



USCAA Basketball 2020 Return to Play Guidelines (November and December 2020)

The USCAA Board of Directors has reviewed guidelines from numerous local and national organizations in an effort to determine the best way to reopen our league safely.

We have come up with a plan of action that consists of changes that will be applied to all leagues. Our goal for November and December is to offer boys and girls basketball in the safest way possible, while adhering to available state and local guidelines to protect our players and coaches. At this point, we will not be hosting any games in our facilities, therefore the guidelines do not address game specific scenarios.

We acknowledge the personal nature of your decision to allow your child to return to sports and we want to provide you with as much information as possible so that you can make the best decision for your child.

The USCAA is striving to provide the safest environment possible for our children to return to play. As such, we have developed the following principles which we will strongly encourage all participants to follow:

1. Be considerate of others.
2. Physical distancing is strongly encouraged at all times when not actively engaged in sport participation.
3. Refrain from bringing/sharing any food. Personal water or drink containers with names on them are very highly recommended.
4. Wash hands with soap or hand sanitizer regularly. Each player/family is responsible for their own hand sanitizer.
5. Wearing a mask is strongly encouraged outside the field of play.
6. Feel sick? Stay at home.

These principles are a minimum standard for all USCAA activities. There may be additional requirements from outside leagues or tournaments that must be followed in order to participate in those events.

From a parent's perspective, we are asking parents to:

- Ensure their child is maintaining good hygiene
- Check their child's temperature before games and practices
- Notify coaches if their child is not feeling well
- Ensure their child's equipment and uniform are properly sanitized after each game and practice
- Provide their child with hand sanitizer for each game and practice
- Do not enter the gyms during practices unless specifically asked by the team's coach.
- Maintain awareness of current PA Department of Health recommendations for travel quarantines as listed at the link listed below:

<https://www.health.pa.gov/topics/disease/coronavirus/Pages/Travelers.aspx>

From a player's perspective, we asking players to:

- Stay home if they are not comfortable returning to play
- Sanitize their hands before, during, and after practices
- Wash and sanitize their equipment after each practice and game
- Bring their own personal drinks to all team activities. Drinks should be labeled with the person's name. Individuals should take their own drink containers home each night for cleaning and sanitation or use single-use bottles.
- Do not to share their water or equipment
- Players should wear face coverings when in close contact areas and in places where recommended social distancing is challenging or not feasible.
- Players will be permitted to wear a face covering on the court during game play, if physically able to do so, based on any directive of a medical provider or individual determination of the player/parent/guardian
- Respect social distancing and place their equipment 6 feet apart from other players

From a coach's perspective, we asking coaches to:

- Survey players and coaches in attendance of their health before practice
- Respect player and parents not comfortable with returning
- Track the attendance of all players and coaches in attendance at practices
- Respect social distancing and attempt to remain 6 feet apart from others
- Monitor that there is no use of shared or team beverages or food.
- All coaches should wear face coverings whenever applicable and possible.
- Ensure any equipment used for practices are washed afterwards

Players and coaches should take measures to prevent all but the essential contact necessary to play the game. This should include refraining from handshakes, high fives, fist/elbow bumps, chest bumps, group celebrations, etc. Alternative signs of good sportsmanship (tipping of a cap, waving) after a game are encouraged.

As a Club and an Athletic Association as a whole, we will be:

- Staggering the start times for practices and games to minimize any contact between players.
- Communicating all recommended precautions and guidelines to provide a safe environment

Suspected or Confirmed Cases of Coronavirus:

In the event of a suspected or confirmed case of Coronavirus, we have established the following guidelines as well:

- Contact your child's coach and the USCAA (via e-mail at feedback@uscaasports.org) so we can communicate to the risk of exposure to the rest of the teams/families. Be assured, we will not share any personal information, our communication will simply alert other participants that they may have come into contact with a suspected or confirmed case of Coronavirus.
- Immediately isolate and seek medical care for any individual who develops symptoms.
- Contact health officials about suspected cases or exposure.
- You should not attend any sports related activity until cleared by a medical professional

All of the above information are guidelines and recommendations based on the most current available information and are subject to change. The decision to participate in the sport is the sole decision of each family and the USCAA is not responsible for anyone who contracts any illness, including COVID-19 as a result of participating in a USCAA program.