

Inver Grove Heights COVID-19 Preparedness Plan

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IGHBBA is committed to providing a safe and healthy environment for all our athletes, coaches, families, visitors, and volunteers. To ensure we have a safe and healthy program, IGHBBA has developed the following COVID-19 Preparedness Plan in response to the COVID-19 pandemic. Players, parents, coaches, and volunteers are all responsible for implementing this plan.

Our goal is to mitigate the potential for transmission of COVID-19 in our programs and communities, and that requires full cooperation. Only through this cooperative effort can we establish and maintain the safety and health of our participants.

An inherent risk of exposure to COVID-19 exists in any public place where people are present. By attending any IGHBBA event, you voluntarily assume all risks related to exposure to COVID-19 and agree not to hold IGHBBA or its officers, directors, employees, or volunteers liable for any illness or injury.

We will follow recommendations by Inver Grove Heights Schools, the Minnesota Department of Health (MDH) and the Minnesota Youth Basketball Association (MYBA) but we cannot guarantee that any of these measures will completely protect you. **You agree to accept all responsibility for the risk** that you and your children may contract COVID-19.

IGHBBA COVID Task Force

Brooke Asleson - Covid Compliance Manager

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IGHBBA Practice Guidelines

Practices allowed to resume after 1/4/2021

Objective: Allow children to safely resume skill work & conditioning activities on the court with teammates and coaches.

- All of us are responsible for respecting the school staff and rules that have been put in place; we are guests of the school
- Do not arrive to practice more than 5 minutes prior to start time
- Everybody must wear their masks at all times. This includes while participating in practice or a game. Players are not allowed to remove their mask during play
- Uniforms, equipment, and clothing may not be shared or exchanged, including practice/scrimmage jerseys
- No loitering to watch other teams practice- go directly to your court and leave the building right after practice
- No spectators allowed at practice
 - If you have a younger player (4th grade and below) you may escort them to practice court, but you may not stay and watch
- Will follow MYBA guidelines:
<http://myas.org/media/5974/mnsafeplay-backtothehardwood-practice12-29-2.pdf>

Subject to Change: based on guidelines set forth, this information will be updated to continually meet requirements.

Within the program, create consistent pods of the same staff, volunteers, and participants **with a maximum of 25 people in each pod. Teams may not intermingle.**

- *Maximum of 1 pod per full basketball court*

Coaches	Parents/Families	Players
Will wear mask entire practice	Complete Health Screening in Sports Engine prior to each practice	Will wear mask entire practice
Sanitize hands before, during and after practice		Sanitize hands before, during and after practice
Keep attendance records for every practice through Sports Engine	Provide a water bottle and hand sanitizer for your player	Bring your own water bottle and do not share
Ensure your players stay on their assigned court	Remain in car for drop off and pick up from practice	Bring your own basketball
Observe social distancing guidelines when instructing your players		Follow instructions from the coaches
Disinfect equipment used during practices between athletes' use of equipment		

IGHBBA Tournament and Game Guidelines

Tournaments and games allowed to resume after 1/14/2021

Objective: Allow children to safely resume competing against other teams and participate in youth tournaments.

- Remember that all associations and tournaments have the same goal... allow children to play basketball in the safest manner possible. It is the responsibility of each of us to do our part
- Spectators are not allowed at games or tournaments at this time
- Tournaments may have streaming options available
- Plan for your day, bring extra water and snacks for your players, concessions are not allowed and use of drinking fountains may be limited
- Will follow MYBA guidelines:
<http://myas.org/media/5973/mnsafeplay-backtothehardwood-updated12-29-2.pdf>

Subject to Change: based on guidelines set forth, this information will be updated to continually meet requirements. Additional guidance from the State of MN is forthcoming.

Coaches	Parents/Families	Players
Will complete all required team paperwork & waivers in a timely manner	Complete Health Screening in Sports Engine prior to each tournament	Will wear a mask to and from the court and while on the court
Will alert the team when it's time to enter the building & follow all protocols set forth by host site	Keep your child home if they exhibit any symptoms & notify the coach for next steps	Bring your own water bottle and do not share
Will wear a mask at all times	Wear your mask to games and socially distance from other families <i>** current guidance does not allow spectators</i>	Bring your own basketball
Minimize pre and post-game meetings; hold outside if weather permits	Follow all protocols set forth by host site for entrance and exiting facility <i>** current guidance does not allow spectators</i>	Follow instructions from the coaches

Additional guidance for tournaments and other team activities

- Do not ride share or travel with players from other households to out of town tournaments. If you must conduct ride sharing for practices, masks should be worn at all times.
- Do not hold team dinners or parent gatherings at local restaurants, bars, hotels, or homes.
- Do not hold any team sleepovers or team parties.
- Do not gather in lobbies or common areas after games.

IGHBBA Guidelines for Symptoms, Direct Contact & Reporting

Objective: Mitigate the potential for transmission by ensuring all families follow a standard set of guidelines prior to allowing children to attend any practices or games.

- IGHBBA families must follow the guidelines set forth by MDH, District 199 and the Minnesota Youth Basketball Association
- Families must use Sports Engine to complete the required Health Screenings prior to each practice and game
- Should your child become exposed or test positive, your reporting is confidential and limited to a small number of members on the IGHBBA COVID Task Force
- We will communicate information to affected teams in a timely manner that upholds the confidentiality of the affected player
- Exposures and positive COVID test cases must be reported to coaches, who will notify the IGHBBA COVID Task Force
- IGHBBA is responsible to track positive cases, close contacts, and common symptoms within our organization and report to MDH on a regular basis

Symptoms: If you have any combination of the COVID-19 symptoms below, you must not attend practice/game, and you must rapidly contact your coach.

One of the Following:	Two of the Following:
Fever of 100.4 degrees Fahrenheit or higher	Sore throat
Difficulty/hard time breathing	Nausea, vomiting, or diarrhea
New cough or a cough that gets worse	Chills
New loss of taste or smell	Muscle pain
	Excessive fatigue/feels very tired
	New congestion/runny nose
	New severe/very bad headache

[Home Screening Tool for COVID-19 Symptoms](#)

What should I do if I...

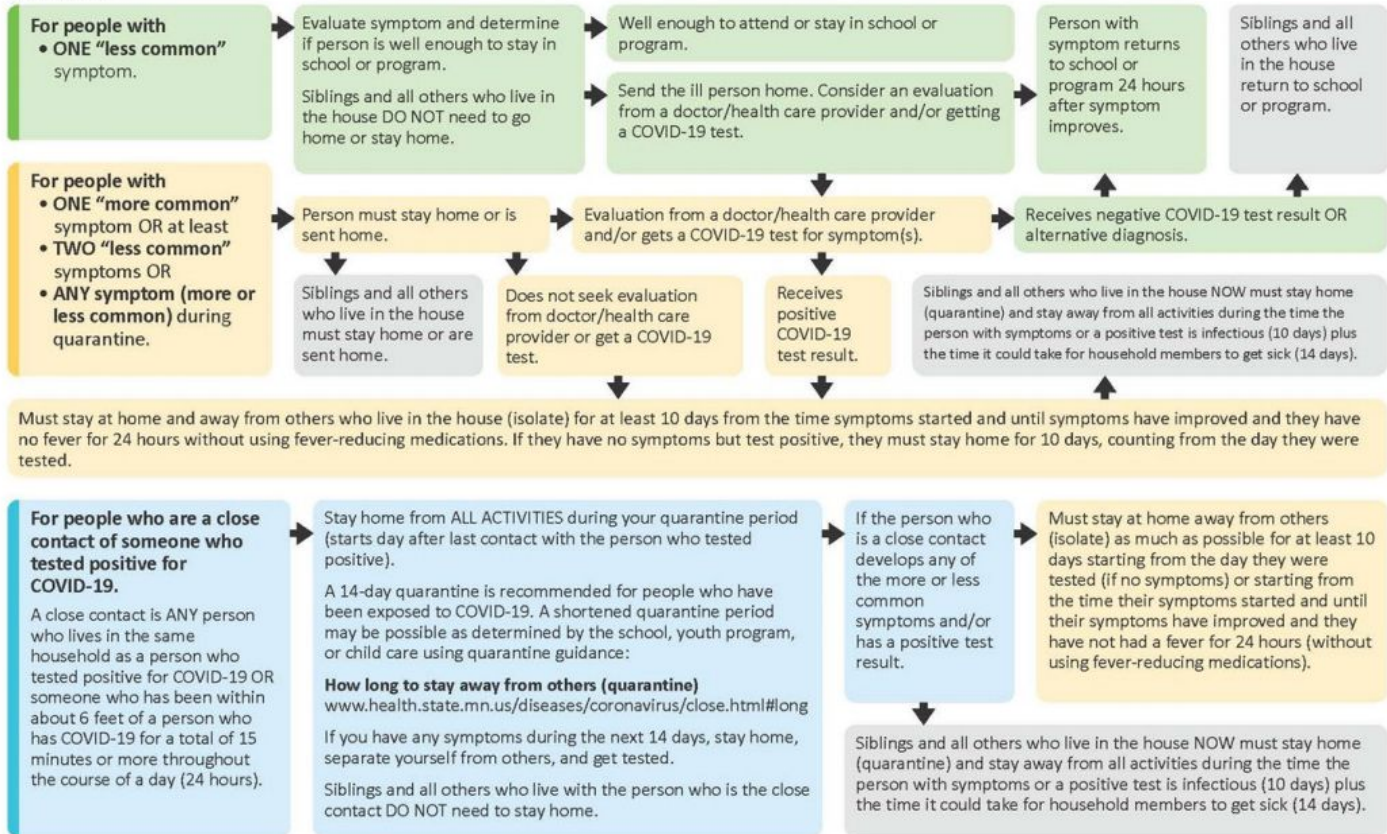
Have No Symptoms	Was Exposed, but have NO Symptoms	Have Symptoms	Have a Positive COVID-19 Test
Attend basketball practice or tournament	Stay home, do not attend basketball	Ask yourself, what combination of symptoms do I have? – refer to the chart above	Stay home, do not attend basketball
	Report your exposure to your coach	Follow the decision making tree to determine next step	Report your confirmed case to your coach
	Follow updated MDH guidance on quarantine time	Don't forget to contact your coach and let them know you will not be at practice/game	
		Stay home until you are cleared to return	

