

COVID-19 Preparedness Plan for Rochester Community Youth Basketball Association (RCYBA)

RCYBA is committed to providing a safe and healthy workplace for all our players, parents, officials and workers. To ensure we have a safe and healthy program RCYBA has developed the following COVID-19 Preparedness Plan in response to the COVID-19 pandemic. All RCYBA participants, parents, and workers are responsible for implementing this plan. Our goal is to mitigate the potential for transmission of COVID-19 in our practice and game situations. This will require full cooperation among all program participants.

RCYBA's COVID-19 Preparedness Plan follows the Rochester Public School (RPS) guidelines, which have been developed in association with the Centers for Disease Control and Prevention (CDC) and Minnesota Department of Health (MDH) guidelines for COVID-19.

These requirements may change over the next few months. RCYBA will notify parents and coaches of any changes to the requirements.

These requirements are valid as of **November 11, 2021**

RCYBA Plan Administrators: Ann Nicometo (rcybareg@gmail.com) and Greg Bone (bone431se@gmail.com).

In the event any player, coach, parent, official or game worker has a confirmed case of Covid-19 they **must** contact the one of the above RCYBA Plan Administrators and follow the instructions listed the section titles; "**ACTION PLAN FOR POTENTIAL/CONFIRMED COVID-19 CASES**" on page 5 of this plan.

The following are the actions that need to be followed by those that are involved with RCYBA activities. Failure to follow these instructions may lead to an individual being prohibited from participating in RCYBA programs, or a facility owner no longer allowing RCYBA to use their gym.

RCYBA

- RCYBA will develop and implement a Covid-19 plan for its activities and participants.
- This plan will be provided to all participants and facilities used by RCYBA and posted on our website.
- Any changes to the plan will be communicated to all participants and facilities used by RCYBA and posted on our website.
- RCYBA will, to the best of its ability, enforce the requirements outlined in this plan.

RCYBA Team Practices

- All participants will be required to wear face coverings while in the building. Players may remove masks when playing on the court.
- Participants are responsible for bringing their own masks and hand sanitizer.
- Players will need to bring their own ball to practice.
- Players should bring their own water bottle and only use water fountains to fill the water bottle. Do not share the water bottle with others.
- Participants should enter and leave the facility in a timely fashion and not congregate outside or inside facility.
- Following practice, all must leave the gym and facility within **10 minutes**.
- Parents and guardians can only drop off up **10 minutes** before scheduled practice time and must pick up within **10 minutes** after practices ends.

RCYBA League Games

- All participants and spectators (players, coaches, officials, staff, spectators and game personnel) will be required to wear face coverings. Players may remove masks when playing on the court.
- No handshake lines after games
- Players should NOT bring their ball to games.
- Players should bring their own water bottle and only use water fountains to fill the water bottle. Do not share the water bottle with others.
- Game ball will be sanitized before, during and at the completion of the game.
- Each team is responsible for bringing hand sanitizing products.
- Huddles during pre-game, halftime, and timeouts should be properly distanced.
- Participants should note enter the game facility within 10 minutes of scheduled game time and most leave within 10 minutes of game completion. There will be no congregating outside or inside the facility.

Players:

- Players must wear face coverings while not actively participating on the court. Masks are to be worn while on the bench.
- Outside of your game-time, must maintain 3-6 feet distance, whenever possible, from any person outside of your household.
- No sharing of food or drinks. Players should bring their own water bottle and only use water fountains to fill the water bottle. Do not share the water bottle with others.
- Players must refrain from high fives, handshake line, and (outside of gameplay) avoid any other physical contact with teammates, opposing players, coaches, referees, and spectators.
- Whenever possible, equipment and personal items should have proper sanitation and should not be shared.
- Hand sanitizing is strongly recommended when you come off the floor during practice and/or games.
- Hand washing or hand sanitizing, in the absence of soap and water, is strongly recommended before and after games.
- Items players should have masks (extras if possible) and hand sanitizer with them at practices and games.

PARENTS, SPECTATORS & GAME PERSONNEL

- Try to maintain six feet distance from any other person, outside of your household.
- Face coverings are required for the entire duration that you are inside the facility.
- Hand washing or hand sanitizing, in the absence of soap and water, is strongly recommended before and after games.
- Conduct a daily symptom assessment of your child and have them stay home if experiencing Covid-19 symptoms.
- Before attending an RCYBA event first conduct a daily symptom assessment on yourself and stay home if experiencing Covid-19 symptoms.
- If a known case is identified, you will need to contact your coach and RCYBA plan administrator.
- Rideshare/carpooling should be avoided or kept to a minimum number of passengers.
- Participants should enter and leave the facility in a timely fashion and not congregate outside or inside facility. Following competition, they must leave facility immediately.

