

## **HOOPMASTERS APPROACH TO RESUMING ORGANIZED BASKETBALL**

The HOOPMASTERS, comprising of MD, PA and CO, are dedicated to protecting the health and safety of all participants. The purpose of this document is to provide athletes, parents, coaches, and HOOPMASTERS staff with information as we attempt to return to a state of play for this current AAU season, amidst the COVID-19 Pandemic.

The information contained in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. The knowledge and circumstances around COVID-19 are constantly changing. THE HOOPMASTERS makes no representation and assumes no responsibility for the completeness of this information. Further, you should seek advice from medical professionals and/or public health officials if you have specific questions about your return to training and competition.

Most states have a phased approach to reopening businesses and the easing of social or physical distancing requirements. These requirements may also vary from county to county. It is our intent as an organization to be aware and adhere to all Federal, State and Local guidelines and requirements.

As our members and participants contemplate their return to training and/or competition we ask that everyone consider some key points of information. According to the current data available, statistically the young and healthy may be less subject to severe cases of COVID-19 with many experiencing mild symptoms to being asymptomatic. However, every case of this disease has the potential to be life-altering or deadly, particularly in those with underlying risk factors, known or unknown.

The processes THE HOOPMASTERS have put in place are believed to help mitigate some of the risk of COVID-19 infection. However, until COVID-19 is either eradicated, a vaccine is developed, or a cure is found, there is no way of completely eliminating the risk of infection. This fact should always be considered when considering your return.

## HOOPMASTERS RECOMMENDED GUIDELINES

May 29, 2020. (Ver. 2)

Implementing the Return-to-Play Guidelines presented here will require a cooperative relationship between the Club, Coach, Parent, and Player. While the **Club** and **Coach** must create a safe environment, the **Parent** must make the decision for their child to return to play. Whereas there are many that will be excited to return to play, there are others who may be apprehensive. If a player, parent, or family is not comfortable returning to play – **THEY SHOULDN'T**. We must demonstrate respect and courtesy for everyone's feelings during this time and ensure that we provide a safe environment as we return to play.

The following are recommendations for returning to play in phases designed to help keep all participants and our community safe.

1. The following should be applied *regardless of the Return to Play phase* in your geographic region:
  - a. Participation in any group activities is only allowed if you have had no signs or symptoms of Covid-19, no signs/symptoms that *may have been* Covid-19, have not been exposed to someone who has had signs or symptoms of Covid-19 for a *minimum period of 14 days* before participation
  - b. If you are sick or feel sick, please **STAY HOME**
  - c. At risk individuals, youth or adult, please **STAY HOME** (if you are unsure if you are considered at risk, please consult your medical provider directly)
  - d. *Anyone who self-reports a temperature of 100.4 or more should be sent home and not allowed to participate for a minimum of 14 days*
  - e. Assign a "station" for each player to place their equipment, and that they should return to during breaks. Assigned space on the sideline for all players during Phase I – V should allow for adequate distance per these guidelines
  - f. In ALL phases, no one is to share water, towels, or any personal equipment. This includes, but not limited to:
    - i. socks, shoes, tape, hairbands
    - ii. Jersey/Uniform
    - iii. Pinnies (**NOTE:** you can assign a pinnie/bib to a player to take home and care for OR ask that each player brings/wears their own alternative color shirt)
  - g. No spectators at practice. This include parents and siblings. The only adults allowed in practice are the coaches, admin asst or Team mom. Parents must remain in their cars or drop off and pick up players after practice.
  - h. Each player must have his/her own hand sanitizer. The organization will provide a small bottle of sanitizer for each player. The sanitizer must be with the player at all times during practices and games. The player is advised to use the hand sanitizer before practice/games, during water breaks and after practices or games.
  - i. Respect for everyone's choices must be the top priority. If a participant wishes to wear a face mask this will be allowed, and accommodations made if needed

