

**CEDAR GROVE
HIGH SCHOOL
ATHLETICS**



**2020-2021
COVID-19 FALL SEASON
GUIDE**

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A. Introduction

This document provides specific guidelines for participation in high school sports for the fall 2020 season. In addition to this guidance, schools must comply with the guidelines issued by the CDC, NJDOH, NJDOE and local health departments while participating in practices and NJSIAA interscholastic contests. Schools must also provide the necessary materials and guidance to promote behaviors that reduce the spread of COVID-19, such as social distancing, frequent hand washing, and the use of face coverings.

B. Fall Sports - Season 1

- All outdoor Fall sports (Cross Country, Football, Soccer, and Girls Tennis) will start practice on Monday, September 14, 2020.
- Due to current health concerns surrounding indoor competition, as well as limitations on indoor capacity, Girls Volleyball will move to Season 3 (2/16/2021).
- Heat Acclimatization for Field Hockey and Football may start on Friday, September 11, 2020.
- The regular season and postseason dates for the Fall season are in the guidelines:  [NJSIAA 2020-2021 Return-to-Play Plan.pdf](#)
- Please reference each sports modified Covid-19 Sports Regulations and Considerations for further information on maximum games, weekly game limits and post-season competition dates. Schools will have the opportunity to participate in one pre-season scrimmage within seven days of the regular season start date for that sport.
- Contingency Plans: Season 3 will be used as a back-up should the Fall season need to be suspended due to deteriorating health circumstances.

C. Face Coverings

- The CDC affirmed that face coverings are a critical tool in the fight against COVID-19 that reduces the spread of the disease, particularly when used universally within communities.
- Coaches are required to wear face coverings, unless doing so would inhibit the coach's health.
- Student-athletes are required to wear face coverings, unless doing so would inhibit the student's health, the student is in extreme heat outdoors, or the student is engaged in high intensity aerobic or anaerobic activities.
- Student-athletes on the bench or sidelines are required to wear face coverings.
- Spectators and media personnel are required to wear face coverings, unless doing so would inhibit the individual's health.
- Officials are required to wear face coverings, unless doing so would inhibit the official's health, the official is in extreme heat outdoors, or the official is engaged in high intensity aerobic or anaerobic activities.

D. Screening

- All student-athletes must be screened at least once per day to participate in NJSIAA practices or games and will be pre screened every day by using this NJSIAA COVID-19 Daily Screening Questions: [COVID-19 Daily Screening Form](#)
 - This form must be filled out completely and handed in prior to every practice and/or game during the season.
 - Please take your temperature and record it at the bottom of the pre screening form prior to attending any practice and/or game. If you are unable to take your temperature, a board approved staff member will take and record it when you arrive for a practice and/or game.
 - Any person who has a temperature greater than 100.4F, shall not be permitted to participate in the workout and shall return home immediately.
 - Any person who answers “YES” to any question shall be required to provide clearance from a physician before they will be permitted to resume participation in the workouts.
- Full time remote learners must be screened before they can participate in practices or games.
- Part-time remote learners that were screened by the school at some point during the school day do not need to be rescreened before practices or games.
- All student-athletes must be screened for all Saturday or Sunday practices or games.

E. Hygiene and Sanitization

- It is critical that school districts, student-athletes, coaches and staff maintain a high standard of sanitation and hygiene.
- Students and staff should make every effort to wash their hands as often as possible.
- Hand sanitizer will be accessible at all times but it is suggested that each student-athlete and coach bring some with them for individual use at all practices and games.
 - All coaches will have hand sanitizers available for teams to use.
 - Hand sanitizing station will be accessible at the Cedar Grove High School stadium.
- Workout apparel and uniforms shall not be left at the school after games and practices.
- There shall be no spitting, chewing seeds or gum during the workout.
- All facilities will be cleaned and sanitized in accordance with CDC and EPA guidelines on a daily basis.
- Schools must ensure indoor facilities have adequate ventilation.

F. Hydration

- Sharing of water bottles is strictly prohibited. Each student-athlete should have his/her own water bottle.

- Multi use hydration stations are strictly prohibited.
- Each team will have their own water/gatorade jug to use to refill individual bottles during practices and games.
- Coaches should monitor the use of these jugs and wipe down and nozzles throughout each practice.
- Cups may be provided during games that can be used once and discarded after each use.

