

JBC COVID Guidelines

Glossary:

- Quarantine – Quarantine is used to keep someone who might have been exposed to COVID-19 away from others. For the purposes of these guidelines, the ability to quarantine lies solely within our local public health officials. They will communicate directly with players who will need to quarantine.
- School Quarantine – Quarantine from school and school activities. The JCSD will communicate directly with players who need to quarantine from school.
- Suspension – Exclusion from any and all Johnston Basketball Club activities and events as determined by these guidelines.

Masking:

- JBC expects all players and coaches to be masked at all practice locations, and for the entire duration of practice, including scrimmages or any other activities. Masks must be worn to cover both the mouth and nose at all times. If a player or coach has to remove his or her mask for a short period of time, the expectation is that player/coach positions themselves at least 6ft away from others. Water breaks will be conducted with players at a safe distance. We encourage coaches to spread players out when teaching or running drills whenever possible.
- JBC expects all players and coaches to be properly masked for all games or any game-like play and for the duration of the activity regardless of the facility requirements. In addition, JBC requires coaches and any non-player personnel on the sidelines to be masked at all times. JBC requires players not actively playing in games to be masked on the sideline.
- For player safety and to reduce community spread, JBC encourages responsible mask use of its players and coaches when in the community.

Positive COVID Test:

- If a player or coach test positive, JBC requires they fill out the COVID Self-Declaration form on the JBC website.
- Given that we are a community organization, the JBC COVID liaison will share positive cases with the Johnston Community School District (JCSD) and/or the Iowa Department of Public Health/Polk County Health Department (IDPH/PCHD) per guidelines.
 - Note: These positive results would already be shared with these entities but our reporting method will allow for faster notification and contact tracing.
- Any team with a positive player/coach test, and team activities within 48 hours of said positive test or player/coach symptom onset, will be suspended from JBC activities until JBC can determine if proper masking/precautions were used throughout the exposure(s) and the okay to return has been communicated.
- A positive player or coach may return to JBC activities after the appropriate time has elapsed and as determined by IDPH/PCHD/JCSD/personal physician.
- JBC and its coaches will not be responsible for determining any return to play protocol or “ramp up” and this should be dictated by medical professionals (similar to concussion protocols).

Close Contacts or Exposures:

- If one is concerned about being a close contact or exposed to COVID, the player or coach should fill out the COVID Self-Declaration form on the JBC website.

- Given that we are a community organization, the JBC COVID liaison will share these cases with the Johnston Community School District (JCS D) and/or the Iowa Department of Public Health/Polk County Health Department (IDPH/PCHD) per guidelines.
- The determination of quarantine will be carried out by IDPH/PCHD and JCS D. Per current IDPH/PCHD guidelines, if properly masked for the duration of exposure, those players and coaches should not require quarantine from school or suspension from JBC activities. These close contacts should continue to monitor for symptoms for 14 days from most recent exposure.
- If determined to be a close contact in need of quarantine and/or school quarantine, the player or coach will be suspended from JBC activities for 14 days from the exposure. The player may return to activities after 14 days without any additional clearance as long as they remain asymptomatic.
- Although the CDC continues to endorse a 14 day quarantine, families can opt to follow the options to reduce JBC suspension to return on day ten provided the player has not experienced any symptoms or on day seven with no symptoms and proof of a negative test (performed only on days 5, 6, or 7). With either of these options, mask use is imperative, player should remain 6 feet away from others, wash hands, avoid crowded areas, and take all other COVID prevention measures throughout the remainder of the 14 day suspension. JBC will reinstate suspension for players who do not comply with these requirements. Players whose school or public health quarantine does not allow an early return to JBC are not eligible to utilize these options. In other words, JBC will not allow a player to return to JBC activities if they are still under school or public health quarantine.
- If a player or coach becomes symptomatic during the 14 day suspension and/or quarantine, he or she should complete the JBC self-declaration form found on the website and contact IDPH/PCHD and their personal physician for testing, any additional quarantine/school quarantine determination, and return to play guidance.

Other circumstances:

- Currently, if a player or coach has tested positive for COVID in the past 90 days, no school quarantine nor JBC suspension is needed for exposures. JBC still requires these players and coaches to wear masks per the JBC masking guidelines. **JBC must have a completed self-declaration form on file in order to waive a JBC suspension.**
- A vaccine could become available during the JBC season. JBC does not anticipate deviating from these guidelines given the efficacy and safety of the vaccine will not be well established during the 20-21 season.
- COVID-19 protocol are subject to changes as the medical community learns more about the virus and advance studies reveal new recommendations. JBC reserves the right to adjust this protocol as needed and will do its best to continue following CDC, IDPH/PCHD, and JCS D guidelines.