

Washington Township High School COVID-19 Return to Activity Guidelines & Procedures Phase 1

Guideline Area: COVID-19	Subject: Return to Activity Phase 1
Title of Guidelines: COVID-19 Return to Activity Phase 1	
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Approved Date:	Approved By: Eric A. Schwartz, DAT, M.Ed., LAT, ATC Stephanie Mosiondz, MS, LAT, ATC Kevin Murphy
Revision Date: June 22, 2020	

Purpose of policy:

The COVID-19 pandemic has sparked dramatic changes across all aspects of our daily lives. The combination of lifestyle modifications and potential comorbidities associated with COVID-19 also presents important, athlete specific health and safety risks as a return to sport plans emerge. While it is clear that transition periods have a higher risk for catastrophic sport injury,¹⁻⁶ some of the factors that place athletes at higher risk during these periods may be amplified as a result of social distancing measures. These risk factors may also be amplified at various levels – so even athletes within the same team may have a spectrum of risk profiles. As plans for a return to organized sport begin, over 10 million high school and college athletes emerge from this unprecedented period, calling for healthcare providers and administrators to give greater consideration for how to reduce risk while re-introducing sport.

NOTE: These guidelines are intended to address return to physical activity considerations during, and immediately following physical distancing. These guidelines are not intended to: 1) provide a recovery plan specific for COVID-19 patients, 2) discuss administrative considerations and practices, 3) discuss cleaning procedures or personal protection practices, 4) provide a detailed discussion of screening, testing, isolating and contact tracing for sports programs. Please see **COVID-19 Return to Activity Guidelines & Procedures** for the **Washington Township High School** policy on these items.

¹Casa DJ, Anderson SA, Baker L, et al. The Inter-Association Task Force for Preventing Sudden Death in Collegiate Conditioning Sessions. *Strength and Conditioning Journal*. 2015;37(6):113-116.

²Yau RK, Kucera KL, Thomas LC, Price H, Cantu RC. *Catastrophic Sports Injury Research Thirty-Fifth Annual Report: Fall 1982 – Spring 2017*. National Center for Catastrophic Sport Injury Research at the University of North Carolina at Chapel Hill; 2018.

³Kay MC, Register-Mihalik JK, Gray AD, Djoko A, Dompier TP, Kerr ZY. The Epidemiology of Severe Injuries Sustained by National Collegiate Athletic Association Student-Athletes, 2009–2010 Through 2014–2015. *Journal of Athletic Training*. 2017;52(2):117-128. doi:10.4085/1062-6050-52.1.01

⁴Casa DJ, Guskiewicz KM, Anderson SA, et al. National athletic trainers' association position statement: preventing sudden death in sports. *Journal of Athletic Training*. 2012;47(1):96–118.

⁵Parsons JT, Anderson SA, Casa DJ, Hainline B. Preventing catastrophic injury and death in collegiate athletes: inter-association recommendations endorsed by 13 medical and sports medicine organizations. *Br J Sports Med*. 2020;54(4):208-215. doi:10.1136/bjsports-2019-101090

⁶Casa DJ, Almquist J, Anderson SA, et al. The inter-association task force for preventing sudden death in secondary school athletics programs: best-practices recommendations. *Journal of Athletic Training*. 2013;48(4):546–553.

Guidelines statement:

These guidelines describe the best practice procedures for returning to sport and exercise following a period of prolonged physical distancing for students/athletes of Washington Township High School.

This document is designed specifically for the return to activity Phase 1 following physical distancing from the COVID-19 pandemic. As such, the topics in this document overrule the Preparticipation Evaluation Policy, Musculoskeletal Prevention and Treatment policy, Concussion Return to Play policy, and Heat Acclimation policy until the administration

of Washington Township High School deems fit. These guidelines will be a living, working document, that is continually reviewed and updated as the organization and our community change.

Definitions:

- *Close Exposure* - A close exposure is defined as having a household member with COVID-19, prolonged exposure (>10 minutes) within 6 feet of an individual with confirmed COVID-19, direct exposure to infectious secretions (e.g., being coughed on) or direct physical contact during sports from an individual with COVID-19.
- *Upper Limit* - workout would be the highest level of intensity and volume an athlete would be able to tolerate when in peak condition.

Scope:

These guidelines apply to all staff members (e.g., athletic trainers, physicians, athletic administrators, coaches, strength and conditioning staff, school administrators, advisors, and nurses) of Washington Township High School who are associated with athletics.