G. Heat Policy

- The NJSIAA Heat Policy remains in effect.
- [NJSIAA Heat Policy](#)

H. Heat Acclimatization

- Heat acclimatization may begin on September 11th for football & field hockey only.
- All other sports will begin practice on September 14th .
- [NJSIAA Heat Acclimatization Policy](#)

I. Athletic Training Room

- Proper protocols regarding access to the athletic training room must be followed, based on the guidelines set by the school district.
 - All injury evaluations, treatments, and rehabilitation sessions must be scheduled in advance using the Google Calendar accessible via the Athletic Training tab on the district website. This calendar is also accessible here: [Athletic Training Room Sign Up](#)
 - The [Athletic Training Room Sign Up](#) can also be found on our Athletic Training Room INSTAGRAM page @cgpanthersat
 - Appointments are held in 20-minute blocks, with two athletes allowed per block.
 - Traveling teams, home teams, and practicing teams will have designated time slots during which they can see the Athletic Trainer for pregame treatments and taping.
 - Athletes waiting to enter the ATR must do so in the hallway following proper social distancing guidelines and face coverings should be worn at all times.
 - If an injury occurs during a practice or game which requires immediate attention, please contact the Athletic Trainer prior to sending the athlete to the ATR. Outdoor evaluations and treatments shall be preferred when feasible.
- Social distancing and face coverings are required for all staff and students while inside the training room, unless it would inhibit the individual's health.
- All equipment and treatment areas will be cleaned and sanitized in accordance with CDC and EPA guidelines.

- Schools must ensure that indoor facilities have adequate ventilation, must prepare and maintain hand sanitizing stations, and must ensure that students wash hands frequently.

J. Locker Rooms

- From September 11, 2020 to October 19, 2020 locker rooms will be utilized for equipment storage only.
 - Student-athletes can store and enter the locker rooms to grab sport specific equipment for that day only. These pieces of equipment would include helmets, shoulder pads, sticks, rackets, and balls.
 - All clothing and sport specific shoes should be worn to the practice or game facility and be brought home to be cleaned after each use.
- Depending on remote or in person learning after October 18, 2020; Locker room use is only for students-athletes that are in the building at the end of the school day. All student-athletes participating in full day or part-time remote learning must come prepared for practice.
- Locker rooms must be used for changing and storage of equipment only. Coaches must monitor the activity to minimize the amount of time permitted in the locker room at all times.
 - It should be a quick grab and go movement.
- Social distancing and face coverings are required for all staff and students while inside the locker room, unless it would inhibit the individual's health.
- All areas will be cleaned and sanitized in accordance with CDC and EPA guidelines.
- Schools must ensure indoor facilities have adequate ventilation, must prepare and maintain hand sanitizing stations, and must ensure that students wash hands frequently.

K. Rest Rooms

- Restrooms will be available and open for all student-athletes and coaches at their practice and/or game facility.
- The occupancy limit in restrooms will be three at a time to avoid overcrowding and help to maintain social distancing guidelines.
- Social distancing and face coverings are required for all staff, athletes, and spectators while using restrooms, unless it will inhibit the individual's health.
- Restrooms will be cleaned and sanitized in accordance with CDC and EPA guidelines.
- Schools must ensure indoor facilities have adequate ventilation, must prepare and maintain hand sanitizing stations, and must ensure that students wash hands frequently.

L. Weight Room

- The Cedar Grove High School weight-room will be closed until further notice.
- Proper protocols regarding access to the weight room must be followed based on the guidelines set by the school district.
- Social distancing and face coverings are required for all staff and students while inside the weight room, unless it would inhibit the individual's health.
- All equipment must be cleaned and sanitized in accordance with CDC and EPA guidelines.
- School must ensure indoor facilities have adequate ventilation, must prepare and maintain hand sanitizing stations, and must ensure that students wash hands frequently

M. Equipment Storage

- Only coaching staff members will have access to equipment storage rooms and will get out any equipment that the team will need for that day's use.
- Locker rooms will be used strictly for storage of larger practice/game day equipment that includes helmets, shoulder pads, sticks, rackets, and balls.
- Social distancing and face coverings are required for all staff and students while inside the equipment storage room, unless it would inhibit the individual's health.
- All areas and equipment will be cleaned and sanitized daily in accordance with CDC and EPA guidelines.

