

DIOCESAN RECREATION ASSOCIATION

197 E. GAY ST.

COLUMBUS, OHIO 43215

DRA GUIDANCE FOR BASKETBALL

- Please contact your pastor to verify that you have permission to use the facilities.
- The considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel, and allowing for appropriate protective equipment.
- **Note:** This is not an exhaustive list and there might be additional steps in each school, city, and state to help prevent the spread of virus. Ohio schools are required to follow state COVID-19 general guidance for “Youth, Collegiate, Amateur and Professional Sports”
<https://coronavirus.ohio.gov/static/responsible/Youth-Collegiate-Amateur-Club-Pro-Sports.pdf> and guidance on Sports Venues”
- <https://coronavirus.ohio.gov/static/responsible/Sports-Venues.pdf>
- Please read these carefully and be sure every coach and commissioner reads them and has a copy.
- Even when taking all precautions, there will still be risk of transmitting illnesses. Everyone should stay vigilant about the health of members of their teams. Lastly, the situation with COVID-19 is rapidly changing. These considerations may quickly become outdated. Please keep up with the latest from the CDC and other health officials in your area.
- A **requirement** must be adhered to and followed. A **recommendation** is a consideration to the sport and allows for optional guidelines. Recommendations are not required, are permitted and are highly encouraged.
- Prior to any child’s participation on a DRA team, a paper copy of the Diocesan waiver must be signed and turned in. These are to be kept at each parish.
- Parent consent forms must be completed and on file with each parish. The preferred method of submitting the parent consent form is electronically. Access the form at <https://www.dioceseregister.com/register/>
- All coaches must complete the NFHS course on COVID 19 found at <https://nfhslearn.com/courses>
Please submit the completed certificate to your parish AD

Highlights of requirements from OHSAA and followed by the DRA.

Winter 2020-21: Return to Competition

People (players, coaches, officials, spectators, etc.) feeling sick or that have been exposed to someone sick, should not attend or participate in competitions or practices. The OHSAA and the Diocesan Recreation Association requires all participants and spectators to practice social distancing and wear face coverings whenever possible. Host facilities shall communicate with spectators “know before you go” before each event

GENERAL REQUIREMENTS

- Anyone attending a practice or game – players, coaches, officials, trainers, cheerleaders, volunteers, staff, spectators, etc.: Must conduct a symptom assessment before each practice or contest, and anyone experiencing symptoms must stay home <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
 - Individuals with COVID-19 symptoms should isolate themselves per CDC’s guidance and contact their healthcare provider (<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html>)
 - Individuals with confirmed COVID-19 or who have symptoms should follow CDC’s guidance for when they can be around others again (<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>)
 - An athlete who tests positive for COVID-19, whether symptomatic or asymptomatic, must not return to sport activities until a documented medical exam is performed clearing the individual to return to play. The documented medical exam must specifically include an assessment of the cardiac/heart risk of high-intensity exercise due to the potential of myocarditis occurring in COVID-19 patients.
- Consistent with state guidance, schools/teams regarding “Confirmed or Suspected COVID-19 Cases”:
 - Immediately isolate, and seek medical care for, any individual who becomes ill or develops symptoms.
 - Contact the local health department about suspected COVID-19 cases or exposure.
 - The affected person should seek COVID-19 testing as soon as possible. Teams, schools, and clubs should work with parents to ensure they have access to testing through their healthcare providers or direct them to testing options.
 - Coaches/administrators must work with the local health department to identify individuals who were potentially exposed to help facilitate contact tracing. This includes, but is not limited to, athletes, coaches, officials, volunteers, parents and other support personnel.
 - A team, school, or club must notify all athletes and parents/ guardians associated with the affected team regarding a positive test. Athletes and families must be reminded of proper daily health screening protocols.
 - If the affected individual participated in competitive play, the team is responsible for notifying any opponents played between the date of the positive test and 2 days prior to the onset of symptoms. If the teams, schools, or clubs reside in different counties, the health departments in each county should be notified to help facilitate effective contact tracing.
 - An individual who tests positive for COVID-19, whether symptomatic or asymptomatic, must not return to sport activities until a documented medical exam is performed clearing

