



2020-21 HANDBOOK

A PROGRAM OF THE...  
**FARMINGTON 500**

Dear Parents and Guardians,

Welcome to Farmington 500 Basketball.

To say that I'm grateful and hopeful for the upcoming season is an understatement. While there certainly are risks associated with running and participating in an indoor youth sports program during our current pandemic situation, I firmly believe that sports are such an integral part of developing a child to be successful in life down the road, that this risk is well worth the reward. I'm thankful that you're here and that you agree.

Please know that I will do everything in my power to ensure the safety of your child and our coaches and volunteers. Back in March, I sadly had to make a quick and early decision to cut short the seasons for our all-star teams due to the pandemic, including pulling the plug on our final in-house tournament of the season. Those were tough decisions to make, but ones that needed to be made at the time, in order to keep the health of your children in my best interest. If the need arises again this season, I won't hesitate to do the same and I would appreciate everyone's support with that tough decision if it has to be made. I am hopeful that we can get the full season in, but there are no guarantees, so please follow our protocols to do your part to help in this effort.

With the Farmington School Board's decision to only allow Farmington residents to participate in 500 basketball this season, we most definitely will see a significant decrease in enrollment. This means we will likely only be able to field two teams in each division. We will be unable to have three teams because the timing, social distancing and logistics of it all would be too tough to feasibly manage in just one day a week in the gym.

It's also worth mentioning that more than ever all athletes and spectators need to follow the rules. The school board has told me that they will shut down our program if people are not wearing masks and following the safety protocols that we will have in place. I will not hesitate from asking folks to leave the facility if they are not abiding by the rules, so please do me a favor and just do what is asked. I know wearing a mask for an hour indoors isn't anyone's idea of a good time, but please take one for the team and keep those things on so we can keep playing.

I am saddened that we will be unable to hold our weekly Skills Sessions, showcase our ever-popular Guest Coaches and host our Night Games, but we will do our best to make the limited time we have with your children as fun and impactful as we can.

Thanks for taking the time to go through the handbook to learn about what's in store for this season and the expectations we have laid out. It's once again a great honor to lead a program that I came through as a child, one that I have been a coach in for both boys and girls and one that is steeped with such rich tradition.

My philosophy and vision for 500 basketball continues to be focused on inclusion, teaching and passion. I would love nothing more than for every kid in Farmington to lace 'em up and take the hardwood each week in a building that has been hosting 500 basketball for over 60 years. While in these walls, we will focus greatly on teaching kids the fundamentals of the game and how to play basketball the right way. My biggest goal of all though is to teach kids to love a game that has brought me so much joy throughout my life.

Communication will again be key to running a successful youth program and I will do my best to keep lines of communication open at all times. I hope to be as approachable and accessible as I can be, so please don't hesitate to reach out at any time. I don't bite.

While your child is a future superstar, the real superstars of our program are the volunteer coaches that we have assembled. This group of selfless individuals gives their time, energy and passion for basketball to share with your child... and they're a VERY qualified group. I look forward to getting to know your child and help them work with our amazing volunteer coaches on developing their skills and a love-affair with the game of basketball. Best of luck this season. Go Tigers!



- K.J. Cardinal

*Farmington 500 Vice President & Basketball Director  
basketball@farmington500.org*

## PROGRAM INFORMATION

The Farmington 500 basketball program is for children aged 5-12.

### DIVISIONS

- Rookie League 5-6 year olds
- Minor League 7-9 year olds
- Major League 10-12 year olds

The cut-off date for each age group is September 30, meaning the age that your child was on September 30 is the age group that they will compete in.

### LOCATION

- All groups will play at Henry Wilson Memorial School.

### COURT LENGTH & HOOP HEIGHT

- Rookies Half court, lowered rims
- Minors Full court, 10' rims
- Majors Full court, 10' rims

### COSTS

- Rookies \$30 Farmington residents only
- Minors \$40 Farmington residents only
- Majors \$50 Farmington residents only

### SCHEDULE\*

Opening Day for Minors & Majors is Dec. 5, while Rookies is Jan. 2. The first two weeks of the season will be strictly Skills & Drills sessions so we can get the kids ready to compete. After a few Skills Sessions, teams will be assigned. A full schedule will be posted once teams are set.

