

**Cliffside Park High School  
Athletic Department  
David Porfido  
Athletic Director  
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## **FALL RETURN TO PLAY POLICY**

### **Covid-19 Contact Personnel:**

**Director of Athletics / David Porfido  
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**Athletic Trainer / Philip Struzzi  
[pstruzzi@cliffsidepark.edu](mailto:pstruzzi@cliffsidepark.edu)**

**Nurse / Deirdre Mariotti  
[dmariotti@cliffsidepark.edu](mailto:dmariotti@cliffsidepark.edu)**

**Athletic Coordinator / Ms. Jennie Diaz  
[jdiaz@cliffsidepark.edu](mailto:jdiaz@cliffsidepark.edu)**

**Fall Head Coaching Staff:**

**Boys Soccer- Carmine Cambareri:**  
[ccambareri@cliffsidepark.edu](mailto:ccambareri@cliffsidepark.edu)

**Cheer- Stephanie Schmitt:**  
[sschmitt@cliffsidepark.edu](mailto:sschmitt@cliffsidepark.edu)

**Cross Country- Lindsey Reggo:**  
[lreggo@cliffsidepark.edu](mailto:lreggo@cliffsidepark.edu)

**Dance- Courtney Lynch:**  
[clynch@cliffsidepark.edu](mailto:clynch@cliffsidepark.edu)

**Football- Tom Mandile:**  
[tmandile@cliffsidepark.edu](mailto:tmandile@cliffsidepark.edu)

**Girls Soccer- Danielle Cibelli:**  
[dcibelli@cliffsidepark.edu](mailto:dcibelli@cliffsidepark.edu)

**Girls Tennis- Ed Meier:**  
[emeier@cliffsidepark.edu](mailto:emeier@cliffsidepark.edu)

## **PRE-PARTICIPATION**

- Coaches will need to share their roster to the AD, Trainer, and Athletic Secretary for clearance.
- All Student Athletes must submit a [HHQ/COVID-19 Questionnaire](#) to the high school nurse [dmariotti@cliffsidepark.edu](mailto:dmariotti@cliffsidepark.edu) and athletic trainer [pstruzzi@cliffsidepark.edu](mailto:pstruzzi@cliffsidepark.edu) 7 days prior to the beginning of the season.
  - If the student-athlete answers “Yes” on the questionnaire, the student athlete must be cleared by a doctor before participation can begin
  - Late submissions will result in a delay of that student-athletes practice start date
- Student Athletes must go to their own doctor or medical clinic to complete the [Preparticipation Physical Evaluation](#) (PPE). Completed packets must be sent to the high school nurse [dmariotti@cliffsidepark.edu](mailto:dmariotti@cliffsidepark.edu) and athletic trainer [pstruzzi@cliffsidepark.edu](mailto:pstruzzi@cliffsidepark.edu) at least 15 days prior to the start of the season.
  - PPEs must be signed off by the school district’s doctor
  - Late submissions will result in a delay of that student-athletes practice start date
- The CPHS Nurse will notify all parents/guardians that student-athletes with pre-existing medical conditions and should consult with a doctor before they are permitted to participate in workouts.
- Parents & Guardians of Student Athletes need to sign-up for each sport they play each season through the Realtime Parent Portal: [Instructions](#).

## **DAILY PRE-SCREENING**

- Student Athletes will need to fill out a daily COVID-19 Screening form 1 hour prior to their scheduled practice- [Daily COVID-19 Pre-Screening Questions](#)
- Full time remote learners will check in at their practice location for a temperature check 10 minutes prior to the start of their practice and their coach is on site and already screened.
- Part-time remote learners that were screened by the school at some point during the school day do not need to be rescreened before practices or games.
- All student-athletes will be screened for all Saturday or Sunday practices or games.
- The athletic director and athletic trainer will be made aware if there is a response to a positive COVID-19 test. This would include a student-athlete or coach who is symptomatic.
  - While maintaining the student’s/coach confidentiality communication will be distributed to all relevant participants including district administration.

- The district administration will then follow the guidance of the NJSIAA, CDC, NJDOH, NJDOE and local health departments
- If a student responds yes to any of the questions or has a temperature reading of above 100.4 that student will be removed from the area and the parent/guardian will be contacted for them to pick up the student athlete.

### **FACE COVERINGS**

- Coaches are required to wear face coverings, unless doing so would inhibit the coach's health
- Student-athletes are required to wear face coverings, unless doing so would inhibit the student's health, the student is in extreme heat outdoors, or the student is engaged in high intensity aerobic or anaerobic activities.
  - Student-athletes on the bench or sidelines are required to wear face coverings, unless doing so would inhibit the student-athletes's health
- Spectators and media personnel are required to wear face coverings, unless doing so would inhibit the individual's health.
- Officials are required to wear face coverings, unless doing so would inhibit the official's health, the official is in extreme heat outdoors, or the official is engaged in high intensity aerobic or anaerobic activities.

