



Bridgewater-Raritan High School Athletics
COVID-19 and Winter Sport Season Guidelines

Bridgewater-Raritan High School student-athletes, coaches, and staff will comply with the following guidelines while participating in the Winter 2020-2021 interscholastic athletic season competitions and practices.

[NJSIAA Return-to-Play - Season 2 and Season 3 Update Memo](#)

Season Dates

- On Thursday, November 19, 2020, the NJSIAA Sports Advisory Task Force released the following updates for all sports that will be played during Season 2, Season 3, and a newly added Season 2A. The dates for Seasons 2, 2A and 3 below are final. NJSIAA will not make any further changes to the schedule.
- Below are the updated season dates for all sports that will be played during Season 2, Season 2A and Season 3. The ice hockey dates have been updated as outlined in the NJSIAA Ice Hockey Update provided below; the basketball and bowling start dates have been pushed into the new year; Season 2A has been created to accommodate swimming and winter track & field; and wrestling has been moved to Season 3, which was originally created to accommodate girls' volleyball and gymnastics.

Sports	Practice Start	Competition Start	Competition End
Ice Hockey	Dec. 14*	Jan. 15	Mar. 6
Basketball, Bowling and Cheer	Jan. 11	Jan. 26	Mar. 6
Swimming and Winter Track & Field	Feb. 1	Feb. 16	Mar. 27
Gymnastics, Girls Volleyball and Wrestling	Mar. 1	Mar. 16	Apr. 24

****The dates listed above are the NJSIAA starting dates. Pending Board of Education approval, the Bridgewater-Raritan starting dates for Ice Hockey's Virtual Contact and Outdoor/In-Person Dry-Land practices will be Wednesday, December 16, 2020. The starting dates for Virtual Contact for Basketball, Bowling and Cheer will begin Wednesday, December 16, 2020, pending Board of Education approval. Ice Hockey's On-Ice/Indoor practices may begin on Sunday, January 3, 2021, pending Board of Education approval. Ice Hockey's competition/games begin Friday, January 15, 2021 and end on Saturday, March 6, pending Board of Education approval.***

NJ Department of Health - Indoor Sports Pause

- On Friday, December 4, 2020, the New Jersey Department of Health updated their Guidance for Sports Activities to include Executive Order No. 204, which pauses indoor organized and team sports practices and competitions as of December 5, 2020, through January 2, 2021.

[NJ DOH Guidance for Sports Activities - December 4 Update](#)

In response, the NJSIAA Sports Advisory Task Force announced the following modifications to the ice hockey season:

NJSIAA Ice Hockey Update

[Return-to-Play – Ice Hockey Update – Skiing Reminder](#)

- Competition may start on Friday, January 15, 2021.
- The season will be extended to Saturday, March 6, 2021.
- Any student-athlete that is subject to a transfer sit-period will be eligible for participation on Monday, February 1, 2021.

The practice start date, Monday, December 14, 2020, remains unchanged. Starting on this date, virtual contact or outdoor practices will be permitted. Indoor practices may begin on Sunday, January 3, 2021, unless Executive Order 204 is further modified prior to this date.

NJSIAA Virtual Contact Period

On Monday, December 7, 2020, the NJSIAA Sports Advisory Task Force provided a summary of virtual contact periods for the upcoming sports season.

[Return-to-Play Update – Virtual Contact Period](#)

Below is a summary of NJSIAA virtual contact, practice start and season end dates for the following sports:

Sports	Virtual Contact Date	Practice Start Date	Season End Date
Basketball, Bowling and Cheer	Dec. 14	Jan. 11	Mar. 6
Swimming and Winter Track & Field	Jan. 11	Feb. 1	Mar. 27
Gymnastics, Girls Volleyball and Wrestling	Feb. 1	Mar. 1	Apr. 24

****The dates listed above are the NJSIAA Virtual Contact starting dates. The Bridgewater-Raritan starting dates for Virtual Contact for Basketball, Bowling and Cheer will be Wednesday, December 16, 2020, pending Board of Education approval.***

****The starting dates for Virtual Contact for Swimming, Winter Track & Field, Gymnastics, Girls Volleyball and Wrestling are to be announced, pending Board of Education approval.***

*Virtual practices do not count towards the six days of practice and one day of rest requirement.

Winter Sport Student-Athlete Eligibility

In order to be eligible to participate in winter interscholastic athletics, student-athletes must:

- Be properly enrolled at Bridgewater-Raritan High School.
- Submit a valid Physical and/or Health History Update form. For further information, please click on the link below:
[Physical Information](#).
- Complete the online registration through [FormReLeaf](#).
- Submit the [Winter Sport Activity Fee](#).
- Meet [NJSIAA Academic Eligibility Requirements](#).

COVID-19 Screening

All student-athletes, coaches, and staff will be screened upon arrival to the practice/contest facility for symptoms and history of exposure.

- Student-athletes, coaches, and staff will complete and submit the online [COVID-19 Daily Pre-Screening Questionnaire](#) prior to arriving on campus for practice/contests each day. The questionnaire is to be completed online through the sport-specific Google Classroom. The Google Classroom access codes are listed below:

Boys Basketball - oarbtbk
Girls Basketball - u3rskzg
Bowling - yzk3eoi
Cheer - h3ajbkv
Gymnastics - 2s3hcoh
Ice Hockey - ufanzqs
Boys Swimming - zhkomlm
Girls Swimming - m3ycque
Winter Track - jr2n56y
Girls Volleyball - sf7gcn5
Wrestling - 6edb5j4

- All student-athletes will be required to invite their parents/guardians to join the Google Classroom, which will allow them access to all information and announcements regarding their student-athletes team.

- All student-athletes must be screened at least once per day to participate in practices/contests.
- Full-time remote learners must be screened before they can participate in practices/contests.
- All student-athletes must be screened for all Saturday or Sunday practices/contests.
- If there is a YES response to one or more of the daily pre-screening questions, the student-athlete is not permitted to participate and should not report to campus. The student-athlete will not be permitted to resume participation until they receive a clearance note from their physician and forward it to John Maggio, Supervisor of Athletics by email at jmaggio@brrsd.k12.nj.us or fax to 908-231-1278. Final clearance will be given by the District Physician.
- If a student-athlete registers a temperature of 100.4 or above while being screened, they will not be permitted to participate that day and will not be permitted to resume participation until they receive a clearance note from their physician and forward it to John Maggio, Supervisor of Athletics by email at jmaggio@brrsd.k12.nj.us or fax to 908-231-1278. Final clearance will be given by the District Physician.
- Student-athletes, coaches, and staff will have their temperature checked by their coaches or athletic trainers upon arrival to the practice/contest facility.
- Student-athletes will report to the facility for pre-screening at the time designated by their coach.
- Student-athletes will wear a district-approved face mask and remain socially distanced during pre-screening.

Student-Athlete Equipment/Gear

- Student-athletes must have the following in their possession when they arrive for a practice/contest:
 - Cloth district-approved face mask/mask being worn and a back-up district-approved face mask.
 - Water or other suitable drink - minimum of 32 ounces in a labeled container.
 - Sport-specific required equipment (shoes, stick, ball, etc.).
 - Labeled gear bag to carry personal items.
- Practice apparel and uniforms will not be left at the school after practices or contests. Student-athletes will wear the appropriate gear to the practice/contest and will return home in the same gear.
- Student-athletes are responsible for laundering their own practice apparel/uniforms and must do so after each wear.

District-Approved Face Masks

- Student-athletes and coaches are required to wear district-approved face masks, unless doing so would inhibit the student-athlete's health, or the

student-athlete or coach is engaged in high intensity aerobic or anaerobic activities.

- Student-athletes and coaches on the bench or sidelines are required to wear district-approved face masks.
- Spectators and media personnel are required to wear district-approved face masks, unless doing so would inhibit the individual's health.
- Officials are required to wear district-approved face masks, unless doing so would inhibit the official's health, or the official is engaged in high intensity aerobic or anaerobic activities.
- The following guidelines must be followed related to district-approved face masks:
 - Face masks must cover both the nose and mouth.
 - Face masks may not be shared.
 - Face masks may not have a vent.
 - Student-athletes' face masks should be labeled with first and last names.
 - Cloth masks must be washed daily in hot water.
 - Three-ply surgical type masks or two-layer cloth masks have been shown to be best in minimizing viral spread through the mask.
 - Face shields are not permitted as a replacement for a face mask.
 - All requests for face mask exemptions must be submitted to the school nurse for review by our school physician.
 - Face masks, like other clothing worn at school, must be appropriate and adhere to the dress code.
 - **IMPORTANT!!! Face masks that are not acceptable: Vented masks, gaiter-type masks, bandanas, scarves, or face shields without a mask.**

Remote Learning

- All student-athletes participating in full day or part-time remote learning are permitted to participate in NJSIAA athletics.

