

*Columbia High School*  
*COVID 19 Return to Play Protocols*

**The following must be completed prior to participating in Phase 1 and 2 SUMMER WORKOUTS which are optional (August 3 to August 28) and REGULAR SEASON mandatory (September 14) fall sports programs.**

- In order to participate in **SUMMER WORKOUTS**, which are optional, Phase 1 and Phase 2 (**August 3 to August 28**) **ALL** grade level athletes ( rising 9th to 12th ) **MUST** submit a “NEW” **HEALTH HISTORY UPDATE QUESTIONNAIRE FORM (HHQ)** to be reviewed and approved by the nurse by **JULY 29, 2020**. This new form has all of the state mandated COVID questions. THE **HHQ** FORM CAN BE FOUND ON THE CHS WEBSITE UNDER ATHLETICS LABELED FORM #11OR JUST CLICK [HERE](#).
- [Phase 1 Guidelines](#)
- [Phase 2 Guidelines](#)
- Coaches will be communicating the **time** and **date** of practices to all players through Google Classroom.
- *Pursuant to N.J.S.A. 18A:40-4, if an answer to a question on the Health History Update Questionnaire is yes, the certified school nurse and school physician (or other designated medical professional) shall determine whether additional medical attention and/or further evaluation is necessary.*
- ALL **HHQ** FORMS MUST BE TURNED IN AT **CHS** AND PLACED IN BOX OVERSEEN BY SECURITY. THERE IS NOT AN ELECTRONIC SUBMISSION PROCESS FOR THIS. NO ONE WILL BE ABLE TO PARTICIPATE UNLESS THIS FORM IS TURNED IN BY **JULY 29**.
- **CLARIFICATION FOR 9TH GRADE PARTICIPATION** --- PHASE 1 AND 2 SUMMER WORKOUTS, which are optional (August 3 to August 28) AND THE START OF THE REGULAR SEASON (September 14 ) ARE TWO SEPARATE PROGRAMS AND HAVE SEPARATE REQUIREMENTS. The **HHQ** described above is for SUMMER WORKOUTS (August 3-August 28 ). **PHYSICALS** are needed to participate in the REGULAR SEASON (September 14) date. For all rising 9th graders **PHYSICAL PAPERS** along with all other mandated forms found on the school web site under **ATHLETICS** must be turned in by **SEPTEMBER 4th to CHS at the main entrance where there will be a secure drop box which will be overseen by security.** **VERY IMPORTANT** to understand that all **PHYSICALS** done by the student’s physician, by state mandate will need to be **CLEARED** by the school **DOCTOR**.
- ALL FORMS for participation can be found on the school website and need to be filled out and filed electronically **BUT** the **COMPLETED PHYSICAL HARD COPY FORMS** need to be turned in to the school at the main entrance of **CHS** just inside the front door there will be a drop box. This box will be overseen by security at all times.
- **VERY IMPORTANT PHYSICAL NOTICE:** please note that due to the COVID situation and the difficulty of getting a doctors appointment the **CHS SCHOOL DOCTOR** will accept **APPOINTMENTS** covered by the district by calling his office at 973- 736-1939. Download forms from the CHS website and bring them with you.

- **CLARIFICATION FOR RISING 10th, 11th and 12th GRADE PARTICIPANTS WHO PARTICIPATED IN CHS ATHLETICS IN 2019-20**

**SUMMER WORKOUTS** ( optional ) August 3 to August 28. Turn in the **HHQ** form mentioned above by July 29. **THAT IS IT!!**

**REGULAR SEASON (mandatory) SEPTEMBER 14 CLEARANCES** - Athletes who participated in athletics in the 2019-20 school year at CHS and were cleared by our trainer Vanessa Carney, ATC need to turn in a **HHQ**. **THAT IS IT!!** **NOTE ---** If the **HHQ** form was NOT turned in to participate for the **SUMMER WORKOUTS** ( optional ) then the **HHQ** needs to be turned in by September 4, 2020 for clearance for the **REGULAR SEASON SEPTEMBER 14** (mandatory)..**THAT IS IT !!!**

**IMPORTANT TO UNDERSTAND THOSE RISING 10, 11, 12TH GRADERS WHO DID NOT PARTICIPATE IN ATHLETICS IN 2019-20 WILL NEED TO FOLLOW THE DIRECTIONS ABOVE FOR INCOMING 9TH GRADE PARTICIPATION. A FULL PHYSICAL WILL BE NEEDED.**

### **WORKOUT PROTOCOL STARTING ON AUGUST 3 FOLLOWS**

- **COACHES MUST COMPLETE A ONE-TIME COVID QUESTIONNAIRE BEFORE PHASE 1 STARTS.**
- 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.
- Once all forms are collected, any coaches choosing to take part in the Summer Recess period must submit a list of athletes:
  - Name, parent phone number, address and emergency contact person with contact information.
  - **Coaches must group the athletes in groups of 10 (Max) and these athletes must remain together for the entirety of Phase 1.**
  - **Any athlete in a group of 10 who tests positive for COVID 19 at any time once workouts begin will result in that cluster being shut down for 14 days, requiring all athletes in that cluster to be tested as well. Any positive cases cannot return until cleared by their Doctor.**
- All athletes must report 20 minutes prior to their designated workout time.
  - Students must report to the field location determined by the respective coach of that program.
  - Parents dropping off must wait until Pre Screening is complete, and then **MUST** leave campus or workout location until workouts are completed. **CAR POOLING IS NOT RECOMMENDED**
  - All athletes must adhere to social distancing protocols 6' at all times.

