

**THROUGH THIS**  
**TOGETHER**



**Orange High School  
Athletics – Winter 2021  
Season 2**

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Gerald Fitzhugh, II, Ed.D., Superintendent of Schools  
Jason Belton, Principal, Orange High School  
Anthony Frantantoni, Assistant Principal of Athletics & Academics

# Meeting Agenda

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- **Introductions**
- **Winter 2021 Athletic Offerings at OHS**
- **Eligibility Requirements for all Student-Athletes**
- **NJSIAA COVID-19 Guidelines Overview**
- **Orange Athletics Guidelines for Student-Athletes**

# **Mr. Anthony Frantantoni**

**Assistant Principal of Athletics & Academics - OHS**

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- **Exercise Science & Sport Studies - Rutgers Univ.**
- **Health & Human Performance**
- **Educational Leadership - St. Peter's College**
- **Teacher at OHS since 2006**
- **Wrestling coach for 12 years (2007-2013 at OHS)**
- **Certified Personal Trainer and Olympic Lifting Coach**

# **Winter Season 2/2A 2021**

## **Athletics at OHS**

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- **Boys Basketball (Season 2)**
  - Jan. 11<sup>th</sup> - March 6<sup>th</sup>
- **Girls Basketball (Season 2)**
  - Jan. 11<sup>th</sup> - March 6<sup>th</sup>
- **Indoor Track (Season 2A)**
  - Feb. 1<sup>st</sup> - March 27<sup>th</sup>
- **Girls Volleyball & Wrestling (moved to Season 3 March 1, 2021)**

# Eligibility Requirements for all Student-Athletes

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## NJSIAA ELIGIBILITY

- All seniors, juniors, sophomores and freshmen must pass 30 credits from the previous school year including summer school to be considered eligible to participate in athletics.
- Note: All incoming freshmen are eligible (during the fall season). A freshmen cannot compete on a freshmen team if he/she has reached the age of sixteen prior to September 1<sup>st</sup> of his or her freshmen year. They may participate on Varsity or JV.

# Eligibility Requirements for all Student-Athletes

## ATHLETIC PARTICIPATION IS A PRIVILEGE, NOT A RIGHT

- Completion of the Athletic Registration process on the OHS Athletics Website
  - This includes meeting and agreeing to the following:
    - **G.P.A. 2.0 or higher and 30 Credits From Previous Year**
    - NJSIAA Steroid Policy Form
    - Concussion Policy Acknowledgment Form
    - Opioid use & Misuse Fact Sheet
    - Team Rules Form
    - Athletic Code of Conduct
    - Comprehensive Insurance Acknowledgement Form
    - Pre-Participation Physical/Examination Form (Completed by Parent/Guardian)
    - Physical Evaluation Form (Completed by Medical Doctor)

# Eligibility Requirements for all Student-Athletes

## ATHLETIC PARTICIPATION IS A PRIVILEGE, NOT A RIGHT

- All participants must complete the Athletic Registration process on the OHS Athletic website
  - <https://www.orange.k12.nj.us/Page/26481>
- Physicals: all participants must have a physical on file with the Athletic Trainer. If you had a physical for Fall Sports or with your own doctor, please be sure to provide Ms. Morfin with a copy.
- Please join your team's Google Classroom page. This is where most communication will take place between the Athletic Department, coaches, and student-athletes.
  - Boys Basketball Code and Link: h3kkeqd
  - <https://classroom.google.com/c/MTUwMzg1NjA3ODEy?cjc=h3kkeqd>
  - Girls Basketball Code and Link: adbqrew
  - <https://classroom.google.com/c/MjA2NDM5OTM3NDg1?cjc=adbqrew>
  - Indoor Track Code & Link: yjwsgmp
  - <https://classroom.google.com/c/MjA2NDU1MzM3NDk1?cjc=yjwsgmp>

# Eligibility Requirements for all Student-Athletes

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## ATHLETIC PARTICIPATION IS A PRIVILEGE, NOT A RIGHT

- There is a reason why you are called *student-athletes*:
  - *Being a student comes FIRST.*
- Students who are not academically eligible will not participate on any Orange High School Athletic team
- There will be MANDATORY athletic tutoring for all student-athletes after school, 3:30pm – 4:30pm. Tutoring will be Virtual and/or In-School, based on our schedule.
- Student-athletes with a GPA between 2.0-2.9 will have 4 dedicated tutors to assist them in bringing their grades up.



# **NJSIAA COVID-19 Guidelines**

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<https://www.njsiaa.org/covid-19-resources>

- All student-athletes must comply with the NJSIAA guidelines for Winter Season 2 2021
  - Completing the COVID-19 Questionnaire
  - Completing a temperature scan and the Daily Pre-Screening Questions before practice/games
  - Wearing a face covering (when necessary)
  - Maintaining social distancing and following proper hygiene before, during, and after practices/games.

