

**CEDAR GROVE
HIGH SCHOOL
ATHLETICS**



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

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A. Introduction

This document provides specific guidelines for participation in high school sports for the Winter 2021 seasons (Seasons 2, 2A, 3). 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. Winter Season 2 - Basketball

- Based on feedback from member schools, health officials and the Governor's office, NJSIAA is delaying the start of practice for basketball, until January 11, 2021 to allow member schools to get through the holiday break before student-athletes begin practicing at school facilities.
- The practice start dates, the competition start dates, and the competition end dates for the Winter Season (Seasons 2, 2A, and 3) are in the guidelines: [NJSIAA Return-to-Play – Season 2 and Season 3](#)
- **Game Limitations:** Competition will be limited to three events per week. The total maximum events will be 15 events during the season, which includes league or conference tournaments. Teams may only compete in one event per day.
- **Multi-Team/Multi-Game/Invitational Events:** Multi-team, multi-game and invitational events are prohibited in basketball.
- **Scrimmages:** Schools will have the opportunity to participate in one pre-season scrimmage, preferably with a neighboring school.
- **Post-Season:** There will be no NJSIAA sponsored post-season. Post-season play may be hosted locally by participating leagues and conferences at their discretion.
- **Out-of-State Competition:** On November 10, 2020, Governor Murphy issued Executive Order No. 194 which prohibits member schools from hosting interstate competition in all indoor sports. Therefore, no member school may host an out-of-state opponent or host an event out of state. Moreover, NJSIAA is prohibiting member schools from traveling out of state to compete.
- **Transfers:** Any student-athlete that is subject to a transfer sit-period will be eligible for participation on Monday, February 8, 2021. As a reminder, those student-athletes that transferred between March 16, 2020 and November 1, 2020 are not subject to the transfer sit-period. If a student-athlete transfers after November 1, 2020, the student-athlete shall be ineligible to participate for a period of 30 calendar days, or one half of the maximum number of games being played, whichever is less.
- 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.

C. Winter Season 2 - Ice Hockey

- The practice start date, Monday, December 14, 2020, remains unchanged. Starting on this date, virtual contact or outdoor practices will be permitted.
- Indoor practices may begin on Sunday, January 3, 2021, unless Executive Order 204 is further modified prior to this date. As a reminder, competition cannot start until a team has completed six days of practice and one day of rest.
- School's may participate in one scrimmage after six days of practice and one day of rest at their discretion. Please be reminded that virtual practices do not count towards the six days of practice and one day of rest requirement.
- **Season Limitations:** Competition will be limited to three events per week. The total maximum events will be 15 events during the season, which includes league or conference tournaments. Teams may only compete in one event per day.
- **NJSIAA Post-Season:** There will be no NJSIAA sponsored post-season. Post-season play may be hosted locally by participating leagues and conferences at their discretion.
- **Multi-Team/Invitational Events:** Multi-team/invitational events are prohibited.
- **Out-of-State Competition:** On November 10, 2020, Governor Murphy issued Executive Order No. 194 which prohibits member schools from hosting interstate competition in all indoor sports. Therefore, no member school may host an out-of-state opponent or host an event out of state. Moreover, NJSIAA is prohibiting member schools from traveling out of state to compete.
- **Transfers:** Any student-athlete that is subject to a transfer sit-period will be eligible for participation on Monday, January 19, 2021. As a reminder, those student-athletes that transferred between March 16, 2020 and November 1, 2020 are not subject to the transfer sit-period. If a student-athlete transfers after November 1, 2020, the student-athlete shall be ineligible to participate for a period of 30 calendar days, or one half of the maximum number of games being played, whichever is less.
- 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.

D. Winter Season 2A - Winter Track and Field

- Based on feedback from member schools and a lack of facility availability across the state, the winter track & field season has been moved to Season 2A. The start date for winter track and field practices will be February 1, 2021.
- The practice start dates, the competition start dates, and the competition end dates for the Winter Season (Seasons 2, 2A, and 3) are in the guidelines: [NJSIAA Return-to-Play – Season 2 and Season 3](#)

- **Season Limitations:** Competition will be limited to three events per week. The total maximum events will be 15 events during the season, which includes league or conference tournaments. Teams may only compete in one event per day.
- **NJSIAA Post-Season:** There will be no NJSIAA sponsored post-season. Post-season may be hosted locally by participating leagues and conferences at their discretion.
- **Multi-Team/Invitational Events:** Currently, all competition will be limited to two teams only, but this is subject to change. NJSIAA will continue to consult with the NJ DOH to determine if multi-team or invitational events will be permissible; however, we expect decisions on expanding the scope of participants and/or teams will not be made until closer to the start of the season.
- **Scrimmages:** Schools will have the opportunity to participate in one pre-season scrimmage, preferably with a neighboring school.
- **Out-of-State Competition:** On November 10, 2020, Governor Murphy issued Executive Order No. 194 which prohibits member schools from hosting interstate competition in all indoor sports. Therefore, no member school may host an out-of-state opponent or host an event out of state. Moreover, NJSIAA is prohibiting member schools from traveling out of state to compete.
- **Transfers:** Any student-athlete that is subject to a transfer sit-period will be eligible for participation on Monday, March 1, 2021. As a reminder, those student-athletes that transferred between March 16, 2020 and November 1, 2020 are not subject to the transfer sit-period. If a student-athlete transfers after November 1, 2020, the student-athlete shall be ineligible to participate for a period of 30 calendar days, or one half of the maximum number of games being played, whichever is less.
- 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.