*\*Schedule subject to change\**

### PRESCREENING & CHECK IN

Upon arrival, athletes, coaches, volunteers and spectators will maintain appropriate social distancing and not congregate during the check in process. All will be required to wear masks as they enter the facility and during the check in process. If a mask is not worn, they will be sent home immediately.

All attendees will complete the following prior to each session:

- Onsite review of questionnaire
- Onsite temperature check (must be less than 100.4 F)

A log of all screenings and temperatures will be maintained by the Farmington 500. Any attendee that has a positive symptom check, fever or refuses to complete the prescreening process will be sent home immediately.

Athletes will be required to have their own water bottle and sports equipment for use during the session. No equipment will be allowed to be shared unless approved by the Basketball Director.

### EXPECTATIONS OF ATHLETES

- Willingness to be screened prior to practice, workouts and games.
- Athletes must arrive no more than 15 minutes prior to the start of practices and games.
- Willingness to receive a temperature check.
- Screening questions for all athletes:
  - i. Do you have any of the following – Fever, Shortness of breath, cough, chills, repeated shaking with chills, muscle pain, headache, sore throat, new loss of taste and smell?
  - ii. Are you ill, or caring for someone who is ill?

## FARMINGTON 500 BOARD OF DIRECTORS

Dan Woodman, President  
KJ Cardinal, Vice President  
Bobbi Gibbs, Treasurer  
Kim Richard, Secretary  
Aaron Lord, Officer  
Amy Mann, Officer  
Justin Rollins, Officer  
Gabe Tarrants, Officer

## BASKETBALL DIRECTOR

KJ Cardinal  
basketball@farmington500.org

- iii. Have contact with someone diagnosed with COVID-19 in the last 14 days?
- iv. Have you traveled outside of New England in the last 14 days (NH, ME, MA, CT, VT, RI)?

· If the answer to any of the above questions is “yes”, then you will not be permitted into the facility and may be asked to furnish a negative COVID-19 test result or quarantine for 14 days.

· All athletes must bring their own water labeled with their name.

### **COACHES EDUCATION**

Farmington 500 will work swiftly to educate our coaching staff to ensure compliance of these guidelines.

### **CONTINGENCY PLANNING AND SCHEDULE ADJUSTMENT**

At the discretion of the Basketball Director, should an outbreak develop or positive testing occur within an athlete or a coach, the Basketball Director reserves the right to cancel events or the season for a particular team should the need arise.

### **EQUIPMENT**

Athletic shoes for indoor use are required for all players. Basketballs will be provided for use, please do not bring your own ball. All equipment used will need to be disinfected at the end of each session. Athletes may be asked to help the coaching staff organize the equipment so it may be cleaned immediately following a session. This will help ensure the equipment is ready for the next session and/or group. All cleaning sessions will be in compliance with recommended guidelines and in coordination with the Farmington Facilities Director.

### **FACE COVERINGS**

All in attendance, including coaches and athletes, are required to arrive with a face covering (mask) and use the face covering during all transitional periods. Face covering doesn't need to be worn while on the court, but must be worn on the sidelines and bench area.

### **FACILITIES - CLEANLINESS**

In addition to cleaning equipment in between sessions, the School District will clean the facility following each Saturday of use.

#### ***Facilities Cleaning:***

1. Adequate cleaning will be done by school facility staff following our Saturday sessions and prior to school on Monday.
2. The Basketball Director will be equipped with sanitation tools and solutions for thorough cleaning.
3. Prior to our Saturday sessions, the school's cleaning crew will clean hard surfaces within the gym by wiping them down and sanitizing them (chairs, bleachers, bathrooms, etc.).
4. Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
5. Athletes will be encouraged to shower and wash their workout clothing immediately upon returning to home.

### **FIRST AID KIT**

A first aid kit is on site for each Saturday. Each kit will include an infrared thermometer, disposable masks and hand sanitizer in addition to standard first aid items.