# Orange Athletics COVID-19 Guidelines

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- **In addition to the NJSIAA requirements, student-athletes must complete a Parent/Guardian Permission & Contact Form.**
  - **This form will only need to be completed once.**
- **Student-athletes must complete the Daily Pre-Screening Questions and have a temperature scan prior to every practice/game.**
  - **Updated Daily COVID-19 Screening Form**
- **Student-athletes must arrive at practice with a face covering, a water bottle for personal use, and in clothing ready for practice. Locker rooms will not be available for changing.**

# **Orange Athletics COVID-19 Guidelines**

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## **Face Coverings (NJSIAA)**

- **The CDC affirmed that face coverings are a critical tool in the fight against COVID-19 that reduces the spread of the disease, particularly when used universally within communities.**
- **Coaches are required to wear face coverings at all times, 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.**

# **Orange Athletics COVID-19 Guidelines**

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- **Face Coverings (NJSIAA)**
- **Players must wear a face covering while on the sidelines**
  - **Any face covering, including neck gaiters, are allowed while on the sidelines.**
  - **Players must put on their face covering when coming out of the game.**
  - **Face masks must also be worn at practices when not engaged in physical activity or when taking breaks**

# **Orange Athletics COVID-19 Guidelines**

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## **Social Distancing, Hygiene, & Precautions**

- **Practices may only be 2-3 hours of your day. Please ensure the health and safety of your team, coaches, and families by:**
  - **Following social distancing guidelines before and after practices**
  - **Practice good hygiene by regularly washing your hands, using hand sanitizer, and wearing a face covering**
  - **If you are not feeling well, PLEASE STAY HOME. Do not risk endangering your team and coaches**

# **Orange Athletics & NJSIAA COVID-19 Guidelines**

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## **COVID-19 Symptoms**

- **Fever ( $\geq 100.4^{\circ}\text{F}$ )**
- **Cough or shortness of breath**
- **Sore Throat**
- **Chills**
- **Muscle aches or rigors**
- **Headache**
- **New loss of taste or smell**
- **Abdominal pain, nausea, vomiting or diarrhea**

# **Orange Athletics & NJSIAA COVID-19 Guidelines**

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## **COVID-19 Protocols**

**If you are not feeling well or are showing symptoms of COVID-19:**

- **DO NOT GO TO PRACTICE**
- **Contact your coach, Mr. Frantantoni, and your doctor.**
- **Quarantine immediately upon first symptoms.**
- **You cannot return to practice until you receive clearance from your doctor.**
- **Monitor symptoms.**

# Orange Athletics COVID-19 Guidelines

## COVID-19 Protocols

<p>A student or coach has had <b><u>close contact with a suspected COVID-19-positive individual</u></b> outside the athletic environment (e.g. same household, party, or any other event outside of team activity).</p>	<ul style="list-style-type: none"><li>• Individual should contact their doctor, coach, &amp; Mr. Frantantoni ASAP.</li><li>• Individual should be vigilant and check for symptoms multiple times a day.</li><li>• If contact tests positive, refer to the next scenario below.</li><li>• Individual should quarantine immediately upon first symptoms for 14 days.</li><li>• May return to play with clearance from doctor.</li><li>• Team play may continue.</li></ul>
<p>A student or coach has had <b><u>close contact with a positive COVID-19 individual</u></b> outside the athletic environment (e.g. same household, party, or any other event outside of team activity).</p>	<ul style="list-style-type: none"><li>• Individual should quarantine immediately for 14 days.</li><li>• Individual should contact their doctor, coach, &amp; Mr. Frantantoni ASAP.</li><li>• Individual must see a doctor, who may require a COVID test. May return only with clearance from doctor.</li><li>• Team play may continue.</li></ul>



# Orange Athletics COVID-19 Guidelines

## COVID-19 Protocols

**One student or coach tests positive**, regardless of whether contact was inside or outside of athletic environment.

- Infected person should quarantine immediately for 14 days from the first day of symptoms or day of positive test.
- Infected person should contact their doctor and Mr. Frantantoni ASAP.
- Any student or coach in close contact with the infected person two days prior to symptoms/positive test, must also quarantine for 14 days and monitor their symptoms.
- Team play may continue.

**Two or more students or coaches on the same team test positive** within 14 days of each other, and the cases are linked to a clear alternative exposure that is unrelated to team activities (i.e. same household, party, or any other event outside of team activity).

- Infected persons must quarantine immediately for 14 days from the first day of symptoms or day of positive test.
- Each infected person should contact their doctor and Mr. Frantantoni ASAP.
- Any student or coach in close contact with any infected person two days prior to symptoms/positive test, must also quarantine for 14 days and monitor their symptoms.
- Team play may continue.

# Orange Athletics COVID-19 Guidelines

## COVID-19 Protocols

Two or more students or coaches on the same team test positive within 14 days of each other and (1) the cases are linked together by some team-based activity; <i>or</i> (2) the connection between positive cases cannot be easily identified.	Consider shutting down the team for 14 days based on investigation by the school's Pandemic Response Team in consultation with local health department.
More than two students or coaches on multiple teams test positive within 14 days and a clear connection between positive cases cannot be easily identified.	Consider shutting down multiple teams for 14 days based on investigation by the school's Pandemic Response Team in consultation with local health department.
A school has switched to remote learning based on a very high risk of viral transmission within the school or local community.	Consider shutting down all athletic programs during remote learning period based on investigation by the school's Pandemic Response Team in consultation with local health department.

# Orange Athletics

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## Competitions

- **Basketball: Following the guidelines set out by Gov. Murphy, spectators will not be permitted at games.**
- **Home games will be live-streamed for families and fans to watch at home.**
- **Track: Guidelines for Track are still being developed and will be released as soon as they are available.**

# Orange Athletics

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- **Just as our student-athletes play as a team, we must also work together to make this season and this school year safe and successful.**
- **Parents and families, please go to the OHS Athletics website for a copy of this presentation, as well as all information related to athletics, NJSIAA, and COVID-19 guidelines.**

**Orange Athletics**

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**WE ARE PROUD.**

**WE ARE ONE.**

**WE ARE**

**TORNADOES!!!!**