



# PCTVS ATHLETICS

## PHASE 1: Return-to-Play

### PHASE 1 - Clarification

Information related to conditioning and the start of activities for the summer recess period which will begin for Bulldog - Fall sports starting July 27, 2020 (on a sport-specific basis)

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## **PCTVS Athletics: Phase I “Return to Play”**

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### **PCTVS District Response to a positive COVID-19 Test or if a student-athlete or coach is Symptomatic:**

- When a participating member of the team is diagnosed or symptomatic with COVID-19, participation in that sport will cease immediately for all student-athletes and staff members who have been in close contact with the diagnosed individual. During PHASE 1- this would be the immediate suspension of the “pod” associated with that student-athlete (group of ten student-athletes and assigned daily coach).
- Any student/coach who tests positive should follow CDC/NJDOH Guidelines and doctor’s orders along with remaining quarantined for 72 hours after COVID-19 symptoms have resolved and the student-athlete no longer tests positive for COVID-19.
  - The student/coach must be cleared by a doctor to return to workouts
- The Director of Athletics will be notified by screener or provided a copy of the Doctor’s note with Covid-19 diagnosis by the parent/guardian of the student-athlete.
- While maintaining the student’s confidentiality communication will be distributed to all relevant participants including district administration.
  - Parents will be notified via school messenger, email, team remind account, and/or direct phone call
- Information outlining the protocols will be posted on the PCTVS Athletic Homepage listing district protocols along with links to all relevant forms necessary for the physician’s clearance (PPE, HHQ and Daily COVID Questionnaire).
- Anyone who is in/or has been in close contact with an individual who tests positive for Covid-19 should be tested.
- Everyone who is tested must be cleared by a doctor to return to participation.

## **Summer Recess Period Protocols**

- **COVID-19 Questionnaire and Physician's clearance**
  - The COVID-19 Form will be shared via link from the PCTVS Athletic Homepage and physically available at the school health office/athletic department. This form must be completed 7 days before training.
    - If the student-athlete answers “Yes” on the questionnaire, the student-athlete must be cleared by a doctor before participation in summer workouts can begin.
    - The questionnaire can be submitted late, but the student-athlete(s) must then wait seven days before participating in summer recess workouts.
    - If a student-athlete has tested positive for COVID-19 antibodies, this is tantamount to testing positive for COVID-19. A positive test for COVID-19 antibodies means that the student-athlete had the virus at some point, even if he/she was asymptomatic and, therefore, unaware of an infection.
    - Student-athletes who have pre-existing medical conditions and/or are immunocompromised (e.g., diabetes, asthma, auto-immune disorders, etc.) shall provide written cleared from a medical doctor before he/she will be permitted to participate in workouts.
      - The PCTVS Health Office and Athletic Trainers will notify all parents/guardians that student-athletes with pre-existing medical conditions should consult with a doctor before they are permitted to participate in the workouts (directly associated with PPE and HHQ medical clearance forms).
  
- **Pre-Screening during Summer Recess PHASE 1**
  - The “drop-off” point for all summer recess workouts, for all programs will be the front of the Athletic Center, an external tent will be set up (the “Drop-off” car, cannot leave campus until student-athlete is cleared for participation on that day).
  - Student-athletes must fill out the COVID-19 Daily Pre-screening Questions before they arrive on site (and electronic version of the daily questionnaire will be available through google drive/google classroom):
    - If there is a “Yes” answer on the form, students should not come to the workout until they are cleared by a doctor.
  - The team’s designated screener (Athletic Trainers) will meet the students at their car to collect the Daily Covid-19 Questionnaire and check temperatures. Student-athletes and the pre-screener (PCTVS ATC) must be wearing a mask at the temperature screening
    - Our athletic trainers will execute screenings; however, please note that any school-approved employee may conduct the screening process.
    - The screener does not have to be the same each day, most student-athletes will be screened by a rotation of the PCTVS ATCs (Pat, Liz and Ryan).

