



PCTVS ATHLETICS

PHASE 3: Return-to-Play

PHASE 3 - Clarification

Information related to conditioning and the start of activities for the summer recess period which will begin for Bulldog - Fall sports starting August 24, 2020 (on a sport-specific basis)

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PCTVS Athletics: PHASE 3 “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 3- this would be the immediate suspension of the “pod” associated with that student-athlete (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 until after COVID-19 symptoms have resolved, the student-athlete no longer tests positive for COVID-19 (3-14 days).
 - The student/coach must be cleared by a doctor to return to workouts
 - Prolonged Contact with a COVID+ individual will also require that the student-athlete or coach to quarantine from the team for a minimum of 14 days or compliance with the County Health Office.
- 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 and can be asked to quarantine from the team for a minimum of 14 days or compliance with the County Health Office.
- 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 continue
 - 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 3
 - The “drop-off” point for all summer recess workouts, for all programs will continue to 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 the TechLife App shortly):
 - 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 (or check the app approval screen on student phone) 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 3
 - Phase 3 allows for modified practices (no contact) with increased team activities as it pertains to skills and drills development.
 - PHASE 3 permits teams to use indoor facilities as approved by the PCTVS BOE.
 - Workouts shall be no more than one hundred fifty (150) minutes in duration and shall include a ten (10) minute warm-up and a ten (10) minute cool-down.
 - PHASE 3 will last Friday August 28, 2020
 - Only one workout per day is permitted during PHASE 3
 - There must be a minimum of 2 practices for every 7 days totaling 4 practices.
 - The maximum number of practices is 6 for every 7 days totaling 12 practices.
 - There must be one (1) day of rest per every seven (7) days.
 - For indoor workouts, care will be taken to provide good air circulation, indoor workouts will take place in the Athletic Center Gym, Main Gym and STEM gyms only. The Rocco Weight Room will be used sparsely and only with prior approval from the Director of Athletics.
 - **Weight Room Guidelines** (after approval has been sought to schedule)
 - Resistance training should be limited to body weight, sub-maximal lifts, and use of resistance bands.
 - Maximum lifts should be limited, and power cages should be used for squats and bench presses.
 - Weight room touch points must be cleaned both before and after use by teams and specific equipment cleaned after each athlete's use.
 - The total number of student-athletes permitted will be determined by the size of the area and by calculating the maximum number of student-athletes and coaches that can maintain 6 feet of social distancing at all times.
 - Altering practice times (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.
 - AM Practice Window: 8:00 AM to 12:00 noon
 - PM Practice Window: 5:00 PM until 10:00 PM
- Grouping/Social Distance/PODS
 - In PHASE 3 the pods from PHASE 2 can be combined into a pod of 50 student-athletes.
 - The social distancing of at least six (6) feet shall be maintained between student-athletes and staff always within these “pods”
 - Groupings **must** stay together throughout the entirety of PHASE 3.

- 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.
 - **For outdoor workouts:**
 - All student-athletes and coaches must maintain 6 feet separation when possible. If not face coverings should be on. 3.
 - **For indoor workouts:**
 - The total number of student-athletes permitted will be determined by the size of the area and by calculating the maximum number of student-athletes and coaches that can maintain 6 feet of social distancing at all times.
 - **For indoor workouts in the weight room:**
 - The total number of student-athletes permitted will be determined by the size of the area and by calculating the maximum number of student-athletes and coaches that can maintain 6 feet of social distancing at all times.
- Sports Equipment
 - 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.
 - Balls may be used throughout PHASE 3 as part of the workouts.
 - Balls can be dribbled, passed, caught, thrown, punted, handed off, etc. within their pods only.
 - If handoffs are part of a drill, at a minimum, the person handing off the ball must be wearing a face covering
 - All other equipment, like sticks, rackets, bats, etc. may be used if they are the student-athletes personal equipment and should not be shared.
 - Football helmets may be worn during PHASE 3, but mouthguards are prohibited.
 - All sports equipment and touchpoints (e.g., balls, benches, agility cones, ladders, clipboards, etc.) must be cleaned and disinfected between users and after each workout with EPA approved cleaners and disinfectants against COVID-19

- Face Coverings
 - Students and Staff who do not arrive to workouts with a mask will not be permitted entry to workout
 - Acceptable masks include - Surgical masks, cloth masks with ear loops, and gaiter cloth masks.
 - 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. Once the aerobic activity is over, student-athletes must wear face coverings
 - Student-athletes who are not engaged in high-intensity aerobic activity, e.g., sitting on the bench, reviewing plays, watching video, waiting in line, etc. are encouraged to wear face coverings.
 - Coaches, screeners, and district personnel must wear face coverings at all times.
 - Coaches that workout with their student-athletes i.e. cross-country coaches, are permitted to remove the face-covering during the workout but must remain six (6) feet apart at all times.
 - Student-Athletes, coaches, and district personnel should have their own face coverings.
 - Face-coverings may not be shared.
 - Student-athletes will be responsible for maintaining and cleaning their own mask.
 - Student-athletes must have a mask on during temperature screening.
 - No mask = No practice!!!

- Locker Rooms/Restrooms
 - During Phase 3 Student-athletes will begin to be granted access to some of the locker rooms facilities on campus to store equipment (only).
 - Coaches must request access to locker rooms from the athletic department, locker room “reassignments” might be utilized to assist teams with social distancing and to minimize high indoor traffic areas.
 - Coaches must devise a detailed plan which includes staggered entry into the locker room to retrieve equipment and prepare for daily practice and include the coaches plan for supervision (on field and within locker room).
 - Facility maintenance will be asked to immediately clean and disinfect locker rooms there a time schedule for locker room use will need to be submitted to the athletic office.
 - The restrooms located near the concession stand and the port-o-johns will continue to be made available for student-athletes/teams during the Summer Recess workouts that have not requested locker room access.
 - 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 (AM and PM) practice schedules to accommodate Varsity/JV and Freshmen conditioning sessions in regards to heat and inclement weather (PM Thunderstorms)
 - 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 have limited 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.
 - In the event of a severe weather situation the Main Gym will hold students evacuated from the Baseball Field/Lower Field and the Athletic Center Gym will hold students evacuated from the Upper Field.

PCTVS PHASE 3 “Return-to-Play” Summary and Important Links

Quick Notes:

- The PCTVS PHASE 3 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 3 is five (5) consecutive days 8/24/20 through 8/28/20 before entering the NJSIAA mandatory non-contact period (which extends 8/29/20 through 9/13/20).
- PCTVS Athletic Department’s Phase 3 (8/24/20 through 8/28/20) – Outdoor/Indoor activities for modified practices (no contact).
- 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 (limited locker room access 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 PHASE 3 “pod” coach for proper documentation (or displaying the TechLife App Check Mark).
- 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 continue to 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 a rotating schedule for the three (3) certified athletic trainers to be on site-checking temperatures, reviewing all daily COVID-19 screening forms and overseeing injury/cooling stations.
- Practice windows for PHASE 3 are on Monday through Friday with AM and PM sessions (between 7:00 AM until 12:00 Noon as well as 5:00 PM until 10:00 PM).
- There will be no courtesy bussing for student-athletes during PHASE 3 Summer Recess Conditioning. We will have a courtesy bus option when the Fall season begins (9/14/20) for students that need to get to school (virtual instruction) and return home after Fall practices.
- 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](#)