### **SATURDAY PROTOCOLS**

All attendees will enter Henry Wilson Memorial School using the back door on the parking lot side of the cafeteria. Access to the stage and the school hallways will be off limits. Attendees are to stay in their vehicle until 15 minutes prior to the start time of their session.

Once it's time to enter the facility, all athletes and attendees need to have filled out the screening questionnaire online or will need to do so prior to being permitted access to the gym. At this time, temperatures will be taken and recorded for all.

Athletes shall arrive dressed and ready to play. They will not be allowed to change in the locker rooms. Athletes shall proceed to the designated bench areas to be with their team/pod.

Spectators will sit in pairs, socially distanced from other pairs, on the spots marked on the bleachers with X's. Spectators will be required to wear masks for the entire event duration.

Each athlete must have a guardian present at all times throughout their session.

The hallway bathrooms are off limits. The locker rooms will serve as bathrooms for all with only one-person allowed in each facility at a time. The only exception would be a parent to assist a small child or a medical situation that may arise (eg: injury, bloody nose, sprained ankle).

Athletes and coaches will wear masks at all times unless participating in physical activity.

Athletes will be allowed 2 tickets (2 fans) permitted into the games.

Upon completion of each session, all attendees will be asked to exit the facility in a swift fashion, socially distancing themselves. They will exit Henry Wilson Memorial School using the back door on the playground side of the cafeteria.

Officials and coaches will not be required to wear masks while on the playing surface, but will need to wear them when on the sidelines.

The concession stand will be closed for the 2020-21 season.

#### **HYDRATION**

At no time will any athlete be denied access to fluids. Public hydration will not be available. This includes shared water bottles and water sources. Each athlete will be required to bring his/her own individualized hydration solution. All hydration bottles brought, must be labeled with the athlete's name. If an athlete arrives to a session without a hydration solution, they will not be allowed to partake in the session.

#### **MEDICAL REMOVAL**

Any athlete that experiences symptoms consistent with COVID-19 shall be IMMEDIATELY removed from all events until they meet Farmington SAU 61 return guidelines.

#### **PRACTICES/SKILLS**

When possible or practical, they should be planned and implemented to maintain a minimum of 6 feet of distance between all athletes and coaches. In circumstances where closer contact for sustained periods is necessary, coaches and athletes must wear cloth face coverings/masks when possible.

During practices, training sessions, and competitive sporting events, close-contact, non-athletic activities shall be avoided. (handshakes, huddles etc.)

All other safety guidelines normally in place shall be adhered to (heat, cold, inclement weather, etc.)

At the end of the session, all athletes and coaches will cleanse hands with hand sanitizer and follow guidelines for equipment sanitation (under games). Athletes will exit the area in a controlled manner and maintain social distancing of a minimum of 6 feet.

#### **POST EVENTS**

Athletes will proceed to their ride, not congregating in any area. It is advised that all athletes and coaches shower as soon as possible after a workout session. Coaches will disinfect and store all equipment and secure the facility prior to departure.

#### **SUPERVISION**

Supervision of athletes is the responsibility of the Head Coach for each activity (practice, games, etc.).

At no time will athletes be left unsupervised during a scheduled activity. This includes supervision of all pre/in/post activities. Failure to properly supervise athletes may result in a coach's suspension.

## **WEATHER**

Basketball is a winter sport and we are bound to have some snow-filled days. We want to play just as much as your child does and we will not cancel a session until the day of that session. On Saturdays, you will be contacted via email no later than one hour prior to your time slot of a cancellation. We will wait until the last gun is fired to make cancellations as weather conditions change rapidly in New England in the winter. We will also post cancellations and scheduling information on the Farmington 500 facebook page, so be sure to "Like" our page to get the latest information.

## **PARKING**

Please park in the rear parking lot of Henry Wilson Memorial School (HWMS). Please enter using the door near the cafeteria. **Parking on the playground side of the building is for hand-capped parking only.** (See map at right).

## **GYM RULES**

Basketballs are for teams currently playing during their assigned time slot. Do not dribble, pass, shoot or touch a basketball unless it's your time and instructed by your coach. There are no exceptions to this rule and it will be strictly enforced as it's a major distraction to the players and coaches.

