

## **COVID-19 Preparedness Plan for Waconia Basketball Association**

[September 24, 2020 edition]

The Waconia Basketball Association (WBA) is committed to providing safe and healthy spaces for all our coaches, volunteers, board members and participants. To ensure we have safe and healthy spaces, we have developed the following COVID-19 Preparedness Plan in response to the COVID-19 pandemic. WBA coaches, volunteers, and board members are all responsible for implementing this plan. Our goal is to mitigate the potential for transmission of COVID-19 in our WBA spaces and community, and that requires full cooperation among our coaches, volunteers, board members, and participants. Only through this cooperative effort can we establish and maintain the safety and health of all persons in our community.

WBA coaches, volunteers, and board members are responsible for implementing and complying with all aspects of this COVID-19 Preparedness Plan. WBA coaches, volunteers, and board members have our full support in enforcing the provisions of this policy. We encourage our coaches, volunteers, and participants to ask questions, raise safety and health concerns and offer suggestions related to the plan and its implementation.

Our coaches, volunteers, board members, and participants are our most important assets. We are serious about safety and health at WBA. Our COVID-19 Preparedness Plan follows State of Minnesota Industry Guidance for our business, Centers for Disease Control and Prevention (CDC) Guidelines, federal Occupational Safety and Health Administration (OSHA) standards related to safety and health precautions required in response to COVID-19 and applicable executive orders. The plan addresses the following:

1. Policies and procedures that assist in the identification of sick individuals and ensure sick individuals stay home;
2. Implementation of engineering and administrative controls for social distancing;
3. Individual hygiene and source controls;
4. Building and ventilation protocols;
5. Cleaning and disinfecting protocols;
6. Drop-off, pick-up and delivery practices and protocols;
7. Communications, training and supervision practices and protocols;
8. What players and families can do to minimize transmission; and

### **1. Policies and procedures that assist in the identification of sick individuals and ensure sick individuals stay home**

WBA coaches, volunteers, and board members have been informed of and encouraged to self-monitor for signs and symptoms of COVID-19. Individuals with COVID-19 symptoms should not attend WBA activities. The following policies and procedures are being implemented to assess individuals' health status prior to entering an WBA activity space:

All coaches and participants must be screened for signs/symptoms of COVID-19 prior to any WBA activity. Parents will be expected to complete the COVID-19 Symptom screening tool with their athlete before attending a WBA function. Anyone who is experiencing these Covid-19 symptoms or who has tested positive for Covid-19 should stay home. See link below for screening tool.

[COVID-19 SYMPTOM SCREENING TOOL](#)

- Parents are expected to keep their player's practice and game attendance current through the Sports Engine app for accurate record keeping throughout the entire season.

WBA will be using the State of Minnesota's COVID-19 Decision Tree for People in Schools, Youth, and Child Care Programs. This tool applies to players, coaches, or board members who are experiencing symptoms consistent with COVID-19. Symptoms consistent with COVID-19 fall into two groups:

1. More common symptoms are one or more of these: fever of 100.4°F or higher, new onset and/or worsening cough, difficulty breathing, and new loss of taste or smell.
2. Less common symptoms are two or more of these: sore throat, nausea, vomiting, diarrhea, chills, muscle pain, excessive fatigue, new onset of severe headache, and new onset of nasal congestion or runny nose.

Please see Decision Tree here: [COVID-19 Decision Tree for People in Schools, Youth, and Child Care Programs](#)

Sibling Clarification - please see "For people who are a close contact with someone who tested positive for COVID-19" section of Decision Tree.

- Any person with positive COVID-19 symptoms reported should not be allowed to take part in the WBA activity and should contact his or her primary care provider or other appropriate health-care professional.
- Individuals who have a fever of 100.40 (38.00 C) or above or other signs of illness must not be admitted to the WBA facility.
- WBA encourages parents of participants to be on the alert for signs of illness in their children and to keep them home when they show signs of illness.

WBA has implemented a policy for informing WBA coaches, volunteers, staff members, and participants if they have potentially been exposed to a person with COVID-19 at an WBA activity space and requiring them to quarantine for the necessary amount of time.