- Workouts will be 30 to 90 minutes max in Phase 1 determined by the head coach.
- The site manager (COVID 19 Designee) will conduct Daily PRE- Screens and Temperature checks (Using infrared thermometers)
  - All athletes, coaches, and staff, must have face coverings during the Pre-Screening Check-In Process.
  - THE DAILY PRE SCREENING QUESTIONNAIRE CAN BE FOUND [HERE](#) OR ON THE CHS ATHLETIC WEB SITE AND MUST BE COMPLETED PRIOR TO ARRIVAL AND CHECK-IN. COPIES WILL BE AVAILABLE ON SITE IF NEEDED. WE WILL HAVE THEM ON SITE DAILY.
  - Each day coaches, student-athletes, and staff must clear the pre-screening process before they are permitted to participate in the workouts.
  - **Any individual with a temperature of 100.4°F or above will be sent home for the day.**
  - Any individual who answers “yes” to any question on the questionnaire, or who has a temperature greater than 100.4F, shall not be permitted to participate in the workout and will be required to provide clearance from a physician before they will be permitted to resume participation in the workouts.

Screening Summary:

- Athletes, coaches, staff and any other participants will be screened with a temperature check and health questionnaire prior to arrival at the field. Anybody showing symptoms of COVID-19 shall not be permitted to participate ([CDC symptom checklist](#)).
- Do not come to practice or competition if you or any member of your household are not feeling well or are showing symptoms of COVID-19.
- **Do not come to practice or competition if you or any member of your household has COVID 19 or has been exposed to a person with COVID-19 within the past 14 days.**
- **DO NOT ATTEND WORKOUTS IF YOUR DOCTOR HAS ADVISED AGAINST IT.**

**Facilities and Workout Format:**

**COACHES:**

- Daily Pre Screening with COVID 19 Designee from district.
- Must wear a mask/face covering for their entire workout session and while on campus.
- If a coach does not pass the Pre Screening, the entire workout for that team is canceled for that day.
- If a coach has tested Positive for COVID 19, the entire POD / CLUSTER he or she was working with will be shut down for a minimum of 14 days, and a physician clearance must be presented upon return.

**ATHLETES:**

- Daily Pre Screening with COVID 19 Designee
- Must wear a mask/face covering at all times, with the exception of the core portion of their conditioning session where maximum excursion will take place.
- **Athletes are not permitted to switch groups during Phase 1.**
- Groups cannot be combined during Phase 1.
- Bring a SUBSTANTIAL AMOUNT OF WATER DAILY (not for sharing). Enough water FOR YOUR WORKOUT (in case of an emergency we will have water available)
- It is recommended to bring an extra t-shirt to change into prior to leaving the facility
- It is recommended that athlete SHOWER ASAP once home from work outs
- If an athlete does not pass the Pre Screening they will be sent home.
- If an athlete or coach test positive for COVID 19, the entire group of 10 will be shut down for a minimum of 14 days, and a physician clearance must be presented upon return.

***\*\*\*Please note that the actual temperature reading ON SITE taken by staff assigned will be the temperature reading that counts...there will be no EXCEPTIONS!***

### **Complete Phase 1 Workout Procedures:**

- **Fall Teams ONLY will be given the opportunity to Participate in Phase 1**
  - **BELOW IS THE LIST OF SPORTS LOOKING TO PARTICIPATE IN PHASE 1.**  
**FOOTBALL, FIELD HOCKEY, BOYS SOCCER, TENNIS, GIRLS SOCCER, CHEERLEADING. EACH PROGRAM WILL PROVIDE DETAILS AS TO DATE AND WORKOUT LOCATIONS. PRE PRACTICE PROTOCOL WILL BE IN EFFECT.**  
**CROSS COUNTRY WILL BE VIRTUAL FOR ALL SUMMER SESSIONS AND WILL START IN PERSON TRAINING ON SEPTEMBER 14.**
1. The Athletic Office will collect the PRE PRACTICE QUESTIONNAIRE [HERE](#). If any of the answers are yes then the athlete's doctor must clear them for participation.
  2. The Athletic Office will create a complete list of summer athletes participating in PHASE 1. Coaches must create their own groups of no more than 10 athletes per group.
  3. First day of workouts the athletes will need to bring the following to proceed past the first checkpoint, which will be run by the school assigned staff.
    - a. Minimum of 2 water bottles or 32 ounces of water
    - b. A facemask

