

NJSP ATHLETIC RE-ENTRY PLAN
JULY 1- AUGUST 15, 2020
Grades 9-12

Phase 1: July 6 - July 19

- Student athletes will be limited to 15 hours per week on campus.
- Individual student athletes are limited to 15 total hours of school contact activity per calendar week. (The Sunday Rule will be enforced)
- School contact activity includes conditioning and sport-specific activities.
- No sport may have more than two activity days per calendar week. Each sport must register their activity days in the office of the Athletic Director at least 10 days in advance. Sport-specific activity days may not occur on consecutive calendar days.
- Activity days are limited to three hours per day. (Six hours per calendar week.)
- Conditioning is limited to four days per week. Conditioning sessions may be held multiple times each day, each session limited to two hours. Student athletes may attend only one conditioning session per day.
- ALL SUMMER ACTIVITIES ARE VOLUNTARY
- All State and local guidelines for group limitations must be followed and social distancing is encouraged.
- Any student who prefers to wear a face covering for activities will be allowed, if doing so will not cause a health risk.
- Only essential student athletes, student participants, coaches, medical staff, related supervisors, directors, and security will be in attendance.
- An alternate command structure for coaching staff will be established in case of illness.
- Prior to participation, all first-time student athletes are required to have an IHSAA pre-participation physical for the upcoming school year. Returning student athletes are not required to obtain a new [IHSAA pre-participation physical](#), but should provide a 2020-21 IHSAA Health History Update Questionnaire and Consent & Release Certificate prior to participation. If the answer to ANY of the seven (7) questions on the Health History Update Questionnaire is “YES”, then the student must have a 2020-21 Physical Exam Form completed and dated April 1, 2020 or later.
- **Locker Rooms will not be used during this phase.**
- Appropriate clothing/shoes will be worn at all times to minimize transmission.
- No sharing of clothing, shoes, towels, or water bottles.
- If equipment is shared, including sports balls, weight room facilities, non-wind instruments, etc., this equipment will be cleaned prior to use and immediately following usage. Responsibility for cleaning should be clear and appropriate training and PPE should be provided.
- Students must be expected to shower at home and wash workout clothing immediately upon returning to their home. If a student does not have a laundered uniform, he/she may not be allowed to participate in practice or competition.
- For gear laundered by NJSP, PPE will be available for the person in charge of laundering.
- Free weight exercises requiring a spotter cannot be conducted. Safety measures in all forms will be strictly enforced in the weight room.
- For contact sports, no contact is allowed (Football, Wrestling, Competitive Cheer)

- Shared hydration stations (water trough, water fountains, water hose, etc.) will not be utilized. Athletes will need to bring their own bottle and fluids.
- No formal competition is allowed.
- Students & coaches will answer wellness questions before every practice. Any one who answers “YES” to one of these questions will not be allowed to practice and will need to stay home from practice for 72 hours.

Phase 2: July 20 - August 14 “Traditional Summer IHSAA Rules”

- Only essential student athletes, student participants, coaches, medical staff, related supervisors, directors, and security will be in attendance.
- An alternate command structure for coaching staff will be established in case of illness.
- Prior to participation, all first-time student athletes are required to have an IHSAA pre-participation physical for the upcoming school year. Returning student athletes are not required to obtain a new [IHSAA pre-participation physical](#), but should provide a 2020-21 IHSAA Health History Update Questionnaire and Consent & Release Certificate prior to participation. Any athlete who suffered from a concussion after their 2019-2020 physical and/or had surgery, will need a new physical. This holds true even if the athlete was released by their doctor for a concussion of surgery.
- Locker Rooms will remain available for student athletes and athletic staff to change, however social distancing is encouraged.
- Contact is allowed as defined by [Indiana High School Athletic Association \(IHSAA\)](#).
- Appropriate clothing/shoes will be worn at all times to minimize transmission.
- No sharing of clothing, shoes, towels, or water bottles.
- If equipment is shared, including sports balls, weight room facilities, non-wind instruments, etc., this equipment should be cleaned prior to use and immediately following usage. Responsibility for cleaning should be clear and appropriate training and PPE should be provided.
- Students must be expected to shower at home and wash workout clothing immediately upon returning to their home. If a student does not have a laundered uniform, he/she may not be allowed to participate in practice or competition.
- For gear laundered by NJSP, PPE must be available for the person in charge of laundering.
- Free weight exercises requiring a spotter can be conducted. Safety measures in all forms will be strictly enforced in the weight room.
- Shared hydration stations (water trough, water fountains, water hose, etc.) will not be utilized. Athletes will need to bring their own bottle and fluids.
- Celebratory and sportsmanship acts that involve contact will be prohibited.
- No formal competition is allowed with the exception of girls golf.
- Students & coaches will answer wellness questions before every practice. Any one who answers “YES” to one of these questions will not be allowed to practice and will need to stay home from practice for 72 hours.