E. Winter Season 3 - Girls Volleyball and Wrestling

- Prior to the issuance of Executive Order No. 187 on October 12, 2020, practice and competition for indoor medium and high-risk sports were prohibited. Therefore, in August 2020, girls' volleyball seasons were moved to a newly created Season 3. As wrestling is NJSIAA's high-risk indoor winter sport, per the NJ DOH Guidance for Sports Activities, and based on feedback from health officials and member schools, NJSIAA will postpone wrestling to Season 3.
- The start date for Season 3 practices will be March 1, 2021.
- The practice start dates, the competition start dates, and the competition end dates for the Winter Season (Seasons 2, 2A, and 3) are in the guidelines: [NJSIAA Return-to-Play – Season 2 and Season 3](#)

- **Game Limitations:** Competition will be limited to three events per week. The total maximum events will be 15 events during the season, which includes league or conference tournaments. Teams may only compete in one event per day.
- **Multi-Team/Multi-Game/Invitational Events:** Currently, all competition will be limited to two teams only, but this is subject to change. NJSIAA will continue to consult with the NJ DOH to determine if multi-team or multi-game events will be permissible; however, we expect decisions on expanding the scope of participants and/or teams will not be made until closer to the start of the season.
- **Scrimmages:** Schools will have the opportunity to participate in one pre-season scrimmage, preferably with a neighboring school.
- **Post-Season:** The Sports Advisory Task Force will continue to solicit feedback from NJSIAA staff, member schools and sports specific committees to determine what may be the best format for post-season play. The post-season dates and structure will follow at a later date, however, the post-season will end no later than Saturday, April 24, 2021.
- **Out-of-State Competition:** On November 10, 2020, Governor Murphy issued Executive Order No. 194 which prohibits member schools from hosting interstate competition in all indoor sports. Therefore, no member school may host an out-of-state opponent or host an event out of state. Moreover, NJSIAA is prohibiting member schools from traveling out of state to compete.
- **Transfers:** Any student-athlete that is subject to a transfer sit-period will be eligible for participation on Monday, March 29, 2021. This eligibility date is applicable to every winter sport. As a reminder, those student athletes that transferred between March 16, 2020 and November 1, 2020 are not subject to the transfer sit period. If a student-athlete transfers after November 1, 2020, the student-athlete shall be ineligible to participate for a period of 30 calendar days, or one half of the maximum number of games being played, whichever is less.
- 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.

F. 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.
- Students are required to wear face coverings unless doing so would inhibit the student's health, the student is in extreme heat, or the student is engaged in high intensity aerobic or anaerobic activities. Students on the bench or sidelines are required to wear face coverings.

- Officials are required to wear face coverings unless doing so would inhibit the official's health, the official is in extreme heat, or the official is engaged in high intensity aerobic or anaerobic activities.
- All other personnel necessary for the practice or competition are required to wear face coverings unless doing so would inhibit the individual's health.
- Neck Gaiters: Although neck gaiters were an acceptable alternative for face coverings outdoors, they are not recommended for indoors.

G. 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: [NJSIAA 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.

H. 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 and equipment will be cleaned and sanitized in accordance with CDC and EPA guidelines on a daily basis.
- Schools must ensure indoor facilities have adequate ventilation.

I. 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 the nozzles throughout each practice.
- Cups may be provided during games that can be used once and discarded after each use.

J. Athletic Training Room

- Proper protocols regarding access to the athletic training room must be followed, based on the guidelines set by the NJ Department of Health and 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.
- 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.

K. Locker Rooms

- Proper protocols regarding access to locker rooms must be followed based on the guidelines set by the NJ Department of Health and the school district.
- Locker room use is only for students that are in the building at the end of the school day. All students participating in full-day or part-time remote learning must come prepared for practice.
- Locker room use is limited to changing, equipment storage, hand washing, and restroom use only.
- Coaches must monitor the activity to minimize the amount of time spent in the locker room.
- 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 must 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. 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 two 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.

M. Weight Room

- The Cedar Grove High School weight-room will plan to reopen on January 11, 2021.
- Proper protocols regarding access to the weight room must be followed based on the guidelines set by the NJ Department of Health and 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.
- The school must ensure indoor facilities have adequate ventilation, must prepare and maintain hand sanitizing stations and must ensure that students wash hands frequently.
- There is a maximum 10-person capacity limit for each of these activities, inclusive of any staff/supervisors.

N. Equipment Storage

- Proper protocols regarding access to equipment storage rooms must be followed based on the guidelines set by the NJ Department of Health and the school district.
- Coaches must monitor activity to minimize the amount of time spent in these rooms.
- 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 must be cleaned and sanitized in accordance with CDC and EPA guidelines.