Hygiene/Sanitization

- Student-athletes, coaches, and staff should make every effort to wash their hands as often as possible.
- Hand sanitizer will be accessible at all times, however, student-athletes are encouraged to bring their own if available.
- Any spitting (saliva or water), chewing seeds or gum is strictly prohibited.
- All facilities will be cleaned and sanitized in accordance with CDC, EPA, and district guidelines.

Hydration

- Student-athletes will be required to provide their own water or other drink with a minimum of 32 ounces. Containers may be refilled at the site of the practice/contest.

- Water containers are not to be shared.
- Student-athletes will be provided with unlimited access to the water refill station.

Heat Participation Policy

- The [NJSIAA Heat Participation Policy](#) remains in effect and will be implemented by all winter sport teams. Please refer to the link for more information.

Heat Acclimatization Policy

- Heat acclimatization, as outlined in the [NJSIAA Heat Acclimatization Policy](#), will begin for all winter sports on Thursday, December 3, 2020. Please refer to the link for more information.

Cold Water Immersion Policy

- The [NJSIAA Cold Water Immersion Policy](#) remains in effect and will be implemented by all winter sport teams. Please refer to the link for more information.

Restrooms

- Restrooms/Porta Johns will be limited to one person at a time.
- Student-athletes, coaches, staff and spectators waiting to use the facility must stand at least six (6) feet apart.
- District-approved face masks are required while using restrooms, unless it will inhibit the individual's health.

Training Room

- All student-athletes entering the Field House/Athletic Training Room must wear a district-approved face mask.
- Only 2 student-athletes may be in the training room at one time for evaluation/treatment/taping.
- If more than 2 student-athletes are waiting for an athletic trainer, they will be required to wait outside of the Training Room. These student-athletes will line up against the building wall and separate by at least 6 feet from one another in accordance with social distancing guidelines.
- Treatment and taping tables will be cleaned/disinfected after each use.
- student-athletes will be asked to use hand sanitizer upon entering and exiting the Training Room.
- Any relevant paperwork should be placed in the designated location on the counter inside the Training Room. It will not be necessary for the student-athlete to fully enter the Training Room.
- After practices/contests:
 - Tape cutters and pre-made ice bags along with plastic wrap will be available outside of each training room. Plastic wrap will only be applied by the athletic trainer.
 - Any items given to student-athletes (ie. wraps/braces) will not need to be returned to the athletic trainers.

Locker Rooms

- Student-athletes will not have access to locker rooms at this time.

Weight Rooms

- Student-athletes and coaches and staff will not have access to the weight room at this time.

Transportation

- District-approved face masks are required for all staff and student-athletes while on busses, unless it would inhibit the individual's health.
- Social distancing practices and maximum bus occupancy, as outlined by the district, will be followed on all district provided athletic transportation.
- District/transportation department cleaning and disinfecting practices will be followed on all vehicles.

NJ Department of Health Guidelines - Capacity/Attendance

Please be advised these guidelines may change at any time. Please refer to [nj.gov](https://www.nj.gov) for updates.

Spectators

Spectators will be subject to the capacity limitations established by Executive Order 196. NJSIAA will continue its discussions with the Governor's office and the NJ DOH and will update its guidance in this regard if capacity limitations are amended.

- On November 16, 2020, Governor Murphy issued Executive Order 196, which further restricts the number of people permitted at both outdoor and indoor sporting events. Under the Order, indoor practices and competitions are limited to 10 persons, however, if the number of individuals who are necessary for the practice or competition, such as players, coaches, and referees, is greater than 10 persons, the practice or competition may proceed. If this exception applies, the number of individuals still may not exceed 25 percent of the capacity of the room in which it takes place, or 150 persons, whichever is less.
 - All spectators attending indoor events must wear district-approved face masks, unless it would inhibit the individual's health.
 - All spectators must follow social distancing guidelines set by the school district and/or facility owner.

Examples:

- Bowlmor Lanes- Bowlmor Lanes protocols will be followed in addition to district protocols.
<https://www.bowlmor.com/COVID>
- Protec Hockey Ponds - Protec Hockey Ponds protocols will be followed in addition to district protocols.
<http://protechockey.com/wp-content/uploads/2020/11/health-check.pdf>

- Bridgewater YMCA - Bridgewater YMCA protocols will be followed in addition to district protocols.
<https://www.gscymca.org/membership/what-to-expect-at-the-y/>
- Executive Order 196 also restricts the number of people permitted at outdoor events to 150, not inclusive of the athletes, coaches, referees and trainers. As per NJSIAA clarification on Friday, November 20, 2020, Governor Murphy announced that individuals necessary to the sporting event, such as players, coaches, and referees, will not count toward the 150 person limit. This will mean that these sporting events can have up to 150 spectators.
 - All spectators attending outdoor events must wear district-approved face masks, unless it would inhibit the individual's health.
 - All spectators must follow social distancing guidelines set by the school district and/or the protocols set by the management of the off-site venue.
 - **All Winter Track meets will be held at off-site/neutral venues.**
- As a reminder, NJSIAA member schools must abide by NJSIAA protocols, which take into account this NJ DOH guidance.

Practices

Coaches must maintain a high level of awareness to possible COVID-19 exposure throughout all practices.

- Coaches are required to wear district-approved face masks, unless doing so would inhibit the individual's health.
- Student-athletes are required to wear district-approved face masks, unless doing so would inhibit the student-athlete's health, or the student-athlete is engaged in high intensity aerobic or anaerobic activities. Student-athletes on the bench or sidelines are required to wear district-approved face masks.
- Coaches will monitor the student-athletes throughout the duration of the practice to ensure that social distancing protocols are being followed.
- Coaches/athletic trainers will ensure that proper medical supplies including an AED are available on site.
- There will be no high-fives, handshakes, fist bumps, etc.

Interscholastic Regular Season Contests

All school personnel must maintain a high level of awareness to possible COVID-19 exposure throughout all phases of the contest.

- Coaches are required to wear district-approved face masks, unless doing so would inhibit the coach's health.
- Student-athletes are required to wear district-approved face masks, 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 sideline must wear a district-approved face mask.

- Social distancing practices will be maintained to the maximum extent practicable during the contest.
- Sidelines will be limited to coaches, student-athletes, staff, and essential game personnel.
- Spectators, media, and all ancillary game personnel are required to wear district-approved face masks, unless doing so would inhibit the individual's health.
- Officials are required to wear district-approved face masks, unless doing so would inhibit the official's health, the official is in extreme heat outdoors, or the official is engaged in high intensity aerobic or anaerobic activities.
- The Sportsmanship Policy will be read by the officials to all student-athletes and coaches prior to each contest.
- It is recommended that visiting teams keep their busses available for use as needed.
- Post-game handshakes and celebrations will not take place.

Post-Season

NJSIAA Sectional and State Championships

- There will be no NJSIAA sponsored post-season.

Skyland Conference Divisional Championship

- It has become evident through the fall that not all schools will have the capacity to play their full assigned schedule due to weather and COVID-19 related issues during the shortened season. For this reason, divisional championships will not be recognized this season, ***unless*** a specific division's complete schedule is played and a champion can be determined.

Somerset County County Championship

- Somerset County Interscholastic Athletic Association (SCIAA) tournaments/championships have been cancelled for the winter 2020-21 season.

Sport-Specific Guidelines

- Student-athletes are responsible for adhering to the additional guidelines provided for their specific sport. These sport-specific guidelines can be found in this document on the pages listed below, next to their sport.

Boys Basketball - Page 11

Girls Basketball - Page 11

Bowling - Page 15

Cheer - Page 19

Gymnastics - Page 20

Ice Hockey - Page 22

Boys Swimming - Page 26

Girls Swimming - Page 26

Winter Track - Page 33

Girls Volleyball - Page 35

Wrestling - Page 37

Sport-Specific Guidelines - Boys and Girls Basketball

Season Dates

- Virtual Contact may begin Monday, December 14, 2020.
- Practices begin on Monday, January 11, 2021.
- Competition/games begin Tuesday, January 26, 2021 and end on Saturday, March 6.

NJSIAA Basketball Guidelines - Season 2

Game Limitations

- Competition will be limited to three events per week. The total maximum events will be 15 events during the season, which includes league or conference tournaments. Teams may only compete in one event per day.

