

Holmen Youth Basketball Club COVID-19 Preparedness Plan

Summary

This document is intended to provide Holmen Youth Basketball Club (HYBC) program participants and their parents/guardians with information that will assist in making an informed decision regarding their choice to voluntarily participate in programming with the presence of COVID-19 in the community without a reliable vaccine or treatment available to the public.

While our objective is to provide the safest possible sports season options for players, the HYBC wants to emphasize to players and their parents/guardians that the risk of being exposed and/or contracting COVID-19 or other communicable diseases cannot be eliminated. Parents/guardians who choose to allow their child(ren) to participate in these voluntary programs acknowledge and accept these risks and are asked to:

- consult their personal family physician(s) for health guidance including social/emotional wellbeing and maturity level;
- inform coaches in writing of any health concerns and physician recommendations for participation or non-participation;
- review with their child(ren) CDC and local and state health department guidelines, as well as the contents of this document;
- discuss with their child the importance of following all safety directives given by coaches;
- and assess if their child(ren) will comply with directives given by coaches in consideration if the choice to participate is appropriate for their child(ren).

Program participants should note that guidance may result in the closing of any or all of the programs based on changing community health status, directives from the La Crosse County Health Department or other government authorities, or as directed by the HYBC.

COVID-19 Risk Levels

This COVID-19 Risk Levels is based on the CDC Guidelines and outlines the varying levels of risk of community spread of COVID-19 and the accompanying levels of participation and protocols in HYBC programs. The HYBC will follow the risk level determined by the School District of Holmen and use that to determine the appropriate level of program participation.

Participant Screenings

Coaches, staff, officials, players, and families should not attend any team activity including practices or games if they or their child (families) become sick with COVID-19 symptoms, test positive for COVID-19, or have been exposed to someone with COVID-19 symptoms or a confirmed or suspected case. Prior to attending any team activity, participants should self-screen for the presence of these conditions using the [School District of Holmen's COVID-19 Attendance Guidelines](#).

Athletes and coaches should check their temperature at home before attending practices or games. If an athlete or a coaching staff member has a temperature of 100.4 degrees or above, they should not attend practices or games. Individual(s) with symptoms should not return to practices or competitions until they are free of fever (less than 100.4°F) AND respiratory symptoms (for example, cough, shortness of breath) for at

least three days (72 hours) without the use of fever-reducing medicine; AND ten days have passed since symptoms first appeared.

Any person with symptoms of respiratory illness should not return to practices or competitions until they are free of fever and respiratory symptoms for at least three days without the use of fever-reducing medicine AND ten days have passed since symptoms first appeared. They should contact their primary care provider or other appropriate health-care professional for guidance. Written medical clearance may be required to return to activity.

Parents/guardians should notify their coach if they or their child (families) become sick with COVID-19 symptoms, test positive for COVID-19, or have been exposed to someone with COVID-19 symptoms or a confirmed or suspected case of COVID-19.

Practices

Per the Coulee COVID-19 Collaborative recommendation, HSD and WIAA requirements, players will be required to wear face masks during practice. Coaches are responsible for ensuring face masks are worn and that social distancing is maintained between players as much as possible. This means additional spacing between players while playing, chatting, and changing drills so that players remain spaced out, and there is no congregating of players.

Practices should be conducted in teams, with the same 8-12 players always working out together. This limits exposure if someone develops an infection and reduces close contact determination through contact tracing. This arrangement can be accomplished with several teams distanced accordingly in a shared gym space. Based on state and local guidelines, there may be limitations on the number of players and coaches in a shared gym space at the same time.

Only athletes and coaches are permitted at the practices. Until further notice, parents will not be permitted to watch practices or remain in facilities to wait during practice. Parents would be welcomed to wait outside in their vehicle.

Players should report to practices in proper gear and immediately return home to shower, clean clothes, and clean equipment at the end of every practice. Players will be provided and directed to use hand sanitizer at the beginning and end of each practice. Hand sanitizer will also be available during practices.

It is recommended that each player bring their own gym bag for personal items. All personal items should remain in the gym bag when not in use. Gym bags should be placed in a predetermined area 6 feet apart for the duration of practice.

Drop off and Pick up

Players must wait in their vehicles or outside the building until the scheduled practice time at which point a coach will usher them in. If waiting outside Social Distancing and masks will be required.

Players will not be able to enter the building early and congregate in entryways and hallways.

Masks must be worn upon arrival as players get ready for practice and during pick up time after practice has ended.

Exemptions

The HYBC will consider mask exemptions that are supported with documentation from a certified medical provider (MD or DO). Any player who's unable to wear a typical mask may be able to wear a different mask, alternate face-covering or face shield. Players who have a medical condition that prevents them from wearing a mask should seek medical advice and clearance before playing basketball.

Competitions

Masks – Players **are required** to wear face masks while competing. HYBC will be following the HSD and WIAA mask requirements during competitions. Players on the bench and all others should follow the guidelines outlined in the risk level chart above.

Social Distancing/Spectators – During competitions, spectators and fans should practice social distancing between different household units and accept personal responsibility for public health guidelines. A limit on the maximum number of spectators attending an event could be required and additional or even different requirements may be in place when competitions are held in other communities. Please know that in some cases this may include not allowing spectators for competitions.

Coach/Captain/Officials Meeting – When necessary, there should be a limited number of individuals meeting during a coach/official's conference/huddle. Appropriate distancing should be maintained and masks should be worn.