Phase 1 Procedures: *(Phase 1 will be in effect for approximately two (2) weeks, or from July 13, 2020, through July 26, 2020, Progression to the next PHASE will be dependent upon directives from the Governor/NJSIAA and changes in the prevalence of COVID-19 throughout the State.)*

1. Student-athletes who presently have COVID-19, or who have tested positive for COVID-19, shall provide clearance from a physician before he/she will be permitted to participate in workouts to the school's medical staff (school nurse, athletic trainer, and school physician).
2. Student-athletes who have pre-existing medical conditions and/or are immunocompromised (e.g., diabetes, asthma, auto-immune disorders, etc.) shall provide clearance from a physician before he/she will be permitted to participate in workouts.
3. The COVID-19 Questionnaire must be completed seven (7) days before the start of the first workout session. This only needs to be completed one time. Any athlete that does not have a COVID-19 Questionnaire on file will not be permitted to participate in any workouts.
4. The athletic department, athletic training department, the school's nursing department, and the school's physician will be the primary departments responsible for responding to and addressing COVID-19 return to play related issues at Washington Township High School
5. The athletic training staff will handle and respond to the routine treatment and care of student-athletes who may be injured during a workout, including both on the field and in the weight room.

Phase 1:

1. Pre-Screening

- a. The athletic training staff will conduct daily pre-screening.
- b. Pre-Screening will take place as the student-athlete arrives on campus before they exit their car and/or enter the outdoor athletic area.
- c. Each day all coaches, student-athletes, and staff must clear the pre-screening process before they are permitted to participate in the workouts.
- d. The pre-screening process will consist of a review of the pre-screening questionnaire, which shall be completed online (Microsoft forms) and provided to the athletic training staff, and a temperature check.
- e. Any individual who answers "yes" to any question on the questionnaire, or who has a temperature greater than 100.4°F, shall not be permitted to participate in the workout and shall be required to return home.
- f. Any individual who answers "yes" to any question on the questionnaire shall be required to provide clearance from a physician before they will be permitted to resume participation in the workouts.
- g. Any individual who has a temperature greater than 100.4°F shall be required to provide a clearance from a physician and who has had no fever for a minimum of 48 hours before they are permitted to resume participation in the workouts.

2. Workouts

- a. Workouts shall be no more than ninety (90) minutes in duration and shall include ten (10) minute warm-up, and ten (10) minute cool down.
- b. Only one workout per day is permitted and there must be one (1) day rest per every seven (7) days. Washington Township High School workouts will take place between Monday-Friday from 8 am – 12 pm.
- c. All workout shall take place outside during PHASE 1.
- d. Teams will be permitted to workout in pods of 10 student-athletes and 1 coach.
- e. Pods must stay the same for the July 13 -27, 2020 time period.
- f. Access to workouts must be limited to student-athletes, coaches, and appropriate school personnel.
- g. There shall not be any physical contact, of any kind, between student-athletes and coaches during PHASE 1.
- h. Throughout PHASE 1, workouts shall be limited to conditioning, skill sets, and sports-specific non-contact drills.
- i. Workouts shall always comply with the NJSIAA Heat Participation Policy.

Face Coverings

1. 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 aerobic activity. Once the aerobic activity is over the student-athletes shall wear face coverings.
2. Student-athletes who are not engaged in high-intensity aerobic activity, e.g., sitting on the bench, reviewing plays, watching videos, waiting in line, etc., are encouraged to wear face coverings.
3. Coaches and district personal must always wear face coverings.

Groupings/Social Distancing

1. No more than ten (10) student-athletes may be grouped in a single area and the group should be pre-determined by the coach before the start of the workout.
2. The social distancing of at least six (6) feet shall always be maintained between student-athletes and staff, including within the ten (10) student-athlete grouping (pods).
3. Once student grouping (pods) are determined, student-athletes may not switch to another grouping, even for another sport.
4. More than one group of student-athletes can be in a single area, provided there is twelve (12) to eighteen (18) feet between each group of student-athletes.
5. Grouping (pods) **must** stay together throughout the entirety of PHASE 1.
6. There shall not be celebratory contact, e.g., fist bumps, high-fives, huddles, etc.
7. Student-athletes who participate in more than one sport are encouraged to be grouped with their fall sports.

