



**WARREN HILLS WINTER 2020-2021 HIGH SCHOOL  
AND MIDDLE SCHOOL SPORTS GUIDELINES TO A  
SAFE SEASON!!!**

**MR. MICHAEL JONES-DIRECTOR OF ATHLETICS AND STUDENT  
ACTIVITIES**

**KEVIN CALL-ATHLETIC TRAINER  
BRIAN DORN-ATHLETIC TRAINER  
KRISTEN MANDICZ-ATHLETIC TRAINER**

**ATHLETIC DEPARTMENT SECRETARIES  
CHRISTINA PAGE  
MICHELLE CONABOY**



# WINTER 2020-2021 SPORTS OFFERINGS

2020-2021-SPORT OFFERINGS;

HS SPORTS - BOYS AND GIRLS BOWLING, COMPETITION CHEERING, BOYS AND GIRLS BASKETBALL, BOYS AND GIRLS SWIMMING, BOYS AND GIRLS WRESTLING, AND BOYS AND GIRLS WINTER TRACK,

MS SPORTS - BOYS AND GIRLS BASKETBALL





\*ALL GUIDANCE WILL COME FROM OUR WARREN COUNTY HEALTH DEPARTMENT, NJSIAA, AND STATE GOVERNMENT OFFICIALS

\*WARREN HILLS WILL HAVE SPECIFIC GUIDELINES FOR ALL WINTER SPORT COACHES, STUDENT ATHLETES, AND ATHLETIC ADMINISTRATORS TO FOLLOW FOR A SAFE RETURN TO FACILITIES INSIDE

**\*WHO HAS REVIEWED THIS PLAN AND PROVIDED INPUT?**

THE WARREN HILLS ATHLETIC DIRECTOR AND ATHLETIC TRAINERS





## NJSIAA Statement November 19, 2020



The NJSIAA Sports Advisory Task Force is pleased to provide the following update on Season 2, Season 3, and a newly added Season 2A. We appreciate your patience as we continue to solicit feedback and monitor the orders issued by the NJ Department of Health and the Governor's office. The dates for Seasons 2, 2A and 3 below are final. NJSIAA will not make any further changes to the schedule. The purpose of this update is to provide our member schools with the necessary information to allow them to prepare for the upcoming seasons. Capacity/Attendance 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. Practically speaking, this means that spectators are prohibited. Although we do not sponsor any outdoor winter sports, it is important to note that the Order also restricts the number of people permitted at outdoor events to 150, inclusive of the athletes, coaches, referees and trainers. Season 2, Season 2A and Season 3 Update Below are the updated season dates for all sports that will be played during Season 2, Season 2A and Season 3. To summarize, for the reasons explained below, the ice hockey dates remain unchanged from our previous guidance; the basketball, fencing 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.

Sport	Practice Start	Competition Start	Competition End
<b>WARREN HILLS SPORTS</b>			
<b>Basketball, Bowling, &amp; Competitive Cheer</b>	January 11th	January 26th	March 6th/NJ State Cheer Virtual Competition: End of March
<b>Swimming and Winter Track and Field</b>	February 1st	February 16th	March 27th
<b>Girls Volleyball and Wrestling</b>	March 1st	March 16th	April 24th



## Season 2      Basketball and Bowling      January 11 - March 6, 2021

Based on feedback from member schools, health officials and the Governor's office, NJSIAA is delaying the start of practice for basketball, bowling and fencing until January 11th to allow member schools to get through the holiday break before student-athletes begin practicing at school facilities. **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 scrimmages 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 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, February 8, 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.**

## Season 2A - Swimming and Winter Track & Field - February 1 - March 27, 2021

Based on feedback from member schools and a lack of facility availability across the state, the swimming season has been moved to a newly created Season 2A. We hope that more pools will be available to our member schools beginning in February. Likewise, the winter track & field season has been moved to Season 2A. By February, it is possible that indoor facility capacities will increase, and, as an alternative, better weather may allow for outdoor polar bear meets.

**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.

**4 NJSIAA Postseason:** 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 is prohibiting member schools from traveling out of state to compete.

## Season 3 - Girls Volleyball and Wrestling - March 1 - April 24, 2021

Prior to the issuance of Executive Order No. 187 on October 12, 2020, practice and competition for indoor medium and high-risk sports were prohibited. Therefore, in August 2020, the gymnastics and girls' volleyball seasons were moved to a newly created Season 3. As wrestling is NJSIAA's high-risk indoor winter sport, per the NJ DOH Guidance for Sports Activities, and based on feedback from health officials and member schools, NJSIAA will postpone wrestling to 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. 5 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 is prohibiting member schools from traveling out of state to compete.



