



# PARSIPPANY TROY-HILLS PUBLIC SCHOOLS

*Athletic Department  
Parsippany, NJ 07054*



**Michael DiBernard**

Assistant Principal/Athletic Director  
(973) 263-7001 x 2327  
[mdibernard@pthsd.net](mailto:mdibernard@pthsd.net)

**Todd Ricker**

Assistant Principal/Athletic Director  
(973) 682-2815 x 2407  
[tricker@pthsd.net](mailto:tricker@pthsd.net)

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Dear Parents/Guardians,

Thank you for your patience, understanding and communication as we navigate through these unprecedented times. Our goal, in conjunction with the NJSIAA, is to create an environment that is safe to return to play and gradually allows student athletes to increase their activity throughout the summer. The summer recess period will begin on July 13th and will begin in Phase 1.

In Phase 1 students will need to complete a COVID-19 questionnaire prior to the start of their first scheduled workout. Additionally, students will have daily temperature checks by appointed staff and must complete daily pre-screen questions in order to participate in daily workouts. If a student answers YES to any questions or has a temperature 100.4 or above, the student will be sent home and not be able to participate in practice. Any Individual who answers "yes" to any question on the questionnaire shall be required to provide clearance from a physician before they will be permitted to resume participation in the workouts.

Students will be working out in pods of no more than 10 that will be predetermined by the coach. These groups will remain the same throughout Phase 1. In these pods student athletes will remain socially distanced within their group and each pod must remain 12 to 18 feet apart. The workouts will be no more than 90 minutes in duration. This includes a 10 minute warmup, 70 minute workout and a 10 minute cool down. Students who are not engaged in high intensity aerobic activity should be wearing a face covering. Our coaches will be required to wear a face covering throughout the entire workout.

All activities will take place outside and the locker rooms and restrooms in the building will not be utilized. Athletes must also bring their own water bottles from home as coolers and a shared water source will not be provided. We ask that everyone takes these steps seriously and that all the student athletes remain diligent in their efforts to continue to return to play. Please arrive 30 minutes prior to the start of practice so that the school has enough time to temperature screen everyone and check that daily screening paperwork is complete. Once the student athlete is cleared the parent must leave the facility. If there is an issue, the parent will be called back to the school. This is a lot to digest and we appreciate your understanding and cooperation during Phase 1.

Thank you,  
Todd Ricker and Michael DiBernard

*"Achieving Athletic & Academic Excellence"*