Return to Physical Activity

1. Given the unique circumstances and potential health risks not yet fully recognized as well as the increased workload created by the implementation of these considerations, it is required that no conditioning/return-to-activity take place without the presence of an appropriate healthcare professional (e.g., athletic trainer).
2. Given the high risk for musculoskeletal injury following a prolonged period of physical inactivity, coaches will be required to submit practice plans to the athletic director and athletic training staff for the duration of this policy. This requirement is out of an abundance of caution to ensure that practice plans are in line with the following requirements.
 - a. The plans must include the upper limit for exercise intensity and the volume
 - i. The “upper limit” workout would be the highest level of intensity and volume an athlete would be able to tolerate when in peak condition.
 - ii. This workout will be utilized to determine the maximum allowable limits using the 50/30/20/10 and F.I.T. (Frequency, Intensity, Time of Weight Training) rules.

3. The 50/30/20/10 rule
 - a. For all athletes:
 - i. Weekly conditioning volume must be reduced by 50% from the uppermost volume on file in week 1 with a 1:4 or greater work to rest ratio (W: R).
 - ii. Weekly conditioning volume must be reduced by 30% from the uppermost volume on file in week 2 with a 1:4 or greater work to rest ratio (W: R).
 - iii. Conditioning volume can then return to normal training volumes and intensities based on the professional judgment of the coach and the medical staff.
 - b. For new athletes (athletes who are new to the program):
 - i. Weekly conditioning volume must be reduced by 20% from the uppermost volume on file in week 3 with a 1:4 or greater work to rest ratio (W: R).
 - ii. Weekly conditioning volume must be reduced by 10% from the uppermost volume on file in week 4 with a 1:4 or greater work to rest ratio (W: R).
 - c. Note: if at any time an athlete begins to show signs of struggle or exhaustion, they must be removed from the drill
 - d. Athletes involved in multiple sports will not participate in multiple sports practices or conditioning sessions during the pre-season or should reduce the workload in each of the sports practices or conditioning sessions by at least 50%.
4. The F.I.T. Rule (Frequency, Intensity Relative Volume, Time)
 - a. Coaches must design conditioning programs using the F.I.T. Rule.
 - b. The F.I.T. Rule guides phasing in weight training and should be used following a period of active rest or periods of minimal training (See Appendices).
 - c. The F.I.T. rule is designed to ensure that frequency, intensity relative volume (IRV), and time of rest interval are appropriately administered to minimize the chance of severe muscle damage during weight training.
 - d. Frequency is defined as the number of training sessions completed per week for a specific muscle group or movement type. For example, the student-athlete might train a total of 5 days in the week, but only train the lower body for 3 days, so the frequency for lower-body movements equals 3. Following a period of inactivity, it is recommended that frequency not exceed 3 days in the first week and no more than 4 days in the second week. IRV is a derivation of volume load that includes the %1RM (one repetition maximum) and is calculated with the following equation: $\text{Sets} \times \text{Reps} \times \% \text{ of } 1\text{RM (as a decimal)} = \text{IRV}$
 - i. Example: $3 \text{ sets} \times 10 \text{ reps} \times 0.50 \text{ (which would be } 50\% \text{ } 1\text{RM)} = 15 \text{ IRV}$
 - e. The recommendation is to keep IRV between 11 – 30 with a W: R of 1:4 or greater the first week and 1:3 or greater the second week. IRVs of greater than 30 is contraindicated in the first 2 weeks following a period of inactivity in addition to coaches' professional judgment regarding limitations on the return to the training program.

Hydration

1. At no time will any athlete be denied access to fluids.
2. Public hydration will not be available. This includes water bottles, cups, and water sources. Each athlete will be required to bring their own individualized and labeled bottles. There shall not be any trading or sharing of water bottles.
3. If an athlete arrives at practice or competition without an individualized bottle, they will not be allowed to partake in the practice/competition.

Environmental Monitoring

1. The Washington Township High School policy for monitoring the environment within the Weather Monitoring Policy will continue to be in effect.
2. As environmental heat stress increases, modifications, such as the removal of unnecessary equipment or clothing, increased frequency of rest breaks, and access to hydration, or rescheduling the session to an earlier/later (i.e., cooler) time of the day should be implemented.

Sports Equipment

1. Sports equipment shall not be shared at any time during PHASE 1.
2. All sports equipment and touchpoints (e.g. benches, agility cones, ladders, clipboards, etc.) must be cleaned and disinfected after each workout.

