

Sartell Area Youth Basketball Association (“SAYBA”)

Return to Play Plan (COVID-19 Exposure Prevention Plan) - Practices (Updated 12/30/20)

COVID-19 conditions are rapidly changing. Please know that our plan may change as state and federal guidance changes.

SAYBA is committed to providing a safe and healthy place for all our athletes, coaches, families, and volunteers. To ensure we have a safe and healthy program, SAYBA has developed the following COVID19 Preparedness Plan-Practices in response to the COVID-19 pandemic. Coaches, parents, players, 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 all persons in our program.

An inherent risk of exposure to COVID-19 exists in any public place where people are present. By attending any SAYBA practice, you voluntarily assume all risks related to exposure to COVID-19 and agree not to hold SAYBA or its officers, Board Members, or volunteers liable for any illness or injury. While we are employing safety and sanitation procedures as recommended by the CDC and Minnesota Department of Health, where we bear responsibility, we cannot guarantee that any of these measures will completely protect you. You agree to accept all responsibility for the risk that you may contract COVID-19.

Waiver needs to be signed and returned to SAYBA prior to the first practice. These were completed online, at registration, for each player with coaches to complete and submit to SAYBA Board prior to the first practice.

COVID Contacts: Krista Durrwachter (kristadurr@gmail.com / 320-333-9042) or Chris Lewis (comets.director@gmail.com / 320-420-3482)

Prior to Practice - Health Screening

Parents/individuals entering the facility will be asked to take their own temperature and answer the health screen questions below, before arriving at each practice. Questions and Guidance can be found at the following link (summary below, as of 10/4/2020).

<https://www.health.state.mn.us/diseases/coronavirus/schools/homescreen.pdf>

1. Does the participant have one or more of these symptoms? Fever of 100.4 degrees Fahrenheit or higher, Difficulty or trouble breathing, New cough or a cough that gets worse, or New loss of taste or smell

~If the participant has one or more of these symptoms, they must stay home; if not go to question 2

2. Does the participant have at least two of these symptoms? Sore throat, Nausea, Vomiting, Diarrhea, Chills, Muscle pain, Excessive Fatigue (extreme tiredness), New or severe headache, and/or New nasal congestion or runny nose

~If the participant has at least two of these symptoms, they must stay home; if not go to question 3

3. Has the participant been diagnosed with COVID-19 since the past practice?

~If answer is yes, participant must stay home in isolation and away from others as much as possible for at least 10 days (counting from the day their symptoms first started or the day they were tested), and until their symptoms get better and they have not had a fever for 24 hours (without taking medicine to lower the fever). Even if they feel better, they must stay home for the full 10 days. If the participant has tested positive for COVID-19 but has no symptoms, they can return 10 days after the date of their test

4. Has the participant had close contact (within 6 feet for at least 15 minutes) in the last 14 days with someone diagnosed with COVID-19, or has any health department or doctor or other health care provider contacted you and said the participant should stay home (quarantine)?

~If answer is yes, the participant must stay home. The participant can return 14 days after the last time they had close contact with someone with COVID-19, as long as the participant has not developed symptoms or has tested positive for COVID-19. Close contact means being 6 feet or less for at least 15 minutes from a person who has COVID-19. Even if the participant has tested negative, they cannot go back until it has been 14 since they had close contact.

5. Is the participant or any other household member who is symptomatic (has symptoms consistent with COVID19) currently waiting for COVID-19 test results?

~If answer is yes, the participant must stay home until they get their test results. If the test result is negative, the participant can return. If the test result is positive, the participant must remain at home and begin a 14 day quarantine period starting on the last day they had close contact with the positive case.

CDC Symptoms: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

Upon arrival, individuals will be asked to confirm that their temperature is less than 100.4 degrees F, and confirm that they have self checked via the health screen questions and are able to participate. If a player or coach indicates that he/she is unwell or exhibits any of the symptoms during practice, that personal will need to leave the premises immediately.

Coaches are responsible to take attendance and chart compliance for each practice, on forms provided by SAYBA.

Players/parents are encouraged to self-monitor for signs and symptoms of COVID-19. The above is being implemented to assess players' health status prior to entering the gym and for players/parents to report when they are sick or experiencing symptoms. The screening process is the responsibility of the player and parents. If a player cannot attend due to any of the below items, please report this immediately. Players will not be punished/penalized for not attending due to the above referenced.

Players should stay home when they are sick, when household members are sick, or when required by a health care provider to isolate or quarantine themselves or a member of their household. If a player has been diagnosed with COVID-19, they will be asked to quarantine for 14 days. Follow local/state/government guidelines for other monitoring/quarantining.

When there is a confirmed positive case of COVID-19 among players/coaches notification to those exposed will be completed by the coach or board members. Specific names of the player who is positive should not be shared/released. Board should be notified by the player, family and coach.

At Entrance to Practices

- Participants can enter the building no more than 5-7 minutes prior to the start of practice. They will be given directions as to which door to enter and exit.
- Participants waiting to enter the gym will need to maintain social distancing guidelines, stay near the gym and not wander around the facility.
- Participants will be asked to confirm compliance with the above health screen questions.
- Parents are asked to not enter the facility/Parents will not be permitted to observe practices. If a parent needs to talk to a coach please make prior arrangements that take into account COVID-19 regulations.
- Face coverings must be worn by players and coaches upon entering and exiting the building and at all times during practice.

Practice Requirement for Players and Coaches

- Max attendees as allowed per guidelines (generally one team per half court); currently set at a max of 25 people per pod.
- Coaches will designate areas for players to ensure social distancing, when able
- Each player will provide his/her own basketball, if able with any shared basketball sanitized regularly
- Each player will provide his/her own LABELED water bottle
 - No sharing of foods or drink / No gum allowed
- Scrimmaging will be allowed if guidelines permit
- Cover your cough or sneeze
- All parents will be asked to wait in their cars upon practice completion; players will be brought out of the building

Sanitizing Equipment and Players

Before practice begins, players will need to make sure they have thoroughly washed their hands. Each player and coach will be required to supply his/her own hand sanitizer at practice. Players should practice good hygiene, including sanitizing before, between and after the scheduled practices.

Coaches/Players will provide sanitizing wipes/spray for equipment. Coaches will ensure players place their equipment at least 6 feet away from each other around the perimeter of the gym. Social Distancing will occur when able. Players with underlying health conditions are encouraged to wear masks as required and when possible. Scrimmages and drill will be played, at which time social distancing will not occur (as allowed per government guidelines for indoor sports/basketball).

References and Resources

COVID-19 Sports Guidance for Youth per MN Department of Health

<https://www.health.state.mn.us/diseases/coronavirus/sportsguide.pdf>

Frequently Asked Questions: Updated COVID-19 Guidance for Youth and Adult Sports

<https://www.health.state.mn.us/diseases/coronavirus/sportsguidefaq.pdf>

MDH Social Distancing: www.health.state.mn.us/diseases/coronavirus/businesses.html

MDH: Health screening checklist –

www.health.state.mn.us/diseases/coronavirus/facilityhlthscreen.pdf

Participant Hygiene Plan

www.cdc.gov/handwashing/when-how-handwashing.html

www.cdc.gov/handwashing

www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html

www.health.state.mn.us/diseases/coronavirus/prevention.html

www.cdc.gov/healthywater/hygiene/etiquette/coughing_sneezing.html

Social distancing Plan

MDH Guidance for Social Distancing In Adrenaline Sports Centers

www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html

www.health.state.mn.us/diseases/coronavirus/businesses.html

Housekeeping Plan

www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html

www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html

www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2

www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html