Multi-Team/Multi-Game/Invitational Events

- Multi-team, multi-game and invitational events are prohibited in basketball and fencing. Multiple bowling contests may take place in the same bowling alley at the same time, however, the capacity limits set forth in Executive Order 196 must be followed.

Scrimmages

- Schools will have the opportunity to participate in one pre-season scrimmage, preferably with a neighboring school. When possible, schools are encouraged to participate in intra-squad scrimmage and utilize officials to provide additional preseason preparation.

Post-Season

- There will be no NJSIAA sponsored post-season. Post-season play may be hosted locally by participating leagues and conferences at their discretion.

Out-of-State Competition

- On November 10, 2020, Governor Murphy issued Executive Order No. 194 which prohibits member schools from hosting interstate competition in all indoor sports. Therefore, no member school may host an out-of-state opponent or host an event out-of-state. Moreover, NJSIAA is prohibiting memberschools from traveling out of state to compete.

Transfers

- Any student-athlete that is subject to a transfer sit-period will be eligible for participation on Monday, February 8, 2021. As a reminder, those student-athletes that transferred between March 16, 2020 and November 1, 2020 are not subject to the transfersit-period. If a student-athlete transfers after November 1, 2020, the student-athlete shall be ineligible to participate for a period of 30 calendar days, or one half of the maximum number of games being played, whichever is less.

Skyland Conference Basketball Recommendations

Skyland Divisional Championships

- It has become evident through the fall that not all schools will have the capacity to play their full assigned schedule due to weather and COVID related issues during the shortened season. For this reason divisional championships will not be recognized this season.

Scouting

- No in-person scouting shall be allowed. Coaches are to honor requests for film exchange and send coaches upon request their most recent game.

General Guidelines

Pre and Postgame Protocol

- People (student-athletes, coaches, officials, etc.) feeling sick or that have been exposed to someone who is/was sick, should not attend or participate in competitions or practices.
- Limit attendees to the referee and the head coach from each team with each coach standing on the center circle on each side of the division line.
- All individuals maintain a social distance of 6 feet or greater at the center circle.
- Suspend handshakes and fist bumps prior to and following the Pregame Conference.
- Team Benches
 - Limit the number of bench personnel to observe social distancing of 6 feet or greater.
 - Additional chairs or rows may be added to allow bench personnel to observe social distancing of 6 feet or greater (consider fire code).
 - Limit contact between student-athletes when substituting.
 - Personnel not in the game should adhere to any required local/state face covering requirements.

Social distancing should be practiced when possible. Below are some suggestions (not required).

Officials' Table

- The host should sanitize the table before the game and at half time.
- Place official's table sufficiently away from the sideline to allow for additional space for substitutes.
- Limit seats at the table to essential personnel which includes home team scorer, timer, and announcer with a recommended distance of 6 feet or greater between individuals. Other personnel (visiting scorers, statisticians, media, etc.) may not be deemed essential personnel and consider an alternate location for them.

- Table personnel should adhere to any required local/state district-approved face mask requirements.

Pre-Game Introductions – Post Game Protocol

- The five starters on the visiting team will be introduced first. They will move to the free throw line area on their end of the court until all starters are introduced.
- The five starters from the home team will then be introduced and go to their free throw line area on their end of the court until all starters are introduced.
- There will be no pregame handshakes or fist bumps.
- Teams will remain on the bench during half-time.
- When the game is concluded student-athletes will utilize an appropriate sign of respect and sportsmanship directed to their opponent and then exit the court to their team bench. Please develop and utilize an appropriate sign of respect and sportsmanship that does not include handshake or other physical contact; suggestions include head nod, wave, applause, etc.

Basketball Rules Interpretations

Equipment and Accessories

- Basketball
 - Host team is responsible for sanitizing the game ball as recommended by the ball manufacturer (do not use game balls for warmups) Game ball(s) shall be placed at the score table for the officials.
 - The host school should provide warm-up balls and properly sanitize them prior to being used before each game – recommendation would be to have a separate rack of balls for the home and visiting team.
 - The host school should ensure that the game ball is sanitized during time-outs and between quarters.
 - Sanitizer should be provided by the host team at the table.
- Cloth district-approved face masks are permissible for student-athletes.
- Require coaching staff and other bench personnel to wear district-approved face masks while on the bench.
- All student-athletes and coaches must sanitize their hands before and after warm-ups, at all timeouts, at quarter and halftime breaks, and anytime they leave the playing court

Considerations for Coaches

- Communicate your guidelines in a clear, concise manner to student-athletes and parents.
- Consider conducting workouts in “pods” of the same student-athletes always training together in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.

Considerations for Student-Athletes

- Consider making each student-athlete responsible for their own supplies (water bottle, hand sanitizer, district-approved face mask, towel, etc.)
- Student-athletes should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
- Student-athlete braces, equipment, etc. should be cleaned after each use/wearing.
- Hand sanitizer should be plentiful at all games and practices.
- Student-athletes should tell coaches immediately when they are not feeling well.
- Cloth district-approved face masks are required.
- Bring your own water bottle.

Considerations for Parents, Workers, Volunteers

- Provide personal items for your child and clearly label them.
- The use of cloth district-approved face masks is required. In addition, social distancing is required for non-participants, parents, coaches, officials, and other event volunteers.

Considerations for Administration

- Facility Sanitization – Consideration should be given to which facilities are going to need sanitization, how often will sanitization be needed, who will be doing the sanitizing. Make sure equipment is sanitized before and after each practice.
- Basketballs should be cleaned according to manufacturer recommendations.
- If permitted, locker rooms may be utilized however the Department of Public Health guidelines must be adhered to. If used locker rooms must be cleaned and sanitized after each team leaves.

Sport-Specific Guidelines - Bowling

Season Dates

- Virtual Contact may begin Monday, December 14, 2020.
- Practices begin on Monday, January 11, 2021.
- Competition/games begin Tuesday, January 26, 2021 and end on Saturday, March 6.

Bowlmor Lanes Protocols

- Student-athletes, coaches, staff and spectators will follow guidelines set by both Bowlmor Lanes and the school district.
- **Bowlmor Lanes COVID-19 Health and Safety Standards** are outlined below and can be viewed at <https://www.bowlmor.com/COVID>

“The below guidelines are intended to be a general overview of measures we’re taking across the country to protect our guests, however, our adherence to state and local guidelines is our top priority.”

Health and Safety Guidelines

- Bowlmor is working with professional industrial hygienists to ensure that centers are clean, sanitized and maintained on a regular basis.
- Balls and shoes are being thoroughly sanitized and guests will be provided with disinfecting wipes and/or spray, as needed.
- Shoes will continue to be sanitized after each use with high-impact disinfectant spray.
- Hand sanitizer will be available for all guests to use and will be checked and replenished hourly.
- Bowlmor will regularly clean and sanitize guest touch points and surfaces.
- All staff will be temperature checked prior to beginning their shifts.
- All staff will wear personal protective equipment (face masks) and adhere to social distancing guidelines. Food handlers will also wear gloves for the entirety of their shift.

New Rules, Same Great Games

- Bowlmor has redesigned the experience to allow our guests to maintain social distancing.
- There will be a max of 6 people per lane.
- There will be no ball sharing between guests.
- Bowlmor will be removing furniture to create more space in the building as a means to adhere to social distancing practices.
- Where possible, a separate shoe return station will be set up to limit contact with staff.
- Center capacity will be monitored closely to ensure an appropriate number of guests are in the center at any one time.

NJSIAA Bowling Guidelines - Season 2

Game Limitations

- Competition will be limited to three events per week. The total maximum events will be 15 events during the season, which includes league or conference tournaments. Teams may only compete in one event per day.

Multi-Team/Multi-Game/Invitational Events

- Multi-team, multi-game and invitational events are prohibited in basketball and fencing. Multiple bowling contests may take place in the same bowling alley at the same time, however, the capacity limits set forth in Executive Order 196 must be followed.

Scrimmages

- Schools will have the opportunity to participate in one pre-season scrimmage, preferably with a neighboring school. When possible, schools are encouraged to participate in intra-squad scrimmage and utilize officials to provide additional preseason preparation.

Post-Season

- There will be no NJSIAA sponsored post-season. Post-season play may be hosted locally by participating leagues and conferences at their discretion.

Out-of-State Competition

- On November 10, 2020, Governor Murphy issued Executive Order No. 194 which prohibits member schools from hosting interstate competition in all indoor sports. Therefore, no member school may host an out-of-state opponent or host an event out-of-state. Moreover, NJSIAA is prohibiting memberschools from traveling out of state to compete.