Locker Rooms/Restrooms

1. Student-athletes shall not have access to locker rooms at any time unless needed for restrooms. O'Brien Hall restrooms will be available for usage.
2. Restrooms shall be cleaned and disinfected regularly.
3. Restrooms use shall be limited to one person at a time. Face coverings must be worn.
4. To the fullest extent possible, appropriate social distancing shall be maintained, and face coverings are worn when more than one student-athlete is in the restroom

Hygiene

1. Students and staff should make every effort to wash their hands as often as possible including before and after the workout.
2. Hand sanitizer will always be accessible.
3. Student-athletes shall wear their workout gear to the workout and shall return home in the same workout gear.
4. There shall be no spitting, chewing seeds or gum during the workout.

Injury Prevention

1. Each team will dedicate a minimum of 10 -15 minutes at the beginning of practice to implement the preventative training program. The preventative training program may, and likely will, take the place of the traditional warm-up for the team.
2. Preventative training programs:
 - a) Should include exercises in at least 3 of the following categories: strength, balance, plyometrics, agility, and flexibility.
 - b) Will be performed every practice.

Education and Notification of Changes

1. Athletes/Parents/Guardians
 - a) To ensure constant communication and notification of changes to enhance the health and safety of the athletes as well as address concerns related to logistical planning for the athletics season, we will notify athletes/parents/guardians within one week after this policy has been approved.
 - b) The dissemination of information will occur on the Washington Township website.
2. Coaches
 - a) To ensure constant communication and notification of changes to enhance the health and safety of the athletes as well as address concerns related to logistical planning for the athletics season, we will notify athletes/parents/guardians within one week after this policy has been approved.
 - b) The dissemination of information will occur by way of a staff meeting, staff virtual meeting, and or email

Training/Retraining:

The following personnel has been trained to ensure a safe participation environment for all individuals, coaches, employees, and staff mentioned in the Scope section of this document, who are engaged in activities.

This training includes but is not limited to, these guidelines and protocols outlined in this document.

Athletics staff education (coaches, administrators, medical staff)

Name	Title	Responsibility	Date
Dr. Theodore Koerner	Physician	The medical director for high school; responsible for the review of the protocols	06/30/2020
Mr. Kevin Murphy	Athletic Director	Athletic Director for high school, responsible for overseeing the athletic training staff and coaching staff	06/30/2020
Dr. Eric A. Schwartz	Head Athletic Trainer	Athletic Trainer for high School; responsible for the review of protocols and education of coaches on the policy, monitoring of heat acclimatization, environmental monitoring, hydration, and injury prevention protocols	06/30/2020
Mrs. Stephanie Mosiondz	Assist. Athletic Trainer	Athletic Trainer for high School; responsible for the review of protocols and education of coaches on the policy, monitoring of heat acclimatization, environmental monitoring, hydration, and injury prevention protocols	06/30/2020
Mrs. Terry Krauss Cotton	9-10 School Nurse	Nurse for 9-10 Health Office of the high school, responsible for reviewing state PPEs and HHQs of student-athletes, responsible for storing these documents	06/30/2020
Mrs. Kathleen Luckiewicz	11-12 School Nurse	Nurse for 11-12 Health Office of the high school, responsible for reviewing state PPEs and HHQs of student-athletes, responsible for storing these documents	06/30/2020
Washington Township Coaching Staff.	Coach	Ensuring the use of the 50/30/20/10, F.I.T., heat acclimatization, environmental monitoring, hydration and Injury prevention protocols	06/30/2020

Appendix A

NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION 1161 Route
130 North, Robbinsville, NJ 08691-1104 Phone 609-259-2776 ~ Fax 609-259-3047

COVID-19 Questionnaire

Name of Student:

Date: _____

Parent/Guardian Cell:

Sport: _____

COVID-19 Questions:

Please Circle One

Has your son/daughter been
diagnosed with Coronavirus
(COVID-19)?

YES

NO

• If diagnosed with Coronavirus
(COVID-19), was your son/daughter
symptomatic?

YES

NO

• If diagnosed with Coronavirus
(COVID-19), was your son/daughter
hospitalized?

YES

NO

Has any member of the student
athlete's household been diagnosed
with Coronavirus (COVID-19)?

YES

NO

Appendix B

NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION 1161 Route
130 North, Robbinsville, NJ 08691-1104 Phone 609-259-2776 ~ Fax 609-259-3047

COVID-19 Daily Pre-screening Questions

Name of Student: _____

Date: _____

Parent/Guardian Cell: _____

Sport: _____

Are you experiencing any of the following symptoms?

