

Hamilton Little Lads Basketball



Program Preparedness Plan **Covid-19 Policies and Procedures**

2020-2021 Season

Version 1.3
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Revision History

Date	Editor	Version	Changes
10/20/2020	Edwards	0.1	<ul style="list-style-type: none"> Initial draft version.
10/26/2020	Edwards	1.0	<ul style="list-style-type: none"> Initial version provided to general membership. Several edits based on feedback from Board members.
11/1/2020	Edwards	1.1	<ul style="list-style-type: none"> No operational changes. Wording updated to clarify “should/shall”
11/7/2020	Edwards/Drudy	1.2	<ul style="list-style-type: none"> Added wording to follow travel advisory Added guidelines for coaches attending practice Removed wording “or testing negative” from the requirements to return after positive test. Added wording for players sharing personal items, e.g. towels Added wording for players, coaches, and referees using hand sanitizer during games Updated School diagrams and entrance/exit directions
11/10/2020	Edwards	1.3	<ul style="list-style-type: none"> Updates as per guidance from HTSD Pre-screening procedure Bathroom usage and monitoring Added school use schedule Sanitizing benches between games Use of bleachers and chairs during practices

Introduction

As per the New Jersey Department of Health’s Guidance for Sports Activities (available for viewing on the league website or [here](#)), all youth sports organizations must prepare, and execute as documented, a Program Preparedness Plan to ensure all necessary precautions are taken to mitigate the exposure to, and spread of, the Covid-19 virus. The following document outlines the policies and procedures that Hamilton Little Lads Basketball will follow for the 2020-2021 youth basketball season.

These policies and procedures are established by closely following the guidance of the Center for Disease Control (CDC), New Jersey Department of Health (NJ DoH), New Jersey State Interscholastic Athletic Association (NJSIAA), the Hamilton Twp. School District (HTSD), and the Hamilton Twp. Division of Health. Updates to this document will be made and published as new guidance is provided by any of these sources.

General Best Practices

In all cases, a “common sense” approach shall be taken to avoid the contracting and spreading of the Covid-19 virus. This includes frequent hand washing with soap, using hand sanitizer in between washing hands, avoiding touching your face, proper social distancing, and wearing a mask/face covering when proper social distancing isn’t possible.

If anyone exhibits any symptom of Covid-19 (including a temperature of 100.4 or higher), or is just not feeling well in general, they shall stay home and not engage in any league activity until they haven’t exhibited any symptoms in a 48 hour period.

Further, if anyone associated with the league tests positive for Covid-19, it is expected that the league will be notified immediately so we may notify anyone who may have come in contact with the virus at a league activity. To ensure privacy, at no time will the infected person’s name be included in any communication.

Anyone who has knowingly come in contact with someone who has tested positive for Covid-19 shall not participate in any league activities for 14 days or until a negative test has been confirmed and no symptoms are present.

All state guidelines regarding out of state travel should be closely followed. Anyone traveling to a state listed on New Jersey’s Travel Advisory at the time of travel is asked to quarantine for 14 days upon return.

Finally, if a player, coach, or league official tests positive for Covid-19, they will be prohibited from participating in any league activity for a period of 14 days following the positive test regardless of when symptoms began. A negative test will be required to return to any league activities.

Enforcement

The Hamilton Little Lads Basketball Board of Directors, at all times, takes the responsibility of providing a safe environment for our youth basketball program very seriously. Now, more than ever, we need to rely on ALL league members to help enforce these, and all league policies and procedures.

Strictly following these Covid-19 related policies and procedures will be a requirement included in the league’s Code of Conduct. We understand that much of this is new and we will work to educate and guide everyone through this. That said, repeat or serious violations will be treated as any other violation of our Code of Conduct and could result in removal from league activities.

Regardless of your feelings toward Covid-19, these are the guidelines that we must work within. If they are not followed, there is no season for anyone. If you are not comfortable with the policies and procedures as outlined in this document, or, conversely, you feel that we are not going far enough, we respectfully suggest that you take this season off.

Tryouts

A Covid-related plan for tryouts will be added once the format for this year's tryouts is determined.