Transfers

- Any student-athlete that is subject to a transfer sit-period will be eligible for participation on Monday, February 8, 2021. As a reminder, those student-athletes that transferred between March 16, 2020 and November 1, 2020 are not subject to the transfersit-period. If a student-athlete transfers after November 1, 2020, the student-athlete shall be ineligible to participate for a period of 30 calendar days, or one half of the maximum number of games being played, whichever is less.

Skyland Conference Bowling Recommendations

Skyland Divisional Championships

- It has become evident through the fall that not all schools will have the capacity to play their full assigned schedule due to weather and COVID related issues during the shortened season. For this reason divisional championships will not be recognized this season.

Scouting

- No in-person scouting shall be allowed this season.

General Guidelines

- Anyone (student-athletes, coaches, officials, etc.) feeling sick or that have been exposed to someone who is/was sick, should not attend or participate in competitions or practices.

Pre and Postgame Protocols

- All individuals must maintain a social distance of 6 feet or greater at all times in the bowling lane and seating.
- Handshakes are suspended prior to and following the bowling matches. Teams and individuals should congratulate each other from a distance. Even with masks on cheering volume should be kept to a minimum.

Social distancing should be practiced and maintained whenever possible. Below are some suggestions and recommendations.

Team Benches

- Limited number of participants in a lane assignment.
- During league matches, even though we only have three members on each team per lane, special attention should be given to the 3 teammates remaining 6 feet apart.
- Student-athletes not on the lane deck should adhere to required local/state district-approved face masks requirements.
- Masks should be on at all times.

Bowling Ball Considerations

- The use of Isopropyl Alcohol (rubbing alcohol) is permitted to disinfect your bowling ball.
- No sharing of bowling balls.

Considerations for Coaches

- Communicate your guidelines in a clear manner to student-athletes and parents.
- Consider conducting lane assignments in the same pod.
- Keep accurate records of those athletes and staff who attend each practice or contest in case contact tracing is needed.

Considerations for Student-Athletes

- Consider making each student-athlete responsible for their own equipment and supplies (bowling balls, bags, water bottles, hand sanitizer, and etc.)
- If a bowler is using a house ball, the ball should be thoroughly sanitized before and after use. If more than one bowler is using a house ball, that ball should be kept in the possession of the athlete and not on the rack in between frames, and not shared with anyone else.
- Student-athlete braces, equipment, etc. should be cleaned after each use/wearing.
- Hand sanitizer should be available at all games and practices.
- Student-athletes should tell coaches immediately when they are not feeling well.
- Cloth district-approved face masks are required.
- Bring your own water bottle.
- No food to be eaten during the match.

Considerations for Parents, Workers, Volunteers

- No parent spectators are allowed according to NJSIAA.

Considerations for Administration

- Locker rooms may be utilized however the Department of Public Health guidelines must be adhered to.
- Locker rooms must be cleaned and sanitized after each team leaves.

Sport-Specific Guidelines - Cheer

The Skyland Conference recommendation is to not include cheer squads at basketball or wrestling events. However, the final decision can be made by each individual district's Board of Education. The extent of the cheer program during the winter season will be limited to the competition cheer squads practicing and preparing their competition routine for entry into virtual competition cheer events.

Season Dates

- Virtual Contact may begin Monday, December 14, 2020.
- Practices begin on Monday, January 11, 2021.
- Competition/games begin Tuesday, January 26, 2021 and end on Saturday, March 6.

Practices

Coaches must maintain a high level of awareness to possible COVID-19 exposure throughout all practices.

- Coaches are required to wear district-approved face masks, unless doing so would inhibit the individual's health.
- Student-athletes are required to wear district-approved face masks, unless doing so would inhibit the student-athlete's health, or the student-athlete is engaged in high intensity aerobic or anaerobic activities. Student-athletes on the bench or sidelines are required to wear district-approved face masks.
- Coaches will monitor the student-athletes throughout the duration of the practice to ensure that social distancing protocols are being followed.
- Coaches/athletic trainers will ensure that proper medical supplies including an AED are available on site.
- There will be no high-fives, handshakes, fist bumps, etc.

Considerations for Student-Athletes

- Consider making each student-athlete responsible for their own supplies (water bottle, hand sanitizer, district-approved face mask, towel, etc.)
- Student-athletes should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
- Student-athlete braces, equipment, etc. should be cleaned after each use/wearing.
- Hand sanitizer should be plentiful at all games and practices.
- Student-athletes should tell coaches immediately when they are not feeling well.
- Cloth district-approved face masks are required.
- Bring your own water bottle.

Sport-Specific Guidelines - Gymnastics

Season Dates

- Virtual Contact may begin Monday, February 1, 2021.
- Practices begin on Monday, March 1, 2021.
- Competition/games begin Tuesday, March 16, 2021 and end on Saturday, April 24.

NJSIAA Gymnastics Guidelines - Season 3

Game Limitations

- Competition will be limited to three events per week. The total maximum events will be 15 events during the season, which includes league or conference tournaments. Teams may only compete in one event per day.

Multi-Team/Multi-Game/Invitational Events

- Currently, all competition will be limited to two teams only, but this is subject to change. NJSIAA will continue to consult with the NJ DOH to determine if multi-team or multi-game events will be permissible; however, we expect decisions on expanding the scope of participants and/or teams will not be made until closer to the start of the season.

Scrimmages

- Schools will have the opportunity to participate in one pre-season scrimmage, preferably with a neighboring school. When possible, schools are encouraged to participate in intra-squad scrimmages and utilize officials to provide additional preseason preparation.

Post-Season

- The Sports Advisory Task Force will continue to solicit feedback from NJSIAA staff, member schools and sports specific committees to determine what may be the best format for post-season play. The post-season dates and structure will follow at a later date, however, the post-season will end no later than Saturday, April 24, 2021.

Out-of-State Competition

- On November 10, 2020, Governor Murphy issued Executive Order No. 194 which prohibits member schools from hosting interstate competition in all indoor sports. Therefore, no member school may host an out-of-state opponent or host an event out of state. Moreover, NJSIAA prohibits memberschools from traveling out of state to compete.

Transfers

- Any student-athlete that is subject to a transfer sit-period will be eligible for participation on Monday, March 29, 2021. This eligibility date is applicable to every winter sport. As a reminder, those student- athletes that transferred

between March 16, 2020 and November 1, 2020 are not subject to the transfer sit- period. If a student-athlete transfers after November 1, 2020, the student-athlete shall be ineligible to participate for a period of 30 calendar days, or one half of the maximum number of games being played, whichever is less.

Sport-Specific Guidelines - Ice Hockey

Season Dates

- Virtual Contact and Outdoor/Dry-Land practices may begin Monday, December 14, 2020.
- On-Ice/Indoor practices begin on Sunday, January 3, 2021.
- Competition/games begin Friday, January 15, 2021 and end on Saturday, March 6.

Protec Hockey Ponds Protocols

- Student-athletes, coaches, staff and spectators will follow guidelines set by both Protec Hockey Ponds and the school district.
- **Protec Hockey Ponds COVID-19 Guidelines and Procedures** are outlined below and can be viewed at <http://protechockey.com/wp-content/uploads/2020/11/health-check.pdf>

Building Cleaning and Policies

- All Protec Staff members will be wearing masks.
- Anyone entering the building must wear a district-approved face mask while inside.
- Masks may be removed to eat in the concessions area but will need to be put back on after eating and moving to other areas of the building.
- Coaches will wear district-approved face masks and will be provided with information on how to safely interact with skaters.
- Protec has purchased non-contact thermometers to conduct temperature checks as participants enter the building.
- Coaches and student-athletes will stay on whatever side of the building their ice session is on.
- Protec has purchased CDC recommended cleaning supplies and are following all necessary steps to make sure this is a clean and safe environment for everyone. This includes locker rooms, bathrooms, and benches.
- Signage encouraging proper handwashing is posted in locker rooms and bathrooms. Sanitizing stations have been set up around the building- including between locker rooms.
- An emergency contact form will be sent to you by one of our program directors to ensure we have the most up to date contact information for each family.
- A Protec waiver will be completed by each student-athletes parent/guardian prior to the season..

Entering and Exiting

- Everyone entering the building needs to be wearing a district approved face covering.
- As participants enter the building an employee will greet them and conduct a temperature check using a non-contact thermometer.

