



Pine Brook School

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Pine Brook Sports Health Guidance - September 2021

The Public Health Recommendations for Youth Sports September 20, 2021 from the New Jersey Department of Health and the Center for Disease Control requires schools to create an updated written plan that outlines the COVID-19 prevention steps, policies, and procedures that will be followed. Sports activities conducted during school hours and/or in the indoor premises of school premises must continue to follow the masking requirements outlined in Executive Order No. 251. Specifically:

Face Covering (Masks): As per Executive Order 251; Face masks must be worn by staff, students, and visitors in the indoor portion of the school district premises, except in the following circumstances:

- When doing so would inhibit the individual's health, such as when the individual is exposed to extreme heat indoors;
- When the individual has trouble breathing, is unconscious, incapacitated, or otherwise unable to remove a face masks without assistance;
- When a student's documented medical condition or disability, as reflected in an Individualized Education Program (IEP) or Educational Plan pursuant to Section 504 of the Rehabilitation Act of 1973, precludes use of a face mask;
- When the individual is under two (2) years of age;
- When the individual is engaged in activity that cannot physically be performed while wearing a mask, such as eating or drinking, or playing a musical instrument that would be obstructed by a face mask;
- When the individual is engaged in high-intensity aerobic or anaerobic activity;
- When a student is participating in high-intensity physical activities during a physical education class in a well-ventilated location and able to maintain a physical distance of six feet from all other individuals; or
- When wearing a face mask creates an unsafe condition in which to operate equipment or execute a task.
- Gaiters and bandanas cannot be worn as masks.

Face masks **are not required** outside or when students are engaged in high-intensity aerobic or anaerobic activity (practice and competition).

Physical Distancing: Coaches will encourage physical distancing of players when not actively engaged in practices and games, particularly when individuals are in an indoor setting where not everyone is fully vaccinated.

Contact Tracing: Contact tracing in combination with isolation and quarantine, will be conducted in collaboration with the local health departments.

- All applicable federal and state requirements regarding privacy of educational records (e.g. FERPA) will be adhered to.
- The Supervisor of Special Project, the Director of School Safety and Security and school nurses hold COVID Contact Tracing Certificates.
- The district will follow recommendations of the local health department.
- Schools will assist in identifying the close contacts within the school and communicating this information back to the LHD.
- With guidance from the LHD, schools will be responsible for notifying parents and staff of the close contact exposure and exclusion requirements while maintaining confidentiality.
- Symptomatic students and staff, as well as identified close contacts, will be barred from participation in co-curricular activities until such time as their quarantine ends.

Health Screening Protocol: Parents/guardians are encouraged to monitor their children for signs of illness every day. Students and staff who are sick or who have been identified as close contacts should not attend school or athletic events.

Hand Hygiene/Personal Hygiene: Coaches will encourage regular handwashing, restrict spitting, handshakes, high-fives, team huddles, and other close-contact activities. All participants must bring their own water to all sessions. Medical kits, first aid supplies and ice buckets will be handled by coaches ONLY. Hand sanitizing stations are established in each classroom and restroom facilities.

In addition to the above, Pine Brook will continue to follow guidance in [The Road Forward: Health and Safety Guidance for the 2021-2022 School Year](#) as well as the guidance in the [NJDOH Public Health Recommendations for Local Health Departments and K-12 Schools](#).