



Lake City Basketball

Covid-19 Plan

2020-21 Season



MSHSL Guidance: The MSHSL along with the MDH issued guidance for youth sports. This guidance is included here: [Covid-19 Sports Guidance for Youth and Adults](#).

Basketball Practices

- The max pod size is 25 total people in the gym during any practice time.
- The following guidelines will be followed during each practice session.

Before Practice	During Practice	After Practice
<p>Health Check: Parents will do a health screening of their child before each practice/game. All coaches will also go through the health screening with their players upon arrival to the gym as well. Any player who does not pass the health screening will immediately return home with parents.</p> <p>Masks: All players and coaches will arrive wearing a mask and continue to wear a mask unless they meet the requirements listed in the next sections.</p> <p>Water Bottles: All players will bring and use their own water bottle throughout practice.</p> <p>Cleaning/Hygiene: Coaches will be given hand sanitizer and disinfectant cleaner. The coach will make sure that all players sanitize hands before practice. The coach will also spray and disinfect the basketballs before practice.</p>	<p>Masks: Masks will be worn by coaches during practice. The only time a coach can remove a mask is if they are more than 12 feet away from anyone and are instructing. A player may remove their face covering when participating as an athlete in an organized sport in an indoor business or public indoor space while the level of exertion makes it difficult to wear a face covering</p> <p>Practice Structure: Coaches should plan practices with drills to keep kids spread out as much as possible. Spend more time on fundamentals drills using good social distancing. When you need to scrimmage, please be as short and purposeful as possible. Each player should have their own basketball and should use this during any skill work. When doing any small group work, coaches should try to keep players in the same small groups or pods whenever possible.</p> <p>Social Distancing: Whenever meeting with the group, coaches will enforce social distancing. Coaches will create coaching drills that maintain social distancing as much as feasible.</p> <p>Water Bottles: All players will bring and use their own water bottle throughout practice.</p> <p>Cleaning/Hygiene: Before any scrimmage situation, spray the ball with disinfectant. Have players wash hands with hand sanitizer before and after any scrimmage situation.</p>	<p>Masks: Players should immediately put a mask on at the end of practice. Coaches should be wearing masks at the end of practice as well. The only time a coach can remove a mask is when they are more than 12 feet away and are instructing.</p> <p>Social Distancing: Whenever meeting at the end of practice, coaches will have players maintain social distancing.</p> <p>Cleaning/Hygiene: Coaches will be given hand sanitizer and disinfectant cleaner. The coach will make sure that all players sanitize hands after practice. The coach will also spray and disinfect all basketballs after practice.</p>

- We will follow all other health required MDH guidelines, including the following:
 - Parents or spectators will not be allowed in the gym during practices.
 - Coaches will maintain contact information, daily practice attendance, team rosters, and be prepared to support local public health contact tracing efforts if exposures occur.
 - If a player gets sick during the season, coaches will follow all MDH guidelines for re-entry into the team activities.

Game and Tournament Expectations

Health Check: All coaches will go through the [health screening](#) with their players upon arrival to the gym. Any player who does not pass the health screening will immediately return home with parents.

Masks: Masks will be worn by coaches during games. All players will wear masks when they are not participating in the game and are sitting on the bench. A player may remove their face covering when participating as an athlete in an organized sport in an indoor business or public indoor space while the level of exertion makes it difficult to wear a face covering. All players will put their mask on when they return to the bench and are not playing.

Social Distancing: Whenever meeting with the group, coaches will try to maintain social distancing as best as possible. Coaches will try to space out bench players as much as possible to allow social distancing.

Water Bottles: All players will bring and use their own water bottle throughout the game.

Cleaning/Hygiene: Before any game situation, spray all practice balls with disinfectant. Have players wash hands with hand sanitizer before and after any game play situation.

MDH Guidelines: All other MDH guidelines will be followed as well.

Player Name: _____

Grade: _____

Parent Name: _____

I have read through and understand the expectations for my child, the coach, and parents regarding the elementary basketball season for the winter of 2020-21. I understand the inherent risks of playing basketball and the unique risks associated with Covid-19 and I agree to following these health guidelines.

Parent Signature: _____

Date: _____