- i. Staff are encouraged to wear face masks whenever possible
- j. Only the coach may handle cones, disks, etc
- k. Each player (should have their own basketball) and coach should sanitize all gear between each training
  - i. Basketballs may not be shared during drills. However, they must be wiped down before each practice/game, during water breaks and after practice/games. This must be done by a coach, admin asst or team mom.
  - ii. All players must bring their own balls to practice. These balls must be sanitized when entering the building. The player will use his/her own ball for all drills. If a player forgets his/her ball, the coach will have extra balls for the players. The coaches' ball will also be sanitized. However once a player picks a ball from the coach's ball bag, they must keep that ball for the duration of the practice. Before the team goes to team workouts with the use of 1 ball, each player will sanitize his/her hands. Each player will sanitize his/her hands during all water breaks and the team ball will be sanitized. When a team goes from team workouts with 1 ball to individual drills with their own ball, the player must sanitize his/her hands.
- l. Designated areas for each attendee's gear should be clearly marked and separated
- m. For the health and safety of all players, coaches, staff and voluntaries, if a player calls out sick, he/she must tell the coaches the nature of their sickness. If their sickness is showing COVID-19 symptoms, they must stay away for 14 days or until they have a doctor's note saying they do not have COVID-19. If a player does not want to disclose why he/she is sick, they must stay out for 14 days to make sure their illness is not related to COVID-19.
- n. If a member of the organization (coach, admin, team mom, player) is exposed to COVID-19 through a family member, co-worker, friend, etc. That individual must self-quarantine for 14 days.

### **Temperature Monitoring**

To ensure the safety of our staff, players and volunteers, anyone entering a practice or competition facility will have their temperature. Anyone having a fever will be denied entry. This will be conducted with a thermal scanner as each person enters a building. It is a non-invasive process that requires no physical contact and is highly accurate.

All staff, volunteers, coaches, and players will be screened by Temperature Takers. No coaches can take his/her own temperature check. **Temporal thermometers use an infrared scanner to measure the temperature of the temporal artery in the forehead. Temperature takers should keep as much distance from members and participants as they can, wash their hands with soap and water or use alcohol-based hand sanitizer (at least 60% alcohol) regularly, and use gloves.**

### The PROCESS:

1. Turn on the thermometer.
2. Gently sweep the thermometer in front of the participant or member's forehead.
3. Remove the thermometer and read the number:
  - a. **Fever:** Any temperature 100.4 F or greater is considered a fever. People with temperatures 100.4, and above, cannot enter the facility and must self-quarantine for 14 days.
  - b. **No fever:** People with temperatures at or below 100.3 F may continue into the facility using normal procedures. Clean the thermometer with an alcohol wipe (or isopropyl alcohol on a cotton swab) between each client. You can reuse the same wipe as long as it remains wet.
4. The Temperature taker will record each player, coach, and volunteer temperature before each practice and game.

### Additional Responsibilities

(This information is provided for guidance only and should not be considered exhaustive)

### COACH RESPONSIBILITIES:

- Ensure the health and safety of the participants.
- Inquire how the athletes are feeling. Send home anyone you believe acts or looks ill.
- Follow all state and local health protocols and guidelines.
- Ensure all athletes have their own individual equipment (ball, water, bag etc.)
- Ensure that the coach is the only person to handle equipment (e.g. cones, disk etc.); do not enlist parental or attendee assistance.
- All training should be conducted according to local health guidelines.
- Respect players, parents, and families by accommodating those that may not yet be comfortable with Returning
- Maintain participant confidentiality regarding health status.

### PARENT RESPONSIBILITIES:

- If you are not comfortable with returning to play, **DON'T**. You are the only one who will make the decision when your child returns to play.
- Ensure your child is healthy and check your child's temperature before activities with others.
- Stay in car or adhere to social distance requirements, based on state and local health requirements
- When at training, wear a mask if outside your car.
- Ensure child's clothing is washed after every training.
- Ensure all equipment are sanitized before and after every training.
- Notify your club immediately if your child becomes ill for any reason.
- Do not assist your coach with equipment before or after training.
- Be sure your child has necessary sanitizing products with them at every training.

**PLAYERS RESPONSIBILITIES:**

- If you are not comfortable with returning to play, **DON'T**
- Take your temperature daily and especially before activities with others.
- Wash hands thoroughly before and after training.
- Bring, and use, hand sanitizer with you at every training.
- Wear mask before and immediately after all training.
- Do not touch or share anyone else's equipment, water, food or bags.
- Practice social or physical distancing, place bags and equipment **at least 6 feet apart**.
- Wash and sanitize all equipment before and after every training.
- No group celebrations, high-5s, hugs, handshakes, fist-bumps, etc.
- Follow CDC guidelines as well those of your local health authorities.

WEBSITES:

CDC: <https://www.cdc.gov/>

MD Dept of Health: <https://coronavirus.maryland.gov/>