- The screener must always wear a face covering
- The screener must fill out the pre-screening questionnaire for themselves and have their own temperature checked.
- Upon arrival, all coaches must be wearing a face covering and have a completed screening questionnaire in hand, or they will not be screened.
- There will be NO screening of student-athletes until the designated “pod” coach has arrived and been cleared.
- Upon arrival, all student-athletes must be wearing a face-covering and have a completed pre-screening questionnaire, or they will not be screened.
- All screeners must review the completed note on the pre-screening questionnaire and take the temperature of the student-athletes prior to the students exiting the car.
- The screener only needs to document the temperature on the pre-screening questionnaire if it is 100.4 or above.
- The screener must collect and distribute all the completed documents to the appropriate coach to be maintained by the school district.
- The student-athletes must keep their face covered until the screening process is completed, and they are instructed to remove them by their supervising coach.
- If a student arrives on-site and has answered “Yes” on the daily pre-screening form or has a temp of 100.4 or above the screener must do the following
  - Stop the screening process immediately
  - Keep the student in the car and instruct the parent to take them back.
  - The student-athlete will not be permitted to begin workouts until cleared
  - The student will not be permitted to return to an Athletic workout, practice, or competition until they have received a Physician’s clearance and the note has been accepted by the Athletic Trainer/Nurse
  - The student’s name must immediately be reported to the Athletic Director and Building Principal
- If a coach at the workout has answered “Yes” or has a temp of 100.4 or above, then the workout will be canceled, and athletes should return home unless there are additional coaches.
- Workouts during Summer Recess - PHASE 1
  - 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.
  - Only one workout per day is permitted and there must be one (1) day of rest per every seven (7) days.
  - All workouts shall take place outside during PHASE 1



- Groupings/Social Distancing
  - No more than ten (10) student-athletes may be grouped together in a single area and the groups should be predetermined by the coach prior to the start of the workout.
  - These groups of ten plus one coach will commonly be referenced as “Pods”
  - The social distancing of at least six (6) feet shall be maintained between student-athletes and staff always within these “pods” - the ten (10) student-athletes plus their coach.
  - Once student grouping (Pods) are determined, student-athletes may not switch to another grouping, even for another sport for the entirety of PHASE 1
  - More than one group of student-athletes can be in a single area, provided there is twelve (12) to eighteen (18) feet between each group of student-athletes, the PCTVS Athletic Department will determine designated areas on each field for “pods”, a detailed map will be provided.
  - Groupings **must** stay together throughout the entirety of PHASE 1.
    - A coach must submit the names of the student-athlete groups to the Athletic Director and Athletic Trainers after the first summer workout.
    - Coaches may not mix or combine groups if the attendance level in one group is low.
  - A Coach may move from one grouping to another but must always wear face coverings and stay at least six (6) feet apart from student-athletes
  - In an emergent situation, one Coach can supervise multiple groups, as long as face coverings and proper distancing is maintained at all times.
  - There shall not be celebratory contact, e.g., fist bumps, high-fives, huddles, etc.
  - Summer Recess PHASE 1 workouts at PCTVS will be for Fall Sport Teams only, at this time we are holding off on Winter/Spring sports use of summer recess period.
- Sports Equipment
  - Sports equipment shall not be shared at any time during PHASE 1.
  - During PHASE 1, school-supplied balls are permitted to be used during the conditioning workouts but must be properly sanitized after use.
  - During PHASE 1, no helmets or shoulders pads are permitted
  - Each student-athlete should bring individual water bottles to each workout for his/her own personal consumption. There shall not be any trading or sharing of water bottles. Disposable cups will be provided for those that do not have an individual water bottle.
  - Students are permitted to refill their water bottles from a shared source as long as they are staying socially distant and using proper hygiene.
  - All sports equipment and touchpoints (e.g., balls, benches, agility cones, ladders, clipboards, etc.) must be cleaned and disinfected by the coach(es) after each workout with EPA approved cleaners and disinfectants against COVID-19.

- The EPA approved cleaners will be provided by the maintenance staff and available through the athletic training office.
  
- Locker Rooms/Restrooms
  - Student-athletes shall not have access to locker rooms at any time.
  - The restrooms located near the concession stand and the port-o-johns will be made available for student-athletes during the Summer Recess workouts.
  - Restrooms shall be cleaned and disinfected regularly with EPA approved cleaners and disinfectants against COVID-19 by PCTVS staff (e.g. coaches or maintenance personnel) at the conclusion of the workout.
  - Restroom use shall be limited to one person at a time.
  
