

COVID-19

Return to Play Protocols

Loveland Youth Basketball Association

December 4, 2020

Protocols for Practices

The Return to Play Loveland Youth Basketball Association protocols are to prevent and minimize the spread of COVID 19. It is based on 3 principles:

1. Self-health assessment to make sure players, coaches and spectators do not exhibit any of the COVID-19 symptoms prior to attending practice or training.
2. Using a combination of 6 ft physical distancing and face masks.
3. Minimizing or eliminating shared equipment.

Details on how the Director's Orders are being put into effect for practices on Loveland Youth Basketball Association gyms are provided below.

The full report from the Ohio Department of Health can be found at:

<https://coronavirus.ohio.gov/static/publicorders/Requirements-Youth-Collegiate-Amateur-Club-Pro Sports.pdf>

If you have a question about the protocol or its application, contact Loveland Youth Basketball Association at Lovelandyouthbasketball@gmail.com

Health Self-Assessment

- All coaches and players are required to do a health self-assessment before attending each practice. Coaches should be informed of pre-existing allergies or asthma like conditions that might lead to a cough or runny nose. Anyone experiencing symptoms must stay home.
- See the Attachment 1 for a list of COVID-19 related symptoms.

Use of Physical Distancing and Masks

- Physical distancing of 6 feet or more will be practiced at all venues where teams/players assemble for practice, training, or other team sponsored events.
- Maintain 6 ft of physical distancing going from car to gym. If that is not possible, masks are to be worn.
- No family members or visitors are allowed at practice. Only coaches and players are allowed.
- No congregating at the gym before or after practice.
- Coaches should create a distinct space for each player to place water bottles or other personal items that is 6ft from other players. Use cones or other physical markers to do that.
- Coaches must wear masks the entire practice.
- If a coach needs to attend to an injured player, he/she needs to wear a mask.

Equipment

- Water bottles, towels or other personal items are not to be shared among players.
- Only coaches should handle equipment at practice - cones, etc.
- Coaches may provide a washed, clean pinnie to a player for practice. That pinnie may not be given to another player. The coach needs to provide a way to collect pinnies so that they are not touched by other players or cause players to congregate.
- Coaches need to have extra pinnies for keepers so that a clean pinnie is used by each keeper.

Hand Sanitizer

- Parents are responsible for providing this for their player's use before and after practice.

Protocols for Handling A Positive COVID-19 Case

- Coaches should track player attendance at all team events; Team Snap may be a good option for doing this.
 - 1) Player on a Team is Diagnosed as COVID Positive
 - The parents or caregiver of a player diagnosed COVID positive are to contact the coach as soon as possible. The coach will immediately inform LYBA @ lovelandyouthbasketball@gmail.com
 - The player will be required to self-quarantine for 10 to 14 days, as recommended by a physician. ⁽¹⁾ He/she should obtain a physician's release before being allowed to return to practice.
 - Players and coaches on the team with a diagnosed case will be sent an email from the LYBA or coach stating a player on the team has tested positive. In accordance with HIPPA policy, the player with the positive test will not be identified.
 - Any player or coach who had direct contact with the player at the practice/training session previous to the positive diagnosis will be required to either:
 - 10-day quarantine that does not require testing, provided there are no symptoms
 - 7-day quarantine if test results are negative, provided there are no symptoms
 - If any player on the team becomes sick or develops COVID symptoms, they should consult their health care provider for guidance.
 - 2) Player's Immediate Family Member is Diagnosed Positive
 - If a player or immediate (living in the same household) family member tests COVID positive, that player's parents or caregiver are to contact the coach as soon as possible.
 - The coach will immediately inform LYBA @ lovelandyouthbasketball@gmail.com. The player will be required to self-quarantine for 14 days or until released by a physician before they can return to the team.
 - Players and coaches on the team with a diagnosed case will be sent an email from the LYBA or coach stating a player's family member on the team has tested positive. In accordance with HIPPA policy, the player with the positive test will not be identified.

3) Player on Another Team Tests Positive

- If players on a team are determined to have had close contact (2) with a player from another team (through a scrimmage/game or joint training), who subsequently tests COVID19 positive, those players will be required to either:
 - 10-day quarantine that does not require testing, provided there are no symptoms
 - 7-day quarantine if test results are negative, provided there are no symptoms
- The team will be notified as soon as LYBA/coach becomes aware that a team had potential contact with a player who tested COVID-19 positive.

⁽¹⁾ Available data indicate that persons with mild to moderate COVID-19 remain infectious no longer than 10 days after symptom onset. <https://www.cdc.gov/coronavirus/2019-ncov/hcp/duration-isolation.html>

⁽²⁾ According to the CDC close contact is defined as someone who was within 6 feet of an infected person for at least 15 minutes starting 2 days before the symptoms started until the time the infected person was isolated.

Attachment 1

COVID-19 Symptoms

Coaches and the parents or caregivers of a player must do an assessment of their health before every team event. If a coach or player shows any sign of a new illness, he/she is required to stay home. Coaches should be informed of pre-existing allergies or asthma like conditions that might lead to a cough or runny nose.

Per the CDC, the primary symptoms for COVID-19 include (but are not limited to):

- Fever or chills
- Cough or shortness of breath
- Fatigue
- Body or muscle aches
- Headache
- Loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea