



## Governor Livingston High School Athletic Department

175 Watchung Blvd. Berkeley Heights, NJ 07922

Ann B. Clifton

Director of Health, Physical Education and Athletics

Email: [aclifton@bhpsnj.org](mailto:aclifton@bhpsnj.org)

Office: (908) 464-3100 x2545

Fax: (908) 464-1548

---

### 2020 FALL SEASON START COMMUNICATION

Dear Highlander Families,

I hope this letter finds you safe and healthy as we continue to navigate the challenges of reopening school. The purpose of this letter is to share with you the requirements for our fall athletic teams to begin the 2020 season. All the guidelines have been developed in cooperation with the state athletic association, the state board of health and the Governor's Office. The New Jersey State Interscholastic Athletic Association (NJSIAA) created policies and protocols for the Governor Livingston High School Athletic Department to follow in order to ensure a safe opportunity for student athletes and coaching staff to gather practice and compete together.

The official start to the Fall Athletic Season was moved to Monday 9/14/20. All Fall Teams (except volleyball which has been moved to the newly created NJSIAA Season 3 in 2/2021), will report to practice on Monday, September 14, 2020. The first requirement for all student athletes is to complete the 3 step Sports Registration Process. Once your child is approved/cleared, you will receive an email. The directions are clearly outlined on the GLHS Athletic Website: <https://www.bhpsnj.org/Page/4979>.

The Athletic Department understands that information about the NJSIAA Return to Play Plan is very important to all Fall Sports Stakeholders. We have worked to post as much relevant information on the GLHS Athletic Website: <https://www.bhpsnj.org/Page/11262>. Please take time to review the information and use this as your first stop to acquire answers to your questions. Our most ultimate goal is to provide a safe environment for our student athletes, coaching staff and athletic community and the sharing of this information is the first step.

On Monday 9/14/20 after school- all teams have been assigned an arrival time to GLHS. The times are staggered to allow for student athletes to be processed and approved for practice. Each player will be responsible for the following:

1. Submission of a Daily Questionnaire by 2:00pm every day the student athlete is reporting to GLHS for practice and/or games. The Union County Conference and Big Central Football Conference is requiring all schools to have student athletes complete a separate questionnaire (besides the school district's required NJDOE questionnaire) to

assure all student athletes have submitted information on their personal health daily. The athletic office is setting up an automatic email to be sent to all cleared student athletes and their parents/guardians every day at 12:00pm to remind you to complete the Daily Questionnaire. These emails will be sent for the 1<sup>st</sup> two weeks of Fall Practices- until Monday 9/28/20.

2. Each student athlete will need to complete a Daily Questionnaire (Google Doc) and have their temperature taken at GLHS prior to practicing. The Fall Athletic Daily Questionnaire must be completed- whether your child is in Cohort A and B or All Remote. This process is for every practice, game and/or team function.
3. The Daily Questionnaire will be open for responses every day- 7:00am and 2:00pm. The questionnaire must close at 2:00pm to allow the staff to sort the responses and prepare for the screening process. The link to each sport's Daily Questionnaire is posted on the GLHS Athletic Website for your convenience (*Left Tab- Fall Sports Games/Practice Protocols and Daily COVID-19 Questionnaires*). In the event that you miss the 2:00pm cutoff, coaches will accept a hard copy of your completed Questionnaire. Finally, each team's screening station will have 30 hard copies of the Questionnaire- in the event that you miss the cutoff and are unable to print the hardcopy. Please be reminded that only a parent and/guardian can complete the Daily Questionnaire.
4. The link to the sport specific Daily Questionnaires are below:

