

## **Student-Athlete Guidelines for Fall 2020 Season**

(Recommendations per NJSIAA COVID-19 Fall Season Guidelines)

- Face Coverings - Student-athletes are required to wear face coverings, unless doing so would inhibit the student-athlete's health, the student-athlete is in extreme heat outdoors, or the student-athlete is engaged in high intensity aerobic or anaerobic activities. Student-athletes on the bench or sidelines are required to wear face coverings during practices and games.
  - Face covering must be worn from the time of arrival, during non-activity, and upon departure.
- Screening - Must complete COVID-19 Daily Pre-Screening Questionnaire google form [available on the Athletics website] prior to participating in practice and NJSIAA interscholastic contests.
  - Report to the Athletic Trainer, Ms. Monika, for temperature checks and monitoring of questionnaire responses.
- Hydration - Each student-athlete should have his/her own water bottle, towel, and personal items.
- Hygiene - Make every effort to wash their hands as often as possible or use hand sanitizer.
  - Workout apparel and uniforms shall NOT be left after games and practices.
  - No spitting, chewing seeds or gum during the workout.
- All student-athletes participating in full day or part-time remote learning must come prepared for practice.
- Locker rooms must be used for changing and storage of equipment only.
- Social distancing practices are maintained to the maximum extent practicable during practice and games.

### **Student-Athlete Expectations**

As your coaches and the athletic staff work hard to give you a fall season, what can YOU do?

- Wear a mask or face covering and social distancing in higher-risk situations where it is recommended outside of my sport.
- Check my temperature and assess my own symptoms on a daily basis.
- Disclose any possible COVID-19 symptoms or possible exposure to someone with known or suspected COVID-19 to my parents and coaches so I can sit out and prevent any possible spread of infection to my teammates.
- Encourage my teammates to practice these same healthy behaviors.
- No sharing of towels, water bottles, or other personal items.
- Regularly wash my hands and use hand sanitizer before, during and after practices/games.
- Avoid touching my face and, if I have to, use hand sanitizer afterwards.
- Wipe down all equipment I use with a disinfectant wipe at the end of every practice or game.
- Shower or bathe myself as soon as I get home to protect my family from possible exposure.

**REMINDER:** If you do not feel well and are experiencing the following symptoms (fever, chills, muscle and body aches, headache, sore throat, new loss of smell or taste, cough, shortness of breath or difficulty breathing, congestion or runny nose, diarrhea, nausea or vomiting) **DO NOT COME TO PRACTICE!**

I understand the specific guidelines to participate in high school sports for the Fall 2020 season. In addition, I will do my best to adhere to the above mentioned recommendations.

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Print Name

Signature

Date