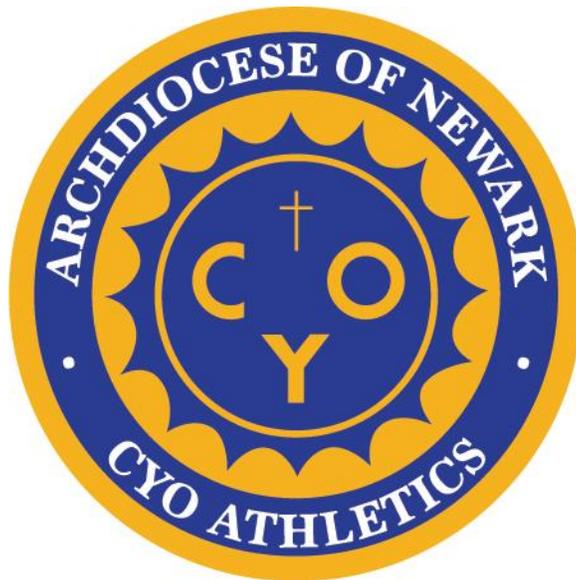


# ARCHDIOCESE OF NEWARK CYO ATHLETICS

FALL SPORTS  
COVID-19 Readiness  
August 10, 2020



## **Table of Contents**

**Page 1: Cover Letter from Gary Nova, Associate Director of Athletics**

**Page 2: Getting Started**

**Page 3: COVID-19 Checklist**

**Page 4: Preparing Facilities for Sports Practice  
Conducting Sports Practices**

**Page 5: Athletic Contests and Competitions**

**Page 6: Resources/References**

## **Pastors, Principals, Athletic Program Directors and Coaches...**

As always, we hope that you, your families, and your program staff/volunteers have been able to escape the worst impacts of the Covid-19 situation here in North Jersey. We all pray the current trends will continue and keep us safe.

Although CYO sports are not at the top of everyone's mind these days, we are sure that many of you have considered how CYO Athletics might proceed in the fall. Our CYO Athletic Staff has continued to meet over the course of this pandemic to discuss all options on how we may start the 2020-2021 sports season.

We have spent considerable time reviewing the news and guidance from the New Jersey State Interscholastic Athletic Association (NJSIAA) and the National Federation of High School Sports (NFHS). We have also reviewed the roadmap just distributed by the NJ Department of Education (NJDOE). While CYO Athletics are not governed by any of these groups, we look at their guidance as a starting point, and expect we would not stray far from their consensus view. We have formulated our own Covid-19 Readiness Plan which addresses such areas as:

- Participant Screening prior to arriving at site
- Facilities Preparations and Maintenance
- Maintaining Distance
- Face Masks and Hand Sanitizer
- Equipment Usage and Sanitation
- Conducting Practices/Contests

We know many of you are pondering some of the real program level questions around fall athletics (for now Cross Country and Girls Volleyball). Should I hold registration for fall sports? Should I collect registration fees? How am I going to keep my facility virus-free? There are more questions than answers and we know things will change in the way we all operate. For everyone's safety, we know the new reality will require more effective planning and a much higher degree of collaboration than ever before.

Please read and understand the CYO guidelines with recommendations on practice and expectation on how contests will be run. Please meet with pastors and principals to update them on guidance and come to a conclusion on whether (and how) they will offer CYO sports to their participants. Primary discussion should be around the sanitation requirements for teams using the facility for practices or games.

We all realize that the guidance we formulate today may very well change tomorrow. It may all have to come together very quickly, and we want to be sure that we have put in the time and thinking NOW to make that activation as smooth and efficient as possible.

God Bless... stay safe... look forward to speaking soon. If you have any questions, always feel free to reach out.



Gary Nova  
Associate Director  
CYO Athletics

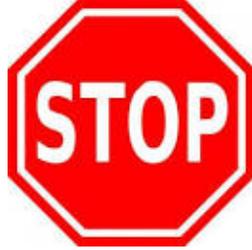
## **Getting Started**

- 1.** Participants (players and coaches) who presently have COVID-19 or have tested positive for COVID-19 shall provide clearance from a physician to the program director before he/she will be permitted to participate in practices or games.
  
- 2.** Participants who have pre-existing medical conditions and/or are immunocompromised (e.g., diabetes, asthma, auto-immune disorders, etc.) shall provide clearance from a physician to the program director before participating in practice or games.
  
- 3.** Presently, as per the states requirements there will be no spectators allowed at practices or games. This will be continuously reviewed based on guidance from our state officials at the time.
  
- 4.** Educate athletes and coaching staff about when they should stay home and when they can return to activity. A recommended Covid-19 checklist will be made available to all schools. The checklist must be taken seriously and thoroughly done prior to arriving on school grounds or CYO events. (Add Checklist after this page.)
  
- 5.** Coaching staff and parents/guardians should wear cloth face coverings. Athletes are also encouraged to wear cloth or disposable face coverings when not engaging in vigorous activity, such as when sitting on the bench. Face coverings should not be worn by athletes when engaging in high intensity aerobic or anaerobic activities or where doing so would inhibit the individual's health.
  
- 6.** Social distancing of at least six (6) feet shall always be maintained between student-athletes and coaches.