COACHES

- All coaches must maintain six feet distance, whenever possible, from another person.
- Coaches must wear face coverings at all times.
- Repeatedly remind players not to touch their faces.
- Maximum of 3 coaches allowed on the bench for each team.
- Should conduct a daily symptom assessment and stay home if experiencing Covid-19 symptoms.
- No touch rule –coaches must refrain from high fives, handshake line, and any other physical contact with fellow coaches, opposing coaches, players, referees, and spectators.
- If a known case is identified, you will need to contact RCYBA plan
- Rideshare/carpooling should be avoided or kept to a minimum number of passengers.
- Participants should enter and leave the facility in a timely fashion and not congregate outside or inside facility.
- Following competition, they must leave facility as directed by facility instructions

OFFICIALS

- All officials must maintain six feet distance, whenever possible, from another person.
- Officials must wear face coverings while not actively participating on the court.
- Must conduct a daily symptom assessment and stay home if experiencing Covid-19 symptoms.
- Must avoid exchanging documents or equipment with any other person.
- No touch rule –referees must refrain from physical contact with coaches, players, and spectators.
- Hand washing or hand sanitizing, in the absence of soap and water, is strongly recommended before and after games.

Facilities

Be aware that COVID-19 requirements will vary from facility to facility. Traveling teams will experience different requirements at each tournament. The facility requirements will have precedence over the requirements in this COVID-19 plan.

Screening Questions

Conduct this assessment prior to leaving home. May also be conducted when you arrive at the facility.

In the last 48 hours have you:

- Had a fever 100.4 or higher
- Had a new or worsening cough?
- Had any of these other symptoms?
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Chills
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat

If you answered “Yes” to having any of the symptoms listed, you must stay home.

ACTION PLAN FOR POTENTIAL/CONFIRMED COVID-19 CASES

Illness During Practice or Games

If a participant (player, coach, parent, official, worker) starts feeling ill or displaying possible Covid-19 symptoms, they need to be removed from the group and sensitively isolated until they can be picked up from the facility.

Communication of Confirmed Cases

In the event any player, coach, parent, official or game worker that has a confirmed case of Covid-19, they **must** notify one of the above RCYBA Plan Administrators

RCYBA may need to contact Rochester Public District (RPS) if infected person was in a RPS facility.

Procedures for Quarantine When COVID is Identified or Close Contact:

Test Positive for COVID-19

Players and coaches who test positive for COVID-19 must quarantine for at least 10 days from the date of symptom onset or date of positive COVID-19 test. Must remaining in quarantine until symptoms have improved and have not had a fever for 24 hours without using fever-reducing medication.

Family members who are not vaccinated or have NOT tested positive for COVID-19 within the last 90 days should quarantine for 14 days from contact.

Experiencing COVID-19 Symptoms (Fever over 100.4, new or worsening cough, difficulty breathing , new loss of taste or smell)

Person experiencing symptoms needs to be tested for COVID-19 and remain in quarantine until test results are received.

- If test is negative, person experiencing symptoms should stay home until symptoms have improved and had no fever for 24 hours without using fever-reducing medication. Siblings and household members can return to activities.
- If test is positive see quarantine requirements for positive COVID-19 test, Siblings and household members can return to activities

Close Contact with person who has tested positive for COVID-19

Close Contact as defined per CDC, RPS and MDH guidance, close contacts include anyone who:

- Lives in the same household as a person who tested positive for COVID -19.
- Has been within 6 feet of an infected person for more than a cumulative 15 minutes over a 24-hour period during the infectious period (48 hours prior to symptom onset or date of positive test). Classrooms, buses, practice and games are included as close contact scenarios.

Actions:

1. **Fully vaccinated or have had a confirmed COVID-19 test:** Players, parents and coaches that are fully vaccinated or have had a positive COVID-19 within the past 90-days, do not need to quarantine if they have no symptoms. RPS will ask for proof of vaccination or PCR test results. These individuals may continue to participate in RCYBA activities with recommendations to consider testing between days 3 and 5 from last contact.
2. **Unvaccinated:** players, parents and coaches who are not vaccinated or have not tested positive for COVID-19 in the last 90 days will need to quarantine per one of the following timelines.
 - a. Players, parents and coaches can return in 11 days if symptom free or
 - b. 8 days if they provide a negative COVID-19 test result to RPS that was completed 3-5 days from the last date of contact.