ALEXANDRIA YOUTH BASKETBALL COVID-19 PREPAREDNESS PLAN

*The following policies, practices and conditions are set forth to incorporate guidance from the Centers for Disease Control and Prevention (CDC), the Minnesota Department of Health (MDH), and the federal Occupational Safety and Health Administration (OSHA) into our daily practices at Alexandria Youth Basketball Club (AYBC).*

Knowing that eliminating all risk is impossible, AYBC is committed to providing an environment that is as safe and healthy as reasonably possible for all coaches, athletes and families. To that end, we have developed the following Safety Procedures and Preparedness Plan in response to the COVID-19 pandemic. We will continually monitor the COVID-19 pandemic and modify the policies and procedures to best insure health and safety.

By continuing with AYBC for the remainder of the 2020-21 season all adults and guardians of minors assume ALL risks associated with participation including but not limited to exposure to COVID-19. Exposure to COVID-19 can lead to temporary or permanent health consequences and death.

Club Directors, coaches, athletes and families are all responsible for implementing and complying with all aspects of the policies and procedures in this plan. Our goal is to mitigate the potential for transmission of COVID-19 during AYBC activities and events and that requires full cooperation. The coaches are charged with enforcing the policies and this plan during their scheduled training times. Coaches or board members will be on site with athletes at all times to ensure compliance.

**Social Distancing**

1) No parents, siblings, spectators or any additional individuals will be allowed to view practices.

2) Drop-off and pick-up of children will be outside of the facility.

3) Each half of the basketball court will be used for implementing of social distancing, maintaining adequate spacing

4) All coaches and athletes are asked to utilize the restroom prior to arriving or after leaving the facility. Restroom use will be limited to hand washing and “emergency” use only.

5) Social distancing reminders will be given at each practice, game, tournament, or event.

**Procedure for Pre-Arrival, Arrival and During and After Practice**

**PRE-ARRIVAL**

1) All players and coaches must complete the AYBC Daily Home Screen for Players and Coaches prior to all AYBC activities.

**AYBC Daily Home Screen for Players and Coaches**

Section 1: Symptoms

If your child has any of the following symptoms it may indicate a possible illness and puts them at risk for spreading illness to others.

Please check your child EACH DAY for these symptoms before attending an AYBC event :

❐ Temperature 100.4 degrees Fahrenheit or higher

❐ New onset and/or worsening cough

❐ Difficulty breathing

❐ New loss of taste and smell

❐ Sore throat

❐ Nausea

❐ Vomiting

❐ Diarrhea

❐ Muscle Pain

❐ Excessive fatigue

❐ New onset of severe headache

❐ New onset of nasal congestion or runny nose

Section 2: Close Contact/Potential Exposure

❐ Had close contact (within 6 feet for at least 15 minutes) with a person with confirmed COVID-19

❐ Traveled to an area with large numbers of COVID-19 cases

If ‘YES’ to any of the above please keep your child home.

**ARRIVAL**

2) Coaches and athletes will be allowed entrance into AYBC practices/events at their scheduled session.

3) All coaches and athletes are required to wear masks entering and exiting the gym for any AYBC events. Masks may be removed once in the gym and social distanced from other athletes. DO NOT congregate.

4) Coaches will document attendance of athletes.

5) Once in the gym all coaches and athletes will be directed to complete hand sanitizing before touching equipment.

6) Drinking fountains will not be available. Athletes will be required to bring their own, FULL, water bottle.

7) Players will be asked to provide their own basketball.

8) No handshakes, high fives, fist bumps, nor other physical interaction.

**AFTER**

11) At the conclusion of practice all coaches and athletes will be directed to use hand sanitizer.

12) All athletes will place their masks on properly, hand sanitize, and exit the facility. DO NOT congregate.

**Screening and Policies for ANYONE exhibiting Signs and Symptoms of COVID-19**

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 the health status of everyone prior to the start of AYBC events. This process is not all encompassing and does not guarantee the health of any individual.

● All individuals entering the facility will be required to be COVID-19 symptom free for three days prior to entrance. If anyone is displaying any symptoms of the above, they must be kept home. If, upon their arrival or during their training time they display any of the above symptoms they must be picked up by their parent/guardian immediately. Athletes that could have come into contact with the athlete displaying signs of illness will immediately wash or sanitize their hands and arms and resume training once the zone has been disinfected.

● Should anyone participating in an AYBC, coach or athlete, be diagnosed with COVID-19, they should immediately contact an AYBC board member 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 AYBC can verify their compliance with that “order” upon their return.

**Contact Tracing**

1) Detailed records of individual attendance for AYBC 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.

2) 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. Athletes/families/coaches are required to notify AYBC board member(s) if they are ordered to isolate by a government or health authority; and that order must be adhered to by the athlete or coach.

**Hand Sanitizer**

Basic infection prevention measures are being implemented at AYBC at all times.

1) Hand sanitizer will be available on each court.