Boy's Soccer- <https://forms.gle/quwGk3Moc6n9Hqsy6>

Girls Soccer- <https://forms.gle/6ZrgVNvC7DkVhoVA9>

Field Hockey- <https://forms.gle/c1qYqTNzRhXjbqMC6>

BOYS Cross Country- <https://forms.gle/xDBWi7a5o4Tjx6HFA>

GIRLS Cross Country- <https://forms.gle/PJkg2EczdEUySwyy6>

Cheer- <https://forms.gle/tZKgTbwunpLHdHJZ8>

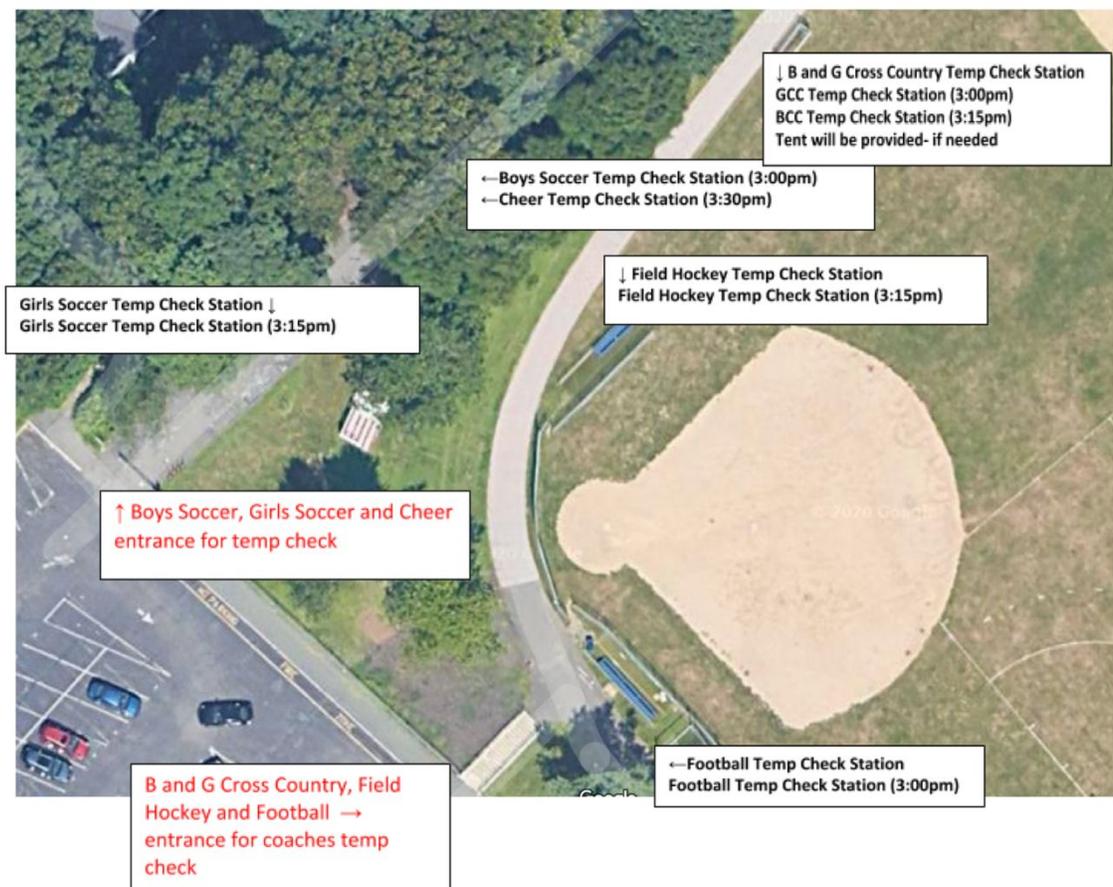
Girls Tennis- <https://forms.gle/muaSz9njZHbAE7Hy6>

5. **IMPORTANT AS YOU ARRIVE TO GLHS:** Secure a face mask or face covering (gaiter neck covers are not permitted by the Westfield Regional Board of Health) for screening and entering/exiting campus field. During rigorous workouts, student-athletes will not be required to have their face mask on. All student athletes must have their face mask on and properly over their nose and mouth immediately after exiting their car. The face mask is to remain on throughout the duration of the practice unless instructed by the coaching staff to remove. Please note that when a student athlete does not have their face mask on- it will be only during the rigorous exercise phase and social distancing will be practiced.

