



A SAFE RETURN TO BASKETBALL

Office of Evangelization and Catechesis



Though positive advances have been made, we continue to live in unprecedented times. We have worked to create a plan according to CDC and health department guidelines that allow us to play and watch basketball in the safest way possible. Recommendations by the CDC remain the best action to take, to stop the spread of COVID-19. In the plan that follows, please be aware that we all assume a role in ensuring a safe and successful basketball season and in mitigating the risk of spreading the disease. Our plan is subject to change based on CDC guidelines and will be updated to reflect current CDC and health department expectations.

ARRIVAL

- Players and families are encouraged not to carpool to the game.
- Players may not arrive sooner than 30 minutes before the game or practice. Please warm up at home, before arrival
- Whenever possible, all participants, spectators, coaches and volunteers must adhere to six-foot physical distancing while in the gym
- Anyone in the gym/school (despite vaccination status) are required to wear a face covering. Face coverings must cover both the mouth and nose.
- Prior to arrival, we ask that you conduct daily checks for symptoms, including but not limited to fever, cough or difficulty breathing. Anyone who is sick, or symptomatic must stay home. If a coach determines a player is sick, the player will be sent home after consultation with a parent
- No team water coolers or shared drinking stations should be used. All participants must bring a water bottle for their own personal use.
- A hand hygiene station should be provided for the use of participants

PLAYERS

- Whenever possible, players must adhere to six-foot physical distancing when off the court.
- Must wear a face covering for the entirety of the game or practice, even if not on the court. Players should bring extra face coverings if theirs gets wet. Face coverings must cover both the mouth and nose.
- Must not share their general belongings with other players including personal equipment or water bottles.
- Must conduct daily checks for COVID-19 symptoms including fever, cough or difficulty breathing and stay home if symptomatic.
- Frequent handwashing or the use of hand sanitizers in the absence of soap and water is strongly recommended.
- Must refrain from spitting or chewing gum; food should not be consumed while congregated on the court. Use a tissue to cover mouth and nose when coughing or sneezing and dispose of all used tissues in the trash.

- Refrain from chanting, singing or shouting
- At the end of the game, players should wave to the other team as a sign of sportsmanship and avoid high-fives and handshakes

COACHES

- Must wear a face covering at all times when indoors
- Whenever possible, must adhere to six-foot physical distancing practices
- When possible, open a window or door slightly to allow fresh air to circulate into the gym
- Must not coach when sick or symptomatic
- Must not spit or chew seeds or gum and must refrain from consuming food while on the court
- Must ensure that players are following COVID-19 related prevention measures as contained in this document
- Must ensure that physical distancing occurs on the bench and allows for spacing (place cones at a six foot distance to keep players separated on the “bench”)
- Should avoid parties or pass-the-dish events for the team including team snack
- Should modify practices so players can work on individual skill building versus competition or consider smaller cohort groupings during practice
- Clean and disinfect shared equipment between use by different people to reduce the risk of COVID-19 spread
- Should ensure that frequent mask breaks are given during practice or game in which players can go outside and remove their masks for a few minutes
- Recruit additional CASE trained individuals to assist with helping players to follow COVID-19 precautions and checking in visitors
- Consider decreasing team size as feasible
- Encourage players to remain in their cars before practice or game, to limit congregation
- Discourage high fives, handshakes, hugs, and other physical contact
- Provide adequate hand hygiene stations and additional masks for those that must be switched out.
- Communicate ALL CDC guidelines to players, families and guests through website, email and onsite signage
- Should maintain attendance records for each practice and game to ensure a correct list of attendees is in place
- Should sanitize equipment before and after practice or games and at half-time. Should provide adequate equipment to minimize sharing during practice
- Should encourage hygiene practices among players including frequent handwashing and sneezing or coughing into tissues

ATHLETIC DIRECTORS

- Must wear a face covering at all times when indoors
- Should ensure that all coaches, volunteers, and players are made aware of COVID safe policies, understand, and follow them
- When possible, open a window or door slightly to allow fresh air to circulate into the gym
- Should have an action plan in place, in the case of a positive test
- Should have an effective communication plan in place and work with both the proper authorities and families, if the organization learns a participant or adult leader has developed COVID-19 and may have infected others while at the sporting event.
- Be prepared for temporary closure at the recommendation of the Health Department or CDC
- Ensure that contact and attendance lists are maintained and readily available
- Should provide adequate supplies of basketballs, cones, masks, tissues, soap and water (as feasible) or hand-sanitizer (at least 60% alcohol-based), disinfecting wipes, and trash cans
- Shall limit non-essential spectators as necessary
- To maintain appropriate distances, please limit the number of spectators. It is suggested to two (2) spectators per participant.
- Make sure adequate signage is posted
- Ensure that public water faucets and bathrooms are cleaned and sanitized
- Serve as the designated COVID-19 point of contact for the teams in the parish and communicate with all parties if a case of COVID-19 occurs. Every coach should know to contact the Athletic Director in case of infection.

REFEREES

- Must wear a face covering at all times when indoors
- Must adhere to six-foot physical distancing practices when interacting with players, coaches, and spectators off the field of play
- Must conduct daily symptom checks and stay home if sick or symptomatic
- Must avoid exchanging documents, or equipment with players, coaches or spectators
- Must avoid spitting, and chewing seeds or gum and must use safe hygiene practices when coughing or sneezing
- This is what CDC says: Risk often increases when players are not actively engaged in activity, for instance when they are taking a break or socializing. Ensure that masks are used at all times.

SPECTATORS

- Must wear a face covering at all times when indoors
- Whenever possible, should adhere to six-foot social distancing practices including anywhere in the complex when not around members of the same family
- Must conduct daily symptom checks and remain home if sick or symptomatic
- Must not enter player areas
- Must participate in frequent hand washing

LEAVING THE VENUE

- Individuals should not congregate in common areas or the parking lot following the game or practices
- No organized team parties should take place following a game or practices
- Carpooling should be avoided

PREPARING FOR A COVID-19 INFECTION

If someone in the organization becomes sick, please follow these steps:

- Advise the sick individual that they should not return until they have met the CDC's criteria to discontinue home isolation
- Those who have had contact with the infected individual should be advised to follow CDC guidance for community-related exposure
- Disinfect all areas used by the individual (wait at least 24 hours before cleaning if feasible)
- Notify diocesan office and local health officials
- Engage the communication plan the team has put in place for notification