**BERNARDS TOWNSHIP PUBLIC SCHOOLS**

**RIDGE HIGH SCHOOL**

**DEPARTMENT OF ATHLETICS**

**268 South Finley Ave., Basking Ridge, NJ 07920**

June 30, 2020

Dear Ridge Fall Sport Student-Athletes and Parents,

Recently, the New Jersey State Interscholastic Athletic Association (NJSIAA), the governing body of high school sports in New Jersey, provided the first phase of Return to Play Guidelines for the summer session. The guidelines were produced by the Medical Advisory Committee, which consisted of medical professionals in the state. The document was produced in accordance with guidelines produced by the Centers for Disease Control (CDC), the New Jersey Department of Education (NJDOE), and the New Jersey Department of Health (NJDOH).

The guidelines provide for very restrictive procedures to be developed by schools in order to ensure that students are able to participate actively to begin to condition themselves for what will hopefully be a full return to normal athletic participation in the fall season. While we are very excited that the fall athletes will have the opportunity to begin to train, it is critical that all are aware of the procedures that will need to be followed. Please review the information in the following paragraphs to understand the procedures that will be followed at Ridge High School.

Workouts supervised by school district coaches may commence on July 16 for football and July 20 for all other sports at designated times to be announced by the sport specific coaches. Work outs may last up to 90 minutes and may only be conducted out of doors while adhering to social distance requirements.

**Health Requirements**

A completed Covid-19 Questionnaire must be submitted through Genesis at least 7 days prior to the first workout that a student is to participate in. The form will go live on Genesis on July 1. Any students that have been diagnosed with Covid-19 or may be compromised due to other Health issues must provide written medical clearance from a physician.

For each workout, coaches, staff, and student-athletes must also complete the Covid-19 Daily Pre-Screening form prior to arriving to Ridge High School. If any question is answered with a “Yes” answer the individual will be withheld from all workouts until medical clearance is provided. As such students will be immediately sent home, it is suggested that if a question is answered with a “Yes” answer the student should not report, but should email the completed form to the nursing coordinator, Rita Zarabara, at [Rzarabara@bernardsboe.com](mailto:Rzarabara@bernardsboe.com). Also, any medical clearance notes for previously existing injuries or illnesses are to be sent to Mrs. Zarabara electronically.

Coaches, Staff, and student-athletes will also have a temperature check done at school with the use of a Non-contact Infrared Thermometer. If the recorded temperature is greater than 100.4 degrees Fahrenheit the individual will be sent home and withheld from any workouts until medical clearance is provided.

The state of New Jersey has also issued a travel advisory for anyone that has been to any of the states designated with a high incidence of Covid-19 and will be required to complete a 14 day quarantine period. Information regarding the states affected may be found at <https://covid19.nj.gov/faqs/nj-information/general-public/are-there-travel-restrictions-to-or-from-new-jersey-should-i-self-quarantine-if-i-have-recently-traveled>.

**Procedures When Arriving to School**

Students should drive or be driven to the parking lot behind the main gymnasium and remain in their vehicle in a line such that the passenger side door is adjacent to the entrance to Lee Field. Students must wear a mask at that time. A designated coach or staff member will collect and review the Pre-screening form and conduct the body temperature reading. Once approved to participate, the student will report to the field and maintain proper social distancing and continue the wearing of a face cover under the supervision of an additional coaching staff member. Students that walk or ride a bike to school should meet near the table where coaches are checking students in while maintaining the wearing of a face cover and keeping proper social distance of 6 feet.

**Requirements to Participate**

The use of locker rooms will not be available. Students are to arrive in proper training gear and will return home in the same.

Students must have the following items in order to be allowed to work out.

1. A minimum of 1 gallon (128 oz.) of water or sports drink in one or more labeled containers.
2. Two (2) cloth face coverings. Neck gaiter type are recommended for the ease of putting them on and taking them off.
3. A labeled personal belonging pack or bag to carry necessary equipment.

**Conducting of the Work Outs**

Coaches and staff will wear face coverings at all times and students will be required to wear their masks when not participating in activity. Students will be organized in groups of 10 or less which will be maintained through Phase 1. Social distancing will be strictly adhered to at all times in the drills which will consist mainly of conditioning and skill set training. There will be no contact – even a celebratory fist bump – during the work out. Spectators will not be permitted at the site. Parents and other non-participants are expected to remain in their vehicle while on school grounds. Students will be provided opportunities to hydrate themselves and a bathroom will be available for the use of one student at any one time. Equipment will be disinfected before and after each workout and hand sanitizer will be available for the use of students, coaches, and staff. In the event of sudden thunder/lightning, the field will be cleared and students will move to a gymnasium while continuing to maintain the wearing of a face cover and social distance.

**Procedures for Dismissal**

At the conclusion of the workout, students will be dismissed to the designated pick up location which will either be the Cedar Hill School parking lot, the upper student parking lot, or the parking lot used for arrival. Mask wearing and social distancing will be required and will also be supervised by a member of the coaching staff. When picking up a student, please be prompt so that students are not tempted to socialize in close proximity.

While there are many details to be carefully adhered to it still remains energizing that the student-athletes will be afforded the opportunity to resume training and work with their peers and coaches. I know that I will be glad to see the kids back at school and working out once again. I greatly look forward to a safe and healthy re-start and hopefully a great fall season. If you have any questions or concerns, please reach out to me at your earliest convenience at rshello@bernardsboe.com.

Yours in Sports,

Richard Shello

Director of Athletics