If a WBA coach, volunteer, staff member, or participant is confirmed to have COVID-19 and recently participated in an WBA activity, that diagnosed person (or his or her parent, guardian, spouse, or other designee) must inform the WBA Director of Operations, the WBA President, or Vice President of Girls Program Development.

Upon receipt of information about a person who is confirmed to have COVID-19 and who recently participated in an WBA activity, WBA will then attempt to determine who, if anyone,

may have potentially been exposed to COVID-19 at a WBA activity. WBA will communicate to WBA coaches, volunteers, staff members, and participants if they have potentially been exposed to COVID-19 at an WBA activity—while maintaining the diagnosed person’s confidentiality. Also, if a case of COVID-19 is reported to the WBA, the WBA must report the case to the Minnesota Department of Health at [health.sports.covid19@state.mn.us](mailto:health.sports.covid19@state.mn.us).

In addition, WBA has implemented a policy to protect the privacy of a diagnosed person’s health status and health information. WBA shall not disclose the name of the person who is confirmed to have COVID-19. WBA will simply communicate to WBA coaches, volunteers, staff members, and participants that they have potentially been exposed to COVID-19 at an WBA activity—without identifying the diagnosed person’s name. WBA will keep private the identity of a person who has been officially diagnosed with COVID-19, unless disclosure to the Minnesota Department of Health is required.

## **2. Social distancing – maintaining six feet of physical distancing**

COVID-19 is spread through respiratory droplets. Control measures should be employed to minimize exposure from transmission through basic activities, such as coughing, sneezing, and even talking. Assume everyone you come into contact with may be infected and contagious. Treat all encounters as a potential risk. Practice personal protective measures, such as social distancing when in public and washing your hands frequently. It may be possible that a person can get COVID-19 by touching a surface or object that has COVID-19 on it and then touching their own mouth, nose, or possibly their eyes.

Decreasing potential exposure to respiratory droplets is the guiding principle behind social distancing and the use of face coverings.

Social distancing of six feet will be implemented and maintained through the following protocols:

- WBA coaches, volunteers, and staff members must maintain a distance of at least six feet as much as possible. Social distancing guidance requires a 3-foot radius around each person, resulting in a 6-foot total distance between any two individuals.
- Whenever possible, everyone should enter and exit through designated areas that are different from each other.
- Participants in games are not required to maintain social distancing. Basketball inherently requires frequent closeness between players that makes it more difficult to maintain social distancing.
- Outside of game play, participants must avoid any other physical contact with teammates, opposing players, coaches, and any other individuals.
- Do not shake hands, high-five, fist-bump, or otherwise touch another person.
- Find new ways to show sportsmanship; for example, give a wave.
- Game ball should be sanitized before, during, and at the completion of the game or scrimmage.
- Each team must sanitize the bench area before and after each game.
- Huddles during pre-game, halftime, and timeouts should be properly distanced.

CDC guidance provides that the risk of COVID-19 spread increases in youth sports settings as follows:

**Lowest Risk:** Performing skill-building drills or conditioning at home, alone or with family members.

**Increasing Risk:** Team-based practice.

**More Risk:** Within-team competition.

**Even More Risk:** Full competition between teams from the same local geographic area.

**Highest Risk:** Full competition between teams from different geographic areas.

The State of Minnesota, while recognizing these risks, is allowing youth sports games.

For organized sports of all ages, pod sizes for non-game settings are required to not exceed 12 people per team, both inside and outside.

- Intermixing between two teams practicing together will be kept at 25-person maximum.
- Having roster limited teams reduces the number of people potentially exposed if you have a case of COVID-19 and also makes it easier to quickly identify close contacts.
- Coaches should limit the time players spend close to others by playing full contact only in game-time situations.
- Coaches should focus on individual skill building versus competition during practices.
- During times when participants are not actively participating in practice or competition, they should maintain social distancing by increasing space between themselves on the sideline or bench.

CDC guidance provides that youth sports programs should limit any nonessential visitors, spectators, and volunteers. Thus, spectators' ability to attend a WBA event is yet to be determined and can change throughout the season.

Participating in games that require travel out of state is strongly discouraged to reduce risk of exposure. Traveling outside of the local community may increase the chances of exposing players, coaches, and parents to COVID-19, or unknowingly spreading it to others. Before teams make decisions on traveling to other regions or states for games, they should review activity levels of COVID-19 in those areas to inform their decision.