- Hygiene
  - Students and staff should make every effort to wash their hands as often as possible including before and after the workout.
  - Hand sanitizer shall be accessible at all times.
  - Student-athletes shall wear their workout gear to the workout and shall return home in the same workout gear.
  - There shall be no spitting, chewing seeds, or gum during the workout.
  
- Inclement Weather Plan
  - Altering practice times or AM and PM practice schedules to accommodate Varsity/JV and Freshmen conditioning sessions will be strongly encouraged, those practice plans will come from the Head Coaches of each respective program.
  - Coaches must establish a clear and precise means to communicate the cancellation of practice sessions due to severe weather (lightning/rain) or extreme heat.
  - Coaches must keep in mind, we will not have access to indoor facilities in the event of inclement weather, coaches therefore must execute extreme prejudice in determining if a practice session should occur on a given day to be sure we are not placing student-athletes in harm's way.

## PCTVS PHASE 1 “Return-to-Play” Summary and Important Links

### Quick Notes:

- The PCTVS PHASE 1 Summer Session will be for **FALL SPORTS ONLY**.
- **ALL SUMMER WORKOUTS ARE NON-MANDATORY AND WILL NOT IMPACT A STUDENT-ATHLETES STATUS ON A FALL TEAM.** Any student-athlete that cannot or chooses not to participate can be provided with remote workouts that they can perform at their own discretion when requested.
- PHASE 1 is fourteen (14) consecutive days before entering PHASE 2 (details to be determined from the NJSIAA).
- PCTVS Athletic Department’s Phase 1 (7/27/20 through 8/3/20) – Outdoor Activities & Conditioning only!
- All paperwork **MUST** be submitted prior to the first day of practice AND a hard copy of the daily screening form must be turned in for each practice session.
- Any student-athlete that has tested positive for Covid-19 OR that has a preexisting medical condition (details available in the PCTVS PHASE 1 document) **MUST** have a clearance note from a physician.
- All students **MUST** be wearing a mask upon entering the facility. **No mask = No Practice!!!!**
- All students **MUST** bring their own backpack (no locker rooms to store belongings) and their own labeled/descript water bottle(s).
- All students **MUST** enter the fields through the pre-screening tent that will be located at the front of the Athletic Center.
- Temperatures will be taken from cars and all daily screening forms will be visually reviewed by the Athletic Trainers and then turned into their “pod” coach for proper documentation.
- Any student-athlete with a temperature over 100.4 or without the proper paperwork will be sent home immediately.
- The front of the Athletic Center is the designated “**Drop-off**” area, student-athletes should not exit cars until directed to do so by one of the PCTVS Athletic Trainers.
- Students that are parking on campus must pre-screen first (temperature check and completed form) and then park in the administrative lot in front of the Athletic Center area.
- All students must maintain social distancing before, during, and after practice.
- Students should arrive no more than 20 minutes before their practice and they must immediately leave the facility once their practice session has concluded.
- “**Pick-Up**” area will be the Concession Stand/ Upper Field entrance (white awning), Parents arriving on campus to pick-up student-athletes must park in the lot near the Upper Field Grandstands. We are using an “entrance only” (Athletic Center) and “Exit only” (Concession Stand) to control the flow of arriving and departing student-athletes.



- There will be three (3) certified athletic trainers on site- two (2) checking temperatures and reviewing all daily COVID-19 screening forms and (1) overseeing injury/cooling stations.
- Practice windows for PHASE 1 are on Monday through Thursday between 5:00 PM-9:00 PM (currently 7/27/20 through 8/2/20). As we advance through PHASES of return-to-play, this window may begin to vary dependent upon relaxed restrictions from NJDOE/NJSIAA and Governor’s Office and Program Head Coach’s discretion, student-athletes and their families will be given advance notice to adjust schedule for transportation
- There will be no courtesy bussing for student-athletes during PHASE 1 Summer Recess Conditioning.
- Attendance is not mandatory, healthy participants should maintain regular attendance once practices begin because of “pod” creation and its limits on planning and attendance numbers.

### **Important Links:**

[PCTVS Athletic Physical Packet 2020-2021](#)

[PCTVS Medical Update Packet 2020-2021 \(HHQ\)](#)

[COVID-19 Daily Screening Form](#)

[NJSIAA Memos & Weekly Updates](#)