the individual to return to play. The documented medical exam must specifically include an assessment of the cardiac/heart risk of high-intensity exercise due to the potential of myocarditis occurring in COVID-19 patients. More information on this issue can be found at <https://www.acc.org/latest-in-cardiology/articles/2020/07/13/13/37/returning-to-play-after-coronavirus-infection> . Follow protocol for cleaning and disinfecting if a COVID-19 case is identified at the venue.

- Players, coaches, officials or other individuals who had close contact (within six feet of an infected individual for at least 15 minutes), or who had direct physical contact with the person (e.g., who were coughed on or sneezed on by the infected person), must self-quarantine for 14 days following exposure based on CDC guidance (<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>). Individuals may return to play afterward if they have not had any COVID-19 symptoms.
- Facial coverings are required under the Sports Order. At minimum, facial coverings should be cloth/fabric and cover an individual's nose, mouth, and chin.
 - CDC does not recommend the use of gaiters or face shields. Evaluation of these face covers is on-going but effectiveness is unknown at this time.

Requirements for Coaches:

- Conduct daily symptom assessments before each practice or contest. <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
- No congregating before or after practices or games is permitted.
- Coaches must wear face coverings at all times, including arriving and departing the facility and during active play.
- Limit day-of roster to 15 dressed players.
- Sanitize equipment as often as time permits.
- Do not share clipboards, whiteboards, dry erase boards or any other equipment used for coaching purposes.
- Individuals traveling together must wear a facial covering and social distance where possible while in the vehicle.
- Identify players that are at a higher risk of developing serious complications from COVID 19 (asthma, diabetes or other health problems)

Requirements for Players:

- Conduct daily symptom assessments before each practice or contest.
- No congregating before or after practices or games is permitted.
- Do not share equipment, towels, facial coverings, water bottles, other drinks or food. If equipment must be shared, proper sanitation must be performed between users. **All players must sanitize their hands before and after warm-ups, at all timeouts, at quarter and halftime breaks and anytime they leave the playing court.**
- All those on the bench shall observe social distancing of 6 feet.
- Players who are not one of the five (5) players on the court and all bench personnel must wear facial coverings.

Requirements for Team Bench Areas:

- Fifteen (15) players may be in uniform for each game.
- The players in uniform must be entered into the Official Scorebook per NFHS Rules and also submitted on the Official Line-Up Sheet.

- The players submitted will be the only players permitted on the floor for warm-up and on the bench during the game.

The fifteen (15) may be changed from game to game throughout the season. The names and numbers of the fifteen players must be given to the official scorer 10 minutes prior to each game and the five (5) starting players designated ten (10) minutes prior to the starting time of each contest.

- Eighteen (18) total seats will be available on the bench area for all personnel and players.
- The eighteen (18) are to include all players, coaches, managers, trainers, and other support personnel.

Requirements for Facility Hosts:

- Inform the local health district when events are scheduled and establish a plan to handle those persons who fail a symptom assessment or temperature check or exhibit signs and symptoms of COVID-19. Any person with symptoms consistent with COVID-19 should be advised to return home or taken to a dedicated isolation area and contact their healthcare provider.
- Have a written plan for safe reopening and enforcing compliance with all mandates and guidelines.
- Designate a Compliance Officer who is responsible for compliance with the Ohio Health Director's Sports Order.
- Develop a spectator pathway that allows for physical distancing as spectators move from parking lots through the ticket scanning and/or purchasing lines to their seats.
- Install signage concerning hygiene, social distancing and facial coverings.
- Communicate social distancing, facial coverings and health symptoms reminders with public address announcements and the beginning of the contest and throughout the contest, if possible.
- Develop one-way ingress and egress plans and one-way aisles that also allows for social distancing.
- Assign seats in groups of no more than four from a single household and use staggered rows and sections to allow for at least 6 feet of social distancing, and prevent contact between groups.
- Limit sideline personnel to participants, coaches, medical staff and game-day staff.
- Employees, staff and volunteers must wear facial coverings at all times.
- High touch areas (railings, restrooms, athletic training rooms, locker rooms, etc.) must be cleaned and disinfected frequently.
- Hand sanitizer must be readily available throughout the venue.
- Follow Responsible RestartOhio Guidance for Restaurants for concession stands (<https://coronavirus.ohio.gov/static/responsible/Restaurants-and-Bars.pdf>)
- Provide the visiting team with separate ball cart for warm-up balls, if possible.
- Clearly review prior to the contest mandates, best practices and school/host facility policies with visiting team administrators and/or coaches and officials as they relate to, but are not limited to, parking; entrances and exits; spectators; ticketing and restrooms; water; towels, and equipment.

Requirements for Spectators

- Conduct daily symptom assessments before each contest.
- No congregating before or after practices or games is permitted.
- Six-foot social distancing must be maintained between individuals/family groups.
- Facial coverings are required unless exceptions can be met as listed in Ohio Health Director's Sports Order.

Spectators (parents) are permitted but must follow restrictions that include 6 feet social distancing and wearing masks at all times. The limit for spectators will vary from gym to gym. 15% of fixed seating capacity or 300 spectators, whichever is lower. The DRA will permit **two** spectators for each athlete to enter they gym.

Requirements for Officials

- Conduct daily symptom assessments before each contest.
- Take your temperature prior to attending your competition. If temperature is above 100.4 or you do not feel well, notify your contracted school immediately.
- No congregating before or after games is permitted.
- Six-feet social distancing required during pre- and post-game conferences and during stoppage of play during contests.
- Facial coverings must be worn at all times with the exception of active officiating, and warm-up.
- Do not shake hands or fist bump other officials, players, or coaches.

RECOMMENDATIONS

Recommendations for Pregame Protocol:

- Limit attendees to the referee and the head coach from each team with each coach standing on the center circle on each side of the division line.
- Suspend the pregame introduction shaking hands or fist bump.
- All individuals maintain a social distance of six feet or greater at the center circle.

Recommendations for Post-Game Ceremony:

Suspend post-game protocol of shaking hands, fist bumps, or any ceremony that involves physical contact. An air high five, a smile and quick wave, a double tap of the right hand across the heart, a nod could all be substituted.

Recommendations for Team Benches:

- Place team benches opposite the spectator seating.
- Additional chairs or rows may be added to allow bench personnel to observe social distancing of six feet or greater (example: first row of spectator seating behind team benches).
- Create at least 6 feet of separation between the team bench and spectator seating behind the bench (recommendation would be the first two rows of seating on team bench side whenever possible).
- Limit contact between players when substituting. After reporting in at the scorers table, subs should take a knee by their coach and wait for the official to wave them onto the court.
- Have a parent/volunteer to help monitor social distancing and the wearing of masks when on the bench

Recommendations for Officials/Scorers Table:

- The host should sanitize the officials/scorers table before the game and at halftime.
- Place officials/scorers table sufficiently away from the sideline to allow for additional space for substitutes.
- Limit seats at the officials/scorers table to essential personnel which includes home team scorer and timer with a recommend distance of six feet or greater between individuals. Other personnel (visiting scorer, statisticians, media, etc.) may not be deemed essential personnel and consider an alternate location for them.

Recommendations for Equipment and Accessories:

- Host team is responsible for sanitizing the game ball as recommended by the ball manufacturer (do not use game balls for warmups). Game ball (s) shall be placed at the officials/scorers table for the officials.
- The host school should provide warm-up balls and properly sanitize them prior to being used before each game – recommendation would be to have a separate rack of balls for the home and visiting team.
- The host school should ensure that the game ball is sanitized during time-outs and between quarters.
- Sanitizer should be provided by the host team at the officials/scorers table.