Team Practices

Practices will be scheduled at various public schools as in previous seasons. Each practice will be scheduled for one hour as in the past, and in some instances, two teams will be scheduled at the same location at the same time. The following guidelines shall be followed at all times:

Pre-Practice

- Parents shall conduct a temperature check of their child and complete a Google Forms questionnaire confirming the child is in good health prior to attending practice.
- Coaches shall conduct a temperature check and complete a Google Forms questionnaire confirming they are in good health prior to attending practice.
- No player or coach shall attend practice if they are not feeling well, have a temperature of 100.4 or higher, or is exhibiting any symptoms of Covid-19.
- By letting their child attend and participate in practice, parents are implicitly stating that the child is feeling well, has a temperature under 100.4, and is not exhibiting any symptoms of Covid-19.
- By attending practice, a coach is implicitly stating that they are feeling well, has a temperature under 100.4, and is not exhibiting any symptoms of Covid-19.
- Attendance lists will be available in the event contact tracing is necessary.
- Players are NOT to enter any school until the time the practice is scheduled to begin.
 - For example, if a practice is scheduled for 6:00 pm, the player may not enter the school until 6:00 pm.
- Masks/face coverings shall be worn entering schools and gyms.

During Practice

- All practices MUST end five minutes prior to the scheduled time.
 - For example, if a practice is scheduled until 7:00 pm, activities must end at 6:55 pm and everyone (players and coaches) must exit the school immediately.
 - This includes 8:00 practices. Schools must be cleared by 9:00 pm.
- At no time shall teams overlap in a school (unless splitting use of a gym).
- Parents are not allowed to stay in the gym during practice. Only team players and a maximum of two coaches are permitted to be in the gym during practice.
- A maximum of 25 people total are allowed in a gym at any time.
- Scrimmages with other teams is NOT permitted.
- Each player shall have, and only use, their own basketball during individual drills during practice.
- Basketballs used for team activities should be kept to a minimum and disinfected frequently with disinfectant (to be provided by league).
- Players shall not under any circumstances drink from the same container.
- Players shall not share any personal items such as head or wrist sweat bands, towels, etc.
- Players and coaches shall not sit on bleachers, chairs, or tables during practice, unless required for medical or emergency situations.
- Coaches are encouraged to use small groups during practice and focus on individual skills as much as possible.
- Coaches shall have a mask/face covering when in close contact with a player unless the coach is vigorously participating in the practice.
- Pinnies, if used, shall not be shared.

- All school specific requirements MUST be followed at all times.
- Use of school bathrooms should be kept to a minimum. Bathrooms shall be occupied by one person at a time.
- Masks/face coverings shall be worn exiting schools and gyms.

Games

General guidelines for all games, regardless of location, are listed in this section. Guidelines specific to a particular school are listed under the appropriate section below.

Pre-Game

- Parents shall conduct a temperature check of their child and complete a Google Forms questionnaire confirming the child is in good health prior to attending games.
- Coaches, referees, and league officials shall conduct a temperature check and complete a Google Forms questionnaire confirming they are in good health prior to attending games.
- No player or coach shall attend a game if they are not feeling well, have a temperature of 100.4 or higher, or is exhibiting any symptoms of Covid-19.
- By letting their child attend and participate in a game, parents are implicitly stating that the child is feeling well, has a temperature under 100.4, and is not exhibiting any symptoms of Covid-19.
- By attending a game, a coach, referee, or league official is implicitly stating that they are feeling well, has a temperature under 100.4, and is not exhibiting any symptoms of Covid-19.
- Only players and two coaches are permitted per team in the gym.
- Other essential people allowed in the gym are limited to the following: Referees (2), Scorekeepers (2), League Officials (2), Officer of the Day (1), Check In Table Volunteer (1).
 - A maximum of 32 people shall be in a gym at any time.
- No spectators, including parents, will be allowed in the gym for any reason.
- Parents may enter the school to drop off their child, but may not enter the gym or remain in the school.
- All games will be scheduled to allow enough time between games so there is no overlap between players leaving and players arriving.
- Players shall not enter a school until 15 minutes prior to the scheduled start of their game and shall not enter the gym until instructed.
- Everyone will be required to enter and exit schools through a specific door as detailed in each school's section below.
- Upon arrival at the school, every person (players, coaches, referees, scorekeepers, and league officials) will be required to check in, validate that the pre-screening has been completed, and have their temperature taken prior to entering the gym.
- Attendance lists will be available in the event contact tracing is necessary.
- Anyone with a temperature of 100.4 or higher will not be permitted to enter the gym.
- Signs will be conspicuously posted at the entrance to each school, and on the scorer's tables with reminders of these policies and procedures.
- Masks/face coverings are to be worn entering and exiting gyms.