Team handshakes – Teams shall NOT exchange handshakes following the contest – teams can acknowledge their opponent with a wave, clapping, or other appropriate non-contact measures.

Player habits – Coaches should work to break old habits and create new ones in an effort to minimize the spread of the virus. Using saliva to clean hands or the bottoms of shoes should be eliminated. If an athlete engages in this routine, practice must stop so that the hands can be sanitized, as well as the ball (if touched) or any other piece of equipment the athlete touched. Players should be frequently reminded to minimize any touching of their face and cover any coughs or sneezes with an elbow.

Hand sanitizer and/or sanitizing wipes – The HYBC will provide their own hand sanitizer and/or sanitizing wipes for players and coaches (at least 60% alcohol). Players will be required to use hand sanitizer before and after each at period and when going out to, and coming in from, the game.

Equipment

Where possible, there should be no shared athletic equipment. Any equipment that is used for practice or warm-ups/stretching (i.e. cones, ladders, mini hurdles, foam rollers, resistance bands, tossbacks, practice dummies, etc.) should be cleaned and disinfected prior to and immediately following each practice.

Each player should bring their own ball or use the same program-issued ball during practice. Skill training, conditioning, agility, etc. can be done with the one player/one ball concept. As risk levels decline, balls must be sanitized before and after each practice/game.

All students shall bring their own water bottle. Water bottles must not be shared.

Symptomatic Players

The HYBC coaches will be monitoring players for COVID-19 symptoms. Coaches will communicate directly with parents/guardians if their player shows signs or expresses symptoms of COVID-19 infection. Players who display symptoms during practices or competitions will be isolated away from the other players. A coach will contact the player's parent/guardian and ask that the player get picked up as soon as possible. A coach wearing a facial covering will stay with the player, at a distance, until they are picked up by a parent/guardian.

Positive Cases, Contact Tracing and Parent Communication

Parents/guardians should notify the head coach if their player tests positive for COVID-19. Additionally, coaches will also communicate with each other should a coach test positive for COVID-19. This information will be kept confidential and only be used to determine close contact status of other players and coaches. A close contact will be considered any person who was within 6 feet of the infected person 48 hrs from onset of symptoms or testing date, with or without a mask, for more than 15 minutes cumulatively in a day. It will also include individuals who had direct contact with a positive cases and/or their secretions (being coughed on).

Coaches should assist with determining close contact statuses within the program. This can be accomplished through attendance histories as well as interviews with players and coaches. At no time should coaches disclose the identity of who tested positive but rather cross reference information from individuals to determine this status. When a person's status cannot be determined definitively, it will be assumed that they are a close contact and will be excused from practices and competitions for 14 days from the exposure. Per La Crosse County Health Dept. and CDC Guidelines for exceptions:

1. Quarantine can end after day 10 IF no symptoms are present. Daily symptom monitoring must continue through Day 14. No test is required for this option. This option includes more risk for additional spread compared to a full 14-day quarantine.
2. Quarantine can end after Day 7 ONLY if the result of a COVID-19 test on day 6 or later is negative AND if no symptoms are present. Daily symptom monitoring must continue through day 14. A pending test result on day 7 is not sufficient; the test should be taken no earlier than Day 6. This option includes the most risk for additional spread compared to a full 14-day quarantine.

Players, their parents/guardians and coaches who are identified as close contacts by the HYBC should be notified by the coach of their status and be provided the date on which they will be able to return to practices and competitions. Players and families may also be contacted by La Crosse County Health Department personnel who are responsible for contact tracing positive cases of COVID-19.

Players, parents/guardians and coaches will be notified anytime a participant in their program tests positive for COVID-19, regardless if they were determined to be a close contact. Coaches will send out this communication informing the group of the suspected dates of exposure, what symptoms to monitor for, and any other relevant information. Parents/guardians are also encouraged to communicate with their schools about their COVID-19 status.

Sample Notice to Players and Coaches

Dear Players, Parents, Guardians and Coaches:

We have been informed of a confirmed case and potential exposure of COVID-19 in your Holmen Youth Basketball Club (HYBC) program. It is our understanding that this case was present on **Wednesday September 30th, Thursday October 1st, and Friday October 2nd.** Unless you are contacted by the HYBC or the La Crosse County Health Department, you have not been identified as a close contact and do not need to quarantine at this time. It is recommended that you monitor your player and/or yourself for the symptoms listed below:

- Fever or feeling feverish/chills
- Cough
- Sore throat
- Loss of taste and/or loss of smell
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Shortness of breath
- Some people may have upset stomach and diarrhea.

This communication serves as notification only. For reasons of privacy and confidentiality, we are not sharing specific information regarding the individual directly impacted. We will continue to implement safety protocols and share communication related to positive cases.

EXPOSURE: defined as a program or individual who had close contact with a positive case.

CLOSE CONTACT is defined as:

- *being within 6 feet of a positive case for 15 minutes or more;*
- *having direct contact with a positive case; or*
- *contact with secretions of positive case (e.g. being coughed on)*

The HYBC will continue to take the following precautions:

- Positive cases and identified close contacts will be quarantined according to La Crosse County Health Department guidance.
- All program participants (players and coaches) complete a daily COVID-19 self-screening process.
- Participants are required to wear face coverings as outlined in the HYBC COVID-19 Preparedness Plan.
- Custodians and coaches have a specific cleaning and disinfecting procedure for the program space and equipment.
- Coaches will monitor players for signs and symptoms of COVID-19.
- Social distancing guidance is in place.

If you have any questions or concerns, please contact me.

Sincerely,

Coach