



Voorhees High School

A 2015 National Blue Ribbon School

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Voorhees Athletics Phase 1 Summer Workout Guidelines as per NJSIAA Regulations

Dear Parents and Guardians,

We will soon be implementing the NJSIAA Phase 1 protocol and opening up our voluntary conditioning workouts for our student-athletes who participate in Football, Girls Cross Country, and Field Hockey on the week of 7/13. Boys soccer is slated to start 7/27, and other sports will remain virtual at this time. All steps are based on recommendations from the NJDOE, Center for Disease Control, and the NJSIAA. The information below is extremely important as it communicates our timeline, clearance requirements, expectations, and procedures.

TIMELINE:

PHASE 1	July 13 th – JULY 26 th	Outside Only: Groups of 10	Coach will Organize
PHASE 2	July 27 th – ???	TBD	

(Any program participating in summer workouts must start in Phase 1, regardless of when their workouts begin.)

CLEARANCE REQUIREMENTS: Please see the ASPEN email that was emailed out by Maren Smagala on Monday, June 29th. Everything must be completed immediately for your son/daughter to be cleared to participate on July 13th.

- 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 workouts.
- 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.
- The COVID-19 Questionnaire (included in Aspen) must be completed seven (7) days prior to the start of the first workout session for your sport. This form only needs to be completed one time. Any athlete that does not have a COVID-19 Questionnaire on file will not be permitted to participate in any workouts.

EXPECTATIONS: A **Certified Athletic Trainer** will be onsite and will serve as our COVID-19 Compliance Coordinator.

During Phase 1: Teams will be working out varying days Monday – Thursday, some in the morning and some in the late afternoon. Arrival times will be staggered because of the pre-screening process (see information below).

*Your Head Coach will keep you posted of the days, workout times, and arrival times for your team’s workouts.

Whoever is dropping the athlete off for the workout must stay on campus until the prescreening process is complete. This will take place immediately in the area between the tennis courts and the ticket booth; athletes should remain in their vehicles until they are met by the trainer.

Please be on time when picking your athletes up once workouts are complete.

Pre-Screening

- Each day all coaches, student-athletes, and staff must clear the pre-screening process before they are permitted to participate in the workouts. Coaches will inform you where and when to arrive.
- The pre-screening process will consist of a temperature check by our athletic trainers, a review of the pre-screening daily questionnaire (attached for you), which needs to be completed before arrival so you can provide it for the trainer when you're greeted in the parking lot.
- Student-Athletes must show up with a water bottle. We recommend you bring enough for the entire workout, but we will have a station where it can be refilled. There will be no sharing of water.
- Student-Athletes must have a MASK on during the pre-screening process.
- Any individual who answers "yes" to any question on the questionnaire or has a temperature greater than 100.4°F shall not be permitted to participate in the workout, must leave the campus immediately, and is required to provide clearance from a physician before being permitted to resume participation in the workouts.

Workouts

- Head Coaches will organize all workouts and work closely with his/her assistants to make sure everyone is on the same page.
- 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.
- 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.

Face Coverings

- 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. However, 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 plays, watching videos, waiting in line, etc., shall wear face coverings.
- Coaches and district personnel must wear face coverings at all times unless they are participating in the workouts with the athletes.

Groupings/Social Distancing

- 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.
- 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.
- Once student groupings are determined, student-athletes may not switch to another grouping, even for another sport.
- 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.
- There shall not be celebratory contact, e.g., fist bumps, high-fives, team huddles, etc.
- Student-athletes who participate in more than one sport are encouraged to be grouped with their fall sports teammates.

- Only student-athletes will be allowed at the workouts. No parent/guardians, siblings, or non-participants are allowed to stay for the workouts.

Athletic Equipment

- Athletic equipment shall not be shared at any time during PHASE 1.
- All sports equipment and touchpoints (e.g., benches, agility cones, ladders, clipboards, etc.) will be cleaned and disinfected after each workout with EPA approved cleaners and disinfectants against COVID-19.

Locker Rooms/Restrooms

- Student-athletes shall not have access to locker rooms at any time.
- The concession stand adjacent to the turf field will function as the primary restroom for summer workouts.
- Restroom use shall be limited to one person at a time.

Hygiene: Cleaning/Disinfecting

- Students and staff should make every effort to wash their hands as often as possible including before and after the workout.
- Student-athletes shall wear their workout gear to the workout and shall return home in the same workout gear.
- There shall be no spitting, chewing seeds or gum chewing during the workout.
- Hand Soap and disinfecting spray will be available to clean hands and equipment.
- Disinfection spray will be used on all areas used and every piece of equipment before and after each session.

Reminders:

Coaches will be enforcing social distancing at all times during workouts but especially before and after workouts. Coaches will have a plan to organize when you arrive to the practice field after passing the check-in process, and, as soon as the workout is over, coaches will have an organized plan to dismiss you so you can leave the campus as soon as possible. Bottom Line: From the time the student-athlete steps out of the vehicle to the time he/she gets back in it to leave, social distancing is expected to be strictly enforced and complied with.

We are working day-to-day and week-to-week with these voluntary workouts. The trainers and coaches will evaluate the process for how we are implementing each step and we will adjust as necessary; your patience and flexibility will be greatly appreciated. Safety is our top priority during this entire process for everyone involved. Please feel free to reach out with questions or concerns.

Sincerely,



Brian Baumann

Athletic Director

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