Stay out of the hallways. No running, dribbling or playing in the hallways and please do not leave your child unattended in the hallway. This season we will be using the bathrooms in the locker rooms off of the gym, so there is no reason to be in the hallway at all.

Spectators must sit in the bleachers, the stage is off limits. During the Rookie League divisions, please do not sit in the bleachers directly under the side baskets. Stay off the court unless proper gym shoes are being worn.

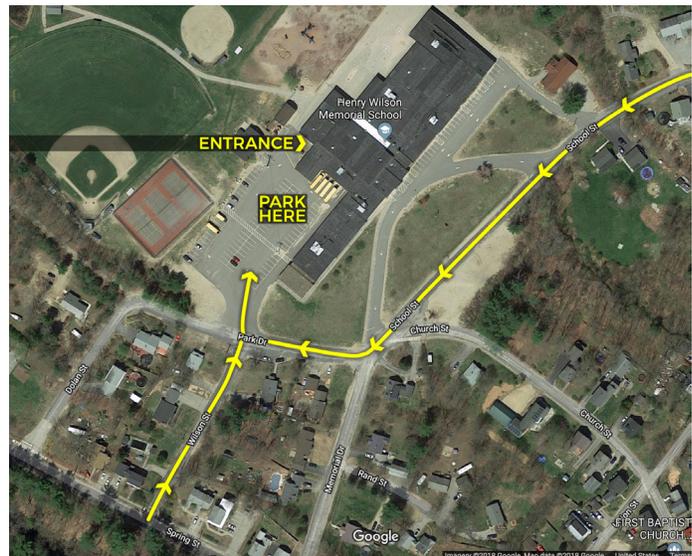
Water and sports drinks **ONLY** are permitted in the bleachers. All other food/drink is prohibited.

## **SPORTSMANSHIP**

Good sportsmanship is a requirement for all players, coaches, officials and spectators. While teaching basketball is a key component to our program, our coaches will also strive to teach your child how to win with humility and lose gracefully. We will have a zero tolerance policy on players talking negatively to officials, opposing players, coaches and teammates. Any player that violates this policy will be taken out of the game immediately and perhaps asked to take a lap or two for the team. It's important to us to teach your child how to play the sport of basketball the right way, but it's more important for us to teach them how to be a good sport.

## **COMMUNICATION**

Communication will be a key focus with Farmington 500 basketball. From communication between the Basketball Director and parents to communication between the 500 coaches and high school coaches, we will do our best to get everyone on the same page at all times. Please make sure that we have a valid phone number and email on file for you, so we are able to reach out to relay information when we need to. We will also post updates frequently on the Farmington 500 facebook page, so please be sure to "Like" that page to get the latest info.



## **FARMINGTON 500 WAIVER**

I/We the parent(s) or guardian(s) of the above named child hereby authorize and approve the child's participation in any and all supervised Farmington 500 activities during the current season and agree to furnish a certified birth certificate for the child upon request of league officials.

I/We assume all risks and hazards incidental to the child's participation and supervised Farmington 500 activities including, without limitation, any and all risks and hazards arising out of transportation to and from such activities.

I/We do hereby release, acquit and discharge the Farmington 500 and the organizers, sponsors, supervisors, participants and persons transporting the child to or from such activities from any claims, demands, actions, causes of action, damages, costs, loss of services, expenses and compensation on account of or in any way arising out of such activities except to the extent that it may be covered by accident or liability insurance.

I/We acknowledge that our child/children's photos may be taken throughout the season or while on any property that Farmington 500 activities are taking place and posted to the Farmington 500 website or any other form of social media.

Registration fee refunds are at the discretion of the Farmington 500 board and on a per case basis. Refunds requested within two weeks of opening day or after will be subject to an equipment fee.

I/We agree to the terms listed above and also agree to participate in league fundraisers and work the concession stand when asked by the program director.

## **NON-SMOKING AGREEMENT**

I/We understand there is no smoking, smokeless tobacco use, e-cigarettes, vapor use, chewing tobacco or any other product that might be considered smoking allowed anywhere on the Farmington 500 or Farmington School District property and doing so will result in being asked to leave the property.

I also agree to not smoke on school property and understand it is against federal law to do so.

