

# COLUMBIA ATHLETICS UPDATE

AS WE ALL KNOW THERE HAVE BEEN MANY CHANGES TO THE STRUCTURE OF OUR ATHLETIC PROGRAMS FOR THE FALL SEASON AND POSSIBLY FOR THE ENTIRE YEAR. WITH ALL OF THE CHANGES THERE ARE SOME IMPORTANT THINGS THAT WE NEED TO MAKE SURE ALL OF OUR STUDENT-ATHLETES AND PARENTS ARE AWARE OF. THE LINK PROVIDED FROM THE NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION WILL GIVE YOU AN OVERVIEW WHICH WAS POSTED ON JULY 10, 2020.

<http://forums.njsiaa.org/uploads/FileUpload/7b/41da2a4f57e8eae8f8e2cba35333ad.pdf>

ALONG WITH ALL OF THAT INFORMATION THE FOLLOWING IS WHAT WILL BE NEEDED BY ATHLETES TO BE PREPARED TO PARTICIPATE IN ALL PHASES AT CHS THIS FALL.

## WORKOUT SCHEDULE DATES

- 1) VIRTUAL WORKOUTS ONLY - JULY 21 TO JULY 31 - NO PHYSICAL PAPERWORK NEEDED. COACHES WILL SEND INFORMATION TO EACH PLAYER VIA GOOGLE CLASSROOM WITH INFORMATION RELATED TO WORKOUTS AT HOME.
  
- 2) PRE SEASON WORKOUTS AUGUST 3 TO AUGUST 28 FOR CHS ATHLETES REQUIRES EVERY PLAYER, REGARDLESS OF GRADE LEVEL, INCLUDING INCOMING 9TH GRADERS, TO FILL OUT A **HEALTH HISTORY UPDATE FORM (# 11)**. THIS CAN BE FOUND [HERE](#), AS WELL AS ON THE HIGH SCHOOL WEBSITE UNDER THE ATHLETICS TAB -->REGISTRATION AND FORMS. THIS FORM MUST BE TURNED INTO THE SCHOOL / ATHLETIC OFFICE BETWEEN 8AM-6PM MONDAY-FRIDAY, BY JULY 27, 2020 IF YOUR CHILD WANTS TO PARTICIPATE IN PRE SEASON WORKOUTS. A SECURE BOX WILL BE SET UP FOR DROP OFF. SECURITY STAFF WILL DIRECT / GUIDE STUDENTS, PARENTS AND OR

GUARDIANS AS TO WHERE THE SECURE BOX IS AT THE MAIN ENTRANCE OF SCHOOL. THE ATHLETIC OFFICE WILL BE COLLECTING ALL FORMS FROM THIS SECURE BOX AT THE MAIN ENTRANCE ON A DAILY BASIS.

**NOTE --- THIS MUST BE DONE IN A HARD COPY FORMAT ONLY. IT WILL BE REVIEWED BY THE SCHOOL NURSE. THIS FORM CAN NOT BE SUBMITTED ELECTRONICALLY. IF THERE ARE ANY CONCERNS BASED ON THE INFORMATION SUBMITTED ON THE FORM THE SCHOOL NURSE WILL BE IN CONTACT WITH THE PARENTS AND OR GUARDIAN.**

EACH AND EVERY DAY THAT AN ATHLETE IS GOING TO PARTICIPATE IN PRE SEASON WORKOUTS (AUGUST 3 TO AUGUST 28) THE FOLLOWING WILL NEED TO BE DONE:

UPON ARRIVAL THE STUDENT WILL HAVE HIS OR HER TEMPERATURE CHECKED BY STAFF AND/OR A DESIGNATED SITE MANAGER. ADDITIONALLY, A **COVID 19 DAILY PRE SCREENING QUESTIONNAIRE** WILL NEED TO BE FILLED OUT IN FRONT OF SCHOOL PERSONNEL AND/OR THE DESIGNATED SITE MANAGER. FORMS WILL BE PROVIDED AT SIGN IN. ALL FORMS WILL BE COLOR CODED BY GRADE LEVEL. THIS IS A **SAMPLE** OF THE FORM THAT WILL HAVE TO BE COMPLETED BEFORE EACH PRACTICE/TRAINING SESSION. **ALL WORKOUTS WITH STAFF ON SITE AT CHS, UNDERHILL AND BAIRD CENTER IN REGARDS TO COVID SAFETY PROTOCOL FOR EVERYONE WILL BE FORTHCOMING IN ANOTHER NOTICE.**

- 3) AUGUST 29 to SEPTEMBER 13 THERE WILL NOT BE ANY ATHLETIC PRACTICES, SCRIMMAGES AND OR GAMES AT ALL IN THE ENTIRE STATE OF NEW JERSEY. THIS IS TO ALLOW ALL SCHOOLS IN THE STATE TO BE ABLE TO GET STARTED AND SETTLED INTO THE VARIOUS MODES OF INSTRUCTION AND PROCEDURES AT THE BEGINNING OF THIS HECTIC SCHOOL YEAR. STATE MANDATED !!!!
  
