

# New Jersey Strength & Conditioning Coaches Best Practices

## 1. Facility

- a. The total number of student-athletes permitted will be determined by the size of the area and by calculating the maximum number of student-athletes, coaches that can maintain six (6) feet of social distancing at all times.
- b. Coaches and staff must wear masks throughout the workout session.
- c. Student-athletes should always be wearing face coverings when feasible.
- d. Student-athletes will be required to bring their own water & water bottle that will last them throughout the session.

## 2. Screening

- a. All student-athletes must be screened before entering the facility.
- b. Screening will be administered based on the NJSIAA Guidelines.

## 3. Entrance and exit of the facility.

- a. Each facility will allow for separate entrance and exit locations, when possible, to allow for safe distancing practice between training times and to discourage athletes from gathering in groups before or after the session.
- b. Each location will be well marked.
- c. Athletes pick up and drop off locations will be separate to practice safe distancing and to allow for a safe flow of traffic through campus.

## 4. Equipment setup

- a. Equipment for each day/workout should be set up and cleaned before each session.
- b. If the equipment being used will be handled by more than 1 student-athlete during the session or set, the equipment must be wiped down before being handled by the second student-athlete.
- c. Each student-athlete will be counseled on good hygiene habits including, not touching their mouth or face during the workout, no spitting in the area of exercise, using hand sanitizer when entering and exiting the workout.

## 5. Spacing

- a. Student-athletes will be instructed to maintain a safe distance of 6 feet whenever possible.
- b. If athletes are within that 6-foot area, they will be encouraged to separate as soon as possible, back to the safe distance

## 6. Cleaning

- a. Each school will have a list of cleaning supplies they will use during and after each session
- b. Supplies will be approved by each schools' facilities director
- c. A cleaning log will be present at each session and will be filled out by the strength coach to ensure all equipment was cleaned appropriately.

## **Training & Conditioning Guidelines for Safe Return to Play**

1. Coaches should ensure safe techniques and to make sure that all athletes are tolerating the exercise within their ability.
2. Any Student-athlete that begins to show signs of struggle or exhaustion, must be removed from the drill.
3. The New Jersey Strength and Conditioning Coaches recommend a basic approach to the start of training.
4. Modifying your plan to 50/30/20/10 guidelines for the first four weeks will be the safest and most beneficial for all student athletes.
5. Initial workout parameters should be cut by 50% the first week.
  - a. Example: if you were planning your regular summer training of 10, 100yd sprints, this would be reduced to 5 at 50 yds for week 1. The next week would be reduced by 30% then 20% and finally 10% before returning to normal numbers.
6. When evaluating weight reps and sets, the same numbers and reductions will apply.
7. Please refer to the link to the Korey Stringer position paper for more information on training intensity, volume, and frequency. <https://ksi.uconn.edu/covid-19-return-to-activity#>

## **References and resources:**

2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15\_2020-final.pdf. Accessed June 11, 2020.

NSCA COVID-19 Taskforce Return to Training Resources. Accessed June 11, 2020.

Stearns RL, Scarneo-Miller SE, Huggins RA, Baker LB, Caterisano T. Return to Sports and Exercise during the COVID- 19 Pandemic: Guidance for High School and Collegiate Athletic Programs. :13.

COVID-19 (Coronavirus). NATA. Published March 17, 2020. Accessed June 11, 2020.

CDC Schools-Decision-Tree.pdf. Accessed June 11, 2020.

CDC. Communities, Schools, Workplaces, & Events. Centers for Disease Control and Prevention. Published April 30, 2020. Accessed June 11, 2020.