



Committed to Excellence

The Road Back Kingsway's Restart & Recovery Plan

Athletic and Activities Committee

August 28, 2020

Key Area – Athletics

Return to Play Guidelines

Virtual Contact Period – August 29 - Sept. 13

Official Start Dates-

September 11- Football & Field Hockey

**September 14 – all others sports and
Marching Band**

1. Conditions for Returning to Play

- General Health & Safety Protocols
- Required trainings

2. Leadership & Planning

- NJSIAA Medical and Sports Advisory Task Force recommendations
- Athletic Trainer/Health Office/School Physician protocol
- Contact Tracing procedure
- Coaching Staff roles

3. Scheduling/Transportation

- NJSIAA Model 1 Season guidelines
- Sport regulations
- Transportation protocols
- Inclement weather guidelines
- Opponents/Officials guidelines

4. Athlete/Parent & Community

- Student-Athlete requirements
- Parent/Community guidelines

5. Activities/Clubs

Requirements to hold club

Conditions For Returning to Play

General Health/Safety Protocols:

- 1. Must comply with CDC, State, Local, NJSIAA and District guidelines.**
- 2. Promotion of behaviors that reduce spread such as social distancing when applicable, mask wearing, hygiene protocols.**
- 3. Required trainings for coaches and student-athletes.**

Action Steps

- Signage will be placed outside consistent with CDC guidelines.
- Social distancing amongst students, coaches, communities members must take place at all times when practical.
- Coaches must wear masks at all times unless they are exempt. Electronic hand held whistles will be used.
- There shall not be any physical contact, of any kind, between student-athletes and/or coaches.
- Athletes 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 their own face coverings.



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Action Steps Continued

- High area touch points and team equipment such as cones, balls, nets, etc. will be limited and sanitized after each practice. Students will use their own helmets, pads, sticks, shin guards, etc.
- Each team will be supplied with mobile sanitizing units that include EPA and District approved sanitizers and hard surface wipes.
- Students must bring their own water bottle/jug to use.
- No post game handshakes or celebrations are permitted.
- Coaches/Trainer will conduct visual checks on students daily.



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Action Steps Continued

- Multiple portable restrooms will be located around campus for use. Rest Rooms will be sanitized daily.
- It is recommended that students and coaches use wash hands/use hand sanitizer before and after practice. They should also change clothes, shower, and wash personal equipment once home after practices and games.
- Locker room use will be available on a limited basis after school to change ONLY for practices and games each day for the student cohort in the building that particular day. Locker will not be used. 6-8 students will be permitted in locker room at one time under coach supervision and must wear masks while maintaining 6 ft social distancing requirements. Football teams will **NOT** use locker rooms at halftime of games.



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Action Steps Continued

- 3. Required Coach and student trainings**
 - In addition to the yearly mandated trainings required from the District and NJSIAA, coaches will be required to take the National Federation of High School Athletics Covid-19 Coaches Course.
 - Each team will meet with Robert Baerman, Athletic Trainer for Athletic Training Room protocol and training on safety protocol regarding behaviors that reduce spread such as social distancing when applicable, mask wearing, and proper hygiene.
 - Coaches will review daily safety procedures and protocols developed by the District and Athletic Department.



Leadership & Planning

Returning to Play

1. NJSIAA Medical and Sport Advisory Task Force Recommendations
2. Athletic Trainer/Health Office/School Physician protocols
3. Contact Tracing procedures
4. Coaching Staff roles

Action Steps

1. The NJSIAA Medical/Sport Advisory Task Force recommendations.
 - Additional resources for coaches and student-athletes to assist their training during the virtual contact period. The Task Force released Fall season guidelines that will assist with running practices and managing competition in a safe environment, as well as other best practices to take into consideration as the start of the regular season approaches.
2. Medical paperwork protocols
 - The Health Office will review all physical forms, health history questionnaires, and any additional medical documentation needed for each student as usual.



Leadership & Planning

Returning to Play

1. **NJSIAA Medical and Sport Advisory Task Force Recommendations**
2. **Athletic Trainer/Health Office/School Physician protocols**
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Action Steps Continued

- The District School Physician will sign off on clearing students to participate as usual.
- Athletic Trainer will develop Google cleared list for coaches to review each day as usual.
- Athletic Trainer will review Covid Screening Google form for students on all virtual learning and virtual days prior to those students arriving on campus. For example: when Cohort B is on virtual days, students with last names Lap-Z will be reviewed for completion. Students will not be able to attend practice without completing form.



