



West Orange Public Schools
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Superintendent of Schools

J. Scott Cascone, Ed. D.

July 6, 2020

Dear Parent, Guardian, and Caregiver,

Enclosed is correspondence from the high school Athletic director Mr. Bligh and the high school team pertaining to Phase 1 of restarting athletics. High schools are authorized to begin phase 1 on July 13. I am recommending that West Orange move forward with this initial phase.

When reviewing the social distancing guidelines put forth governing the opening of schools in September, the “disconnect” of placing athletes from opposing teams on the same field competing is obvious. It remains to be seen, therefore, whether the fall season will occur as scheduled. As we’ve seen, a number of college level programs have already canceled their seasons; I do believe that there will be more coming.

That being said, my approval of moving forward with phase 1 is based not only on my confidence in the rather extensive health and safety protocol which will be utilized; but more importantly because I feel that it represents a sense of normalcy for our children. They have been sequestered for far too long without the benefit of interaction with their classmates, coaches and mentors, and without structured physical activity. Phase 1 will include only conditioning exercises done at a safe social distance from their teammates.

It remains to be seen, the extent to which our children will return to normal in September. If at this time, we can provide them with some degree of hope and positive outlet, I do believe it is worthwhile. If your child intends to participate in a fall sport, please review the correspondence carefully, as it contains information not only regarding the various health and safety protocol; but also registration, scheduling, and contact information for coaches.

I thank you in advance for your time and attention. If you have any questions, please feel free to reach out to the high school administration or athletic department.

Sincerely,

J. Scott Cascone, Ed. D.
Superintendent



WEST ORANGE HIGH SCHOOL
Department of Athletics
51 Conforti Avenue
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Ronald Bligh, Director of Athletics
(973) 669-5301 ext. 31567
Fax (973) 669-8605
rbligh@westorangeschools.org

Recently the New Jersey State Interscholastic Athletic Association (NJSIAA), the governing body of scholastic sports in NJ developed a 3 phase plan to reopen athletics. Phase I of the plan is meant to physically recondition student athletes who have been away from athletics due to the COVID-19 outbreak. Phase I will begin on July 13th and is scheduled to run through July 26th.

The West Orange High School Athletics Department has assembled a COVID-19 Response Team in order to best maintain the health and safety of our student athletes, coaches, and staff members. The members of the West Orange High School COVID-19 response team will include the Athletic Trainers, School Nurses, Supervising Physician, Athletic Director, Principal and the NJ Department of Health. The goal of this team is to identify and implement policies and procedures that will promote a safe return to sport throughout COVID-19.

When dealing with a potentially severe virus such as COVID-19 appropriate universal precautions must be taken at all times; this must include the use of personal protective equipment (gloves, face masks, hand sanitizer, EPA approved disinfectant products etc..) as indicated by public health officials.

Phase I Registration Requirements

Please be advised that changes have been made to the registration process in accordance with COVID-19 guidelines from the NJSIAA, Department of Health, Department of Education, and West Orange School District. Please read through all instructions, agreements, and policies when completing the online registration.

All students participating in a Fall Sport in 2020 must have the [rSchoolToday](#) registration completed, which includes the **COVID-19 Questionnaire**.

Any student attending a summer workout session must have the [rSchoolToday](#) registration completed by the State mandated deadline of July 6th.

All student athletes are required to complete the Health History Update and COVID-19 Questionnaire.

Student athletes attending summer workouts will be required to complete a daily screening form prior to arrival on campus. NO EXCEPTIONS.

Please note All “YES” answers on the Health History Update and COVID-19 Questionnaire must be explained in detail. Please provide dates and explanations for each “YES”.

Any student who has tested positive for COVID-19 or presently has COVID-19 will need to provide clearance from a physician before the student will be permitted to participate. In addition, student athletes with any pre-existing medical conditions or are considered high risk will also be required to provide physician clearance before he/she is permitted to participate in workouts. Final medical clearance will be reviewed and determined by the district Chief Medical Officer, Dr. Michael Kelly.

- All medical notes should be given directly to a member of the high school medical staff:
Eddy Perez - eperez@westorangeschools.org
Eugene Palatianos - epalatianos@westorangeschools.org
Ashley Sivo - asivo@westorangeschools.org

We advise that if a student's sports physical is going to expire, to schedule the physical exam with your home physician (family doctor). You may download the Sports Physical form here: [Sports Physical Form](#). If your family does not have access to a doctor, please contact Eddy Perez (eperez@westorangeschools.org) and she will help provide you guidance on how to make arrangements for a sports physical.

Daily Screening COVID-19 Protocol for Phase 1 (Fall 2020 Sports Only)