Recommendations for Officials — Game Procedures:

Throw-in

- Official may stand six feet or greater away from player making the throw-in and bounce the ball to that player on a front court throw-in.

Free Throw Administration

- The lead official shall stand on the end line and bounce the ball to the free thrower.

Other Recommendations for Officials — General:

- Bring personal hand sanitizer. Wash/sanitize hands upon arrival and frequently throughout your time working the contest(s).
- Do not share equipment.
- Officials are NOT responsible for monitoring activities on the sidelines, such as social distancing, hand sanitizing, symptoms of illness and other such issues. This monitoring remains with the coaching staff and school personnel. It is suggested that a volunteer team monitor help with this and be seated on the bench.

Recommendations for Coaches:

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in “pods” of same students always training together in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.
- If a player becomes symptomatic during practice, the child should be isolated and/or taken home.

Recommendations for Participants:

- Athletes should tell coaches immediately when they are not feeling well.
- Consider making each student responsible for their own supplies (water bottle, hand sanitizer, face covering, towel, etc.).
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
- Hand sanitizers should be plentiful at all games and practices. One suggested practice would be to apply hand sanitizer to players hands as they come out of a game.

- Cloth face coverings are permissible during play and are mandatory while sitting on the bench.
- Bring your own water bottle.

Recommendations for Parents:

- Make sure your child and immediate household members are free from illness before attending practice or competition (if there is doubt stay home).
- Educate yourself on the risks and benefits of athletic participation in the time of COVID and ensure you and your athlete are aware of the guidance surrounding athletic events.
- Provide personal items for your child and clearly label them.
- Disinfect your student's personal equipment after each game or practice.

Recommendations for Facility Hosts:

- If applicable, stagger the entry of all participants, coaches, officials, student game-day auxiliary groups and spectators to adhere to six-foot social distancing.
- Consider multiple points of entry to help ensure there is six-foot social distancing.
- Consider use of assigned arrival times.
- Consider blocking off unused seats; the front rows of the venue to avoid contact between participants and spectators, and the last row of each section and aisle seats to prevent contact with people walking to and from seats.
- Consideration should be given to which facilities are going to need sanitization, how often will sanitization be needed and who will be doing the sanitizing.
- Limit officials/scorers table to essential personnel only and demonstrate social distancing as much as possible.
- If possible, provide designated space (locker room, classroom, etc.) for officials' pregame and post-game activities. If the designated space cannot accommodate six-foot social distancing of all officials, then a separate space should be provided where officials can observe six-foot social distancing and be removed from spectator/team interaction.
- Consider increasing the time between events to allow for more time to clean and disinfect high-contact areas.

A Note on Public Health Issues

The Centers for Disease Control and Prevention, Ohio Governor, Ohio General Assembly, Ohio Department of Health and/or the local health district will offer guidance as to whether to close a school or university due to a public health issue. Local decisions can also be made by the local health authority or each board of education/governing board.

Help Links *These resources are provided to guide operations during this Covid-19 pandemic.*

- Ohio Department of Health – Coronavirus (COVID-19):
<https://coronavirus.ohio.gov/wps/portal/gov/covid-19/responsible-restart-ohio/>
- Centers for Disease Control – Coronavirus (COVID-19):
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- National Athletic Trainers Association – Coronavirus (COVID-19):
<https://www.nata.org/practice-patient-care/health-issues/covid-19-coronavirus>
- Centers for Disease Control and Prevention Emergency Preparedness and Response: <http://emergency.cdc.gov/planning/>
- Centers for Disease Control and Prevention Preparedness for All Hazards:
https://www.cdc.gov/phpr/documents/ahpg_final_march_2013.pdf
- Ohio Department of Health Guidelines and Publications:
<https://odh.ohio.gov/wps/portal/gov/odh/home/>

***These guidelines may change as state guidelines continue to develop.**