

Junior Spartan Boys Basketball

2020-2021

Health Guidelines



Athlete Arrival and Departure:

- 1) Athletes should not arrive at Brookfield East prior to 10 minutes before the beginning of their scheduled practice or skills training sessions and will not be allowed to remain after the conclusion of these sessions. We ask that parents arrive 5 minutes prior to the end of each session, to pick their child up.
- 2) Parents may come into the building to drop off and pick up their child, but please be aware that face masks are required for all adults entering Brookfield East High School. Practice sessions will be closed to limit each athlete's potential exposure to covid-19 and to comply with public health guidelines for large group settings.
- 3) Coaches will stagger the dismissal of athletes to eliminate the risks associated with large numbers of athletes coming into close proximity of one another.

General Guidelines:

- 1) Practice sessions at Brookfield East High School will be limited to 250 athletes and coaches to ensure compliance with the Waukesha County Public Health Department's Large Gathering recommendations. We will rarely exceed 100 athletes and coaches during any practice session. Please note that grade level practices will occur on Sundays in the fieldhouse, so athletes will only be directly exposed to those athletes on their assigned court. Grade levels will not interact with each other during Sunday practice sessions, so your child's exposure will only involve teammates at their respective grade level. During the week, grade level practice sessions and skills training sessions will take place at an alternate location. These sessions will also meet the requirements of the Waukesha County Public Health Department's Large Gathering recommendations and usually include around 35 athletes and coaches.
- 2) For the safety of all participants, each athlete will be asked to bring a signed document indicating their current levels of health and exposure to covid-19. All members of the

coaching staff will adhere to the same guidelines outlined in the health questionnaire. Please print the following form, complete the questionnaire, and return the signed document prior to the beginning of each practice session: [Health Questionnaire](#) (to be used if you do not have access to Team Snap). We will also provide the same health questionnaire on Team Snap and athletes will be expected to have this filled out and submitted prior to their arrival at all team practices or skills sessions.

- 3) Athletes will be divided into small groups that will remain consistent for all skills training and practice sessions. We will attempt to limit those interactions, including during small-sided games, to no more than 8 athletes at a basket for the entire duration of the practice or skills training session. These measures will be in place to ensure minimal exposure to other athletes and to assist with contact tracing if an athlete were to test positive for covid-19. Every attempt will be made to design groups that are as similar as possible to the small group composition of past practice or skills training sessions.
- 4) Athletes should bring their own basketballs to all practice and skills training sessions and should not share it with any other athlete. Designated basketballs, provided by the coaching staff, will be used for passing drills, small-sided games, and team instruction. Adherence to these guidelines will help ensure that the risk associated with practice and skills training sessions remains lower.
- 5) Athletes should bring their own water bottles and should not share them with any other athlete. Water fountains will not be available for use at scheduled practice or training sessions..
- 6) Please use the restroom prior to arrival at scheduled practice sessions. Restrooms will only be used for emergencies.
- 7) Coaches will stress social distancing and remind athletes of its importance.
- 8) Face coverings will be required by all athletes upon entrance to the fieldhouse, during warm-ups, and while leaving the building. Face coverings will not be required during physical activity during practice or skills training sessions by athletes. All athletes are allowed to wear a face covering while participating. Coaches will be required to wear a face covering at all times. These requirements are in accordance with the Waukesha County Public Health Department and CDC's guidelines.
- 9) Hand sanitizer will be provided and any equipment that might be exposed to multiple athletes will be sanitized regularly. Athletes will be encouraged to sanitize their hands during and immediately following the conclusion of practice or skills training sessions.

Potential Exposure Guidelines:

- 1) If an athlete develops symptoms of covid-19, they should not attend practice or skills training sessions. We recommend your child be tested if symptoms of covid-19 are present.
- 2) If an athlete is diagnosed with covid-19, all CDC and Elmbrook School District guidelines must be adhered to in conjunction with medical clearance prior to a return to activity. Please inform the coaching staff of your child's illness so that members of their group

can be informed. All CDC and Elmbrook School District guidelines will be adhered to if your child has been exposed to covid-19 prior to their return to scheduled practice or skills training sessions. The privacy of all parties will be respected.

Waivers:

- 1) Due to the inherent health risks involved with physical activity, including exposure to covid-19, all participants will be required to sign a waiver for practice and skills training participation.
- 2) Each family must make their own determination regarding their child's participation in practice and skills training sessions and assume all risks associated with that decision.
- 3) Liability waivers must be printed and signed. Waivers must be submitted to the coaching staff prior to participation. You only need to provide (1) signed waiver for the entire season. The liability waiver can be accessed here: [Liability Waiver](#) (if you cannot sign electronically, please print this document and turn it in on the first scheduled activity you attend). The waiver will be made available in a google document that will allow families to submit the form electronically.

Competition:

- 1) League and tournament participation will be included in the Junior Spartan boys basketball program, if those experiences exist.
- 2) If there are no league or tournament experiences available this season, our coaching staff will do everything possible to provide competition for our athletes through organized intrasquad scrimmages. If available, we will also attempt to work with local youth programs to provide games in a controlled environment.
- 3) If your family is not comfortable with your child competing with any athletes outside of Junior Spartans, please inform us of that decision so that the appropriate experience can be designed for your child and every athlete in the program.

Strength Program:

- 1) Strength training sessions will be designed by Coach Stephen Linzmeier and health guidelines for these sessions will be shared prior to your child's participation.
- 2) Sessions will be limited to 100 athletes per Waukesha County Public Health Department's Large Gathering restrictions.

Additional Items:

- 1) Due to the fluidity of the covid-19 pandemic, guidelines will be updated whenever the CDC, Waukesha County Health Department, Elmbrook School District, and Brookfield East High School deems necessary.
- 2) If the elimination of the Junior Spartans boys basketball season is deemed necessary due to health concerns regarding covid-19, refunds will be provided accordingly.

2020-2021 Participation Fees:

- 1) The Junior Spartan fee for participation is \$375.00.
- 2) All fees will be used to offset costs associated with uniforms, practice jerseys, equipment, facility rental when necessary, practice sessions, leagues, and tournaments.
- 3) In addition the Junior Spartan boys basketball program provides skills training with Taylor Janssen of PerformanceMax Basketball Training and strength training with Stephen Linzmeier, Brookfield East's strength trainer. These opportunities are provided at no additional cost to our athletes.
- 4) Athletes have the option of taking advantage of all of these opportunities, or can select those that best meet their family's needs. Regardless of those choices, please understand that the fee is \$375.00 for participation.
- 5) Refunds will be provided if the elimination of the Junior Spartan season were to occur due to covid-19.