- 4) FULL PRACTICES START SEPTEMBER 14  
MEDICAL CLEARANCE FOR THESE WORKOUTS IS OUTLINED.

**RISING 10th, 11th and 12th GRADERS** -- IF A 2020 PROSPECTIVE STUDENT-ATHLETE PARTICIPATED IN ANY SPORT AT CHS LAST SCHOOL YEAR, 2019-20 AND WERE CLEARED TO PARTICIPATE BY OUR TRAINER MS. CARNEY YOU ONLY NEED A **HEALTH HISTORY UPDATE FORM # 11 ON THE SCHOOL WEB UNDER ATHLETICS.**

(If this form was turned in by JULY 27 because you participated in summer workouts August 3 to August 28, **YOU ARE DONE** and ready to go for the FULL PRACTICE SESSIONS starting on September 14. If you did not participate in the summer workout sessions this form needs to be turned in by September 9th the latest).

**RISING 10th, 11th and 12th GRADERS WHO DID NOT PARTICIPATE IN ATHLETICS IN THE 2019-20 SCHOOL YEAR WILL NEED TO HAVE A FULL PHYSICAL AND ALL FORMS ON THE CHS WEBSITE FOR ATHLETES MUST BE COMPLETED. PHYSICAL FORMS SHOULD BE DOWNLOADED AS ATHLETIC PHYSICALS MUST BE COMPLETED BY THE ATHLETE'S DOCTOR ON THE STATE PHYSICAL FORM. ALL OTHER FORMS THAT ARE LISTED ON THE WEBSITE WILL BE ABLE TO BE COMPLETED AND SUBMITTED ONLINE BY THE PARENT. DUE DATE SEPTEMBER 4TH TO THE TRAINERS OFFICE, ATHLETIC OFFICE OR NURSES OFFICE**

\* NOTICE BELOW POSSIBLE **OPTION 2.**

**RISING 9TH GRADERS** WILL NEED TO HAVE FULL PHYSICALS AS WELL. ALL PROCEDURES FOR THE RISING 10TH, 11TH AND 12TH LISTED IN THE SECTION JUST ABOVE THIS SECTION IS WHAT NEEDS TO BE DONE FOR INCOMING 9TH GRADERS. **DUE DATE IS SEPTEMBER 4TH TO THE TRAINERS OFFICE, NURSES OFFICE OR ATHLETIC OFFICE.**

\*NOTICE BELOW POSSIBLE **OPTION 2.**

**OPTION 2** - FOR THOSE WHO WILL NEED A NEW PHYSICAL THE FOLLOWING IS A POSSIBILITY. IF THE PROSPECTIVE STUDENT ATHLETE AT ANY GRADE LEVEL HAS HAD A PHYSICAL WITHIN THE LAST 365 DAYS ( SEPTEMBER 13, 2019 TO SEPTEMBER 13, 2020 ) HE OR SHE CAN DO THE FOLLOWING.

- DOWNLOAD THE STATE PHYSICAL FORM FROM THE CHS WEBSITE AND TAKE THE FORM TO YOUR DOCTOR AND HAVE THEM FILL OUT THE INFORMATION FROM THE PREVIOUS PHYSICAL ON TO THE STATE PHYSICAL FORM. THERE WILL BE A FEE OF ABOUT \$20.00 DEPENDING ON

**THE DOCTOR'S OFFICE FEES. ALL OTHER FORMS ON THE ATHLETIC WEBSITE STILL NEED TO BE COMPLETED ONLINE. THE FILLED OUT PHYSICAL FORM STILL NEEDS TO BE RETURNED BY SEPTEMBER 4, 2020 TO THE TRAINERS OFFICE, NURSES OFFICE OR ATHLETIC OFFICE.**

**5) THERE MAY BE A POSSIBILITY TO HAVE A PHYSICAL PROVIDED BY OUR SCHOOL PHYSICIAN. DATES AND TIMES ARE STILL BEING SET UP. THERE WILL BE A FOLLOW UP E BLAST WITH STARTING DATES AND TIMES IF THIS COMES TO FRUITION. PLEASE PLAN ON SETTING UP A PHYSICAL WITH YOUR OWN PHYSICIAN AS A PRECAUTIONARY MEASURE AND IF WE CAN SOLIDIFY THE SCHOOL DOCTOR ON TIMES AND DATES, WE WILL ALERT YOU AS SOON AS POSSIBLE.**

**ALL PHYSICALS NEED TO BE COMPLETED AND TURNED IN BY SEPTEMBER 4TH TO THE TRAINERS OFFICE, NURSES OFFICE AND OR THE ATHLETIC OFFICE.**

**IF THERE ARE ANY QUESTIONS PLEASE FEEL FREE TO CONTACT KEN MULLEN INTERIM ATHLETIC DIRECTOR AT [KMULLEN@SOMSD.K12.NJ.US](mailto:KMULLEN@SOMSD.K12.NJ.US).**