Hello Parents/Guardians and Student-Athletes,

The NJSIAA has established a very controlled “Phase I Back to Sports” for the student-athletes. The information below will address our first steps towards bringing student-athletes back to campus for a conditioning program. This **Phase I conditioning session is not mandatory** but serves as a good opportunity for student-athletes to return to campus for team workouts. As with every decision, we are taking into account the health and safety of each student-athlete in our program.

**Important Dates**

<table>
<thead>
<tr>
<th>Football Conditioning Phase I</th>
<th>July 27 through August 6</th>
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<tbody>
<tr>
<td>Football Regular Season Practice begins</td>
<td>August 10, 2020</td>
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<table>
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<tr>
<th>All other Sports Conditioning Phase I (Not Tennis)</th>
<th>August 3 through August 15</th>
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<tbody>
<tr>
<td>Regular Season Practice begins for Soccer, Field Hockey, Cross Country, Volleyball, Gymnastics, Tennis, Cheer</td>
<td>August 17, 2020</td>
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<tr>
<th>Marching Band Conditioning Phase I</th>
<th>August 4, 6, 11, 13</th>
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<tbody>
<tr>
<td>5PM-6:30PM, 7PM-8:30PM (your group will be assigned and sent to you)</td>
<td>August 17, 2020</td>
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<tr>
<td>Regular Season Practice begins</td>
<td></td>
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[Workout Schedule]

**THE FOLLOWING PROCEDURES MUST BE FOLLOWED PRIOR TO THE START OF PHASE I**

1. 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.

2. **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.**

3. The [COVID-19 Questionnaire](#) must be completed seven (7) days prior to the start of the first workout session. 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.
3. Daily Pre-screening process

**COVID-19 Daily Questionnaire** (form will open on July 27th)

- a. Student-athletes need to complete this google form daily in order to attend daily workouts.
- b. Student-Athletes must complete this form prior to arriving on site.
- c. If there is a “yes” answer on the form, the student athlete should not come to the workout they are cleared by a Doctor.
- d. Teams are assigned workout times so you must be on time for pre-screening.
- e. Cars will enter the SBHS campus from Stouts lane and drive across the front of the building and come around to the Athletic entrance area. There will be a line so be patient.
f. The student-athlete must have on a mask upon entering the campus. They will have their temperature taken and recorded prior to exiting the car as well as a confirmation their Daily Questionnaire was completed.

1. If the student athlete has a temperature of 100.4 or answers Yes to any questions on the daily questionnaire they must go home immediately.
2. If the student athlete is cleared they will exit the car and report to their designated workout area.
3. The cars will continue down and out Stouts Lane past the tennis courts.

4. **If student-athletes are driving themselves to workouts they must follow all the outlined procedures and once approved for workouts cars should be parked in the lot near the soccer turf fields.**

4. **Workout Schedule**

a. 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 as well as check in protocols.

b. Only one workout per day is permitted.

c. Access to workouts is limited to student-athletes, coaches, and appropriate school personnel.

d. **NO** physical contact, of any kind, between student-athletes and coaches during PHASE I.

e. PHASE I, workouts shall be limited to conditioning, skill sets, and sport-specific non-contact drills.

f. Workouts shall always comply with the NJSIAA Heat Participation Policy.

g. At the conclusion of the assigned **Workout Schedule** the student athlete will report to the upper parking lot for pick up. Please be on time for pick up. Student Athletes must maintain social distance and wear their mask at this time while not workout.

h. Parents/Guardians picking up student athletes should enter the SBHS campus from Ridge Road and proceed to the Upper lot (third left) and line up for pick up. You will then drive around the Upper lot and exit out Stouts lane past the tennis courts.
5. Face Coverings
   a. 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 (social distancing at all times). Once the aerobic activity is over, student-athletes shall wear face coverings.
   b. Student-athletes who are not engaged in high-intensity aerobic activity need to wear face coverings.
   c. Coaches and district personnel must wear face coverings at all times.

6. Groupings/Social Distancing
   a. No more than ten (10) student-athletes may be grouped together.
   b. 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.
   c. No switching to another group
   d. NO contact, e.g., fist bumps, high-fives, huddles, etc.
   e. Anyone not following the protocols will be excluded from the entire Phase I session.

7. Sports Equipment
   a. NO Sports equipment shall be shared at any time during PHASE 1.
   b. Each student-athlete shall bring their own water bottles.(possibly a gallon container) There will be NO sharing of water bottles or equipment at any time.

8. Locker Rooms/Restrooms
   a. NO locker rooms
b. Restrooms will have limited access and they will be cleaned and disinfected daily

9. Hygiene

   a. Hand sanitizer shall be accessible at all times.
   b. Student-athletes shall wear their workout gear to the workout and shall return home in the same workout gear. Shirts must be worn before, during and after the workouts. Please bring your own towels and plenty of extra water bottles.
   d. There shall be no spitting, chewing seeds or gum during the workout.

10. ATC’s will be on site for emergencies only.