

South Brunswick High School

Athletic Department

Hello Parents/Guardians and Student-Athletes,

The New Jersey Interscholastic Athletic Association that governs high school sports has adjusted the upcoming winter season into two different timelines. The winter is divided up into two sessions and wrestling moved to the already established Season 3. Each season has been adjusted and consolidated. The below table will outline the seasons.

Sport	Practice Date	Competition	Season End
Ice Hockey	Dec. 14	Jan. 15	Mar. 6
	12/14-3:30-5p	in person@ HS	
	12/16- 3:30-5p	in person@ HS	
	12/21-3:30-5p	in person@ HS	
	12/23-1:30-3p	in person@ HS	
	12/28-8a-9:30a	in person@ HS	
	12/30-8a-9:30a	in person@ HS	
Dance, Cheer & Winter Guard	Dec. 14 (virtual only for now)		
Basketball, Bowling	Jan. 11	Jan. 26	Mar. 6
Swimming, Winter Track	Feb. 1	Feb. 16	Mar 27

(Athletic Eligibility will be determined by credits based on 1st semester courses)

Season 3

Gymnastics, G Volleyball, Wrestling	Mar. 1	Mar. 16	Apr. 24
-------------------------------------	--------	---------	---------

(Athletic Eligibility will be determined by credits based on 1st semester courses)

In order to provide the best possible experience for our student-athletes and coaches, all the safety protocols outlined must be followed. Based on our fall season, I have complete confidence in our student-athletes and coaches to follow these guidelines. It is critically important we understand that we are in this together. We were very fortunate in the fall to complete all but 1 game. Our motto was one day at a time and this is how we must approach the upcoming Season 2, 2A and 3.

THE FOLLOWING PROCEDURES MUST BE FOLLOWED

1. All physical paperwork must be completed prior to try-outs.
2. Student-athletes who presently have **COVID-19, or who have tested positive for COVID-19 will need**

to get additional clearance prior to tryouts.

3. Student-athletes need to complete this google form daily in order to attend daily workouts. **The form closes at 1PM daily including Saturdays or holidays**

[Winter SBHS Daily COVID -19 Form](#)

- a. Student-Athletes must complete this form prior to arriving on site.
- b. If there is a “yes” answer on the form, the student athlete should not attend tryouts or practice.
- c. Teams are assigned workout times so you must be on time for pre-screening.
- d. The student -athlete must have a mask upon entering the campus. They will have their temperature taken daily prior to workouts/games.
 1. If the student athlete has a temperature of 99.5 or answers Yes to any questions on the daily questionnaire, they must go home immediately.

Ice Hockey Student-Athletes

If student-athletes are remote when the season opens January 3

In person workouts at the HS December 14

- e. Student-athletes will meet at Pro Skate for practice.
- f. Student-athletes will complete the Daily COVID 19 form.
- g. The rink has a thermo scanner to take temperatures. Coach will have a thermometer on hand as well.
- h. **Rink Protocols:**
 - i. **NO LOCKER ROOMS** available
 1. Come into the rink dressed, no skates on.
 2. You must wear a MASK upon entering the rink.
 3. The mask must be worn when not engaged in activities.
 - ii. The rink will be sanitized daily.
 - iii. The rink’s bathrooms are cleaned hourly.

Only student-athletes will be allowed at Pro Skate. At this time, there are no spectators allowed.

Cheerleading, Dance Team and Winter Guard will meet virtually starting December 14.

2020-21 Bowling Alley Safety

Please know that each bowling alley has been contacted by the GMC to review their protocols. The following will apply:

- No spectators will be permitted.
- **Masks must be worn while in the building.**
- Socially distancing is to be maintained to the extent possible.

- House balls are cleaned after completed lane usage.
- Lane areas are sanitized after completed lane usage.
- No more than 4 teams will be scheduled to compete on the same day.
- Schools may bring a maximum of 20 bowlers (10 G/10 B), including JV. If a team has fewer than 10 girls/boys on their final roster, they may offset by bringing more of the opposite; however, no team may exceed 20 total.
- Setup: teams will bowl in pods with 4 lanes dedicated for each team and a 2 lane buffer. Ex: Team A, lanes 1 / 2 and 3 / 4; lanes 5 / 6 empty; Team B, lanes 7 / 8 and 9 / 10; lanes 11 / 12 empty

4. SBHS Gymnasium Protocols

1. No Spectators will be permitted at this time.
2. Masks must be worn at all times unless the student-athlete is actively participating in drills.
3. Student athletes will come to the athletic entrance and wait to be admitted to the school. Once in the outside hallway the coaches will take the students temperature and confirm the completion of the COVID-19 Daily form.
4. Once cleared the student athlete will report to the workout area.
5. No locker room use will be allowed.
6. If remote student athletes should come ready for practices and games.

5. Face Coverings

- a. 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 (social distancing at all times). Once the aerobic activity is over, student- athletes shall wear face coverings.
- b. Student-athletes who are not engaged in high-intensity aerobic activity need to wear face coverings. (on the bench throughout the game)
- c. Coaches and district personnel must wear face coverings at all times.

6. Groupings/Social Distancing

- a. No switching to another group (V, JV and 9)
- b. NO contact, e.g., fist bumps, high-fives, huddles, etc.
- c. Anyone not following the protocols will be excluded immediately.

7. Sports Equipment

- a. Clear Gear is available for individuals to spray their own personal athletic gear.
- b. Coaches will spray school equipment daily after use.
- c. Each student-athlete shall bring their own water bottles.(possibly a gallon container)There will be **NO sharing of water bottles** or equipment at any time.

8. Locker Rooms/Restrooms

- a. **NO locker rooms** available if we are remote. If we are in school, student-athletes will be allowed to go into the locker room (controlled number 5 at a time) to change and then bring their belongings out.
- b. Restrooms will have limited access and they will be cleaned and disinfected daily

9. Hygiene

- a. Hand sanitizer shall be accessible at all times.
- b. Student-athletes shall wear their workout gear to the workout and shall return home in the same workout gear. Shirts must be worn before, during and after the workouts. Please bring your own towels and plenty of extra water bottles.
- d. There shall be no spitting, chewing seeds or gum during the workout.