

## 2020-21 WINTER BASKETBALL GUIDELINES

*Updated info in red - as of November 30, 2020*

First and foremost, we hope that you and your loved ones are safe and healthy. We know this pandemic has been stressful to many and recognize that socializing and interacting with peers can be a healthy way for children to cope with stress and connect with others, particularly after spending quite a bit of time at home.

The health and safety of our teams and staff remain our highest priority. Below, you will find a summary of actions we are taking to help ensure we are lowering COVID-19 risk as much as possible.

### **Masks and Face coverings**

All players, coaches and staff must wear a face covering at all times while in the facilities according to the November 17, 2020 Updated State Mandates (see link below). When a mask break is needed, kids and coaches can move to a spot in the gym where they have 6' distance from others. We will consider exceptions to the Face Covering State Mandate on a case by case basis according to Section 3 in the November 17, 2020 Updated State Mandates which states:

*The following are exceptions to the face covering requirements in Section 2. All alternatives to wearing a face covering, including the use of a face shield, should be exhausted before an individual is excepted from this Order.*

- *If wearing a face covering would either cause a medical condition, or exacerbate an existing one, including respiratory issues that impede breathing, a mental health condition or a disability.*

**You can find the full update at this link:**

<https://www.governor.pa.gov/wp-content/uploads/2020/11/20201117-SOH-Universal-Face-Coverings-Order-Update.pdf>

### **No Spectators**

Since this is an indoor activity we need to adhere to maximum attendance guidelines of the facilities. Therefore we cannot allow any spectators in any of the facilities that we are renting. The only people allowed in the gym will be:

- Registered players
- Max of 2 coaches per team
- One Team Safety Manager per team for Grades 3-5\*
- Game Staff

\* Each team MUST appoint one parent for each game to be the Team Safety Manager so that the coaches can focus on coaching and someone else is monitoring the kids on the bench. The Team Safety Manager can be a different person each game or can be a consistent parent each game.

## Self-monitoring of symptoms

During this heightened time to virus and flu transmission, please use the following guide when determining if you should show up at the gym for practice or a game. When participants arrive at the gym, they will be required to check-in verifying they do not have any of the symptoms listed below.

Cough  
Shortness of breath  
New loss of sense of taste  
New loss of sense of smell  
Nausea/vomiting  
Diarrhea  
Fever 100.3 or above  
Muscle pain  
Headache  
Sore throat  
Fatigue  
Congestion/runny nose

It can be a very stressful situation to experience a close exposure or positive test in your family. In the interest of public health, it is vital to follow all the recommended measures so that if you are faced with a close exposure or positive test, you can have confidence that you did not put others at great risk. If you are faced with a COVID-19 positive test or exposure, please refer to the scenarios below:

Scenario	Explanation	Course of Action
Close Contact Exposure to someone who tested positive to COVID-19	<p>Close contact is defined as any individual who was within 6 feet of an infected person for at least 15 minutes starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to positive specimen collection) until the time the patient is isolated.</p> <p><i>Recent change to delete the word "unmasked", meaning you could be considered a close contact even if you were masked during this time of high community spread</i></p>	<p><b>We will consult the Montgomery County Dept of Health for specific direction as each case could be different.</b></p> <p>Asymptomatic close contacts who are not tested should self-quarantine for 14 days after their last exposure to the person who tested positive.</p> <p>Symptomatic close contacts must be tested and can return to play when they can provide proof of a negative test result.</p> <p>The league <b>MUST</b> be notified of any individuals that need to self-quarantine due to an exposure so that we notify our staff if that is warranted.</p>

		To notify the league please contact Kath Cloran <a href="mailto:kath@mission5and2.org">kath@mission5and2.org</a> , 484-486-4089
League member tested positive for COVID-19	This includes players, coaches and staff that were present at a league event.	The league <b>MUST</b> be notified immediately and we will alert the appropriate Health Department and anyone who was present in the gym at the same time as the infected person (specific names will not be given). Specific instructions on quarantining will be distributed to anyone affected by the situation.  To notify the league please contact Kath Cloran <a href="mailto:kath@mission5and2.org">kath@mission5and2.org</a> , 484-486-4089

**We will promote healthy hygiene practices** by having hand sanitizer available at the scorer's table. We will clean and sanitize the bench area and basketball after each game before the players from the next team enter.

**If a child does get sick while at the game**, that team's safety we will contact their parent/guardian for immediate pick-up. Therefore, if someone is not able to pick up their child in case of an emergency, you should not send them to the game.

### **Traveler Testing (updated Nov 23, 2020)**

The Secretary of Health issued an order requiring travelers over age 11 entering Pennsylvania from locations outside the Commonwealth, including Pennsylvanians who are returning home from locations outside the Commonwealth, to produce evidence of a negative COVID-19 test or place themselves in travel quarantine for 14 days upon entering, unless they receive a negative test result during the 14-day travel quarantine period.

**We are all in this together and we will get through this challenging season of life!**

***"You already made it through 100% of your hardest days, you'll get through this one too."***  
***Robin Arzon***