Leadership & Planning

Returning to Play

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Action Steps Continued

3. Athletics will follow the District Contract Tracing Notification Protocol.
 - When the District is notified by the Department of Health that a student tested positive and/or has been exposed, the School Nurse will act on recommendations by the Department of health and will contact the student(s) and potential students at-risk. The District's school nurse will make personal contact, if/when practicable, and notify student(s) parents of isolation/quarantine requirements/recommendations.



Leadership & Planning

Returning to Play

1. **NJSIAA Medical and Sport Advisory Task Force Recommendations**
2. **Athletic Trainer/Health Office/School Physician protocols**
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4. **Coaching Staff roles**

Action Steps Continued

- When the District is made aware of potential exposure, it will notify the Department of Health first that a student may have tested positive and/or has been exposed. Again, the School Nurse will act on recommendations by the Department of health and will contact the student(s) and potential students at-risk. The District's school nurse will make personal contact, if/when practicable, and notify student(s) parents of isolation/quarantine related requirements and recommendations.



Leadership & Planning

Returning to Play

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Action Steps Continued

- In the event of casual exposure, which means 6 ft of social distancing was maintained by the at-risk/affected student/person, masks were worn at all times, and hand washing, and surface sanitizing was performed, the following communication protocol will apply:
- The District will make casual contacts of a confirmed COVID-19 case that they are “low risk” and do not have to take special precautions. Student/person(s) need to be monitored for any Covid19 symptoms for 14 days:
- Temperature 100.4 degrees Fahrenheit or higher when taken by mouth



Leadership & Planning

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Action Steps Continued

- Sore throat
 - New uncontrolled cough that causes difficulty breathing (for students with chronic allergic/ asthmatic cough, a change in their cough from baseline)
 - Diarrhea, vomiting, or abdominal pain
 - New onset of severe headache, especially with a fever
 - And, if symptoms develop, student/person(s) must: self isolate, contact primary care provider
4. Coaching Staff procedures
 - Coaches will develop detailed weekly practice plans that include social distancing where practical and game day procedures for students to follow



Leadership & Planning

Returning to Play

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4. **Coaching Staff roles**

Action Steps Continued

- Every effort should be made to minimize crossover between levels – Varsity, JV and Freshman. Coaches will include plan to separate levels as much as possible during practices and games with proper supervision.
- Coaches should continue to remind their student- athletes that travel out of state and attendance at large gatherings could undermine the precautions and efforts to return to play. All coaches and student-athletes are encouraged to avoid exposure outside of family groups.



Scheduling & Transportation

Returning to Play

1. NJSIAA Model 1 Guidelines
2. Sport Regulations
3. Transportation Protocol
4. Inclement Weather Guidelines

Action Steps

1. NJSIAA Model 1 – Delayed Fall Season
 - The Task Force recognizes that returning to school is the main priority and that all student-athletes should acclimate to the classroom before they begin their fall sports season.
 - The Tri County Conference has developed reduced schedules that follow the NJSIAA requirement. Temperature checks will be conducted by Athletic Trainer or coaches before team enters busses to travel to an away event.



Scheduling & Transportation

Returning to Play

1. NJSIAA Model 1 Guidelines
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- NJSIAA Fall Season Dates

Sport	Practice Date	Regular Season Start	Regular Season Finish	Post-Season Dates
G Tennis	Sept. 14 th	Sep. 28 th	Oct. 23 rd	Oct. 26 th – Oct. 31 st
Football	Sept. 14 th	Oct. 2 nd	Nov. 7 th	Nov. 13 th – Nov. 22 nd
All other sports	Sept. 14 th	Oct. 1 st	Nov. 12 th	Nov. 13 th – Nov. 22 nd



Scheduling & Transportation

Returning to Play

1. NJSIAA Model 1 Guidelines
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4. Inclement Weather Guidelines

- NJSIAA Fall Season Sport Regulations

Sport	Weekly Maximum	Regular Season Maximum	Post-Season Refusal Date
Cross Country	2	12	Oct. 26th
Field Hockey	2	14	Oct. 26th
Football	1	6	Oct. 26th
Gymnastics	2	12	Oct. 26th
Soccer	2	14	Oct. 26th
Tennis	3	14	Oct. 18th



Scheduling & Transportation

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Action Steps

3. Transportation protocol for athletic events. Athletics will follow the District procedures for riding busses.
 - One student per seat on bus with 22 total. Coaches/Students will wear masks while riding the bus to/from events. Students will board the bus by filling the back row first to prevent/avoid passing students. Unloading bus will work in reverse, beginning with first row to last row.
 - Roster limits for away events will be examined to determine number of busses needed. Students will bring all belongings on bus as they will not be able to re-enter building upon return.