**During practices/games, all coaches should be alert for any students exhibiting physical symptoms of COVID-19 or signs of mental health distress secondary to the COVID-19 pandemic.**

# COVID-19 Daily Checklist

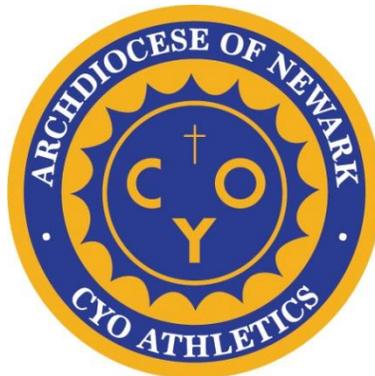
*Please review this checklist before participating  
In Practices or games*



**IF YOU HAVE** *any of the following, **STAY HOME** and contact your Program Director*

- A fever (a temperature above 100.3F)**
- A cough**
- Shortness of breath**
- Muscle aches or chills**
- Sore Throat**
- Diarrhea/vomiting**
- Loss of taste or smell**
- You or anyone you have been in close contact with has been diagnosed with COVID-19 or placed on quarantine**
- You have been asked to self-isolate or quarantine by a medical professional or local public health official**

**Thank you for keeping our parishes and schools safe!**



## **Preparing Facilities for Sports Practices/Contests**

***If not already in place, these are the minimum recommended actions for facilities:***

1. Signage posted in highly visible locations with reminders regarding social distancing protocols, face covering requirements, and good hygiene practices (e.g., hand hygiene, covering coughs).
2. Routine and frequent sanitization and disinfecting, particularly of high-touch surfaces in accordance with CDC recommendations. **Please work with and collaborate as a team with your Pastor, Principal, and maintenance staff to ensure that everyone is working together to safely maintain the gym.**
3. Have hand sanitizer, disinfecting wipes, soap and water, or other sanitizing materials readily available at entrances, exits, benches, and any other areas prone to gathering or high traffic.
4. Reduce crowding and proper social distancing around entrances, exits, and other high-traffic areas of the facility.
5. Limit occupancy in restrooms that remain open to avoid over-crowding, maintain social distancing through signage and, where practicable, and possibly utilize attendants to monitor capacity.

## **Conducting Sports Practices**

**Official practices for all Fall sports may commence on Saturday, September 12. (If a school/parish is found to violate this start date, penalties will be imposed, with the possibility of your entire season being canceled.**

1. Limit practice activities to those that do not involve person-to-person contact between athletes and/or coaching staff. For example, focus on individual skill-building activities.
2. Ensure that athletes and coaches adhere to social distancing while not actively involved in practice activities (on the bench, in the dugout, etc.). Consider assigning coaching staff to monitor sideline social distancing.
3. If any equipment is provided by the coach, the coach must minimize equipment sharing and clean and disinfect shared equipment at the end of a practice session using a product from the list of disinfectants meeting EPA criteria for use against the novel coronavirus. **Do not permit athletes to share food, beverages, water bottles, towels, pennies, gloves, helmets or any other equipment or materials that is involved in direct bodily contact.**

4. We strongly recommend that the parent/guardian (or another adult) who drops off a child to practice remain in the car and not enter the gym.

5. Restrict spitting, handshakes, high-fives, team huddles, and any other close-contacting activities.

### **Athletic Contests and Competitions**

*Archdiocesan and government guidance on phased re-opening will continue to adapt to the Covid-19 health situation in New Jersey. Despite the uncertainty, this section is intended to give the reader a sense of how fall sports may operate. Remember, these are draft guidelines at this point in time... and will be modified as required as we get closer to the start of the fall season.*

1. The start of the regular season for fall sports will be pushed back to **Friday, October 2, 2020**. This delayed start will allow programs more time to organize their teams... and allow schools to focus on academic reopening in the first two weeks of September. However, program directors are urged to start registration processes prior to the start of the school year if that program is intending to participate in fall sports.
2. During the regular season, teams will be expected to take all practical precautions to safeguard their players and volunteers/staff from Covid-19. Those precautions (including sanitation, distancing, equipment handling, etc.) would be the same as outlined in the previous sections around conducting practices.
3. On arrival at a game/contest, teams will enter the contest area with masks (covering mouth and nose) and immediately proceed to their designated area. Although teams may stretch near their area, there will be no on court (or on field) warm up period. All players and staff must conform to any additional checks or limitations placed by the hosting site for that contest. Players and staff will remain masked at all times unless they are ACTIVELY participating on the field of play.

4. Game officials will be masked and will use electronic whistles in lieu of traditional whistles. Host site will be encouraged to sanitize playing equipment as often as practical before, during and after the contest.
5. At the conclusion of the contest, there will be no handshake or greetings that require physical contact with other players or coaches. Non-contact recognition of the other team and players (for example, a salute or bow) would be permitted. Teams will clean up their area prior to quickly exiting the host facility.
6. **CYO will schedule a reasonable number of regular season contests to be completed in the revised season timeframe. Regular season for fall sports will end the weekend before Thanksgiving. Cross Country may have a final meet on that weekend (11/20-21). Volleyball regular season games will end by Wednesday, 11/18 (with playoffs 11/20 thru 11/22). Playoffs will be limited to the top 8 (eight) teams in any division.**

### **Resources/References**

- Centers for Disease Control and Prevention, [Considerations for Youth Sports](#)
- New Jersey Department of Health, [Guidance for Sports Activities](#)
- National Federation of State High School Associations (NFHS), Sports Medicine Advisory Committee (SMAC), [Guidance for Opening High School Athletics and Activities](#)
- Centers for Disease Control and Prevention, [Interim Guidance for Administration of US K-12 Schools and Child Care Program](#)
- Little League International, [Best Practices and Organizing, Playing, and Watching Little League Baseball and Softball During the Coronavirus Pandemic](#)