



Bergenfield High School COVID-19 Protocols and Procedures:

Winter Athletics

Practice /Game Schedule

<u>Sport</u>	<u>Season</u>	<u>Virtual</u>	<u>Practice Start</u>	<u>Competition Start</u>	<u>Competition End</u>
Basketball	2	N/A	January 11	January 26	March 6
Bowling	2	December 14	January 11	January 26	March 6
Winter Track	2A	January 11	February 1	February 16	March 27
Competition Cheer	2A	January 11	February 1	TBD	TBD
Girls Volleyball	3	February 1	March 1	March 16	April 24
Wrestling	3	February 1	March 1	March 16	April 24

Daily Student Health Monitoring

- Temperature Screening will occur directly prior to the days practice or game as per NJSIAA rules and regulations. In addition, the screening will include the completion of approved daily symptoms form as well as a temperature check
- Home school is responsible for conducting screening procedures for any away games
- Student-Athletes are required to have individual water bottles for the purpose of hydration. Students may refill their bottles from a central water source; however they must maintain social distancing when doing so

Capacity/Attendance

- Indoor practices and competitions are limited to 10 persons. UNLESS 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.

***** Per Executive Order 196 applies to all indoor recreational, High School & Collegiate
NO SPECTATORS WILL BE PERMITTED *****

Hygiene and Sanitization

- 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.
- Hand sanitizing stations will be accessible at our games for players and coaches.
- Workout apparel and uniforms shall not be left at the school after games and practices and should be washed at the conclusion of practice/games.

- All shared equipment will be sanitized after practice.

Hydration

- Sharing of water bottles is strictly prohibited. Each student-athlete should have his/her own water bottle.
- Schools shall provide and monitor hydration stations for individuals to refill water bottles one at a time.
- Host school will provide a team specific water refill station for the away team.

Virtual Workouts

- Virtual workouts do not count towards the six days of practice and one day of rest requirement

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 unless it involves the non-strenuous sports of bowling and golf
- 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 immediately unless the school imposes a minimum amount of required practices before a student is approved for competition in an overlapping sport.
- If a student is inactive for more than three days involving overlapping sports, then the six-day practice rule will be in effect.

Program Levels

- Every effort should be made to minimize crossover between varsity, JV, and freshman levels.

Practices

- 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, or the student is engaged in high intensity aerobic or anaerobic activities.
- Coaches must ensure social distancing practices (6 Feet or Greater) are maintained to the maximum extent practicable during all practices.

Scrimmages

- Schools will have the opportunity to participate in one pre-season scrimmage, preferably with a neighboring school.
- Schools are encouraged to participate in intra-squad scrimmages and utilize officials to provide additional preseason preparation.

Games

- Coaches are required to wear face coverings
- Students are required to wear face coverings unless the student is engaged in high intensity aerobic or anaerobic activities
- Officials are required to wear face coverings unless the official is engaged in high intensity aerobic or anaerobic activities/ or the nature of his/hers duties inhibits breathing.

- Schools must ensure social distancing practices are maintained to the maximum extent practicable during the game.
- Team benches must be limited to essential personnel.
- Post-game handshakes and celebrations are prohibited.
- Schools are not required to have rooms available for the officials

Back to Back Games / Visiting Teams

- Home team players should leave the facility at the completion of their game
- When possible, Visiting teams should be transported separately and depart immediately following the game –
 - 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.
 - Team Seating will be organized in a Socially Distanced manner.

Post-Season

- The NJSIAA will not be hosting any post-season tournaments. Post-season may be hosted locally by participating leagues and conferences at their discretion

Indoor School Facilities & Locker Rooms Use:

- The facility is cleaned before and after using CDC and NJ DOH guidelines
- Schools must ensure indoor facilities have adequate ventilation, must prepare, and maintain hand sanitizing stations, and must ensure that students wash hands frequently.
- Bergenfield **WILL NOT** be using Locker Rooms for changing this season (season 2)
- Players are expected to come to the days event fully ready to participate upon arrival
- IF Lockers rooms are used; it will be for Restroom purposes ONLY
- In these cases, Schools must monitor the activity to minimize the amount of time spent in the locker room.

Training Room

- 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 areas must 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 their hands frequently.
- 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.
- 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.

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 one 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.

What Will I Need Each Day for Practices or Games?

- Daily Wellness Survey
- Personal Hydration
- Face Covering
- Hand Sanitizer
- Practice Apparel or Personal Equipment