Please Circle One

- | | | |
|--|------------|-----------|
| 1. Fever ($\geq 100.4^{\circ}\text{F}$) | YES | NO |
| 2. Cough or shortness of breath | YES | NO |
| 3. Sore Throat | YES | NO |
| 4. Chills | YES | NO |
| 5. Muscle aches or rigors | YES | NO |
| 6. Headache | YES | NO |
| 7. New loss of taste or smell | YES | NO |
| 8. Abdominal pain, nausea, vomiting or diarrhea | YES | NO |
| Have you had close contact with someone who is currently sick? | YES | NO |
| Have you been diagnosed with COVID-19 in the past three weeks or have reason to believe you have COVID-19? | YES | NO |
| Have you traveled or had close contact with anyone who has traveled internationally in the last 14 days? | YES | NO |

If you took your temperature this morning, what was the reading? _____

Appendix C
Examples of Frequently Used High School Football Conditioning Drills (a),
Example Application of 50/30/20/10 Rule (b) and F.I.T. Rule (c)

Table 1a. A sampling of High School Football Conditioning Drills

(Collected from personal communication with various high school football strength & conditioning coaches within Arkansas, Kansas, Louisiana, Mississippi, Oklahoma, Texas)

Drill	Reps	Time in Seconds (Skill/Power/Linemen)	Rest
110's Drill	16	16/18/21	45
Staggered 110/100/90 Drill	16	16	45
Half Gasser Drill (Over & Back)	14	17/18/21	45
300 yd. Shuttles (25 yds.)	3	65/70/75	2:30
300 yd. Shuttles (50 yds.)	3	59/66/70	2:30
300 yd. Shuttles (50&Back/40&Back/30&Back/20&Back/10&Back)	3	62/68/73	2:30
50 (25&Back)/40 (20&Back)/30 (15&Back) Drill	20	8/7/6	35/30/25

Table 1b. Example of the Application of 50/30/20/10 to the 110 Drill

New Athletes - 110 Drill			
Reduction	Reps	Time	Rest
Week 1 - 50%	50% = 8	16/18/20	64/72/80
Week 2 - 30%	30% = 11	16/18/20	48/54/60
Week 3 - 20%	20% = 13	16/18/20	45
Week 4 - 10%	10% = 14	16/18/20	45

Table 1c. Example Application of the F.I.T. Rule

Intensity relative volume (IRV) practical examples in the first 2 weeks after a transitional period					
Example	Sets	Repetitions	% 1RM	IRV units	Range level
1	3	12	0.65	23.4	Acceptable
2	5	10	0.60	30.0	Acceptable
3	5	8	0.70	28	Acceptable
4	8	5	0.75	30.0	Acceptable
5	10	10	0.50	50	Much too high
Includes warm-up sets.					
RM = repetition maximum.					

Reprinted with permission from Caterisano A, Decker D, Snyder B, et al. CSCCa and NSCA Joint Consensus Guidelines for Transition Periods: Safe Return to Training Following Inactivity. *Strength and Conditioning Journal*. 2019;41(3):23.

Appendix D

High School (a) and NCAA (b) Preseason Heat Acclimatization Guidelines

Table 2a. High School Preseason Heat Acclimatization Guidelines

Area of Practice Modification	Practices 1-5		Practices 6-14
	Practices 1-2	Practices 3-5	
# of Practices Permitted Per Day	1		2, only every other day
Equipment	Helmets only	Helmets & Shoulder Pads	Full Equipment
Maximum Duration of Single Practice Session	3 hours		3 hours (a total maximum of 5 hours on double session days)
Permitted Walk Through Time (not included as practice time)	1 hour (but must be separated from practice for 3 continuous hours)		
Contact	No Contact	Contact only with blocking sleds/dummies	Full, 100% live contact drills

NOTE: warm-up, stretching, cool-down, conditioning, and weight-room activities are included as part of practice time

Table 2b. NCAA Football Preseason Heat Acclimatization Guidelines

Area of Practice Modification	Practices 1-5			Practices 6+
	Practices 1-2	Practices 3-4	Practice 5	
# of Practices Permitted Per Day	1			>1, if not consecutive days with multiple practices
Maximum Duration of Single Practice Session	3 hours			3 hours on days with 1 practice
Equipment*	Helmets only	Helmets & Shoulder Pads	Full Pads Full Equipment	
Double Practice Days	None			No more than 5 total hours of on-field practice permitted - with at least 3 continuous hours between practices