# Capacity / Attendance

On November 16, 2020 & Dec. 20, 2020 Governor Murphy issued and restated 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. Practically speaking, this means that spectators are prohibited. Although we do not sponsor any outdoor winter sports, it is important to note that the Order also restricts the number of people permitted at outdoor events to 150, inclusive of the athletes, coaches, referees and trainers.*

# WHRHS Facility Capacities for Winter Sports

ROOM	Max Capacity	25% Capacity	Defer to 150
Competition Gym	1534	383.5	Yes
Auxiliary Gym	1330	332.5	Yes
Cafeteria	582*	145.5*	No
Library	167	41.75	No
Boys Comp Locker	75	18.75	No
Girls Comp Locker	61	15.25	No
Boys Aux Locker	63	15.75	No
Girls Aux Locker	52	13	No
Wrestling Room	56	14	No

# WHRMS Facility Capacities for Winter Sports

<b>Room</b>	<b>Max Capacity</b>	<b>25% Max Capacity</b>	<b>Defer to 150</b>
<b>Gymnasium</b>	500	125	No
<b>Cafeteria</b>	400*	100*	No
<b>Boys Locker Room</b>	125	31.25	No
<b>Girls Locker Room</b>	125	31.52	No

\* The Cafeterias are currently being used as storage and at approximately 50% square foot capacity. Consideration should be taken when finalizing 25% maximum occupancy.

# Off Campus Facility Use

<b>ROOM</b>	<b>Max Capacity</b>	<b>25% Max Capacity</b>	<b>Defer to 150</b>
<b>P.E.S. Pool</b>			
<b>Oakwood Lanes</b>			



# Expectations of Parents and or Guardians

## **CONSIDERATIONS FOR PARENTS/GUARDIANS:**

**(A family's role in maintaining safety guidelines for themselves and others):**

- o Parents/Guardians should monitor their children for any symptoms prior to any sporting activities. Children who are sick or showing symptoms must stay home. (If there is doubt please stay home).**
- o Parents/Guardians and coaches should assess levels of risk based on individual athletes on the team who may be at a higher risk for severe illness.**
- o Provide personal items (water bottles, etc) for your child and clearly label them.**
- o Disinfect your student's personal equipment after each game or practice.**
- o Complete the Covid Questionnaire anytime your child will report to the school or attend a school related function. This questionnaire can be found in the Parent Portal in Genesis.**





# Screenings: Games/Practices

Warren Hills Regional High School will screen student athletes and staff/coaches upon arrival for symptoms and history of exposure. Touchless temperature checks will be performed upon entering the building.

\*All student-athletes must be screened at least once per day to participate in NJSIAA practices or games.

\*Full time remote learners must be screened before they can participate in practices or games. **This is done at the 500 wing by the cafeteria security booth.**

\*Hybrid learners that were screened by the school at some point during the school day **do not need to be rescreened before practices or games.**

\*All student-athletes must be screened for all Saturday or Sunday practices or games.





# Protocols for Reopening Winter Sports

- \*. The Athletic Training Room is open. A total of 11 individuals, including staff and interns, will be allowed in the room at one time. Athletes are expected to wear masks. Hand sanitizing upon entering, exiting or following the use of any equipment is expected. All athletes are expected to sign in and sign out and documenting times for both.
- \*. Masks are mandatory. In the building, gym when not active, and all coaches must wear a mask
- \*. Athletes must bring their own water and bags of clothing appropriate for practice and clothing appropriate for leaving practice.
- \*. There will no sharing of clothing, towels or water bottles.
- \*. There will be no spectators at any home events on district facilities.
- \*. Live Streaming will be available for those sports hosted in the Warren Hills High School. MS sports will have live up to date tweets for the middle school boys and girls teams.
- \*. There will be a waiting area in the school, socially distanced as athletes wait for practices
- \* All students, whether hybrid or fully remote are eligible to participate in sports.
- \* Students who are full remote or out of school on a hybrid day are responsible to provide their own transportation to practices .
- \* Each sport will have specific guidelines for practice and competition. More on this to follow.:



Of course all of this is **fluid**, but we have the start of a plan. Any questions about the reopening of sports, feel free to call me or email. Any questions about clearances go through the Warren Hills Athletic Department.

Mr. Michael Jones Director of Athletics and Student Activities

Go Streaks!!!