- c. COVID 19 Daily Screening Form only a paper copy will be accepted.
  - d. If any athlete has a fever or answers yes to any other symptoms then they will need a doctor's note before they return to summer workouts.
4. The second checkpoint will be run by a CHS designated staff member who is not a coach and will check and document the coaches and athletes' temperature. Anybody with a temperature will be sent home and won't be allowed to return until they have a doctor's note clearing them to participate.
  5. It is recommended that all coaches who have existing medical conditions seek clearance from their physician before attending summer and regular season workouts. All coaches, Athletic Director, Nurses and Trainer ATC will need to submit a COVID 19 Daily Screening Form and will need to have their temperatures checked before workouts and screenings begin.
  6. Students will be instructed to stay in cars until their group is ready to be checked in.
    - a. Parents must stay in their car until their athlete is cleared, then they MUST leave workout locations.
    - b. Pick up and drop off will take place in the following locations AT UNDERHILL OUTSIDE THE MAIN ENTRANCE, GYM LOT AT CHS FOR RITZER AND BAIRD CENTER FOR TENNIS. EACH LOCATION WILL HAVE A SPECIFIC PROTOCOL UPON ARRIVAL FOR DROP OFF. THERE WILL NOT BE STUDENT ATHLETE PARKING AT UNDERHILL PARKING LOT, CHS GYM LOT OR THE BAIRD CENTER. ALL STUDENT PARKING WILL NEED TO BE ON THE STREETS.
  7. Workouts will be run by the coaches of the program and all NJSIAA guidelines will be followed.
  8. Teams will practice outdoors only on athletic fields and courts.
  9. Practices will be supervised by the Coaches, AD and/or a daily site manager.
  10. If a practice is being held and the NJSIAA guidelines are not being followed, the practice will be stopped immediately for the day. The program that violated the guidelines will not be allowed to practice for the remainder of the summer session.
  11. The Coaches will disinfect all the balls or any equipment the NJSIAA deems safe to use during Phase 1.
  12. **The district will provide disinfectant wipes, sprays, and towels to be used at workouts.**
  13. No physical interactions among players (high fives, fist bumps, etc.) are allowed.
  14. Coaches may use the wipes or other disinfectants to disinfect their program's equipment.
  15. **The district will provide hand sanitizing stations around the facility for use by coaches and athletes during workouts. They will be stored in the building at the conclusion of the workouts.**
  16. **The field house restrooms outside ( 1 male and 1 female ) will be open for use by coaches and athletes, but only 1 person may enter at a time, and they must wear a face mask to use the restroom. Handwashing is a MUST after each person uses the restroom. All restrooms will be cleaned and sanitized daily by district staff. The restroom in the gymnasium main lobby of the HS will open for students and coaches as well for workouts at Ritzer. District staff will be there to sanitize.**
  17. Fields will be sectioned off by cones or safety props by each participating coach. Players in each group of 10 will maintain a minimum of 6 ft apart, and each group of 10 will have 10 yards between each other.
  18. Only Columbia High School coaches will be allowed to attend practices.
  19. No graduates will be allowed to attend workouts. Only students who attend Columbia High School during the 2020-2021 school year will be allowed to participate in summer workouts.
  20. If any rules set by the Columbia High School Athletic Department are broken, the practice will be stopped immediately for the day. The program that violated the rule will not be allowed to practice for the remainder of the summer session.

***21. IT IS IMPERATIVE THAT ALL COACHES, PLAYERS, AND FAMILIES UNDERSTAND THIS IS A PHASE IN PROCESS AND CAUTION MUST BE TAKEN DAILY. IF ANYONE IS SICK, SHOWS SYMPTOMS OF BEING SICK, HAS BEEN EXPOSED TO COVID 19, HAS BEEN AROUND SOMEONE WHO HAS BEEN***

*EXPOSED TO COVID 19, HAS A TEMPERATURE OF 100.4, OR ANSWERS YES TO ANY OF THE PRE SCREENING QUESTIONS....PLEASE STAY HOME AND IMMEDIATELY GO TO A DOCTOR...ALL OF THESE GUIDELINES ARE IN PLACE FOR ATHLETES TO SAFELY RETURN TO PLAY, HOWEVER IT IS MORE IMPORTANT THAT YOU STAY HEALTHY AND MONITOR YOUR HEALTH BEFORE ATTENDING A WORKOUT SESSION.*

*22.FACE COVERINGS ARE REQUIRED AT ALL TIMES, WITH THE EXCEPTION OF THE ACTUAL WORKOUTS.*

*\*IN CONJUNCTION WITH THE ABOVE DOCUMENT AND PROTOCOLS, ALL COACHES, ATHLETES, PARENTS, AND STAFF MUST FOLLOW THE OVERALL GUIDELINES PUT IN PLACE BY THE NJSIAA, CDC, AND NJ DEPARTMENT OF HEALTH...INCLUDING ALL OF THEIR UPDATES.*

*PHASE 2 DETAILS WILL BE FORTHCOMING.*

*THANK YOU ALL FOR YOUR COOPERATION.*

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