Refer to the decision making tree below for additional detail and assistance. This document has been provided by MDH to determine your next steps.

COVID-19 Decision Tree for People in Schools, Youth, and Child Care Programs

Follow the appropriate path if a child, student, or staff person is experiencing the following symptoms consistent with COVID-19:

- **More common:** fever of 100.4 degrees Fahrenheit or higher; new cough or a cough that gets worse; difficulty/hard time breathing; new loss of taste or smell.
- **Less common:** sore throat; nausea; vomiting; diarrhea; chills; muscle pain; extreme fatigue/feeling very tired; new severe/very bad headache; new nasal congestion/stuffy or runny nose.



Minnesota Department of Health | health.mn.gov | 651-201-5000 | 625 Robert Street North PO Box 64975, St. Paul, MN 55164-0975
 Contact health.communications@state.mn.us to request an alternate format. | Updated 12/21/2020

COVID-19 Decision Tree for People in Schools, Youth, and Child Care Programs

Proper Hygiene, Social Distancing and Cleaning procedures

Do your part to slow the spread of this virus: wash your hands, practice safe hygiene habits, and clean surfaces/equipment between use.

- Wash your hands often, with soap and water. Wash for at least 20 seconds.
- Always wash your hands after being in a public place.
- Always wash your hands after blowing your nose, coughing, or sneezing.
- If soap and water are not available, use hand sanitizer that is at least 60% alcohol.
- Stay at least 6 feet from other people if you are in public places.
- Wear a mask in public places.
- Clean and disinfect things that people touch a lot: counters and other surfaces; telephones, remote controls and other devices; doorknobs, stairway railings and other objects.

[Protect Yourself & Others: COVID-19 - Minnesota Dept. of Health](#)

Resources:

Minnesota Department of Health (MDH): Coronavirus:

<http://www.health.state.mn.us/diseases/coronavirus>

Minnesota Department of Health (MDH) testing site information:

<https://www.health.state.mn.us/diseases/coronavirus/testsites/index.html>

COVIDaware MN App:

<https://covidawaremn.com/>

MYBA 2021 Return to Participation Manual:

<http://myas.org/media/5976/myba-return-to-participation-manual12-30.pdf>

Minnesota Youth Athletic Services resources:

<http://myas.org/covid-19/resources/>