## **PARENT CODE OF CONDUCT**

No coaching from the sidelines. Parents who coach from the sidelines may be asked to leave the area near the court if a coach, referee, 500 director or 500 board member deems it appropriate. The 500 feels that when kids step on the court their coach is the only coach while kids are playing a game or practicing. Once kids leave the court of play and are released back to the parents you may instruct them as you like. Having more than one person telling them what to do is and can be confusing.

Exhibit exceptionally good behavior at practice sessions and games or you and/or your child may be asked to leave the property of the Farmington 500 or the Farmington School District.

Disrespecting game officials, coaches, and other fans is not tolerated and you and/or your child may be asked to leave the field of play or the property of the Farmington 500.

See that your children - the players - have the proper equipment.

See that your children arrive and are picked up at the stated times.

Applaud all good efforts and good plays or refrain from making negative comments.

See that your children receive ample positive encouragement regardless of the outcome of their games.

Allow your children to play without negative pressure.

Support the coaches in what they want the players to learn.

Treat the coaches, league leaders, and game officials with respect.

See that your children do not intentionally injure other players.

All property in the Town of Farmington, NH that the Farmington 500 owns is PRIVATE property and use of said property requires permission from the Farmington 500.

Use of alcohol or being under the influence while at any youth sports event while your child is representing the Farmington 500 is not permitted.

There are no pets of any kind allowed on any Farmington 500 property.

There are no bikes allowed on any Farmington 500 property

I understand that my child may need my support at home by providing extra practice.

I will support the coach and the efforts of the Farmington 500.

### **COVID-19 WAIVER OF LIABILITY AND HOLD HARMLESS FOR ATHLETES**

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. It is believed that an individual can be infected with COVID-19 without their knowledge and be asymptomatic. Participation in Farmington 500 basketball, related event, or activity, could increase the risk of my child contracting or transmitting COVID-19.

The Farmington 500 has installed rules and guidelines for athletes who participate in basketball to reduce the spread of COVID-19. However, the Farmington 500 cannot guarantee that my child will not become infected with COVID-19 and will not spread COVID-19 to my family, relatives, or friends.

I understand and acknowledge that my child while playing, practicing, or participating in basketball is at risk of acquiring or transmitting COVID-19 which may result in personal injury, illness, permanent disability and death to my child, myself, my spouse, other child(ren), friends, unborn child or relatives.

I have considered these risks and dangers and relying on my own judgment, I am voluntarily allowing my child to participate in Farmington 500 basketball.

In consideration for providing my child the opportunity to participate in Farmington 500 basketball, both my child and I UNDERSTAND AND VOLUNTARILY ACCEPT AND ASSUME ALL the risks related to COVID-19 and accept sole responsibility for any injury or illness that may occur. Further, I UNDERSTAND AND AGREE that this waiver and release includes any and all claims based on the actions, omissions, or negligence of The Farmington 500 and the Farmington School District, its employees, agents, representatives and volunteers (the "Releasees"), whether a COVID-19 infection occurs before, during, or after participation in any The Farmington 500 or Farmington School District sports program(s), related event, or activity.

I, also UNDERSTAND AND AGREE for myself, my spouse, and child/ward to release, defend, indemnify, and hold harmless the Releasees from any and all claims and liabilities which may result or arise from or are incident to my minor child's/ward's presence or participation in these activities as provided above, EVEN IF ARISING FROM THE RELEASEES NEGLIGENCE, to the fullest extent provided by law.

This is to certify that I, as parent/guardian, with legal responsibility for this participant, have read and explained the provisions in this waiver/release to my child/ward including the risks of my child's presence and participation and his/her personal responsibilities for adhering to the rules and regulations for protection against communicable diseases. Furthermore, my child/ward understands and accepts these risks and responsibilities.

The invalidity of any portion of this Agreement shall not affect any other provision.

I/WE HAVE READ, UNDERSTAND AND AGREE TO RELEASE AND INDEMNIFY THE RELEASEES

Signature: \_\_\_\_\_

\_\_\_\_\_  
Child/Children's Name(s)

\_\_\_\_\_  
Parent/Guardian Signature