

River Falls Girls Basketball Association Guidelines pertaining to Covid-19

All active participants and parents will read and abide by the Statement of Understanding stated in guidelines. This will be agreed to prior to participating in RFGBA events. This is not legally binding, but an agreement between player, staff and RFGBA to abide by best practice recommendations for anyone who is sick/ill.

Statement of Understanding

Only players who feel healthy and have NOT traveled using confined means (airplane, train, bus, cruise ship, etc.) or participated in any high risk activities or gatherings are allowed to participate in practice/games. Any player or player's family member who is ill in any way, specifically experiencing symptoms of COVID-19 (fever, cough, shortness or breath, chills, sore throat, new loss of taste or smell), should stay home until the CDC's published isolation criteria are met. RFGBA board members and coaches will utilize their best judgement with all players and send home those athletes reporting feeling ill or experiencing symptoms.

Should anyone participating with River Falls Girls Basketball Association, coach or athlete, be diagnosed with COVID-19, they should immediately contact RFGBA Covid Director and follow proper healthcare procedures as laid out by their health care professional, including isolation if they are asked to do so by their doctor or by any State's Department of Health. Athletes, coaches, and staff must have, in writing, signed, clearance from their health care professional to resume activity after a COVID-19 diagnosis OR the original, dated, "order" to isolate with the specified duration from their health care professional so RFGBA can verify their compliance with that "order" upon their return.

Pre-Workout/Pre-Contest Screening:

All coaches, athletes and families are required to self-monitor for signs and symptoms of COVID-19. The following policies and procedures are being implemented to assess health status, of all, prior to participation in RFGBA events. This process is not all encompassing and does not guarantee the health of any individual participating.

- Athletes and coaches should be symptom free before attending practices or games.
- Athletes and coaches should follow River Falls School District guidelines for symptoms/return to play.
- Stay home if you have any symptoms or have been notified by public health as a "close contact" of someone testing positive for Covid-19
- Individuals at increased risk should consider their risk before attending or participating
- A record will be kept of all individuals present at team activities.
- Coaches will report attendance to "Covid-Director" to be entered into a spreadsheet.
- If a coach or player is out of school/work for quarantine of any kind - they must be out of RFGBA activity for that duration as well

Covid Waiver/Hold Harmless Agreement

- All athletes must have a legal guardian sign a hold harmless waiver as it pertains to Covid-19.

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Staggered practice start times

- All team practices will be separated by a 15 minute gap in between to ensure that all players from a team have exited the building before the next team is allowed to enter.
- It is imperative that players arrive as close to their scheduled practice time as possible.
- Dropping athletes off early will not be allowed. Players should wait in their vehicles until the coach opens the entrance door. This signals that the gym is ready for use.
- RFGBA will work with P&R Director (Cindi Danke) for scheduling.
- Players should be picked up promptly after practice

Minimize Physical Contact

- Team handshakes with opponents after games are discouraged
- Team “break-downs” in tight huddles are discouraged
- Discourage direct hand-to-hand celebrations
- Physical distancing while sitting out of drills, stretching, warming up, chatting, etc. Try to avoid the congregating of players while waiting for their turn for drills.
- No lockers rooms will be used
- Each athlete will bring their own gym bag for personal items. All personal items should remain in their bag while not in use. Gym bags should be placed at least 6 feet apart for the duration of practice.

Hygienic Focus

- Symptoms should be self-monitored prior to each practice/game for all players/coaches/parents
- Each player will have their own basketball
- Team basketballs will be sanitized before/after practice & games
- Request that players, families, coaches monitor for covid-like symptoms before practice & games
- Disposable masks will be supplied and stocked in travel bags for those that may forget
- No spitting into clean hands or on the bottom of shoes
- Shoes, clothing, towels and other personal items must not be shared among athletes.
- Athletes should bring their own water bottles. Water bottles must not be shared. Hydration stations will not be utilized.
- Athletes should use the bathroom before they come to practice. School bathrooms will only be allowed for emergency use.

Designation of COVID-19 Director -

Natalie Sticht 763-232-0143 / nataliesticht232@gmail.com

- Director is responsible for responding to all Covid-19 concerns
- All coaches & families should know who this person is and how to contact them
- Covid Director will be sure all registered players have Covid Waiver/Hold Harmless Agreement on file
- Covid Director will keep spreadsheet of attendance for all teams' practices
- Covid Director will assist public health department with an contact tracing that may be needed
- Coaches will text player attendance to Covid Director for every practice

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Contact Tracing

- Detailed records of individual attendance at RFGBA events will be kept and provided to health authorities upon request to allow for contact tracing should it be necessary. Upon official request, parent contact information will be provided.
- Information will ONLY be provided to government/health authorities, it will not be shared with coaches, staff, athletes or families. Government/health authorities will contact individuals to relay any additional actions that must be taken. Because RFGBA members/coaches are not licensed medical experts, other than in direct cases of diagnosis, we will not implement additional mandatory isolation of secondary or tertiary contacts. However, athletes/families/coaches are required to notify Covid Director if they are ordered to isolate by a government or health authority; and that order must be adhered to by the athlete or coach.

1st/2nd/3rd/4th grade skills - *(Saturday mornings only)*

- Each player uses their own ball provided by RFGBA
- Player will be dropped off and coaches will meet players at facility entrance to check them in.
- No parent spectators allowed.
- Coaches will walk players to exit for pickup.
- Masks are required at all times in the school buildings.
- Each coach will be responsible for a pod of players to be kept the same each week. No more than 10 players per court.
- Sessions will be scheduled so that there is adequate time for prior session to exit before new session begins
- Hand sanitizer will be used as athletes enter/exit the building.

5th-8th grade teams *(Practice 1-2x per week)*

- Player will be dropped off and coaches will meet players at entrance for check-in procedures prior to practicing.
- No parents allowed to watch practice.
- Coaches will walk players to exit for parent-pick up
- Masks are required inside school buildings
- Maximum 10 players per court
- Hand sanitizer provided before/after practice & games
- Uniform handout will be conducted at a team specified time to avoid mass gathering or will pre-package uniforms for hand out (Still TBD)
- Coaches will be provided with parent contact information in case of emergency while at practice

Games

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-Home tournament scheduled for January 23, 2021 & February 27, 2021. We will re-visit guidelines (number of spectators, concessions) with RF Activities within 30 days before scheduled events as we understand this is ever-changing.

-Athletes/Parents will follow all rules set in place by the tournament host site. Including, but not limited to, the number of spectators allowed per team, mask wearing, social distancing procedures, etc

-If home tournament is allowed, benches/basketballs will be sanitized between games