- Signage will be posted on the doors/in the lobby (as well as on the TV) designating locker rooms. Protec will ensure each team has more than one locker room available.
- **Protec requests that student-athletes come fully dressed and only use locker rooms for storage purposes and handwashing.** Time in the locker room after practices/games will be limited to 10 minutes to minimize contact and ensure adequate cleaning can be done before the next group enters.
- Participants practicing on the NHL side will need to stay on the NHL side for the duration of their time in the rink, utilize the restrooms in the locker rooms or take the back staircase to utilize the bathrooms on the second floor. Participants will exit out of the side doors on the NHL side.
- Participants practicing on the Ponds side will need to stay on the ponds side for the duration of their time in the rink and utilize the bathrooms on the ponds side. Participants will exit out of the side doors.
- A coach or Protec Staff member will be waiting at the side exits to supervise and ensure participants are reunited with their parents/ride home. Additional staff will be around the building making sure things run smoothly and children are on the ice/moving toward the side exits to meet their parents at appropriate times.

Come as Prepared as Possible

- Protec asks that participants come as fully dressed as possible (pads on, jerseys on, and skates on).
- Locker rooms will be used for storage of bags and participants will be encouraged to wash their hands as they get off the ice and move toward the side exits to leave. We have made sure locker rooms with a bathroom have functioning soap dispensers and hand sanitizing stations are set up around the building as well as on the walls between locker rooms on both sides of the rink.
- Protec requires that masks be worn while in the building.
- Student-athletes should be prepared with full water bottles.
- Vending machines will not be accessible.
- Absolutely no sharing of water bottles allowed once on the ice.

Ice Hockey

- Temperatures will be taken in the lobby as participants enter.
- Participants will need to come fully dressed for sessions with skates on.
- The ice schedule will be designed to limit interaction between groups coming in and out for practices and ice sessions.

NJSIAA Ice Hockey Guidelines - Season 2

Season Limitations

- Competition will be limited to three events per week. The total maximum events will be 15 events during the season, which includes league or conference tournaments. Teams may only compete in one event per day.

NJSIAA Post-Season

- There will be no NJSIAA sponsored post-season. Post-season play may be hosted locally by participating leagues and conferences at their discretion.

Multi-Team/Invitational Events

- Multi-team/invitational events are prohibited.

Scrimmages

- Schools will have the opportunity to participate in one pre-season scrimmage, preferably with a neighboring school. When possible, ice hockey teams are encouraged to participate in intra-squad scrimmages and utilize officials for additional preseason preparation.

Out-of-State Competition

- On November 10, 2020, Governor Murphy issued Executive Order No. 194 which prohibits member schools from hosting interstate competition in all indoor sports. Therefore, no member school may host an out-of-state opponent or host an event out of state. Moreover, NJSIAA is prohibiting member schools from traveling out of state to compete.

Transfers

- Any student-athlete that is subject to a transfer sit-period will be eligible for participation on Monday, January 19, 2021. As a reminder, those student-athletes that transferred between March 16, 2020 and November 1, 2020 are not subject to the transfer sit-period. If a student-athlete transfers after November 1, 2020, the student-athlete shall be ineligible to participate for a period of 30 calendar days, or one half of the maximum number of games being played, whichever is less.

Skyland Conference Ice Hockey Recommendations

Skyland Conference Championships

- The Skyland Conference will recognize the Conference and Skyland Cup Champion.

General Guidelines

Pre and Postgame Protocol

- Locker Rooms will not be in use for the season. student-athletes must come dressed.
- **Team Benches**
 - Limit the number of bench personnel to observe social distancing of 6 feet or greater.
 - Additional chairs or rows may be added to allow bench personnel to observe social distancing of 6 feet or greater (consider fire code).
 - Limit contact between student-athletes when substituting.
 - Personnel not in the game should adhere to any required local/state face covering requirements.
- Anyone (student-athletes, coaches, officials, etc.) feeling sick or that have been exposed to someone who is/was sick, should not attend or participate in competitions or practices.

Social distancing should be practiced when possible.

Table personnel will adhere to any required local/state district-approved face mask requirements.

Intermission

- Teams should gather at an area of the rink that will allow for social distancing while wearing district approved face coverings.

Conclusion of Game

- At the conclusion of the game student-athletes will utilize an appropriate sign of respect and sportsmanship directed to their opponent and then exit the rink.

Sport-Specific Guidelines - Boys and Girls Swimming

Season Dates

- Virtual Contact may begin Monday, January 11, 2021.
- Practices begin on Monday, February 1, 2021.
- Competition/games begin Tuesday, February 16, 2021 and end on Saturday, March 27.

The Greater Somerset County YMCA Protocols

- Student-athletes, coaches, staff and spectators will follow guidelines set by both the Bridgewater YMCA and the school district.
- **The Greater Somerset County YMCA Competitive Aquatics 2020-21 Program - Bridgewater Location** is outlined below. Additional information can be found at <https://www.gscymca.org/membership/what-to-expect-at-the-y/>

Returning Safely to the Indoor Pool

- The Bridgewater YMCA membership returned to indoor pool use on Sunday, July 5. Indoor team practices began on Tuesday, July 21. Indoor protocols were the same safety protocols that were put in place in place and have been practiced since Monday, June 22. Temp checks, verbal screenings, social distancing on deck and in the pool (staggered start/stop locations), masking on the way in and on the way out and no use of locker rooms.
- Student-athlete/family violation of safety, health, and social distancing protocols can result in suspension of swim team activities
- GSCYMCA Staff reserve the right to discontinue practice/season at any time if protocols are not being met.

Ensuring Student-Athletes are Safe

- Student-athletes are NOT permitted to attend practices if:
 - They have a fever, cough, shortness of breath or difficulty breathing, chills, headache, sore throat, new loss of taste or smell, or other symptoms listed by the CDC.
- Student-athletes must come to practice with...
 - Face mask
 - Practice equipment
 - Wearing a swimsuit
 - Pre-showered at home

Preparing to Swim

- All student-athletes must arrive at the staging area ten minutes prior to the start of practice.
- Masks will be required to enter the facility, and at any point when outside of the water.

- Socially distant stations marked for staging prior to entry.
- Temperature checks on arrival with touchless thermometers.
- Screening questions will be asked prior to daily entry.
- Bring your own sanitizer, staff must witness student-athletes sanitize hands prior to entry.
- Go directly to the assigned lane, set swim and gear bags 6+ ft behind the lane.

When Swimming

- Two student-athletes per lane (short course and long course) always on the right hand side of the lane while swimming, finishing, and resting on the wall between repeats/sets.
- Only distances swum that result in student-athlete ending repeat on the same end of the pool they started (50/100/150/200/etc for short course, 100/200/300/etc for long course).
- Any equipment used will be taken out of the student-athlete's bag, used, and placed immediately back into the student-athlete's bag.
- Personal water bottles are the only item allowed poolside (gear bags will be placed in the designated bag area).
- No high fives or other physical contact at any point during practice.
- Restroom breaks by emergency only, one male/one female at a time, and with verbal acknowledgement from coach beforehand.
- Water bottles on the right hand side of the wall, arrive filled, NO REFILLS during practice.
- No spitting into water at any time.

After Swimming

- Student-athletes exit the pool via the deck exit only (no contact with ladders) and immediately move to their designated bag area.
- All water bottles, equipment and bags packed at the designated bag area.
- Student-athletes dry off at designated bag area and depart immediately through designated exit.
- NO: congregating, veering from designated bag area or exit.
- All student-athletes must exit the facility and be IN THEIR OWN VEHICLES within 10 minutes to allow the next group to approach the staging area.



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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

August 17, 2020

In accordance with Executive Order No. 149 issued on May 29, 2020, permitting sporting activities, including organized sports, to resume June 22, 2020, the Greater Somerset County YMCA is seeking to transition swim team from outdoor practice to indoor following Executive Order No. 168 issued on July 20, 2020. This EO states that **practices** for low risk sports and no contact **practice** for medium risk sports, i.e. individual swimming, are permitted in indoor settings.

The square footage of the Bridgewater natatorium is 13,786 sq. feet with a max capacity of 276 people which at 25% of max is 69 people. We are seeking to have 40 swimmers in total in the water in conjunction with 2 coaches, 2 lifeguards and 1 pool ambassador on deck for a total of 45 people in the natatorium.