### **3. Individual hygiene and source controls**

COVID-19 is spread through respiratory droplets. Control measures should be employed to minimize exposure from transmission through basic activities, such as coughing, sneezing, and even talking. Assume everyone you come into contact with may be infected and contagious. Treat all encounters as a potential risk. Practice personal protective measures, such as social distancing when in public and washing your hands frequently. It may be possible that a person can get COVID-19 by touching a surface or object that has COVID-19 on it and then touching their own mouth, nose, or possibly their eyes.

Decreasing potential exposure to respiratory droplets is the guiding principle behind social distancing and the use of face coverings.

WBA coaches, volunteers, and staff members must wear face coverings during all WBA activities. Wearing face coverings is most important when physical distancing is difficult. Face coverings are required for the entire duration that you are inside the facility hosting an WBA activity.

Participants must wear face coverings at an WBA activity while not actively participating on the court. Participants may remove their face covering once they are on the court since it may be impractical for participants to wear face coverings during basketball activities. But if a participant wishes to wear a face covering during the WBA activities, they must not be discouraged or prevented from doing so.

Discouraging or preventing any person from wearing a face covering during an WBA activity violates this COVID19 Preparedness Plan.

A “face covering” means a cloth or other covering that fully covers a person’s nose and mouth, secured to the head with ties or straps or simply wrapped around the lower face.

WBA coaches, volunteers, staff members, and participants should wash hands or use hand sanitizer if they come into contact with or use shared amenities. They should wash hands often with soap and water for at least 20 seconds, especially after having been in a public place or after blowing their nose, coughing, or sneezing. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.

Locations used for WBA activities must have hand sanitizer (at least 60% alcohol) readily available for use by WBA coaches, volunteers, staff members, and participants.

WBA coaches, volunteers, staff members, and participants must understand the importance of avoiding touching their faces throughout the day, and washing their hands before they do.

WBA coaches, volunteers, staff members, and participants should exercise caution when using drinking fountains. WBA encourages everyone to use their own refillable water bottles to avoid direct contact with water fountain equipment. Refillable water bottles should not be shared.

#### **4. Building and ventilation protocols**

WBA does not own, control, or manage its own building facilities. WBA is coordinating with the owners and operators of the facilities that WBA uses for its activity spaces to ensure the building is following CDC and State guidelines and are being implemented and followed to the best of the facility’s ability.

## **5. Cleaning and disinfection protocols**

WBA does not own, control, or manage its own building facilities. Regular housekeeping practices are being implemented, including routine sanitizing of the WBA activity spaces and frequent sanitizing of high-touch areas. WBA is coordinating with the owners and operators of the facilities that WBA uses for its activity spaces to ensure that such protocols are met.

## **6. Drop-off, pick-up and delivery practices and protocols**

Parents who are not WBA coaches, volunteers, or staff members should not attend WBA practices. Parents of WBA participants should drop-off their participant at the door of the building hosting the WBA activity. Participants should arrive no earlier than 5 minutes before the WBA activity is scheduled to start. Parents of WBA participants should pick-up their participant at the door of the building hosting the WBA activity. Parents should not enter the building hosting the WBA activity. Parents and participants should limit the use of carpools. When riding in an automobile to an WBA event, participants should ride to the event with persons living in their same household.

## **7. Communications, training and supervision practices and protocols**

This COVID-19 Preparedness Plan will be communicated to all WBA coaches, volunteers, and board members and any necessary training will be provided prior to practices starting by the representing board member(s). WBA coaches, volunteers, and staff members are to monitor how effective the program has been implemented by communicating with the WBA President or the VP of Operations. WBA coaches, volunteers, and staff members are to work through this new program together and update it as necessary. This COVID-19 Preparedness Plan has been approved by the WBA Board of Directors and posted on the WBA website. It will be updated as necessary.

## **8. What players and families can do to minimize transmission of COVID-19**

WBA players and families can minimize transmission of COVID-19 by adhering to the plan requirements set forth in this document and complying with the State of Minnesota's applicable executive orders.

Certified by:

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Jake Majerus  
President of Waconia Basketball Association