Phase 3: August 15

- An alternate command structure for coaching staff should be established in case of illness.
- Prior to participation, all first-time student athletes are required to have an IHSAA pre-participation physical for the upcoming school year. Returning student athletes are not required to obtain a new [IHSAA pre-participation physical](#), but should provide a 2020-21 IHSAA Health History Update Questionnaire and Consent & Release Certificate prior to participation. If the

answer to ANY of the seven (7) questions on the Health History Update Questionnaire is “YES”, then the student must have a 2020-21 Physical Exam Form completed and dated April 1, 2020 or later.

- Locker Rooms will remain available for student athletes and athletic staff to change, however social distancing is encouraged.
- Hospitality rooms for officials will not include shared food service and will allow space for social distancing. Individual waters and pre-packaged snacks will be made available.
- Appropriate clothing/shoes will be worn at all times to minimize transmission.
- No sharing of clothing, shoes, towels, or water bottles.
- If equipment is shared, including sports balls, weight room facilities, non-wind instruments, etc., this equipment will be cleaned prior to use and immediately following usage. Responsibility for cleaning should be clear and appropriate training and PPE should be provided.
- Students will be expected to shower at school or at home and wash workout clothing immediately upon returning to their home. If a student does not have a laundered uniform, he/she may not be allowed to participate in practice or competition.
- For gear laundered by NJSP, PPE will be available for the person in charge of laundering.
- Shared hydration stations (water trough, water fountains, water hose, etc.) will not be utilized. Athletes will need to bring their own bottle and fluids.
- Pool usage will not be acceptable until the school year officially begins in August.
- Competition may begin.
- Spectators, media, and vendors can be present but should implement social distancing and follow established mass gathering guidelines (check local HD first).
- Concessions may be sold if food handlers and cashiers use appropriate PPE and only prepared, prepackaged food is available (more info from Governor’s office coming)
- Contact should be limited to only contact necessary to compete as defined by IHSAA. Modified sportsmanship practices should be observed.

Low Risk Sports

Cross Country: May condition 4 days per calendar week.

Phase 1: Limited number in groups, Covid Pre-Screening before coming to workout

Phase 2: Traditional Summer IHSAA Rules, Covid Pre-Screening before coming to workout

Phase 3: Season Begins

Golf: Maintain appropriate physical distancing. Golf may begin Formal Competition in Phase 2.

Phase 1: Traditional Summer IHSAA Rules, Covid Pre-Screening before coming to workout

Phase 2: Season Begins, Covid Pre-Screening before coming to workout

Sideline Cheer: Drills are allowed that keep all players physically distant; there should be no physical contact of players (phase 1). Common equipment, such as the mats, must be cleaned as permitted during a practice or workout. Contact with other players is not allowed in Phase 1.

Phase 1: Follow guidelines above as listed, Covid Pre-Screening before coming to workout, You may use mats, shields, etc. during your activity periods. The activity days are limited to one three-hour block of time. As an example, you cannot have three one-hour blocks over the course of the day. If you go from 9:00 - 11:00 on Monday, you are done for Monday. Scheduling an additional session from 6:00-7:00 on Monday to capture the third hour is not permissible. Players are limited to t-shirts, shorts, and shoes during Phase I.

Phase 2: Traditional Summer IHSAA Rules, Covid Pre-Screening before coming to workout, Leading up to the start of the Fall Season

Phase 3: Season Begins Formally

Swimming: The indoor pool at NJSP will remain closed until we return to school in August.