### **HYGIENE/SANITATION**

- Students and staff should make every effort to wash their hands as often as possible.
- Hand sanitizer shall be accessible at all times.
- Workout apparel and uniforms shall not be left at the school after games and practices.
- There shall be no spitting, chewing seeds or gum during the workout.
- Equipment and touchpoints will be cleaned and sanitized in accordance with CDC and EPA guidelines.

### **HYDRATION**

- Sharing of water bottles is strictly prohibited. Each student-athlete should have his/her own water bottle.
- Multi use hydration stations are strictly prohibited.
- Coaching staff will monitor individual refill stations to ensure social distancing and mask wearing

## **TRAINING ROOM**

- Social distancing and face coverings are required for all staff and students while inside the training room, unless it would inhibit the individual's health.
- All areas must be cleaned and sanitized in accordance with CDC and EPA guidelines.
- The training room will have adequate ventilation and students will wash hands frequently.

## **LOCKER ROOM**

- Staff will monitor the activity to minimize the amount of time permitted in the locker room.
- Locker rooms can be used for storage of equipment only.
  - Equipment will be stored with adequate spacing
- Once pre-screened, student athletes participating in full day or part-time remote learning can enter the locker room or storage area to obtain equipment (i.e helmets, shoulder pads) for practices and games.
- Social distancing and face coverings are required for all staff and students while inside the locker room.
- A maximum of 15 Student Athletes plus 1 coach will be in the locker room at all times
- All areas will be cleaned and sanitized in accordance with CDC and EPA guidelines.
- Staff will ensure that students wash hands frequently.

## **WEIGHT ROOM**

- Social distancing and face coverings are required for all staff and students while inside the weight room, unless it would inhibit the individual's health.
- All windows in the Weight Room should be opened prior to entering
- A maximum of 10 Student Athletes plus 1 coach will be allowed in the weight room at a time
- All equipment must be cleaned and sanitized in accordance with CDC and EPA guidelines
- Staff will ensure that students sanitize and wash hands frequently.

## **RESTROOMS**

- Outdoor portable bathrooms, with hand sanitizing stations, will be kept on site at the high school
- Social distancing and face coverings are required for all staff and students while using restrooms, unless it will inhibit the individual's health

- Restrooms will be cleaned and sanitized in accordance with CDC and EPA guidelines

### **EQUIPMENT STORAGE**

- Staff will monitor activity to minimize the amount of time permitted in these rooms.
- Social distancing and face coverings are required for all staff and students while inside the equipment storage room, unless it would inhibit the individual's health.
- Areas and equipment will be cleaned and sanitized in accordance with CDC and EPA guidelines.

### **TRANSPORTATION**

- Face coverings are required for all staff and students while on busses, unless it would inhibit the individual's health.
- Social distancing will be practiced on buses to the maximum extent practicable.
- The Cliffside Park Transportation Department will use best practices for cleaning and disinfecting all vehicles.
- Teams will limit travel to essential players and staff.

### **SPECTATOR POLICY**

- All spectators attending outdoor events must wear face coverings, unless it would inhibit the individual's health
- All spectators must follow social distancing guidelines
- Bleachers will be marked according to social distance regulations

#### *Football Games at CPHS:*

- Football Players, Band Members, & Cheerleaders will receive 2 tickets to be used by family members for each home contest
- Visiting schools will receive 2 tickets for each rostered player to be used by family members
- As per the IVY League rules and regulations, there will be no visiting bands or cheerleaders
- There will be NO STUDENTS allowed at home football games
- There will be no admission or concession stands

*Soccer Games at CPHS:*

- Soccer Players will receive 3 tickets to be used by family members for each home contest. Spectator policies for away contests will be at the discretion of the host school
- Visiting schools will be allowed to have 2 family members each rostered player to be at our home games
- Members of the soccer programs will be allowed to attend provided they follow all guidelines and are supervised by their coach
- There will be NO STUDENTS allowed at home soccer games

*Soccer Games at School #6 (as per the Cliffside Park Recreation Department):*

- There will be no bleachers on the turf
- No spectators will be allowed on the inside of the fence (on turf area)
- No spectators will be allowed to stand behind the fence area adjacent to the school and near the players' bench areas
- All visitors to Cliffside Park Parks & Recreation must wear a mask and practice social distancing

*Away Contests:*

- Spectator policies for away contests will be at the discretion of the host school and communicated to the parents, guardians, and student body by Cliffside Park Athletic Director and Coaching Staff
- As per the IVY League rules and regulations, there will be NO traveling for our cheerleaders & band members to away games

**PRACTICES**

- Coaches are required to wear face coverings, unless doing so would inhibit the coach's health.
- Student-athletes are required to wear face coverings, unless doing so would inhibit the student's health, the student is in extreme heat outdoors, or the student is engaged in high intensity aerobic or anaerobic activities.
- Coaches must ensure social distancing practices are maintained to the maximum extent practicable during all practices.
- Indoor practices for fall sports are not permitted.