Scheduling & Transportation

Returning to Play

1. NJSIAA Model 1 Guidelines
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4. Inclement Weather Guidelines

Action Steps Continued

4. Inclement Weather Guidelines
 - In the event there is inclement weather on practice days and teams are unable to remain outside, practices will be canceled.
 - In case of an emergency or inclement weather during a game, teams will follow the 2020 District Emergency Action Plan for Athletics developed by Rob Baerman which determines indoor locations for each team. This plan will be distributed to all teams and reviewed prior to season.
 - Opponents will return to busses.
 - Fans will return to vehicles.



Scheduling & Transportation

Returning to Play

1. NJSIAA Model 1 Guidelines
2. Sport Regulations
3. Transportation Protocol
- 4. Inclement Weather Guidelines
- 5. Opponents/Official Guidelines

Action Steps Continued

5. Opponents/Officials Guidelines
 - Prior to arriving on Kingsway's campus, each school will be responsible to properly check their own athletes for signs or symptoms of Covid.
 - Opposing schools are required to notify the Athletic Director if any students on their team scheduled to play vs Kingsway tests positive. In the event a Kingsway student or opponent tests positive, the game will be canceled.
 - If the opposing team finds out after the event, contact tracing procedures will be implemented.
- Officials will be required to wear masks while officiating events.



Athlete/Parent & Community

Returning to Play

1. Athlete/Parent & Community Guidelines

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Action Steps

1. Student/Parent required paperwork
 - All students interested in participating in a fall sport must register through the athletic portal and submit all required medical paperwork before participating.
 - Students attending school in person will complete the required daily Covid screening form in the morning before entering the building.
 - Students on virtual days or all virtual will complete the daily Covid screening form prior to arriving on campus for practices and games.
 - Rob Baerman will check in students according to Cohort lists as they arrive on campus.

Athlete/Parent & Community

Returning to Play

1. Athlete/Parent & Community Guidelines

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Action Steps Continued

1. Student/Parent required paperwork
 - Students on virtual days or all virtual will not be allowed to enter the building.
 - The community will be allowed to attend home athletic events and will be required to socially distance and wearing a mask is required for field hockey, soccer, cross country, and tennis without issue. We will monitor numbers at each event to stay within the 500 limit.
 - The community will be allowed to attend home football games following the 500 maximum limit. The total number will be determined by how many total players, band members, cheerleaders, game personal, and coaches attending from each team.

Athlete/Parent & Community

Returning to Play

1. Athlete/Parent & Community Guidelines

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Action Steps Continued

- Number of individuals on the field of play (officials, coaches, players, trainer) DO NOT count in the 500 limit.
- Stadium seating will be marked 6ft apart for socially distance to be maintained.
- Concession stands will not open.
- There will not be an entrance fee to attend football games. Each team member will given a set number of tickets to distribute to family/friends.
- Opponents will receive a set number of tickets to attend game.
- No bleachers at games except in stadium. 6 ft social distancing spaces will be marked on ground for spectators.



Key Area – Activities/Clubs

Returning to Activities/Clubs

1. Activity/Club requirements

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Action Steps

- All extracurricular activities must comply with applicable social distancing requirements and hygiene protocol.
- A review of extracurricular clubs and activities will determine what will/will not be practical to offer this school year – virtually through Schoology. Those activities that run will meet virtually. There will be no in-person meetings for clubs/activities.
- The criteria used to determine if a club/activity is approved to run virtually school year will be based on the following:



Key Area – Activities/Clubs

Returning to Activities/Clubs

1. Activity/Club requirements

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Action Steps Continued

- Advisor can reasonably achieve the mission/purpose of the club in either a virtual or traditional setting
- The club does not require special equipment or resources to run virtually.
- Students can explore interests unique to the club/activity, gain broad perspectives, and achieve beneficial experiences in a virtual setting.
- Students can request to sign up for various clubs through Schoology.
- Advisors will send an invitation to students to attend virtual meetings.
- Advisors will submit rosters to athletic office.



Key Area – Activities/Clubs

Returning to Activities/Clubs

1. Activity/Club requirements

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Action Steps Continued

- Examples of Clubs/Activities that will meet virtually are: Circle of Friends, Cultures Club, All Honor Societies, Prism, Student Council, Yearbook, and more.
- All other clubs will be reviewed to determine what can run virtually.