Our program preparation plan is as follows:

- Pool Ambassadors to ensure social distancing along with tape and directional signs
- Practice groups will remain the same swimmers and coaches throughout the season. Practice groups do not change and attendance is taken at each practice.
- Six feet distancing will be ensured at all times as will masking on the pool deck unless a 12 ft. distance can be ensured with coaching from the deck. Masks will not be worn in the water but they will be worn entering and exiting the facility
- There are staggered start times for each practice group, i.e. Senior 1 with practice from 3pm – 4pm, depart facility at 4pm, sanitation period from 4-4:15pm, next group is socially distanced outdoors, temp and verbal screened and then admitted to facility one by one to drop items on pool deck and enter their assigned lane and space within the lane.
- COVID19 protocols have been in place throughout the summer season and will continue as is into the new season. They have been operating successfully at our outdoor site locations.
- An isolation room is onsite.
- Visitors/guests are not permitted in the YMCA at this time.
- Parents are requested to answer the verbal screening questions for their swimmer aged 15 and younger but no parents are permitted to remain in the facility.
- All athletes bring their own equipment; no equipment sharing is permitted. No carpools are permitted.
- Hand sanitizer and disinfecting wipes are available throughout the facility in the entry and exit.
- We provide a 'State of the Program' Zoom to swimmers and their families before our program launches. We held two over the summer and an additional team address will be provided at the end of August. We address COVID protocols in each presentation
- Locker Rooms will not be permitted unless there is a health issue that requires the use of the locker room. If utilized, the space will be sanitized after usage.

In addition please view our schematic of building flow and athlete spacing while in the water:

**GREATER SOMERSET
COUNTY YMCA**
ASSOCIATION OFFICE
140 Mt. Airy Road
Basking Ridge, NJ 07920
908 630 3535
gscymca.org

BRIDGEWATER YMCA
601 Garretson Road
Bridgewater, NJ 08807
908 526 0688

HILLSBOROUGH YMCA
19 East Mountain Road
Hillsborough, NJ 08844
908 369 0490

PLAINFIELD YMCA
504 Madison Avenue
Plainfield, NJ 07060
908 766 5770

SOMERSET HILLS YMCA
140 Mt. Airy Road
Basking Ridge, NJ 07920
908 766 7898

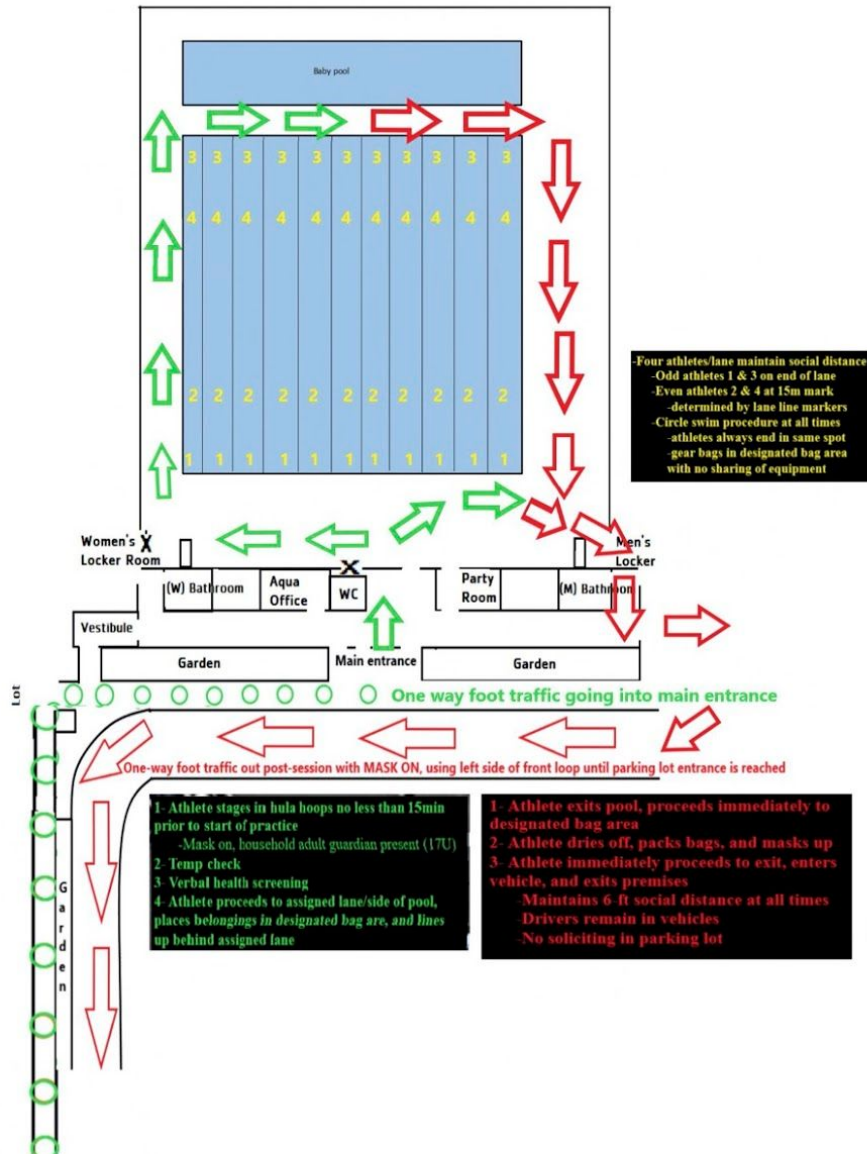
SOMERSET VALLEY YMCA
2 Green Street
Somerville, NJ 08876
908 722 4567

SOMERVILLE YMCA
2 Green Street
Somerville, NJ 08876
908 722 4567



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Bridgewater YMCA Indoor Competitive Team Practice Protocol



NJSIAA Swimming Guidelines - Season 2A

Season Limitations

- Competition will be limited to three events per week. The total maximum events will be 15 events during the season, which includes league or conference tournaments. Teams may only compete in one event per day.

NJSIAA Post-Season

- There will be no NJSIAA sponsored post-season. Post-season may be hosted locally by participating leagues and conferences at their discretion.

Multi-Team/Invitational Events

- Currently, all competition will be limited to two teams only, but this is subject to change. NJSIAA will continue to consult with the NJ DOH to determine if multi-team or invitational events will be permissible; however, we expect decisions on expanding the scope of participants and/or teams will not be made until closer to the start of the season.

Scrimmages

- Schools will have the opportunity to participate in one pre-season scrimmage, preferably with a neighboring school. When possible, schools are encouraged to participate in intra-squad scrimmages and utilize officials to provide additional preseason preparation.

Out-of-State Competition

- On November 10, 2020, Governor Murphy issued Executive Order No. 194 which prohibits member schools from hosting interstate competition in all indoor sports. Therefore, no member school may host an out-of-state opponent or host an event out of state. Moreover, NJSIAA prohibits member schools from traveling out of state to compete.

Transfers

- Any student-athlete that is subject to a transfer sit-period will be eligible for participation on Monday, March 1, 2021. As a reminder, those student-athletes that transferred between March 16, 2020 and November 1, 2020 are not subject to the transfersit-period. If a student-athlete transfers after November 1, 2020, the student-athlete shall be ineligible to participate for a period of 30 calendar days, or one half of the maximum number of games being played, whichever is less.

Skyland Conference Swimming Recommendations

Divisional Championships

It has become evident through the fall that not all schools will have the capacity to play their full assigned schedule due to weather and COVID related issues during the shortened season. For this reason divisional championships will not be recognized this season.

General Guidelines

Any individual (student-athletes, coaches, officials, timers, etc.) feeling sick or that have been exposed to someone who is/was sick, should not attend or participate in competition or practices.

Meet Protocol

- Each pool will prescribe the maximum number of people per team allowed on deck. This number will include swimmers, coaches, scorekeepers, and timers (anyone representing the school). The maximum capacity of the pool area will have to allow for lifeguards, officials, and other necessary facility support staff.
- All safety protocols as dictated by the host facility must be adhered to (e.g., entry screening, locker room use, lobby use, entry and exit restrictions, etc.)
- **Single gender meets only. For normal double dual situations, the girls meet will run first, followed by the boys meet.**
- No spectators at any meets. Meets may be live streamed at the discretion of the home team.
- All swimmers, coaches, officials, lifeguards, and timers/support staff will be required to wear masks at all times they are on deck.
- Scorekeepers/managers from each time should be restricted to 1 (if single gender meet), and each team's scorekeeper should be at a separate table. This will require officials to provide updates to each table.
- One back-up timer will be allowed (of course with masks on) for each lane. They must stand 6 feet behind the block (or as much as the deck space allows) at the start, moving to the edge of the pool to capture the finish time, then stepping back to allow the swimmer space to exit the pool.
- Swimmers may cheer from the deck, but with masks on at all times.
- Suspend post-game handshake: Teams may congratulate each other from opposite ends of the pool (wave, cheer, etc.)

Meet Warm-Up:

- Pool split in half with each team taking the same number of lanes, restricting swimmers in pool to pool requirements.
- 15 minutes maximum
 - Pre-meet meetings will be restricted to one coach and one captain from each team.

