permitted.

## **Phases Clarifications**

Regardless of when a district begins workouts during the **summer recess period**, the Phase 1 guidelines must be followed for the first two weeks. The rationale for this requirement is that student-athletes may be deconditioned, and this period provides student-athletes with the best opportunity to recondition before beginning more rigorous workouts. 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. As we develop future guidelines, consideration may be given to shortening other Stages as appropriate.

## **Coaches Contact Clarification**

This year, because of COVID, the NJSIAA has determined that the summer recess period will tentatively start on Monday, July 13<sup>th</sup>. It will last through August 31<sup>st</sup>. High school coaches are permitted to coach their own-student athletes during this summer recess period. The NJSIAA has no jurisdiction over youth, recreation or club sports, or non-school sponsored high school level athletics, during the summer recess period. This would include events such as the Last Dance baseball tournament.