

## Upper Saddle River Travel Basketball Program Participation Plan

The information in this document is not intended or implied to be a substitute for guidelines published by the New Jersey Department of Health, but rather to supplement those guidelines in a formalized plan specifically tailored for Upper Saddle River Basketball and has been approved by its board of trustees (the "Board"). All content, including text, links and other information, are provided for general informational purposes only. The knowledge and circumstances around COVID-19 are changing constantly and, as such, USR TRAVEL BASKETBALL (the "Program") makes no representation and assumes no responsibility for the accuracy or completeness of this information. Further, you should seek advice from medical professionals and/or public health officials if you have specific questions about you or your child's return to practice and competition.

### Practice and Competition (General):

- All Participants and coaches must adhere to specifically required guidelines from the New Jersey Department of Health (most recent NJ DOH Guidance for Sports Activities) which is attached for reference).
- Because the program will use private courts for practice and competition, additional requirements may be in place based on guidelines set forth by the hosting township, county or private facility.
- All USR teams will assign coaches and parent volunteers whose function is to ensure NJDOH guidelines and protocols are being adhered to.

### Prior to Each Practice or Competition

- Coaches, staff, and all other event participants must screen themselves with a thermometer (on-site) and complete/submit the health questionnaire (either hardcopy or electronically delivered) on the day of and prior to the event.
- All players must fill out electronically or arrive with the questionnaire completed to provide to coaches or volunteers. **Without a completed questionnaire you cannot participate.**
- Coaches or a designated screener will conduct a contactless temperature check (<100 degrees) and collect questionnaires (if not electronic) upon arrival to the court and prior to engaging with anyone.
- Parents, guardians, or those responsible for each child are not allowed to enter any facility for practices or games. **Should a child not have their proper documentation and/or have a temperature higher than 100 degrees, you will need to pick your child up immediately and they will not be allowed to play again without a doctor's note stating they are COVID negative.**
- Coaches and volunteers will conduct these processes in an orderly and efficient manner.
- Anyone showing symptoms of COVID-19 according to the CDC symptom checklist (attached) shall not be permitted to participate.
- Do not come to practice or games if you or any member of your household are not feeling well or are showing symptoms of COVID-19.

- Do not come to practice or games if you or any member of your household has been in “contact” with a person with COVID-19 within the past 14 days. **Please see NJDOH guidelines attached which defines “contact” versus “casual contact”**
- Do not come to practice or games if you are not comfortable with the guidelines set forth by the Program, or the facility at which you are practicing/competing.
- Do not come to practice or competition if you are currently awaiting testing results for COVID-19 until a negative test result is received.
- While practices and games will not be open for family attendance, please note that anyone 65 years and older or people of any age with serious underlying medical conditions are strongly encouraged to not drop off or pick up players from practices or games.

### **Guidelines During Practice or Competition**

- Healthy Practices: All participants, coaches and referees should practice “good hygiene” by regularly washing hands with soap and water or using hand sanitizer that contains at least 60% alcohol; and avoid touching your eyes, nose or mouth.
  - Participants and coaches should avoid all but essential contact necessary during practice or competition.
  - Post-game handshakes should be replaced with waves toward the other team as a sign of good sportsmanship.
- Social distancing: Participants, coaches and referees should maintain 6-feet of distance whenever possible. Per NJDOH, signage will be posted at the facilities.
- Face-coverings:
  - **Coaching Staff** - The coaching staff should wear face-coverings at all times. When wearing a mask is not an option, please be sure to maintain six feet from others.
  - **Participants** – Players should arrive with face-coverings on prior to pre-event screening.
    - Players are not required to wear face-coverings when actively participating in vigorous activity during practice or competition.
    - Players are encouraged to wear face-coverings when not engaged in vigorous activity or are in close-contact areas including while sitting on the bench and when visiting the restrooms.
  - Referees / Officials / Volunteers: All will wear face-covering whenever applicable and possible.
  - General / All: Face-coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- Drinks & Snacks: All participants, coaches and referees should bring their own beverages that are clearly labeled with their name. There should be NO shared beverages. Most facilities do not have working water fountains, so ensure all players have enough water to last for the duration of playtime. No snacks are allowed during practices or games.

- **Player Equipment:** Hand sanitizer, disinfectant sprays, and disinfectant wipes will be provided for each team's use.
  - Participants should not share equipment.
  - All participant equipment should be washed and sanitized after each practice/competition.
- **Basketballs/Training Equipment**
  - Basketballs will be provided by the coaching staff for practices. The game facility will provide basketballs for the games. Balls will be wiped with disinfectant prior to and after practice/game.
  - Pinnies will not be used during practices.

### **Program protocol for suspicion or confirmation of COVID-19 symptoms or exposure**

If a participant, coach and/or volunteer is suspected or confirmed by the Program, the Board, USR coaches and/or volunteers to have been exposed to COVID-19, as it pertains to the questionnaire, the temperature screening, known exposure, the CDC symptom checklist or otherwise, the following measures will be followed:

If you have any symptoms of illness you **MUST** not attend a basketball event. Once you are symptom free you may return. According the CDC symptoms include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

### **Required 14-day Quarantine**

1. Any individual participant who tests positive will not be allowed to return to play until cleared to return to school by a doctor, or in the case of a coach a minimum of 14 days from diagnosis and clearance from a doctor.
2. Any individual participant who has a member of the household who has tested positive will **not** be allowed to return to practice or games for a minimum of 14 days.

***If you or a member of your household has been diagnosed with COVID-19, the 14-day quarantine is non-negotiable.***

### **14-Day Quarantine Unless Proof of Negative Test is received**

Any individual participant who has risk of being exposed to a positive individual (regardless of where the contact occurred) will quarantine from the team for 14 days. This includes all participants who have been directed to quarantine from a local board of education or board of health. In the event the individual is asymptomatic, gets tested with an approved PCR test no earlier than 5 days from the last date of known exposure and is negative, the individual participant may return to the team.

Notwithstanding any of the above, if the Board believes that a participant has been exposed to COVID-19, for any reason, the Board reserves the right to require proof or attestation to a negative test result in order to continue participation. Any participant who does not submit to such test, at the Board's request, must quarantine for the entire 14- period.

**Participation in the Program implies your agreement and adherence to this plan.**

**If the health questionnaire is not completed and/or the participant arrives without a mask, the participant's parent shall be immediately contacted and directed to pick up the participant. They will not be permitted to participate in practice or game that day.**

**If a parent or participant is found to have lied on the health questionnaire or to have attended a practice, game or competition despite being directed by his or her local school district or local board of health to quarantine the participant may be penalized at the sole discretion of the Board. This could include a suspension for game(s) or expulsion from the program. Any decision of the Board is deemed final and is non-appealable.**