During Games

- Coaches, scorekeepers, and league officials are required to wear a mask/face covering at all times.
- Players shall not drink from the same container.
- Players shall not share any personal items such as head or wrist sweat bands, towels, etc.
- Players on the bench shall be seated at least six feet apart.
- Hand sanitizer will be available at the scorer's table.

- All players shall use hand sanitizer every time entering and exiting the game.
- Referees and coaches shall use hand sanitizer regularly throughout games.
- Basketballs will be sanitized after every quarter.
- Use of school bathrooms should be kept to a minimum. Bathrooms shall be occupied by one person at a time.
- Bathroom use will be monitored by the Officer of the Day and League Officials.
- All school specific requirements MUST be followed at all times

Post-Game

- There will be NO handshakes after games.
- Instead, each team will congregate at the top of the three point arc in front of their bench and acknowledge the opposing team in a gesture of good sportsmanship (wave, salute, thumbs up, etc.).
- Coaches must ensure that their bench area is completely cleared of all empty bottles and that no personal belongings are left behind.
- Players MUST exit the gym and school via the designated exit door immediately upon completion of the game.
- Teams will exit the gym together. The coach will be responsible for escorting the entire team out of the school and ensure that all players are picked up.
- The gym must be cleared prior to letting the players for the following game enter.
- Team benches will be sanitized by Officer of the Day or League Officials after every game using school approved chemicals and processes.
- Games MUST be completed and schools cleared by 9:00 pm.

Crockett Middle School

Listed below are the guidelines specific to Crockett Middle School.

- All players and coaches must enter through the main door leading to the gym area (door # to be added).
- All players and coaches must exit through the door on the opposite side of the lobby from the entrance (door # to be added).
- The check in table will be located just outside the entrance to the gym.



Nottingham High School

Listed below are the guidelines specific to Nottingham High School.

- All players and coaches must enter through the main door leading to the gym area (door # to be added).
- All players and coaches must exit through the door in the gym directly across from the entrance to the gym (door # to be added).
- The check in table will be located just inside the entrance door by the vending machines. All players and coaches for both gyms must check in here.
- Players and coaches are only permitted in the gym in which they are playing.



Grice Middle School

Listed below are the guidelines specific to Grice Middle School.

- All players and coaches must enter through the main door leading to the gym area (door # to be added).
- All players and coaches must exit through the door on the far side of the gym (door # to be added).
- The check in table will be located just inside the entrance to the gym.
- Nobody is to congregate just inside the entrance.



Instructional Division

With the restrictions in place at this time, we are not comfortable offering an Instructional Division program. If the restrictions are lifted or modified, we will reconsider our position and update this section accordingly.

Conclusion

Our knowledge of Covid-19 is constantly evolving. Local conditions are constantly changing. What is considered to be a “best practice” today may not be tomorrow. This is a “living document”. It will continuously be reviewed and updated, as necessary. Any significant changes will be communicated immediately through our usual platforms (email, website, Facebook).

We all need to be understanding, considerate, and flexible to make this work. We are in this together. We'll get through this... we'll figure things out as we go if necessary. We've been given a whole bunch of lemons, and together, we're going to make the best lemonade possible!

Appendix – Schedule of School Use

In general, we will be using the Hamilton Twp. School District gyms from early January to mid-March. Listed below are the nights we will be using each school. It is understood that schools may not be available at certain times due to school events.

Crockett Middle School

- Monday, Tuesday, Wednesday, Thursday (6:00 pm to 9:00 pm)
- Saturday (8:00 am to 9:00 pm)
- Sundays 1/17, 1/31, 2/14, 2/21, 2/28, 3/7 (12:00 pm to 8:00 pm)

Grice Middle School

- Friday (6:00 pm to 9:00 pm)
- Saturday (9:00 am to 9:00 pm)
- Sundays 1/17, 1/31, 2/14, 2/21, 2/28, 3/7 (12:00 pm to 8:00 pm)

Nottingham High School

- Saturday (12:00 pm to 9:00 pm)
- Sundays 1/17, 1/31, 2/14, 2/21, 2/28, 3/7 (12:00 pm to 8:00 pm)

McGalliard Elementary School

- Wednesday, Thursday, Friday (6:00 pm to 9:00 pm)

Sayen Elementary School

- Wednesday, Thursday, Friday (6:00 pm to 9:00 pm)

University Heights Elementary School

- Tuesday, Wednesday, Friday (7:00 pm to 9:00 pm)

Wilson Elementary School

- Monday, Wednesday (6:30 pm to 9:00 pm)

Reynolds Middle School

- Wednesday (6:00 pm to 9:00 pm)