## **GAMES/SCRIMMAGES**

- All school personnel & coaching staff will maintain a high level of awareness to possible COVID-19 exposure
- Coaches are required to wear face coverings, unless doing so would inhibit the coach's health.
- Student-athletes are required to wear face coverings, unless doing so would inhibit the student's health, the student is in extreme heat outdoors, or the student is engaged in high intensity aerobic or anaerobic activities.
  - Students on the bench or sideline must wear a face covering.
- Sidelines must be limited to essential personnel.
  - Coaches will be realistic with the number of players at each game.
- Spectators, media, and all ancillary game personnel are required to wear face coverings, unless doing so would inhibit the coach's health.
- Officials will be pre-screened and are required to wear face coverings, unless doing so would inhibit the official's health, the official is in extreme heat outdoors, or the official is engaged in high intensity aerobic or anaerobic activities.
- Officials will not have access to a changing room
- Visiting teams will keep their busses available for use as needed.
- The Sportsmanship Policy will be read as per the NJSIAA COVID-19 Guidelines
- Coaches and athletes confronting officials:
  - No Tolerance – no warnings – ejection for the rest of the game. (Game ejection no further consequences). If no other school personnel are at the game site, an ejected coach may remain behind the bench to supervise but not coach the team for the remainder of the game.
  - If the coach or athlete persists with their behavior a DQ will be given and the DQ procedure will be used. (2 game suspension).
- Post-game handshakes and celebrations are prohibited.

## **INCLEMENT WEATHER PLAN**

- Teams will alter or cancel practice if potential bad weather is expected
- If lightning occurs, follow the [Cliffside Park Emergency Evacuation Plan](#).
- Remind student-athletes about social distancing guidelines, stay 6ft apart and require all student-athletes to put on a mask



## **HEAT PARTICIPATION POLICY & ACCLIMATION**

- Workouts shall always comply with the [NJSIAA Heat Participation Policy](#).
  - [2020-2021 NJSIAA Heat Participation Policy Record Chart](#)
- **Heat Acclimatization** – Heat acclimatization may begin on September 11<sup>th</sup> for football only. All other sports will begin practice on September 14<sup>th</sup>.

## **CLIFFSIDE PARK DANCE TEAM GUIDELINES**

### **PRE PRACTICE**

- Students will fill out the daily Covid-19 screening 1 hour prior to practice.
- Students will arrive at The Source Dance Lab in their masks, where they will be temperature checked and instructed to wash their hands.
- Students will bring their training sneakers in their bags and change their shoes after arriving.
- If a student answers yes to any of the screening questions or has a temperature higher than 100.4, they will be removed from the SDL lobby, and wait outside for parent/guardian to pick them up.

### **FACE COVERINGS**

- Coaches will be wearing face coverings during practice.
- Student athletes will be required to wear face coverings. Mask breaks and water breaks will be enforced more during practice.

### **HYGIENE/SANITATION**

- Students and coaches will wash their hands frequently during practice times.
- Hand sanitizing stations will be available throughout the facility.
- Equipment and high touch point areas will be cleaned and sanitized according to the CDC guidelines.
- Restrooms will be sanitized frequently throughout practice following the CDC guidelines.

### **PRACTICES**

- Throughout the month of September, practice will be held outdoors (as long as the weather is not inclement).
- If practice moves indoors, athletes and coaches will remain 6 feet apart. According to the CDC guidelines, The Source Dance Lab can operate at 25% indoors and with our 5,500 square foot facility, we are permitted to have all 16 athletes and 2 coaches indoors.
- CPDT will be the only athletes in the facility during their practice times.

### **COMPETITIONS**

- Although we are waiting for exact guidelines for the high school/college invitationals, we have found a few competitions outside of the NJSIAA for the athletes to participate in.
  - UDA “Battle of the North” is still scheduled to take place at South Brunswick HS January 10, 2021.
  - Dance Team Union is still scheduled to take place at Bergenfield HS January 24, 2021.
- Competitions are also offering a virtual option to compete, where teams will pre-record and submit their videos to be adjudicated.
- Other commercial dance companies such as Beyond the Stars, Breakout, and Starpower are also offering in-house competitions. The West Milford HS dance team attends some of these competitions as well, which may be an option for CPDT.