1. Daily screening questions must be administered. Coaches have been emailed the daily screening form and will distribute electronically to student athletes. This must be completed **prior** to their arrival to school.
 - a. Upon arrival at school, the coach that is designated as the screener for that day will check to make sure the Pre-Screen form has been completed and will then take the student's temperature. If the student's temperature exceeds 100.4 degrees F. they will not be permitted to participate in the workout and will be required to return home.*
 - b. If a student athlete is being dropped off by a parent/guardian, the parent/guardian should wait until the student has passed pre-screening to depart.
 - c. In the case that a student athlete must return home they must be accompanied by a parent/guardian.
2. Single Entry point for practice to be established.
-Coach responsible for daily screening will be located here and student athletes will not be permitted entrance to practice until daily screening has been completed
3. Any student athlete who has answered "Yes" to any inquiry on the Pre-Screening Questionnaire or has a temperature that exceeds 100.4 degrees F. will not be allowed to practice and must return home immediately.
 - a. It is the responsibility of the head coach to immediately report any student athlete that is not allowed to practice to the Athletic Director, Ron Bligh.
 - b. The COVID-19 response team will follow-up with any individual who may have the virus, who tested positive for COVID-19 or who are symptomatic. Contact tracing and a communication plan with parents/guardians, student athletes, coaches, school personnel, community, and health department will be employed.
 - c. In all cases written medical clearance will be required from the treating physician, and the school physician will make final determination when the individual may return safely to sport/activity. Any individual who has any questions or concerns should contact Ron Bligh at 973-255-7157 or rbligh@westorangeschools.org.
4. Practices will be held to a strict schedule of 90 minutes, which will include a 10 minute warm up and a 10 minute cool down.
5. Hand sanitizer will be provided for use both before and after practice.

6. All student athletes will be placed in groups of up to 10 and remain at least 6 feet apart at all times. All groups will be at least 15 feet apart from other groups. Head coaches are responsible for establishing the groups.
7. All student athletes once placed in a group must remain in that group for the entirety of Phase I. NO EXCEPTIONS.
8. Student athletes, coaches, school personnel will wear face coverings at all times unless they are engaged in high intensity aerobic activities (i.e., running, sprinting, etc).
9. Student athletes must bring their own filled and labeled water bottle(s).
10. All equipment shall be disinfected on a daily basis at the completion of practice.
11. No personal equipment may be shared (i.e., water bottles, towels, etc.)

Summer Workout Schedules for West Orange High School Fall Athletic Teams

NJSIAA Phase I Return to Sports

Cross Country

Phase I workouts will not begin until after July 26, 2020. For complete details contact Head Coach Jason Lamont Jackson at jjackson@westorangeschools.org

Practices will be held on Suriano Field's track

Football

Phase I Workout Schedule:

July 13th - July 16th: Prescreening 9:45 am, practice 10:30 am to 12:00 pm

July 20th - July 23rd: Prescreening 9:45 am, practice 10:30 am to 12:00 pm

For complete details contact Head Coach Darnell Grant at dgrant@westorangeschools.org

Football parking will be in front of the bubble.

Practices will be held on Suriano Field

Boys Soccer

Phase I Workout Schedule:

July 13th: Prescreening 4:30 pm, practice 5:00 pm to 6:30 pm

July 15th: Prescreening 4:30 pm, practice 5:00 pm to 6:30 pm

July 20th: Prescreening 4:30 pm, practice 5:00 pm to 6:30 pm

July 22nd: Prescreening 4:30 pm, practice 5:00 pm to 6:30 pm

For complete details contact Head Coach Doug Nevins at dnevins@westorangeschools.org

Parking will be behind the scoreboard on Lincoln Field

Practices will be held on Lincoln Field

Girls Soccer

Phase I Workout Schedule:

July 14th: Prescreening 5:30 pm, practice 6:00 pm to 7:30 pm

July 15th: Prescreening 6:15 pm, practice 6:45 pm to 8:15 pm

July 21st: Prescreening 5:30 pm, practice 6:00 pm to 7:30 pm

July 22nd: Prescreening 6:15 pm, practice 6:45 pm to 8:15 pm

For complete details contact Head Coach Sean Devore at sdevore@westorangeschools.org

Parking will be behind the scoreboard on Lincoln Field

Practices will be held on Lincoln Field

Girls Tennis

Phase I Workout Schedule:

July 15th: Prescreening 11:30 am, practice 12:00 pm to 1:30 pm

July 22nd: Prescreening 11:30 am, practice 12:00 pm to 1:30 pm

For complete details contact Head Coach Jeff Mazurak at jmazurak@westorangeschools.org

Parking adjacent to tennis courts

Practices will be held on West Orange tennis courts

Girls Volleyball

Phase I Workout Schedule:

July 13th: Prescreening 5:30 pm, practice 6:00 pm to 7:30 pm

July 15th: Prescreening 6:30 pm, practice 7:00 pm to 8:30 pm

July 20th: Prescreening 5:30 pm, practice 6:00 pm to 7:30 pm

July 22nd: Prescreening 6:30 pm, practice 7:00 pm to 8:30 pm

For complete details contact Head Coach Jacqueline Cruz at jcruz@westorangeschools.org

Parking will be in front of the bubble

Practices will be held on band field

Please note:

- All student-athletes must have masks and filled water bottles.
- Parents should remain in their respective parking areas until their son/daughter has been screened.
- No one is allowed in the practice areas except student-athletes and coaches.

This protocol is based on current state guidelines and may be updated according to any changes or additional recommendations.

Google Classroom Codes for 2020 Fall Sports

Sport	Google Classroom Code	Head Coach's Name and email
Football	ikctmab	Darnell Grant darnellgrant@westorangeschools.org
Girls' Soccer	rhqv2af	Sean Devore sdevore@westorangeschools.org
Boys' Soccer	zrlczyy	Doug Nevins dnevins@westorangeschools.org
Girls' Volleyball	lezqznt	Jackie Cruz jcruz@westorangeschools.org
Cross Country: Boys & Girls	5rwo3qd	Jason Jackson jjackson@westorangeschools.org
Girls' Tennis	NA	Jeff Mazurek jmazurek@westorangeschools.org
Cheerleading	rfhh2hc	Taylor Calixto tcalixto@westorangeschools.org
Marching Band	kza2sy5	Lewis Kelly LKelly@westorangeschools.org