6. Student Athletes will report to Governor Livingston High School at their assigned time:
  - Boys Soccer: 3:00pm (Enter at gate on top of hill going down to the turf)
  - Girls Soccer: 3:15pm (Enter at gate on top of hill going down to the turf)
  - Field Hockey: 3:15pm (Enter at stairs by softball field)
  - BOYS Cross Country: 3:15pm (Enter at stairs by softball field)
  - GIRLS Cross Country: 3:00pm (Enter at stairs by softball field)
  - Cheer: 3:30pm (Enter at gate on top of the hill going down to the turf)
  - Girls Tennis will report to Columbia Tennis Park at 3:20pm

Report to the designated screening station indicated in picture below. Please do not report early and remain in your car until your designated team report time. Please keep your face covering on and use the social distancing lines painted on the sidewalk. Please maintain 6 feet social distance as you wait to be screened.

Please review picture for GLHS screening station location:



Please review picture for Columbia Tennis screening station location:



7. Parents/guardians must remain in the area in their vehicle until the student-athlete clears the screening process. Once the student athlete has successfully cleared the Screening Station- they are instructed to text/call their parent/guardian/transportation to inform them that they can depart the parking lot and facility. If the student-athlete fails the screening process they must leave immediately with their parent/guardian.
8. Absolutely no spectators, fans, or non-Governor Livingston coaches or staff can attend practices. The facility must be secure from outside visitors. All parents/guardians/transportation must depart the campus during the practice session and return at the prescribed dismissal time.
9. Please be reminded that anyone (coaching staff member, student athlete and/or support staff) who has answered "YES" on their daily pre-screening form or who has a temperature of 100.4 or higher will not be permitted to participate and will be sent home. The coaching staff member, student-athlete and or support staff is not permitted to resume practices and games until cleared by a medical physician. Depending on the situation the coaching staff member, student athlete and/or support staff maybe advised to have a COVID-19 test. In the event of a positive COVID-19 test a coaching staff member, student athlete and/or support staff will need an appropriate cardiac evaluation by a Doctor before resuming practices and/games.

#### **Daily requirements during the 2020 Fall Season:**

- All student **MUST** have their face mask on properly as soon as they depart their car. There will be a limited number of face masks available in the event of breakage or malfunction.
- Each student must report with a minimum of 64 oz. of water/replenishing fluids.
- Proper clothing to absorb sweat and all student athletes will be required to keep t-shirts on at all times.
- Medication if necessary (i.e., asthma, allergies, diabetes, etc.),
- Personal hand sanitizer or wipes, and no changing clothes at the facility. The locker rooms and building are not permitted to be used during the 2020 Fall Season.

In the event of inclement weather, the coaching staff will be in touch with our student athletes about the status of practice. It is not permissible to use the indoor facilities for practice during

the 2020 Fall Season, therefore a determination will need to be made on the status of practice. Please stay tuned for these decisions on inclement weather days.

We will continue to share updates via email regarding the fall season, as we receive information. The chain of communication will be Director of Athletics to Head Coach **to** All Parents/Guardians and Student Athletes. This is a fluid process and the policies and procedures are subject to change. Please note that the Governor Livingston High School Athletic Website- Athletics Tab is updated every 1-2 days with newly released information.

**Finally, Players will keep their masks on at all times, they will only remove their masks when they are exerting themselves during practice. Each player will store their mask at a secure location on their personal bag. Please label your mask- so there's no confusion.**

Please do not hesitate to reach out to me directly with any questions or concerns as we continue to maneuver these challenging times together.

Sincerely,  
GLHS Athletic Department

#### Reminder Checklist:

\_\_\_\_\_ Complete the NJSIAA COVID-19 Student Athlete Daily Pre-Screening Questionnaire- this form must be complete daily and will be time stamped. You will be able to complete the questionnaire everyday between 7:00am and 2:00pm. See details above and the links to all Fall Sports Daily Questionnaires are on the GLHS Athletic Website.

\_\_\_\_\_ Every student athlete must have an appropriate face mask, hand sanitizer, wipes and appropriate workout attire. There will be no access to the building and/or changing facilities.

\_\_\_\_\_ 64 oz. of water or replenishing liquid for the practice session- not sharing is permitted.

\_\_\_\_\_ Medication if necessary (i.e., asthma, allergies, diabetes, etc.)

7/24/20-TH/KS