



Annette Giancaspro, Athletic Director

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**BECTON REGIONAL HIGH SCHOOL
BECTON ATHLETICS
SUMMER RECESS GUIDELINES
PHASE I: AUGUST 13, 2020 - AUGUST 27, 2020**

On June 19th, 2020, the NJSIAA released “RETURN TO PLAY GUIDELINES PHASE I” for high school athletic programs to begin conditioning workouts during the summer recess period. These guidelines, and the subsequent document, “SUMMER RECESS - PHASE 1 CLARIFICATIONS”, will be the cornerstone of how Becton Athletics will conduct ourselves during this period. Please be sure to thoroughly review these, and all other documents from the NJSIAA, the Superintendent’s office, and myself as they relate to Becton Athletics. We must work as a team to ensure the health and safety of our student-athletes, their families, and our community. We all want to see Becton Athletics return and thrive during this unprecedented period, but we must tread carefully. It is imperative that we follow the guidelines set forth by the NJSIAA and adhere to all social distancing mandates to reduce the spread of COVID-19. Preparation and collaboration are vital in ensuring this period is safe and successful, and potentially put us on the path for a return of Fall Sports. Updates will be provided as they are received from the NJSIAA and the Superintendent’s office. Thank you for your commitment to our student-athletes and Becton Athletics.

Please review and adhere to the timeline listed below. Any oversights may cause delays in your program and/or student-athletes to miss valuable training time.

August 6

Coaches will provide the Athletic Department with the following items:

1. List of coaches participating in conditioning for specific sport
2. List of student-athletes that will participate in conditioning
3. Locations and times for conditioning

August 8

All student-athletes that are participating in Summer conditioning must complete and/or submit the following to be eligible to start on August 13th:

1. Join Google Classroom- for designated sport
2. Parent/Guardian Permission Contact Information on Genesis
3. COVID-19 Health Update Form Questionnaire for all athletes with a physical on file
4. Clearance from a doctor for any “Yes” answer on the questionnaire, or if they currently have or tested positive for COVID-19
5. Clearance from a doctor for pre-existing medical conditions and/or if they are immunocompromised
6. All incoming freshman must have a physical in order to participate.



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HENRY P. BECTON REGIONAL HIGH SCHOOL

Carlstadt - East Rutherford Regional School District

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August 8	All coaches that are participating in Summer conditioning must complete and/or submit the following to be eligible to start on August 13 th : <ol style="list-style-type: none">1. Google Classroom2. COVID-19 Questionnaire3. Clearance from a doctor for any “Yes” answer on the questionnaire, or if they currently have or tested positive for COVID-19
August 12	Coaches must provide detailed plans for their specific conditioning workouts for the week of August 13, 2020. Workouts must follow the NJSIAA guidelines.
August 13	Phase I: Conditioning begins. Student-athletes and coaches must submit the COVID-19 Daily Pre-Screening Questions form prior to the start of the conditioning workout. This will be available in Google Classroom, coaches email, and on the Becton Website. **This must be done before every conditioning workout.**
August 19	Coaches must provide detailed plans for their specific conditioning workouts for the week of August 20 th . Workouts must follow the NJSIAA guidelines.
August 27	Phase I ends.

If a student-athlete wishes to join the summer conditioning program after it has started, they must submit all the necessary documents to the Nurse’s Office. No student-athlete may participate in workouts until they are cleared and approved.

This is a new experience for all of us and there will be many questions. Please do not hesitate to contact me for clarification. I recommend erring on the side of caution if you are unsure on how to proceed.

If you, your coaching staff, and/or student-athletes are found to be in violation of any of the NJSIAA Guidelines or guidelines set forth by Henry P. Becton Regional High School, your conditioning program will be immediately terminated for the remainder of the summer. I cannot stress enough the importance of following ALL of the NJSIAA Guidelines, social distancing mandates, and all other relevant rules governing high school athletics.

Thank you all for your continued dedication to Becton Athletics and the Carlstadt, East Rutherford, Maywood Communities. If you have any questions you can email me at agiancaspro@bectonhs.org.

Thank you,

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