Tennis: Must keep physical distance if playing singles and doubles. Wipe down rackets and clean balls after use. Each player uses their own ball.

Phase 1: Follow guidelines above as listed, Covid Pre-Screening before coming to workout

Phase 2: Traditional Summer IHSAA Rules, Covid Pre-Screening before coming to workout

Phase 3: Season Begins

Track & Field: No sharing of implements / equipment. Padded equipment should be cleaned between uses. Common equipment such as relay batons should be cleaned intermittently during practices and workouts.

Phase 1: Follow guidelines above as listed, Covid Pre-Screening before coming to workout

Phase 2: Traditional Summer IHSAA Rules, Covid Pre-Screening before coming to workout

Phase 3: Transition into your “Limited Contact Period”

Moderate Risk Sports

Baseball: All players must be physically distant. Players should not share gloves, batting gloves, helmets and catcher’s equipment. Common equipment, such as the ball, must be cleaned as permitted during a practice or workout session.

Phase 1: Follow guidelines above as listed, Covid Pre-Screening before coming to workout

Phase 2: Traditional Summer IHSAA Rules, Covid Pre-Screening before coming to workout

Phase 3: Transition into your “Limited Contact Period”

Basketball: Drills are allowed that keep all players physically distant. Common equipment, such as the ball, must be cleaned as permitted during a practice or workout.

Phase 1: Follow guidelines above as listed, Covid Pre-Screening before coming to workout

Phase 2: Traditional Summer IHSAA Rules, Covid Pre-Screening before coming to workout

Phase 3: Transition into your “Limited Contact Period”

Softball: All players must be physically distant. Players should not share gloves, batting gloves, helmets and catcher’s equipment. Common equipment, such as the ball, must be cleaned as permitted during a practice or workout session.

Phase 1: Follow guidelines above as listed, Covid Pre-Screening before coming to workout

Phase 2: Traditional Summer IHSAA Rules, Covid Pre-Screening before coming to workout

Phase 3: Transition into your “Limited Contact Period”

Volleyball: Drills are allowed that keep all players physically distant. Common equipment, such as the ball, must be cleaned as permitted during a practice or workout session.

Phase 1: Follow guidelines above as listed, Covid Pre-Screening before coming to workout

Phase 2: Traditional Summer IHSAA Rules, Covid Pre-Screening before coming to workout

Phase 3: Season Begins Formally

Higher Risk Sports

Football: Drills are allowed that keep all players physically distant; there should be no physical contact of players (phase 1). Common equipment, such as the ball, must be cleaned as permitted during a practice or workout. Contact with other players is not allowed in Phase 1.

Phase 1: Follow guidelines above as listed, Covid Pre-Screening before coming to workout, You may use footballs, shields, etc. during your activity periods. The activity days are limited to one

three-hour block of time. As an example, you cannot have three one-hour blocks over the course of the day. If you go from 9:00 - 11:00 on Monday, you are done for Monday. Scheduling an additional session from 6:00-7:00 on Monday to capture the third hour is not permissible. Players are limited to t-shirts, shorts, and shoes during Phase I. NO protective equipment, inclusive of girdles, helmets, shoulder pads.

Phase 2: Traditional Summer IHSAA Rules, Covid Pre-Screening before coming to workout, Leading up to the start of the Fall Season, continue with 2 activity days each week. Each activity day is limited to one three-hour block of time. Per Rule 15-3.3d, **Protective equipment is limited to helmets, shoes, mouth piece, girdle, and shoulder pads. No live contact permitted. No inter school competition.** Intra-squad competitions are permitted. August 3 - August 14 Start of Fall Practice Reference Rule 54-4 Beginning August 7, the commissioner asks that you bring in officiating crews to assist with intrasquad scrimmages. There are several new rules which will require live looks for crews before the season begins. IFCA leadership will be contacting schools to seek your participation.

Phase 3: Season Begins Formally

Wrestling: Conditioning, mirror drills with spacing, no contact. Wrestlers may drill without touching a teammate (as long as physical distancing is adhered to).

Phase 1: Follow guidelines above as listed, Covid Pre-Screening before coming to workout

Phase 2: Traditional Summer IHSAA Rules, Covid Pre-Screening before coming to workout

Phase 3: Transition into your “Limited Contact Period”