N. Transportation

- Pre screening must be done prior to entering the bus for all trips.
- Face coverings are required for all staff and student-athletes while on busses, unless it would inhibit the individual's health.
- Maintain social distancing practices on busses to the maximum extent practicable.
 - One person per seat should be utilized whenever possible on the bus.
 - Whenever possible members from the same household should sit next to each other in a shared seat.
 - Face coverings are required at all times.
- Athletes and coaches should sit in the same seat location both to and from the game venue.
- Wash/Sanitize hands and mouth prior to entering and after exiting the bus.
- When entering the bus, start filling the back seats first. When exiting the bus, slowly exit from the front of the bus first.
- Weather permitting, all windows are to remain open for extra ventilation.
- CDC guidelines will be followed for cleaning and disinfecting all vehicles.
- Teams should do their best to limit travel to essential players and staff.
- Cedar Grove High School will allow parental transportation, if parents or guardians would feel more comfortable driving their child to and from away game events.

- For approval and notification to transport your child to an away sporting event please fill out and submit the following form prior to 12noon on the day of the game: [CGHS Athletics Transportation Permission](#)

O. Spectators

- The Governor established outdoor gathering guidelines in NJ Executive Order 161. Please be advised these guidelines may change at any time. Please refer to the nj.gov website for updates.
- Outdoor gatherings are limited to 500 people. Currently, the 500-person cap does not include participants or individuals that are on the field of play (coaches, officials, trainers, etc.).
- All spectators attending outdoor events must wear face coverings, unless it would inhibit the individual's health.
- All spectators must follow social distancing guidelines set by the host school district or facility.
- All parents/guardians will be guaranteed admittance to all home and away events but a specific localized protocol will be established to maintain the 500 spectator limit at each home game event.

P. Practices

- Coaches must maintain a high level of awareness to possible COVID-19 exposure throughout all practices.
- Coaches are required to wear face coverings, unless doing so would inhibit the coach's health.
- Student-athletes are required to wear face coverings, unless doing so would inhibit the student's health, the student is in extreme heat outdoors, or the student is engaged in high intensity aerobic or anaerobic activities.
- Coaches must ensure social distancing practices are maintained to the maximum extent practicable during all practices.
- Indoor practices for fall sports are not permitted.

Q. Scrimmages

- Schools will have the opportunity to participate in one pre-season scrimmage, preferably with a neighboring school.
- The scrimmage may occur any time within seven days of the regular season start date for that sport.
- Football teams may begin scrimmaging on Thursday, September 24, 2020.
- When possible, schools are encouraged to participate in intrasquad scrimmages and utilize officials to provide additional preseason preparation.

R. Games

- All school personnel must maintain a high level of awareness to possible COVID-19 exposure throughout all phases of the game.

- Coaches are required to wear face coverings, unless doing so would inhibit the coach's health.
- Student-athletes are required to wear face coverings, unless doing so would inhibit the student's health, the student is in extreme heat outdoors, or the student is engaged in high intensity aerobic or anaerobic activities. Students on the bench or sideline must wear a face covering.
- Schools must ensure social distancing practices are maintained to the maximum extent practicable during the game.
- Sidelines must be limited to essential personnel. Coaches must be realistic with the number of players at each game.
- Spectators, media, and all ancillary game personnel are required to wear face coverings, unless doing so would inhibit the individual's health.
- Officials are required to wear face coverings, unless doing so would inhibit the official's health, the official is in extreme heat outdoors, or the official is engaged in high intensity aerobic or anaerobic activities.
- The Sportsmanship Policy must be read to all athletes and coaches this year prior to each game.
- Schools are not permitted to have rooms available for the officials.
- It is recommended that visiting teams keep their busses available for use as needed.
- Post-game handshakes and celebrations are prohibited.

S. Post-Season

- The NJSIAA will strive to open postseason participation to any school wishing to participate.
- Depending on the sport, the post-season will be structured regionally based on counties or based on NJSIAA Sections.
- Each sport has specific tournament modifications that are listed on the NJSIAA website.
- If the NJSIAA determines that the postseason in any particular sport includes a Sectional Championship, it will rely on the 2019-2020 classifications.

T. COVID-19 Protocols

- [NJSIAA COVID-19 Protocol Guidance](#)

Resources:

- 1) NJSIAA COVID-19 Fall Season Guidelines: [NJSIAA COVID-19 Fall Season Guidelines](#)
- 2) NJSIAA COVID-19 Protocols: [NJSIAA COVID-19 Protocols](#)
- 3) NJSIAA COVID-19 Return to Play Plan: [NJSIAA COVID-19 Return to Play Plan](#)
- 4) NJDOE Guidance for Sport Activities: [NJDOE Guidance for Sport Activities](#)
- 5) Center for Disease Control and Prevention: [CDC Guidelines and Information](#)