



**St Joseph High School Athletics
Summer Re-opening Plans and Guidelines
Conditioning Sessions July 6 - July 31**

Dear Student-Athletes and Parents,

We are pleased to announce that the CIAC has just recently released their guidelines for the re-opening and start of high school athletics for the state of Connecticut with a start date of July 6, Phase I for conditioning sessions. The athletic department has already convened our Safety/Health Athletics Advisory Committee to review and set re-opening plans. Our spring and fall head varsity coaches have been involved in planning meetings since late March on a weekly basis for the anticipated re-opening dates. As a department we will be focusing on fall sport teams to start conditioning on July 6 (through July 31) as we prepare for the fall season start dates in August. Try out information for fall sports will be posted at sjcadets.org/athletics by second week of July.

The following guidelines will apply:

I. Deconditioning and Warm Weather

Even with our virtual workouts hosted for teams and athletes the past three months, a safe return for athletics must take into account deconditioning and skills development over this prolonged period of training distance for our athletes. We will also be entering back into conditioning at one of the warmest times of the year. As safety and health are our number one priority to return to play we are planning accordingly with the effects of deconditioning and warmer temperatures upon our return. Weather alerts will be sent for cancellations due to extreme heat, thunder/lighting in the forecast. An isolated, socially distant waiting area will be available should extreme weather conditions arise.

II. Participation Waiver and Physical Forms

All fall student-athletes will be required to have signed parent release waiver and health permission forms on file to start on July 6th. Also, all fall student-athletes that will be participating in July conditioning sessions will need a current physical (**within 13 months of their last physical date**) on file within the department.

The parent release waiver, health permission forms and the current physical **MUST** be submitted online via a **new platform (Final Forms)** that we will be using this year. Though similar, we will NOT be using the same system we have the last few years, this system will be very convenient for parents and families. (**Note, we will be emailing a direct link to the SJ Final Forms site during the week of June 22**).

Important Note for New Students: Your physical may be in transit from your previous school to St Joes. Please contact your physician directly for a copy of your physical and immunization record to ensure you have the necessary records to begin on July 6.

III. Face Coverings

All student-athletes will be required to wear a cloth or disposable face covering when not engaging in vigorous activity. This is to and from the fields, during chalk talks and interacting with staff, etc. All coaches and staff will be required to wear face coverings at all times.

IV. Health Screening

All student-athletes will need to complete a health screening Covid-19 survey prior to each day of training session. A sample survey can be accessed here:

<https://resources.fsinalsite.net/images/v1591996437/stjoseph/hoowslm3mpwjqqwwyfgp/SymptomChecklist.pdf>

The Athletic Department staff, AD's, Athletic Trainer and Coaches will check athletes in each day (according to CIAC Guidelines) before they are allowed to get out of their cars. Check in procedure will include a health survey and temperature check. This data will be collected each day for contact tracing purposes. **(Please note a video from the athletics department will be released in the coming weeks to review drop-off and pick-up protocols for health screening procedures).**

Only student athletes participating in sessions will be allowed to be on campus during the session hour, due to restrictions and virus tracing. Parents, siblings and friends will not be permitted to view training sessions.

If an athlete is exhibiting symptoms on the check list and/or have a temperature over 100 degrees, the athlete will be sent home or should be kept home from conditioning until cleared via testing or is no longer showing symptoms. If an athlete begins to exhibit symptoms while training, they will be isolated within a medical tent, the student will need to be cleared medically to continue. Isolation area will be located on campus, by the concession hut away from training fields. Notification of possible exposure to COVID-19 will be sent to families in the program in the event of a positive test result.

V. Conditioning Sessions

Conditioning sessions will focus on fall teams and only currently enrolled students for the month of July in preparation for pre-season in August. Under the CIAC guidelines each sport is allowed to workout in cohorts of 5-10 students, 3 times a week, in 1 hour sessions. The sessions will focus on re-conditioning and acclimation to warmer weather. There must be at all times a minimum of 6ft between each athlete during workouts. All conditioning sessions for the month of July can only take place outdoors in Phase 1.

VI. Cleaning Procedures

Cleaning and disinfecting procedures for areas and equipment will follow CIAC and CDC guidelines. There will be hand sanitizer stations at the entrance to each field and each athlete will be required to use hand sanitizer before and after each workout session. Signage detailing social distancing, stop the spread of germs and personal safety procedures for student athletes will be posted in highly visible areas.

All athletes are encouraged to shower and wash their workout gear immediately upon return home from conditioning sessions.

The only bathrooms that will be available are the Field House bathrooms. This restriction allows for a monitored, regular sanitation schedule. Each bathroom will be thoroughly cleaned after each conditioning session every day.

All sports equipment will be cleaned immediately after each participant's use. Athletes should either bring disposable gloves or workout gloves that can be sprayed with disinfectant for each conditioning session.

VII. Attendance

Conditioning training is scheduled for July 6 – July 31. Attendance will be taken daily for tracing purposes and data tracking. If your family has a planned vacation during the conditioning training weeks, please notify the COVID Compliance Liaison, Mr Kevin Butler at kbutler@sjcadets.org. If you cannot make practice due to illness, injury or schedule disruption you must notify Mr Kevin Butler. He will then follow up with a health screening questionnaire.

VIII. Hydration

All students must bring their own water bottles (large size recommended) to use and must not be shared. Only designated staff persons will be able to dispense water to athletes from the water stations.

IX. Conditioning Sessions Schedule

The fall head coaches have developed the schedule team conditioning sessions in conjunction with our strength and conditioning coach. (Please see schedule below). Each head fall coach will host a sport Zoom meeting for all families in that sport to go over logistics and planning prior to July 6. If you are planning to attend these July conditioning sessions please email the head varsity coach of your sport to be added to their email lists for notifications.

A full schedule of sport Zoom meetings will be available next week.

X. Conditioning Schedule (Subject to Change)
Conditioning Sessions July 6- July 31

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00am	Football <i>Both Fields</i>	Field Hockey	Football <i>Both Fields</i> Field Hockey <i>(w/ Coaches on grass area- skill work)</i>	Field Hockey	Football <i>Both Fields</i>
9:00am	Soccer - Boys	Cheer	Soccer - Boys	Cheer	Soccer - Boys
10:00am	Volleyball - Girls		Volleyball - Girls		Volleyball - Girls
11:00am	Girls Freshman Volleyball		Girls Freshman Volleyball		Girls Freshman Volleyball

XI. Student-Athlete Must Have Check-List:

- Bring your own Water Bottle
- Bring your own Face Mask
- Bring Gloves
- Bring your Covid-19 Self-Screen Survey completed each day

We look forward to seeing our student-athletes back on campus in a safe and healthy return to athletic participation in early July. Our number one goal is everyone's health and well-being and we will take a slow and steady approach as we re-open athletic activity. We understand you may have questions and be anxious as you return to campus. Please feel free to email or call me directly if I can be of assistance during this process. I look forward to seeing you all again in a few weeks.

Sincerely,

Kevin Butler

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COVID Compliance Liaison
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St Joseph High School Athletic Staff

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CIAC Guidelines: <http://www.casciac.org/pdfs/CIACResocializationofAthleticsGuidance.pdf>