Meet

- Individual Events
 - Only the swimmers in the event being held may be behind the starting blocks, removing their facemask when called to climb on the blocks.
 - Swimmers will place their mask back on when they exit the pool after competing.
 - Swimmers may not approach the blocks until all swimmers from the preceding event have exited the pool and cleared the area behind the blocks.
- Relay Events -
 - Only the swimmer about to swim may be behind the blocks.
 - The first swimmer will remove their facemask when called to climb on the blocks.
 - Each successive swimmer will approach the block, and remove their mask only after the preceding swimmer has left the block.
 - Once a swimmer has completed their leg of the relay, they must exit the pool, put their mask back on, and leave the area behind the blocks.

Other Considerations

(Will be reviewed by the coaches and Skyland Representative)

- To allow more recovery time between events, possibly allow an optional 50 yard/meter swim down by the last person in the pool after each event. Allowing only a 25 would not only be shorter time, but would require additional facemask management. Swimming a 50 would allow the exiting swimmer to promptly put on their mask, exit the block area, and then the next heat would approach the blocks.
- Additionally, perhaps a second break could be inserted after the 500 free or after the 200 free relay to also allow for more recovery time?

NFHS Consideration for Virtual Swimming and Diving Competitions

This NFHS [document](#) outlines the conditions and guidelines for when a “Virtual” meet may become necessary.

<https://nfhs.org/media/4119419/nfhs-guidelines-for-virtual-swim-meets.pdf>

Sport-Specific Guidelines - Winter Track & Field

Season Dates

- Virtual Contact may begin Monday, January 11, 2021.
- Practices begin on Monday, February 1, 2021.
- Competition/games begin Tuesday, February 16, 2021 and end on Saturday, March 27.

NJSIAA Winter Track & Field Guidelines - Season 2A

Season Limitations

- Competition will be limited to three events per week. The total maximum events will be 15 events during the season, which includes league or conference tournaments. Teams may only compete in one event per day.

NJSIAA Post-Season

- There will be no NJSIAA sponsored post-season. Post-season may be hosted locally by participating leagues and conferences at their discretion.

Multi-Team/Invitational Events

- Currently, all competition will be limited to two teams only, but this is subject to change. NJSIAA will continue to consult with the NJ DOH to determine if multi-team or invitational events will be permissible; however, we expect decisions on expanding the scope of participants and/or teams will not be made until closer to the start of the season.

Scrimmages

- Schools will have the opportunity to participate in one pre-season scrimmage, preferably with a neighboring school. When possible, schools are encouraged to participate in intra-squad scrimmages and utilize officials to provide additional preseason preparation.

Out-of-State Competition

- On November 10, 2020, Governor Murphy issued Executive Order No. 194 which prohibits member schools from hosting interstate competition in all indoor sports. Therefore, no member school may host an out-of-state opponent or host an event out of state. Moreover, NJSIAA prohibits member schools from traveling out of state to compete.

Transfers

- Any student-athlete that is subject to a transfer sit-period will be eligible for participation on Monday, March 1, 2021. As a reminder, those student-athletes that transferred between March 16, 2020 and November 1, 2020 are not subject to the transfersit-period. If a student-athlete transfers after November 1, 2020, the student-athlete shall be ineligible to participate for a period of 30 calendar

days, or one half of the maximum number of games being played, whichever is less.

Skyland Conference Winter Track & Field Recommendations

Status of the Skyland Conference Winter Track and Field Season is to be determined. If there is a Winter Track Season the following protocols will be followed:

Practices

All practices will take place at Basilone Field. All meets, invitational, etc will take place at off-site locations. Participants will follow the approved safety protocols in place at each venue.

Considerations for Student-Athletes

- Consider making each student-athlete responsible for their own supplies (water bottle, hand sanitizer, district-approved face mask, towel, etc.)
- Student-athletes should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
- Student-athlete braces, equipment, etc. should be cleaned after each use/wearing.
- Hand sanitizer should be plentiful at all games and practices.
- Student-athletes should tell coaches immediately when they are not feeling well.
- Cloth district-approved face masks are required.
- Bring your own water bottle.
- No use of the fieldhouse, locker rooms or weight room.
- Student athletes will have use of the fieldhouse outside restrooms. Use will be limited to one student athlete at a time.

Sport-Specific Guidelines - Girls Volleyball

Season Dates

- Virtual Contact may begin Monday, February 1, 2021.
- Practices begin on Monday, March 1, 2021.
- Competition/games begin Tuesday, March 16, 2021 and end on Saturday, April 24.

NJSIAA Girls Volleyball Guidelines - Season 3

Game Limitations

- Competition will be limited to three events per week. The total maximum events will be 15 events during the season, which includes league or conference tournaments. Teams may only compete in one event per day.

Multi-Team/Multi-Game/Invitational Events

- Currently, all competition will be limited to two teams only, but this is subject to change. NJSIAA will continue to consult with the NJ DOH to determine if multi-team or multi-game events will be permissible; however, we expect decisions on expanding the scope of participants and/or teams will not be made until closer to the start of the season.

Scrimmages

- Schools will have the opportunity to participate in one pre-season scrimmage, preferably with a neighboring school. When possible, schools are encouraged to participate in intra-squad scrimmages and utilize officials to provide additional preseason preparation.

Post-Season

- The Sports Advisory Task Force will continue to solicit feedback from NJSIAA staff, member schools and sports specific committees to determine what may be the best format for post-season play. The post-season dates and structure will follow at a later date, however, the post-season will end no later than Saturday, April 24, 2021.

Out-of-State Competition

- On November 10, 2020, Governor Murphy issued Executive Order No. 194 which prohibits member schools from hosting interstate competition in all indoor sports. Therefore, no member school may host an out-of-state opponent or host an event out of state. Moreover, NJSIAA prohibits memberschools from traveling out of state to compete.

Transfers

- Any student-athlete that is subject to a transfer sit-period will be eligible for participation on Monday, March 29, 2021. This eligibility date is applicable to

every winter sport. As a reminder, those student- athletes that transferred between March 16, 2020 and November 1, 2020 are not subject to the transfer sit- period. If a student-athlete transfers after November 1, 2020, the student-athlete shall be ineligible to participate for a period of 30 calendar days, or one half of the maximum number of games being played, whichever is less.

Sport-Specific Guidelines - Wrestling

Season Dates

- Virtual Contact may begin Monday, February 1, 2021.
- Practices begin on Monday, March 1, 2021.
- Competition/games begin Tuesday, March 16, 2021 and end on Saturday, April 24.

Prior to practice

- After a student-athlete clears the daily pre-screening, they will report to the wrestling room (small gym) for pre-screening at the time designated by their coach.
- Coaches will stagger the arrival times of pods.
- Student-athletes will weigh-in and be documented.
 - The coach will sanitize the scale after each student-athlete weighs-in.
- Each student-athlete will be responsible for wiping themselves down using the matguard wipes provided.
- Student-athletes will wipe down their wrestling shoes and headgear.
- Student-athletes will place their water and wipes on the floor next to their designated circle.
- Student-athletes will sit in their designated circle to wait for further instruction.

Student-Athlete and Coaches Equipment/Gear

- In addition to the items outlined for all winter sport student-athletes, wrestling student-athletes also must have the following in their possession when they arrive to each practice/contest:
 - Wrestling shoes
 - Headgear
 - Long-sleeves and sweatpants (to minimize skin-to-skin contact while wrestling)
 - Designated mat-guard wipes
- Student-athletes are not permitted to share headgear, wrestling shoes, towels, etc.
- Student-athletes must launder practice clothing daily.

Contact-Tracing

- Student-athletes will be designated a circle on the wrestling mat.
- Student-athletes will be in groups of 3, also referred to as “pods”.
- Student-athletes will not switch pods and must remain with their designated pod.
- The student-athlete’s pod and designated wrestling circle will be documented for proper contact tracing.

Wrestling Mat Set-Up

- Student-athletes and coaches must pass all requirements of the COVID19 screening **prior to** rolling out the wrestling mats.
- Every pod will be designated a week to help set up the wrestling room.
- Within the designated pod, each student-athlete will be assigned a specific section of the mat, and will be responsible for rolling out that section.
- Coaches and student-athletes will clean and sanitize the mats.
- Student-athletes will tape the mats.
- Only two pods will be assigned for mat set-up each week, and will be selected on a rotating basis.
- Each pod will have a designated mat to set up that they are responsible for (to prevent congregating of student-athletes).
- Pods are not permitted to mix.
- All participating student-athletes and coaches will wear an appropriate district-approved face mask for the duration of mat set-up.
- Student-athletes and coaches will wipe themselves down using their designated sanitizing body wipes after mat set-up is completed.

