



**July 2, 2020**

Dear Parents and Student-Athletes:

The NJSIAA has released guidance for high schools in the state of New Jersey to begin fall athletics. CCHS has worked with our internal task force in order to appropriately plan for our school's participation in Phase 1 of fall athletics. It is critical that all parents and students review the guidelines that are attached to this letter. In order for CCHS to be able to open athletics, we must have 100% compliance from our student athletes. It will be expected that the guidelines below are reviewed prior to beginning the fall sports season.

**REQUIREMENTS FOR PARTICIPATION IN SUMMER WORKOUTS AT CCHS DURING  
PHASE 1 (July 13th-26th)**

Phase 1 is not mandatory for any athlete, and there will be no punishment or future exclusion for not participating in Phase 1.

CCHS has reviewed guidance from the NJSIAA, CDC, and NFHS in the development of our guidelines for Phase 1. It is expected that all student-athletes participating in Phase 1 will follow this list of requirements and procedures. Please see below.

- Parents must register their son/daughter by July 7th. [The state mandated COVID-19 questionnaire must be filled out and returned to the coach.](#) This form will be given to you by the head coach. Students who are not registered by July 7th, will not be permitted to participate in summer workouts through the entire Phase 1 of July 13th-26th. There are NO EXCEPTIONS.
- Student-athletes who have ever tested positive for COVID-19 shall provide clearance from a physician before he/she will be permitted to participate in workouts.
- Student-athletes who have pre-existing medical conditions and/or are immunocompromised (ie: diabetes, asthma, auto-immune disorders, etc.) shall provide clearance from a physician before he/she will be permitted to participate in workouts.
- Student-athletes will be required to complete the pre-screening form daily before every workout and have their temperature taken. [\[Click Here for Pre-screening Daily Form\]](#) No student will be permitted to participate in workouts without completing this form every day.
  - When dropping off student-athletes, parents must wait until they pass both checkpoints of clearance (temperature and form) before driving off.
- Student-athletes will be required to bring face coverings and their own water bottle labeled with their name.
- Anyone who is late to the allotted pre-screening time or comes without their daily form, face mask or water bottle will not be permitted to participate in the workout for that day. There are NO EXCEPTIONS.



- Anyone who answers "YES" on their daily pre-screening form or who has a temperature of 100.4 or more will not be permitted to participate in the daily work out and will be sent home. The student-athlete will not be permitted to resume workouts until cleared by a doctor. There are NO EXCEPTIONS.

### **Workouts**

- Each team workout will be no more than ninety (90) minutes in duration and will include a ten (10) minute warm-up, and a ten (10) minute cool down and a ten (10) minute break. There will be four workout days offered during the two week Phase 1 period. (All attendees must leave school grounds immediately at the end of your allotted time)
- All workouts will take place outside during Phase 1. No one will enter the building at all. Locker rooms will not be accessible.
- Access to workouts will be limited to student-athletes, coaches, and appropriate school personnel. Parents and friends are not permitted to attend.
- There will be no physical contact of any kind between student-athletes and coaches during Phase 1. Throughout Phase 1, workouts shall be limited to conditioning, skill sets, and sport-specific non-contact drills.

### **Face Coverings**

- Student-athletes who are 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 shall wear face coverings. Masks will be worn at the direction of the coach.
- Student-athletes who are not engaged in high-intensity aerobic activity, e.g., sitting on the bench, reviewing plays, watching videos, waiting in line, etc., should wear face coverings.
- Coaches and CCHS personnel must wear face coverings at all times.

### **Groupings/Social Distancing**

- No more than ten (10) student-athletes will be grouped together in a single area and the groups WILL be predetermined by the coach prior to the start of the workout.
- Social distancing of at least six (6) feet shall be maintained between student-athletes and staff at all times, including within the ten (10) student-athlete groupings.
- Once student groupings are determined, student-athletes may not switch to another grouping, even for another sport.



- Groupings must stay together throughout the entirety of Phase 1.
- There will be no celebratory contact, e.g., fist bumps, high-fives, huddles, etc.

### **Sports Equipment**

- Sports equipment will not be shared at any time during Phase 1.
- Each student-athlete will bring individual water bottles to each workout for his/her own personal consumption. There cannot be any trading or sharing of water bottles. (If a student does not have their own labeled water bottle, they will not be permitted to participate in the workout.)
- All sports equipment and touchpoints (e.g., benches, agility cones, ladders, clipboards, etc.) will be cleaned and disinfected after each workout.

### **Locker Rooms/Restrooms**

- Student-athletes shall not have access to locker rooms at any time. (The only restroom that will be opened for all sports will be the two porta Johns located at the entrance of the athletic field. These will be cleaned regularly.)
- Face coverings to be worn when in the restroom.

### **Hygiene**

- Students and staff should make every effort to wash their hands as often as possible including before and after the workout. Hand sanitizer will be available on the fields.
- Student-athletes will wear their workout gear to the workout and will return home in the same workout gear. (Students will be expected to arrive at the time of pre-screening ready for their workout -- they will not be permitted to hang around before or after. If they were denied entry to practice for whatever reason, they must leave school grounds.)
- There will be no spitting, chewing seeds or gum during the workout.

Every student-athlete's cooperation in adhering to these strict guidelines is going to be crucial in allowing our school and sports programs to move forward. We need to be united and make no exceptions to these guidelines to make it successful and to keep everyone's health and safety the highest priority.

Reach out to me with any questions or concerns. God bless and be well!

*Samuel Hardy, Director of Athletics*

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**Fall Head Coaches Email Addresses for Sport Specific Questions:**

Football: [gary.onuekwusi@camdencatholic.org](mailto:gary.onuekwusi@camdencatholic.org)

Volleyball: [elizabeth.idler@camdencatholic.org](mailto:elizabeth.idler@camdencatholic.org)

Field Hockey: [mark.vittese@camdencatholic.org](mailto:mark.vittese@camdencatholic.org)

Boys Cross Country: [dkqcc@comcast.net](mailto:dkqcc@comcast.net)

Girls Cross Country: [murtjd121@gmail.com](mailto:murtjd121@gmail.com)

Girls Soccer: [cathy.johnson@camdencatholic.org](mailto:cathy.johnson@camdencatholic.org)

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