O. 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](#)

P. Practices

- Coaches must comply with all NJ executive orders regarding indoor limits. Coaches **MUST** also maintain a high level of awareness of 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.

Q. Virtual Workouts

- The NJSIAA recognizes the importance of socially and emotionally engaging student-athletes with their coaches and teammates, while also helping them to prepare physically and mentally for their upcoming season.
- School administration must approve the virtual workouts.
- In season sports must take priority over virtual workouts or virtual meetings for any out of season sport.
- Virtual workouts do not count towards the six days of practice.

R. 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.

S. 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 or the student is engaged in high intensity aerobic or anaerobic activities.
- Schools must ensure social distancing practices are maintained to the maximum extent practicable during the game.
- Team benches must be limited to essential personnel. Coaches must limit the number of players at each game.
- Officials are required to wear face coverings, unless doing so would inhibit the official's health or the official is engaged in high intensity aerobic or anaerobic activities.

- The sportsmanship statement is limited to one official, the head coach from each team, and a single captain from each team while wearing masks and maintaining social distance.
- Post-game handshakes and celebrations are prohibited.

T. Bench Protocols

- Home site is responsible for setting up the sideline areas to ensure that social distancing and CDC protocols are enforced.
- It is recommended but not mandated that schools limit the number of players on the bench to only the necessary personnel needed for the game.
- Players and coaches must wear face coverings while on the bench and must practice social distancing in the bench area.
- It is recommended that the team benches be on the court opposite of the spectator seating area.
- Home sites should set up the scorers table following correct social distancing protocols.

U. Back-to-Back Games

- Home team players should leave the facility at the completion of their game unless they are determined essential for the next game.
- Visiting teams should be transported separately and depart immediately following the game; however, realistically that may not be possible.
- The following are the guidelines when teams need to stay in the facility:
 - Designated areas must be set up for both home and visiting teams while they are waiting to play or upon completion of the first game.
 - People in this area must be sitting at least 6 feet apart and wearing face coverings.
 - A surface cleaning of the bench area is recommended between games.
 - Any changes or updates to Executive Order 196 will necessitate updates to these guidelines.

V. Spectators and Capacity

- On November 16, 2020, Governor Murphy issued Executive Order 196, which further restricts the number of people permitted at both outdoor and indoor sporting events.
- Under the Order, indoor practices and competitions are limited to 10 persons.
- If the number of individuals who are necessary for the practice or competition, such as players, coaches, and referees, is greater than 10 persons, the practice or competition may proceed.
- If the above exception applies, the number of individuals still may not exceed 25 percent of the capacity of the room in which it takes place, or 150 persons, whichever is less.
- Practically speaking, this means that spectators are prohibited.

- For outdoor winter sports, it is important to note that the Order also restricts the number of people permitted at outdoor events to 150, inclusive of the athletes, coaches, referees, and trainers.
- Any changes or updates to Executive Order 196 will necessitate updates to these guidelines.
- All home events held at Cedar Grove High School will be live streamed through our school youtube channel. Links will be sent to coaches and posted through social media accounts the day of games.

W. Multiple Season Participation

- Students are permitted to participate in all seasons as defined by the NJSIAA during the 2020-21 school year, which include season 1, season 2, season 2A, season 3, and season 4.
- No student may practice or compete in two sports at the same time.
- Students that are involved in overlapping sports are not subject to the six-day practice rule if they start the next sport within three days of the completion of the first sport.
- Students that begin the 2nd overlapping sport within three days are eligible for competition.
- If a student is inactive for more than three days involving overlapping sports, then the six-day practice rule will be in effect.

X. Memorial Middle School Gym

- CGHS Basketball use only
- Gym times will be 3:15pm-6:30pm.
- Entrance and Exit will be from the back GYM door only. All coaches will have access to this back door. Pre-screenings must take place at this door prior to entering.
- The Gym and Gym restrooms will only be used. No one should be in the hallways or any part of the school at any time.
- Opponents and officials will also enter through the back gym door entrance as well.

Resources:

- 1) NJSIAA COVID-19 Season 2, 2A, & 3 Guidelines: [NJSIAA COVID-19 Season 2, 2A, & 3 Guidelines](#)
- 2) NJSIAA Winter Season 2-3 Guidelines: [NJSIAA Return-to-Play – Season 2 and Season 3](#)
- 3) NJSIAA Ice Hockey Update: [NJSIAA Ice Hockey Update](#)
- 4) NJSIAA Virtual Contact Period: [NJSIAA Virtual Contact Period](#)
- 5) NJDOH COVID-19 Guidance for Sport Activities: [NJDOH COVID-19 Guidance for Sport Activities](#)

- 6) COVID Strength and Conditioning Best Practices: [COVID Strength and Conditioning Best Practices](#)
- 7) NJSIAA COVID-19 Daily Screening Questions: [NJSIAA COVID-19 Daily Screening Form](#)
- 8) Center for Disease Control and Prevention: [CDC Guidelines and Information](#)