Practice

- Student-athletes will only be allowed to wrestle with their designated pod.
- Student-athletes will only be allowed to wrestle within their designated wrestling circle.
- Student-athletes will use matguard disinfecting wipes before, during and after practice.
- Student-athletes will not be permitted to shower and must shower as soon as they arrive home from practice-- due to possible locker room constraints.
- Coaches will give instructions in the center of the mat while all wrestlers remain in the outer circles of the wrestling mats (within their pods).
 - Student-athletes will be in the outer circles of the wrestling mats to allow for more space between each pod and for instructional purposes.
- Student-athletes and coaches will wear an appropriate district-approved face mask while waiting for all instructions.
- Student-athletes are not permitted to share water or any equipment.
- Coaches may have split practices to limit the number of student-athletes attending a certain practice.

Matches

- Plan and communicate (with teams and officials) effectively in preparation of weigh-in procedures and protocols for each event.
- Temperature checks at weigh-ins.
- Scales will be wiped down between every use with sanitizing spray.
- All student-athletes from each team will complete the COVID-19 screening process before competition.
- Mats will be laid out by the “POD”s who are registered for that week to roll out mats (SEE WRESTLING MAT SET-UP).

- Social distancing and use of proper district-approved face masks while the student-athletes are not wrestling or warming up.
- All table workers will wear district-approved face masks at all times and must social distance.
- Table workers will have designated pencils.
- Sanitizing wipes will be available at the scorers table.
- Student-athletes will use sanitizing wipes before and after competition.
- Student-athletes will socially distance themselves as well as wear appropriate district-approved face masks on all busses.
- Student-athletes will remain socially distant at every venue that we may travel too and from.
- Away teams will have a designated specific area where they will be seated and able to warm-up.

Spectators

- In the event that spectators will not be permitted to attend matches in-person, we will live stream matches (with NJSIAA approval) through Google Meet.
- Parents will access the Google Meet through their child's school-issued email account.
- All outside emails will not be allowed access to the live stream Google Meet.

Additional Resources

[Reducing Wrestling Risks During the Pandemic with Ron Higdon from the NSAA](#)

NJSIAA Wrestling Guidelines - Season 3

Game Limitations

- Competition will be limited to three events per week. The total maximum events will be 15 events during the season, which includes league or conference tournaments. Teams may only compete in one event per day.

Multi-Team/Multi-Game/Invitational Events

- Currently, all competition will be limited to two teams only, but this is subject to change. NJSIAA will continue to consult with the NJ DOH to determine if multi-team or multi-game events will be permissible; however, we expect decisions on expanding the scope of participants and/or teams will not be made until closer to the start of the season.

Scrimmages

- Schools will have the opportunity to participate in one pre-season scrimmage, preferably with a neighboring school. When possible, schools are encouraged to participate in intra-squad scrimmages and utilize officials to provide additional preseason preparation.

Post-Season

- The Sports Advisory Task Force will continue to solicit feedback from NJSIAA staff, member schools and sports specific committees to determine what may be the best format for post-season play. The post-season dates and structure will follow at a later date, however, the post-season will end no later than Saturday, April 24, 2021.

Out-of-State Competition

- On November 10, 2020, Governor Murphy issued Executive Order No. 194 which prohibits member schools from hosting interstate competition in all indoor sports. Therefore, no member school may host an out-of-state opponent or host an event out of state. Moreover, NJSIAA prohibits memberschools from traveling out of state to compete.

Transfers

- Any student-athlete that is subject to a transfer sit-period will be eligible for participation on Monday, March 29, 2021. This eligibility date is applicable to every winter sport. As a reminder, those student- athletes that transferred between March 16, 2020 and November 1, 2020 are not subject to the transfer sit- period. If a student-athlete transfers after November 1, 2020, the student-athlete shall be ineligible to participate for a period of 30 calendar days, or one half of the maximum number of games being played, whichever is less.

Skyland Conference Wrestling Recommendations

Skyland Divisional Championships

- It has become evident through the fall that not all schools will have the capacity to play their full assigned schedule due to weather and COVID related issues during the shortened season. For this reason, divisional championships will not be recognized this season.

Scouting

- No in-person scouting shall be allowed.

General Guidelines

Pre and Postgame Protocol

- Team Benches
 - Limit the number of bench personnel to observe social distancing of 6 feet or greater.
 - Additional chairs or rows may be added to allow bench personnel to observe social distancing of 6 feet or greater (consider fire code).
 - Limit contact between wrestlers during the time in-between bouts.
 - Personnel not in the game should adhere to any required local/state district-approved face mask requirements.

- People (student-athletes, coaches, officials, etc.) feeling sick or that have been exposed to someone sick, should not attend or participate in competitions or practices.
- Limit attendees to the referee and head coaches from each team with each coach standing on the center circle on each side of the division line.
- Suspend handshakes prior to and following the dual meet.

Social distancing will be practiced at all times.

Officials' Table

- The host should sanitize the table before the dual meet.
- Limit seats at the table to essential personnel which includes scoreboard operator and announcer with a recommended distance of 6 feet or greater between individuals. Other personnel (visiting scorers, statisticians, media, etc.) may not be deemed essential personnel and consider an alternate location for them. Table personnel should adhere to any required local/state district-approved face mask requirements.
- Wrestlers checking in will follow the NFHS guidelines for doing so.

Pre-Game Introductions – Post Game Protocol

- The wrestler on the visiting team will be introduced first. They will step forward two steps and acknowledge their opponent.
- The wrestler from the home team will then be introduced. They will step forward two steps and acknowledge their opponent.
- There will be no pre-match handshakes or fist bumps.
- Teams will remain on their side of the mat during the match.
- When the game is concluded student-athletes will utilize an appropriate sign of respect and sportsmanship directed to their opponent and then exit the gymnasium.
 - Please develop and utilize an appropriate sign of respect and sportsmanship that does not include handshake or other physical contact; suggestions include head nod, wave, applause etc.

Considerations for Coaches

- Communicate your guidelines in a clear manner to student-athletes and parents.
- Consider conducting workouts in “pods” of the same student-athletes always training together in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.

Considerations for Student-Athletes

- Consider making each student-athlete responsible for their own supplies (water bottle, hand sanitizer, district-approved face mask, towel, etc.)
- Student-athletes should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned

after every workout immediately upon returning home.

- Student-athlete braces, equipment, etc. should be cleaned after each use/wearing.
- Hand sanitizers should be plentiful at all games and practices.
- Student-athletes should tell coaches immediately when they are not feeling well.
- Cloth district-approved face masks are permissible.
- Bring your own water bottle.

Considerations for Administration

- Provide personal items for your child and clearly label them.
- The use of cloth district-approved face masks is strongly encouraged. In addition, social distancing is strongly encouraged as much as possible for non-participants, parents, coaches, officials, and other event volunteers.

Facility Sanitization

Consideration should be given to which facilities are going to need sanitization, how often sanitization will be needed, who will be doing the sanitizing. Make sure equipment is sanitized before and after each practice.

- Mats should be cleaned according to manufacturer recommendations.
- Locker rooms may be utilized however the Department of Public Health/NJSIAA guidelines must be adhered to. Locker rooms must be cleaned and sanitized after each team leaves.
- The use of showers will be updated after the Department of Public Health/NJSIAA guidelines are released.
- The number of student-athletes allowed in a wrestling room or on a mat will be updated after the Department of Public Health/NJSIAA guidelines are released.

Required Training for Staff

All Coaches and staff are required to complete the following courses and/or view the following training youtube videos and/or review written material provided in the links below. All coaches and staff will sign off stating that they have done so. Sign off sheets will be on file in the High School Principal's Office.

[Coronavirus: "What is it and How to Stay Safe."](#)

[NFHSLearn.com "COVID-19 For Coaches and Administrators"](#)

["Non-Contact Forehead Infrared Thermometer"](#)

[NJSIAA Heat Participation Policy](#)

[Cleaning and Disinfecting Your Facility](#)

Additional Information/Resources

Additional information can be found in the following NJSIAA COVID-19 Winter Season Guidelines:

[**NJSIAA COVID-19 Winter Season Guidelines**](#) (11/19/20)

Athletic schedules can be found on the district website.

Panther Athletic Schedules

Specific spectator guidelines for contests will be forthcoming prior to the opening of the NJSIAA regular season.

John D. Maggio, Supervisor of Athletics
Friday, December 11, 2020

Go Panthers!!!

